

Created by: Debra C. Argen

## Executive Chef Vidal Mezela Noh Recipes - Sky Restaurante - Grand Miramar Puerto Vallarta



**Executive Chef Vidal Mezela Noh** of [Sky Restaurante at the Grand Miramar Puerto Vallarta, Jalisco, Mexico](#) graciously shares his recipes for **Tuna with Sweet Soy Sauce**, and **Surf & Turf accompanied with Au Gratin Potatoes and Asparagus with Two Sauces: Four Pepper Sauce and Roasted Garlic and Fennel Sauce**. Buen Provecho!

We had the opportunity to meet Executive Chef Vidal Mezela Noh during a trip to Puerto Vallarta, Mexico in late April 2014, while we were staying the Grand Miramar Puerto Vallarta and had excellent dinners at the Sky Restaurante where the views complement his inspired cuisine.

The first thing that you notice about Chef Vidal when you meet him is his smile, his face lights up when he talks about his passion for life, and the pure joy he experiences in his chosen profession. Born in the state of Quintana Roo, México, Chef Vidal Mezela Noh has always liked to cook. It is his life, his passion, making new culinary discoveries.

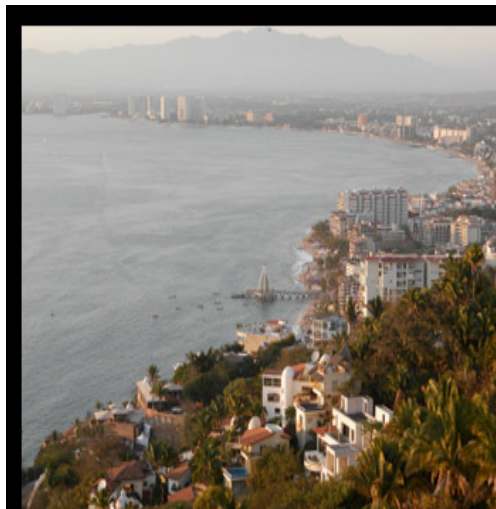


**Chef Vidal Mezela Noh**

His career has taken him from Cancun where he worked for 10 years, to Acapulco where he worked for 2 years, to Ixtapa-Zuatanejo where he worked for 7 years before coming to Puerto Vallarta, where he has worked for the past 18 months. In his free time, he likes to go to the beach, and to enjoy the natural beauty of the mountains of Puerto Vallarta.

Executive Chef Vidal Mezela Noh graciously shares a delicious taste of Sky Restaurante with his recipes for Tuna with Sweet Soy Sauce, and Surf & Turf accompanied with Au Gratin Potatoes and Asparagus with Two Sauces: Four Pepper Sauce and Roasted Garlic and Fennel Sauce.

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**Amazing Views and Amazing Cuisine**

**Executive Chef Vidal Mezela Noh**

**Sky Restaurante - Grand Miramar Puerto Vallarta, Jalisco, Mexico**

**The Menu**

Tuna with Sweet Soy Sauce

Surf & Turf accompanied with Au Gratin Potatoes and

Asparagus with Two Sauces:

Four Pepper Sauce and Roasted Garlic and Fennel Sauce

**The Recipes**

**Tuna with Sweet Soy Sauce**

**Ingredients:**

200

Grams (7 oz)

Fresh Tuna

30

Grams (1 oz)

Wild Rice

50

Grams (1.76 oz)

Arborio Rice

15

Grams (0.53 oz)

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Black Sesame Seeds

15

Grams (0.53 oz)

White Sesame Seeds

10

ML (0.34 oz)

Herb Oil

10

ML (0.34 oz)

Garlic Oil

70

ML (2.37 oz)

Sweet Soy Sauce

20

Grams (0.71 oz)

Green Beans

20

Grams (0.71 oz)

Asparagus

20

Grams (0.71 oz)

Red Onion

20

Grams (0.71 oz)

Carrot

20

ML (0.68 oz)

Jamaica(Hibiscus) Reduction (Dried Jamaica is sold in the Latin section of supermarkets, boil in water to create a liquid, or you can use bottled Jamaica juice)

15

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Grams (0.53 oz)

Jerusalem(rice noodle)

10

Grams (0.35 oz)

Scallion (green onion)

**Method:** Season the tuna with garlic oil, herb oil, mixed sesame seeds (black and white), grilling both sides to sear the meat, cook the wild rice, and add the sweet soy sauce.

Clean the green beans, asparagus and carrot and cook, cut the red onion into strips, add to the vegetables, and sauté. Cook the wild rice and the Arborio rice, and place it in a 10-cm. (4-inch) mold in the middle of the plate.

Cut the tuna into 3 pieces and place them on top of the vegetables. Finish the presentation with a reduction of Jamaica (hibiscus).



**Surf & Turf accompanied with Au Gratin Potatoes and Asparagus with Two Sauces: Four Pepper Sauce and Roasted Garlic and Fennel Sauce**

**Ingredients:**

120

Grams (4.23 oz)

Angus Beef Filet Medallion

4

Shrimp U-15 in the shell

1

Gram (pinch)

Garlic, minced

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0.5

Gram (pinch)

Thyme, minced

0.5

Gram (pinch)

Salt

1

Gram (pinch)

Ground Black Pepper

1

Ounce

Olive Oil

**Method:** Marinate the beef medallion with half of the mixture of oil, garlic, rosemary, thyme, salt, and pepper. Clean the shrimp, marinate them with the rest of the mixture, and then intertwine them to create a crown.

### **Au Gratin Potatoes (10 portions)**

#### **Ingredients:**

1

Kg. (2.2 lbs)

Potatoes

100

Grams (3.53 oz)

Bacon

100

Grams (3.53 oz)

Onion

10

Grams (0.35 oz)

Garlic

50

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Grams (1.76 oz)

Butter

15

Grams (0.53 oz)

Salt

1

Gram (pinch)

Pepper

100

Grams (3.53 oz)

Cream

70

Grams (2.47 oz)

Egg

**Method:** Grate the potatoes into thin slices, chop the bacon, onion, and garlic, mix with salt, pepper, cream, whole egg and butter, and then bake in a preheated oven 180°C (350° F) for 45 minutes.

### **Asparagus**

#### **Ingredients:**

180

Grams

Asparagus

**Method:** Clean the asparagus. Cut and discard the tough ends, then cut the tender parts and blanch them in boiling salted water, and then place them in an ice bath to cool. Just before serving, sauté the cut asparagus in butter, and season to taste with salt and pepper.

### **Roasted Garlic Sauce (10 portions)**

#### **Ingredients:**

250

Grams (8.82 oz)

Garlic (approximately 6 whole heads of garlic)

15

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Grams (0.53 oz)

Butter

350

Grams (12.35 oz)

Lyncott Cream (Heavy Cream or Whipping Cream)

59

ML (2 oz)

White Wine

150

Grams (5.29 oz)

Fresh Fennel

**Method:** Bake the garlic wrapped in aluminum foil for about 35 minutes in a 180° C (350° F) oven until completely soft. Sauté the fennel in butter, and then use a beater to blend in the rest of the ingredients. Season to taste.

#### **Four Pepper Sauce (10 portions)**

##### **Ingredients:**

10

Grams (0.35 oz)

Garlic, minced

50

Grams (1.76 oz)

Red Onion

15

Grams (0.53 oz)

Shallot

1

Gram (0.53 oz)

Salt

1

Gram (pinch)

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4 Color Pepper

50

Grams (1.76 oz)

Demi-glace

50

Grams (1.76 oz)

Butter

**Method:** Sauté the garlic, onion, and shallot in the butter, reduce with reduce with red wine, add the pepper

**Presentation:** Grill meat as desired, and grill the shrimp. Form a timbale in the center of the plate with the potatoes, top with the medallion of beef, and then add the crown of shrimp, and the asparagus. Pour the Roasted Garlic Sauce on one side of the plate, and the Four Pepper Sauce on the other side of the plate. Finish the presentation with a grilled cherry tomato and a sprig of rosemary.

Read the **Chefs' Recipes** section for an interview with **Chef Vidal Mezela Noh** (in **Spanish**).

Read about our dining experience at **Sky Restaurante** in the **Restaurants** section, about our experience at the hotel in the **Hotels and Resorts** sections, and about our Spa experience in the **Spas** sections.



**Sky Restaurant at the Grand Miramar Puerto Vallarta**

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