

Created by: Edward F. Nesta

Bryce Shuman Recipes - Betony Vegetable Dishes - New York Culinary Experience



Chef Bryce Shuman brought a delicious taste of the **New York restaurant, [Betony](#)**, with his recipes for vegetable dishes during the **New York Culinary Experience 2015** hosted by **[New York magazine](#) culinary editor Gillian Duffy** and **[The International Culinary Center](#), CEO and founder Dorothy Cann Hamilton**.
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American Chef Bryce Shuman grew up in Chapel Hill, North Carolina, and explored the world with his family, traveling to exotic places for his mother's work as a cultural anthropologist, and being exposed to new cuisines.

Like planting a seed and watching it grow, Chef Bryce Shuman entered the culinary world in 2001 where he worked as a dishwasher at the Mesh CafÃ© in Greenville, North Carolina before working his way up to chef de cuisine. From the Southeast, he moved to the Northwest in 2003 to Â San Francisco, California to attend the California Culinary Academy (CCA) and honed what he was learning in school by working at Wolfgang Puck's restaurant, Postrio, at night.



Chef Bryce Shuman and Edward Nesta

He traveled to Europe to increase his knowledge, and in 2007 moved back East where he worked for six years at Eleven Madison Park (EMP) with Chef Daniel Humm, rising on the culinary ladder to Executive Sous Chef.

In 2013, he opened the New York restaurant, Betony, with former EMP colleague Eamon Rockey as the General Manager. When not in the kitchen, Chef Bryce Shuman enjoys playing blues guitar, taking shots with his Polaroid Reporter SE, and annoying his cats.

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Chef Bryce addressing the students

Taking the class with Chef Bryce Shuman in April 2015 provided me with the opportunity to explore the world of vegetables, presented in new ways. I love working with different types of dough recipes, and Chef Bryce's dough recipes for the Tarte Flambe is easy to mix, uses cold fermentation (leave in refrigerator overnight) and unlike many other dough recipes, you do not have to wait until the dough reaches room temperature to work with it, which makes it ready to use when you are ready to create your Tarte Flambe, which is one of Chef Bryce's popular appetizers at [Betony \(www.Betony-nyc.com\)](http://www.Betony-nyc.com).

The recipe for Tarte Flambe Green Garlic, Guanciale consisted of bread flour, mustard powder, sugar, honey, water, olive oil, yeast, and salt. After a spin in the kitchen mixer, and a night in the refrigerator, you roll out the dough to form a thin crust. Our recipe was topped with green garlic crème fraiche, pickled green garlic, and guanciale (an Italian cured meat or salami made from pork jowls or pork cheeks), but for your toppings, just use your imagination and have fun making your own Tarte Flambe.



Mixing tempura batter for frying the vegetables

We also made fried asparagus that had the lightest of tempura batters that created a crispy foam-like coating that was irresistible. This is another very popular appetizer at Chef Bryce Shuman's restaurant. As to what will end up in the light tempura batter, Chef Bryce varies the vegetables according to the season, uses different pickles, nuts, and other tempting treats.

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Chef Bryce talking about preparing asparagus for frying

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Chef Bryce Shuman - Betony Vegetable Dishes -

New York Culinary Experience 2015 Menu

Tarte Flamb

**Â©
, Green Garlic, Guanciale**

Fried Pickles, Asparagus, Almonds

Suggested Wine Pairing: Pacific Rim Riesling

Chef Bryce Shuman graciously shares his recipe for Tarte Flambe, Green Garlic, Guanciale.



Tarte FlambÂ©

Yield 10 pies

Tartes Ingredients:

567

Grams (1.25 Pounds)

Bread Flour

15

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Grams (1 Tablespoon)

Mustard Powder

7

Grams (1.2 Teaspoons)

Sugar

4

Grams (0.75 Teaspoon)

Honey

25

Grams (0.88 Ounce)

Yeast, fresh

350

Grams (12 Ounces)

Water

28

Grams (1 Ounce)

Olive Oil

13

Grams (2.75 Teaspoons)

Salt



Mixing dough

Method: Combine the bread flour, mustard powder, sugar, honey, water, and oil in a kitchen stand mixer with a dough hook attachment. Let mix for 1 minute, and then add the salt and the yeast. Mix on medium

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speed for 4 minutes. Let the dough proof overnight in the refrigerator (or the walk-in in a restaurant). Portion the dough into 40 gram balls, and then roll out to desired thickness. Freeze the rolled out dough for 10 minutes, then par-bake the dough between two press pans in a 385° F (196° C) oven for 8 minutes.



Chef Bryce checking Tarte Flambé on charcoal grill

Method: To make a round Tarte Flambé, punch the par-baked dough with the desired ring mold size, or make free-formatted dough. Spread the ingredients on the dough and then place the dough on a charcoal grill to crisp the bottom. To finish the Tarte Flambé place it under a broiler to crisp the top.



Tarte Flambé under broiler

Green Garlic Crème Fraiche Ingredients:

Yield 200 Grams (7 Ounces)

100

Grams (3.5 Ounces)

Green Garlic Stems

25

Grams (0.8 Ounce)

Garlic

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200

Grams (7 Ounces)

Crème Fraiche

8

Grams (1.5 Teaspoons)

Salt

Method: Combine the green garlic, garlic, crème fraiche and salt in a cryovac bag and seal on high. Let the mixture marinate overnight. The next day, press the crème fraiche through a fine mesh chinois. Reserve.

Pickled Green Garlic Ingredients:

Yield 800 Grams (28 Ounces)

1000

Grams (35 Ounces)

Champagne Vinegar

200

Grams (7 Ounces)

Sugar

100

Grams (3.5 Ounces)

Salt

100

Grams (3.5 Ounces)

Green Garlic (sliced)

200

Grams (7 Ounces)

Pickling Liquid

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Chef Bryce chopping green garlic

Method: In a medium sized copper pot, bring the vinegar, sugar, and salt up to a boil. Whisk the mixture to incorporate. Pour the hot pickling liquid over the sliced green garlic and allow to cool to room temperature.

To Finish:

1

Each

Tarte (par baked)

15

Grams (0.5 Ounce)

Garlic Crème Fraiche

5

Grams (0.18 Ounce)

Pickled Green Garlic

5

Grams (0.18 Ounce)

Guanciale*, diced

5

Grams (0.18 Ounce)

Green Garlic (sliced and sweated)

12

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Each

Chive Blossoms

Method: Mix the sliced and sweated green garlic, pickled green garlic, guanciale, and garlic cr me fraiche together using a small rubber spatula. Spread the mixture on top of the tarte in a thin layer. Place the tarte under a broiler until the cr me fraiche sets. Garnish with the chive blossoms and serve immediately.

Note: Guanciale* is an Italian cured meat or salami made from pork jowls or pork cheeks.



Edward with his Tarte Flamb e 

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