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Elbow chef wins US culinary award



By Tauria Raynor

Elbow Beach executive chef Rick Bartram has received a United States Meat Export Federation award at its eighth annual culinary competition for the Caribbean region held in Mexico City, this month.

In a two-hour cook-off, Mr. Bartram beat out peers from Antigua, Aruba, Bahamas,

Barbados, the British Virgin Islands, Cayman Islands, Curaçao, Saint Lucia and Trinidad and Tobago.

His award-winning menu included Dark 'n' Stormy Pot Roasted Beef, Tomatillo Salsa, Bacon Wrapped Sweet Potato and Bermuda Onion Puree and Cilantro Salad.

During the four-day event participants partook in indigenous food and culinary styles from various Mexican cultures.

Judges included Nancy Oakes, chef and proprietor of award-winning Boulevard Restaurant in San Francisco and gourmet and award-winning cookbook author, chef Bruce Aidells.

Mr. Bartram's winnings include a trophy and certificate for \$1,000 and a culinary trip to New Orleans, San Francisco and Napa Valley.

He said: "I'm delighted to have been able to take part in this wonderful event.

"Along with being able to soak up the Mexican culture and its cuisine, I also had the opportunity to meet some great culinary talents from around the islands, Mexico and the US," he said.

Originally from Sunderland, in the North East of England, chef Rick Bartram graduated from London's famous catering school, Westminster College and has since accumulated over 20 years of experience in acclaimed establishments such as The Mandarin Oriental Hyde Park, The Regent, Four Seasons and Lindsay House restaurant in London.

Mr. Bartram has also worked in Vietnam, South Africa and Hong Kong.

Inspired by his global travels, Mr. Bartram references his diverse culinary experiences, incorporates the finest natural organic ingredients and uses creative techniques that take food back to its simple roots.

Earlier this year, Mr. Bartram won the Goslings Cup for the Best Bermuda Fish Chowder

at the Bermuda Gourmet Getaway weekend.

Some of the winning chef's recipes

Elbow Beach Executive Chef, Rick Bartram shares three of his award winning recipes.

Dark 'n' Stormy Pot Roasted Beef Top Sirloin

Ingredients

3lb centre cut beef sirloin

1 tbsp olive oil

2 pints beef stock

1 small piece of ginger, sliced

1 cup Goslings Black Seal Rum

Salt and pepper to taste

Method

1. Pre-heat the oven to 475F.
2. Season the beef with salt and pepper.
3. Heat a heavy covered pot to medium, add the oil and when smoking, add the pieces beef and brown on all sides.
4. Add the beef stock, and the ginger, bring to a simmer, place the lid on top and place in the oven.
5. Cook for around 40-50 minutes in the oven to preferred doneness. For medium cook to an internal temperature of 140F.
6. Remove beef from oven, add the rum to residual juices and baste. Allow to rest for 10 minutes.

Bermuda Onion Puree

Ingredients

1 tbsp unsalted butter

1 large Bermuda onion, peeled and sliced

1oz unsalted butter

¼ pint chicken stock

Salt to taste

Method

1. Warm the butter in a pan until just melted. Add the onion and a pinch of salt and stir for 3-5 minutes on a low heat until the onions are translucent.
2. Add enough chicken stock just to cover until it absorbs the liquid. Continue to add chicken stock and reduce until all of the chicken stock has been used, about 10-15 minutes.
3. Remove the onions from the heat and puree in a blender. Set aside in a warm place.

Bacon Wrapped Sweet Potato

Ingredients

4 large sweet potatoes

12 bacon slices

Method

1. Pre-heat the oven to 475F.
 2. 4 medium sweet potatoes, peeled and cut into 3 equal sized rounds each.
 3. Lay out 12 bacon slices.
 4. Place the sweet potatoes in water to cover, bring to the boil and cook until a knife will easily penetrate the flesh. Cool under cold running water. Drain.
 5. Place layers of bacon flat on a surface and wrap each piece of sweet potato and secure with a skewer.
 6. Lightly oil a roasting pan and evenly place the wrapped sweet potatoes.
 7. Place the pan in the oven and bake for about 10 minutes until the bacon is crisp.
 8. Remove from pan and allow to drain on a wire rack. Set aside in a warm place.
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