

Instructions for your meal to accompany the talk with Ted Buchholz and Liz George-Fesch on their collaborative piece, Afterglow.

Refrigerate everything when you get it home.

You'll need:

An oven heated to 375 degrees;

a sheet pan, aluminum foil and spray pan coating;

a sauté pan;

tongs and a spatula;

plates

•One hour before dining:

Remove the entrée ingredients from the refrigerator; leave the tiramisú refrigerated.

•Fifteen minutes before dining:

Preheat oven to 375 degrees.

•Spray a foil-lined sheet pan with cooking spray and place the mackerel fillets and onion petals on it, and place in the oven for six to eight minutes. Pierce the thickest part of the fish with a paring knife and hold it inside the fish for a few seconds. Take the knife out and touch it to the inside of your wrist or to your lower lip. Remove the fish and onions when the fish is heated through.

•Meanwhile, heat a teaspoon of olive oil in a small sauté pan over medium-high heat. When the oil is hot, turn the heat down to medium and sauté the Brussels sprout leaves, seasoning with a little salt and pepper as you cook them. When they turn bright green and just begin to wilt, place them on the plate. Over the leaves, place the onions. Set the mackerel on top, drape with the beef carpaccio, and shake the vinaigrette to emulsify. Pour it over the carpaccio and garnish with candied lemon peel. Sprinkle with the masago arare (tiny rice cracker pearls.) Enjoy. If you're doing the beverage pairing, pour yourself a glass of the Kiuchi Brewery Awashizuku sparkling sake.

•Remove the tiramisú from the refrigerator when you sit down to the entrée to take the chill off.

•When it's time for dessert, sprinkle with the lemon zest and garnish with candied cucumber skin. If you're doing the beverage pairing, pour yourself a glass of the Hakutsuru Awayuki sparkling sake.