

Les Marmitons

Gastronomie et Fraternité ~ from Friendship to Gastronomy

Niagara Chapter Monday, April 8, 2019
Chef Jan-Willem Stulp, Grand Oak Culinary Market

Apéritif

Niagara College 2014 Blanc de Blanc Brut

1st course

**Duo of Roasted Pepper Bisques, with Basil Scented Olio
and Heavy Cream**

Niagara College 2017 Balance Semillon-Sauvignon Blanc

2nd and 3rd courses

**Herbed Chicken Liver and Foie Gras Paté, Oat Crackers, and a Fig & Port
Compôte, and Sweet Soy Seared Char
on Citrus-Quinoa Timbale, in Lemongrass Beurre Blanc**

Niagara College 2016 Gewurztraminer
Niagara College 2016 Viognier

4th - main course

**Monkfish Filet on Hasselback Potato, with Bacon & Smoked Paprika
Mussels, and a Roasted Cherry Tomato & Pearl Onion Salsa**

Niagara College 2012 Dean's List Chardonnay

5th course

**Crispy Beer-Mash Cookie, With Porter Beer Nuts and Strong Ale Toffee
Sauce**

Niagara College Stout



Recipe Package for Marmitons Class, 8 April, 2019

Niagara Culinary Institute,

Each Recipe will begin with a clearly stated goal; as we are creating, and cooking, varieties in products, seasons and availability will necessitate possible changes, but for sure there should be a constant monitoring by tasting and observing. The goal, then, serves as a guide to arrive at the desired result, rather than a 'surprise' result. (I.e. stated address vs. geo-caching)

All-told, there will be about 16 recipes, as some of the courses are intentionally challenging. We have a 2 +1/2 hour time window to work within, so the OTHER thing to keep in mind is that we are working within a dead-line.

This is also how I have written these recipes. You'll note that I'm wanting top efficiency in order to manage our timelines.

In all recipes, I assume you know your way around salt, pepper, oil, stock, herbs, lemon, wine, etc. for final adjusting of seasoning. I won't list these basic ingredients, as they are stock pantry items. Important: **READ EACH RECIPE ENTIRELY, BEFORE BEGINNING.** As a team, you need to prioritize, and organize your equipment, ingredients and skillsets, to achieve success.

In each case, you'll likely be able to work at two or more things at once.

Space has been left for you to make notes.

-chef

Duo of Roasted Pepper Bisques, with Basil Scented Olio and Heavy Cream.

Goal: reasonably thick, brightly coloured and well-flavoured soups (2!) of even consistency. They will be poured into the same bowl....

Olio -

Basil, parsley, salt, butter, lemon juice, oil.

Pick the herbs, place in blender with a pinch of salt and add a bit of the lemon juice.

Add Oil, until just covered, puree. Finish with a few cubes of cold butter. Keep at room temp.

Pepper Bisque-

1-Red peppers, sweet potatoes, paprika, carrots, Veg Stock, Cream

2-Yellow peppers, squash, Y carrots, turmeric, Veg Stock, Cream

Roast peppers, (1/2, in oven) until colouring, but not dark. Keep y/r separate.

Contain and cover to steam out. In the meantime, process and simmer other

vegetables. Peel peppers, and add to respective pots. Puree, adding the oils left over.

Season. Add cream if desired, reserving some to swirl in the soup, when serving.

Herbed Chicken Liver and Foie Gras Pate, Oat Crackers, Fig& Port Compote

Goal: Individual ramekins (time-decision) of Rich pate, to spread on Oat Crackers, served with fresh Figs and a fig-Port Compote-

Pate

2 lb. Chicken livers, trimmed, rinsed, dried on paper towels.

1 lb. Foie (one piece approx.)

1 lb. butter

1 Medium Onion, slivered

½ C Red wine, ½ C Port

5 egg yolks

Seasoning - (S/P, fresh thyme, sage etc.)

Reduce wine and Port with a sprig of thyme, by ½. Sauté Chicken livers in butter with the onion, then place in blender along with the foie gras. Add the wine reduction, yolks and seasoning, and puree until completely smooth. Taste!

Pour into ramekins, place in Bain Marie for 25 min at 325F, then chill. Serve directly from the cooler.

Compote

Goal: a dark, thick-not-runny, glossy Compote to be served with the Oat Crackers, and Pate

Select the nicest figs for presentation, trim and quarter the rest. Place in a sauce pan with demerara sugar and port. Gently reduce to a 'Jammy' consistency; this is actually quite nice served warm....

Oat Crackers (Ina Garten style)

Goal: somewhat rustic, thin, Oat-based crackers, with a fleur de sel sprinkle on top

3 c Lg flake oats

1 c AP flour

1/2 c light brown sugar

1 tsp kosher salt

1/2 pound (2 sticks) cold unsalted butter, 1/2-inch diced

3/4 tsp baking soda

1/4 c lukewarm water

Fleur de sel

Directions: oven to **375F**. Pulse the oats, flour, brown sugar, and kosher salt in a food processor for 60 seconds, until the oats are coarsely ground. Add butter and pulse until the butter is the size of peas. Dissolve the BS in the lukewarm water and drizzle it over the crumbs in the food processor. Pulse until the mixture is evenly moistened and will hold together. With a medium (1 3/4-inch) ice cream scoop, scoop the dough into your hands and roll them into round balls. Evenly space balls on sheet pans. Flour the bottom of a flat-bottomed 3-inch-diameter vessel and use it to flatten each cracker to 1/8 inch thick and about 3 inches in diameter. The crackers will not be perfectly round. Turn them over with a metal spatula. Sprinkle with the fleur de sel and bake for 20 to 25 minutes, until golden brown on the edges. Serve warm or at room temperature.

Sweet Soy Seared Char on Citrus/Quinoa Timbale, in Lemon Grass Beurre Blanc

Goal: Appetizer-sized Char, seared (not burned) on Colourful Steamed Quinoa, with a Lemon Grass BBlanc

Quinoa

Goal: nicely cooked, warm Quinoa, with colour and good flavour (nutrition) as platform for char.

Prepare timbales, with non-stick spray.

Dry-toast Quinoa in a bit of canola or sunflower oil, then add water or fish-stock with a 2-1 ratio of liquid to quinoa, and season. Cook for 20 min on low, until all liquid is absorbed. Taste, add colour, (r/y peppers, leek, etc.) and pack the timbales. Place in an insert for quick reheating.

Char

Goal: perfectly cooked, boneless fish,

Check fish for bones, remove any. Portion, (2" filets, or so) and marinate with Ketjap Manis, Lime Zest, thyme and pepper. Cover and let rest for 1 hr. Sear in non-stick pan, JUST get colour; reserve on parchment sheet pan. Finish in 350F oven for service.

Lemongrass Beurre Blanc

Goal: lively, smooth sauce for Char

Combine 2 Minced Shallots, 1 C white wine and 2 Lemongrass stalks, (trimmed and mashed) and allow to soak, to soften the Lemongrass. Turn on low, and simmer until about ¼ C is left. Strain out the solids, return to the pan; To finish, whisk in 1 Lb of cubed cold butter. Season to taste, and serve.

Monkfish Filet on Hasselback Potato, with Bacon and Smoked Paprika Mussels and a Roasted Cherry Tomato & Pearl Onion Salsa.

Goal: texture-, colour- and aroma-gearred presentation, with some height.

Monkfish

A generally 'boneless' filet, some silver skin may have to be removed; it prevents 'curling' of the filet during cooking. Portion into 'medallions' to have some height on plating and presentation. 3" or so. Season lightly with pepper, oil, lemon zest and thyme. Salt just before cooking. Sear to get some colour, then reserve on parchment-lined sheet. Do NOT overcook this, a bit fleshy is the ideal.

Hasselback Potato

Goal: Visual presentation, nicely fanned out potato.

Small Russet Potatoes, (1 pp) and 2 chopsticks; Slice ¼" off one side, so it sits flat. Lay one chopstick on either side, slice each potato up to the chopsticks. Set this on the sliced-off piece, to fan it out. Brush the potatoes with bacon fat, butter or Roasted Garlic oil, and season with salt and pepper. Bake until just tender, then reserve for final heating and presentation.

Bacon and Smoked Paprika Mussels

Goal: Aromatic Colour and texture foil with Monkfish.

Dice double-smoked Bacon with Diced Red Onion, and Smoked Paprika and gently fry together, until well-cooked, but not crispy. Reserve. Wash the mussels, and pick 3 or 4 per person for presentation.

Steam the rest in a bit of white wine with salt, pepper and thyme, DO NOT OVERCOOK. Pick the mussels, reserving the liquid; all of this goes with the bacon mixture. Taste! For service, gently warm the sauce, and steam the remaining mussels.

Roasted Cherry Tomato and Pearl Onion Salsa

Goal: served room temperature, a bit of acidity and sweetness with the main course.

In a small pot, Brown the (1/2?) pearl onions in a bit of Oil, then reduce heat and cover, allowing them to team out. Add a Tbsp of brown Sugar, and white wine and cook down until tender. Cool. On a sheet pan, brown the cherry tomatoes with a bit of oil, pepper and thyme. Cool. For service, combine with the Pearl onions, Taste! and serve at room temp.

Beer-Mash cookie, with Porter Beer Nuts and Strong Ale Toffee Sauce

Goal: a different dessert, geared to a beer-pairing, with variety of components.

Beer Mash Cookie

Goal: Crispy/Chewy cookie, using Beer Mash (from NC)

5	Tbs	Soft Butter
1	C	Demerara Sugar
1		Egg
1	tsp	Vanilla Extract
$\frac{3}{4}$	C	AP Flour
1	tsp	Baking Soda
$\frac{1}{2}$	tsp	Salt
$\frac{1}{2}$	tsp	Cinnamon
$\frac{1}{4}$	tsp	Allspice
$\frac{1}{4}$	tsp	Nutmeg
1 $\frac{1}{2}$	C	Wet, Spent Grain
1	C	Pecan Pieces
1	C	Coconut Flakes

Cream Butter, Sugar and Vanilla, add egg and incorporate. Sift the flours, soda, salt and spices. Combine with creamed butter and beat until fully mixed. Fold in Spent Grain, pecans, and coconut.

Scoop to form small cookies, and bake at 350F until golden brown and crispy on the outside.

Porter Beer Nuts

Goal: Crispy Nuts, light candy Coating, with a hint of salt.

4	C	Raw nuts
2	C	White Sugar
1	C	Porter
		Salt

In a thick bottomed pot, combine the raw nuts, the sugar and the beer, and stir, over med-high until the syrup begins to reduce (6-8 min) let the sugar crystallize, and reduce the heat. Keep this in motion, constantly stirring. The crystalized sugars will re-melt, into caramel eventually, continue stirring. DO NOT BURN. Remove from heat temporarily, if required. When the crystalized sugars have re-coated the nuts, remove from the heat and put on Parchment sheet; season with sea salt, and cool.

Strong Ale Toffee Sauce

Goal: Dark brown, silky toffee sauce, not bitter, and not too runny, or too hard.

800	G	Butter
800	G	Brown Sugar
640	G	35% Cream
400	G	Strong Ale
		Salt
		Sriracha

In a small saucepan, on medium heat, melt the butter and add the brown sugar. Stir lightly until combined and do not let the sugar crystalize. Once combined add cream and beer. Stir to combine and then reduce gently on a low heat. Add a pinch of salt and a dash of sriracha to dampen the sweetness. Test the thickness by placing a small amount on an ice-cold plate. When satisfied with the result, remove from heat and cool. Reserve at room temp until service.