

Les Marmitons

Gastronomie et Fraternité ~ from Friendship to Gastronomy

Niagara Chapter Monday, February 4, 2019
Executive Chef Marc Lyons

QUEENS LANDING
NIAGARA-ON-THE-LAKE, ONTARIO

Apéritif

Niagara College 2017 Balance Syrah

1st course

Forest Mushroom and Oxtail Risotto

Frogpond Farm - 2016 Organic Cabernet Merlot

2nd course

**Sous Vide Fogo Island Cod,
Sauce Bouillabaisse & Celeriac Remoulade**

Frogpond Farm - 2016 Organic Chardonnay

3rd course

**Game Hen,
Herb Spatzel, Jus Gras**

Frogpond Farm - 2017 Organic Gamay Noir

4th course

**Chocolate Pâté,
Shortbread**

Frogpond Farm – 2013 Cabernet Franc Icewine



Recipes from Executive Chef Marc Lyons, Queen's Landing – Les Marmitons Niagara, February 4th, 2019

Course 1: Forest Mushroom and Oxtail Risotto

1	Ltr	Shredded Oxtail
5	Pounds	Cleaned Mushrooms
2	Bunch	Flat Leaf Parsley, Chopped and Rinsed
2	Pieces	Blyth Gouda, Rasped to Order

Oxtail Reduction

1	ltr	Oxtail Liquid
1	ltr	Veal Reduction
1	cup	Red Wine
½	bunch	Thyme
½	bunch	Rosemary
¼	pound	Butter, Diced Cold

Method

Reduce stock and wine by ½
Add herbs, take off heat and wrap with cling film
To order, strain and monte with butter

General Risotto Recipe (Start to Finish)

Pre-cooking

1 box Arborio rice
1 large white onion fine diced
½ lb butter
3 bay leaves
3-4 ltr chicken stock (roughly)
½ ltr white wine
Salt & Pepper to taste

Method

1. Melt the butter and sweat the diced onion. Add the bay leaves at this time.
2. When the onions are translucent, add the rice and continue stirring on the heat until the outer shells of the rice kernels become clear, and you can see the white center of the kernel easily.

3. Add the white wine and take note of what time it is. About a half minute to a minute later start adding the stock, just enough to cover the rice. Continue stirring over medium heat. When the rice absorbs most of the liquid, add more stock to cover the rice again. Repeat this process until 10 minutes have passed since you added the wine.
4. Season with salt and pepper and check to make sure the rice is cooked but still has a stiff, starchy center. The consistency should be that of oatmeal, and should have enough moisture to hold the kernels together, but not so much that it runs.

A la minute cooking

1 cup of pre-cooked risotto

1 medium sized shallot, finely sliced

1 tsp minced garlic

¼ ltr chicken stock

Parmesan Cheese

1 knob butter

¼ oz. Olive Oil

Other specific ingredients

Method

1. Sweat the shallots and garlic in butter in a small pot. If there are other ingredients that need to be sautéed (mushrooms, leeks, etc), add them now.
2. Add the chicken stock, and bring up to a boil, then add your risotto. Bring to a boil for about 2 to 3 minutes, while stirring. Take off the heat and add your parmesan, salt and pepper to taste, and a small amount of olive oil for sheen. Add any cooked ingredients (peas, corn, etc), fresh herbs, butter and olive oil. Consistency should be loose enough to slowly fall, but thick enough to hold itself up on the plate. Rice should be fully cooked.

Course 2: Sous Vide Fogo Island Cod, Sauce Bouillabaisse

20	Piece	Cod Portions
1	Ltr	sugar/salt/thyme
1	cup	olive oil
2	lemon	zest, reserve juice for sauce

Method

Turn on immersion circulator to 132 degrees
Spring salt/sugar cure on fish and let sit for 15 minutes
Rinse under cold water and pat dry
Let air dry for 15 min.
Vacuum seal cod and oil evenly in bags
Submerge in water bath for 20 to 30 minutes

Sauce Bouillabaisse

- 1 piece Serrano Chili
- 2 Piece Fennel, Chopped
- 2 Piece White Onion, Peeled and Rough Chopped
- 1 Tbsp Coriander Seed, Toasted
- 1 Tbsp Fennel Seed, Toasted

- ¼ Cup Pernod
- ¼ Cup Mulley Pratt

- 4 Ltr Lobster Stock
- 2 Ltr 35% Cream

- 1 Bunch Tarragon
- 1 Bunch Thyme

- 1 Pound Butter

Method

Sautee first 5 ingredients together in sauce pot, until slight coloring on vegetables
Deglaze with Liquor
Add lobster stock and cream and reduce by half
Strain through chinoise
Reserve warm
Monte butter to order
Season with lemon juice and salt

Champagne Foam

- 500ml Skim Milk
- 250ml Champagne
- 2tbsp. Natural Honey
- 1oz. Vanilla Oil

1oz Sea Salt
 White Pepper
 Lecithin

Method

1. Warm up milk and add to blender.
2. Turn on high and add in lecithin.
3. Blend for 10min. then add in the rest of the ingredients.
4. Keep warm in a deep saucepot.
5. Aerate with aquarium bubbler

MAYO BASE

4 egg yolk
1 1/2 tsp fresh lemon juice
1 tsp white wine vinegar
1/4 tsp Dijon mustard
1/2 tsp salt plus more to taste
1 cup canola oil, divided

METHOD

1. Combine egg yolk, lemon juice, vinegar, mustard, and 1/2 teaspoon salt in medium bowl. Whisk until blended and bright yellow, about 30 seconds.

- Using 1/4 teaspoon measure and whisking constantly, add 1/4 cup oil to yolk mixture, a few drops at a time, about 4 minutes. Gradually add remaining 1/2 cup oil in very slow thin stream, whisking constantly, until mayonnaise is thick, about 8 minutes

CELERIAC REMOULADE

2 pc Celeriac, Peeled and Shredded
1 cup Mayonnaise Base
1 tbsp Dijon Mustard
½ b. Thyme, Chopped
2 pc Lemon, Juice and Zest
½ b. Dill, Chopped
Sea Salt to Taste

METHOD

Mix celeriac with mayo base and mustard until just combined (coleslaw consistency)
Add chopped herbs
Season to taste with lemon juice and sea salt

Course 3: Game Hen, Herb Spatzel and Jus Gras

Game Hen, Herb Spatzel, Jus Gras

Game Hens

Debone Hens

Reserve breasts for service

Reserve carcass for stock

Season legs with salt sugar mix from cod

Vacuum seal

Cook in immersion circulator 156 degrees for 1 hours

Shock in ice bag

Remove from bag

Slow roasted Carrots

Scrub carrots

Rub with oil and spring with salt

Roast at 270 degrees for 2 hours

Portion

To order sauté carrots in clarified butter

Season with sea salt and chopped thyme

Spatzel

1pt. Egg Yolks
1pt. Milk
1pt. Sifted Flour
½ pt. Dijon and Pommery Mustard
1b. Thyme
Salt and Pepper

Method

1. Wisk together wet ingredients.
2. Add to dry ingredients and mix until doughy.
3. Bring pot of salted water to boil
4. And cook until dough floats, refresh in ice water.
5. Toss in oil and lay out on baking sheet lined with parchment paper

Jus Gras

1 ltr veal reduction
3 oz olive oil
10 piece hen carcass
2 piece white onion, diced
1 piece carrot, peeled diced
¼ bunch rosemary
4 piece garlic, smashed
2 piece bay leaves

Reserve rendered hen fat from stock

Oil and roast hen carcass at 400 degrees for 20 min.
Sautee onions and carrot until golden
Add everything into pressure cooker with 1 gal of water
Cook on high for 1 hour
Strain through fine mesh chinoise
Add veal reduction and stock together, reduce by 2/3
Strain through chinoise
Monte olive oil and hen fat in to sauce to order
Season with red wine vinegar and salt

Course 4: Chocolate Pâté, Shortbread

Pâté

500 g chocolate
125 g butter
330 g 35% cream
Pinch cream of tartar

Method

Melt chocolate and butter in double boiler
Then cool to room temperature
Whip cream with cream of tartar until firm peaks
Fold chocolate into whipped cream
Fill molds and set in fridge until cool.

Shortbread Cookie

1 cup all purpose flour

1/4 cup sugar

1/4 teaspoon salt

1/2 cup (1 stick) chilled unsalted butter, cut into 1/2-inch cubes

Method

Preheat oven to 300°F. Lightly butter 9-inch-diameter spring form pan. Whisk flour, sugar, and salt in medium bowl to blend. Add 1/2 cup butter and rub in with fingertips until mixture resembles coarse meal. Gather dough together and form into ball; flatten into disk. Roll out dough on lightly floured surface to 1/2-inch-thick round. Transfer round to prepared pan. Using fingers, press dough evenly over bottom to edges of pan. Using tip of small sharp knife, score dough into 8 equal triangles, then pierce all over with fork. Bake until shortbread is cooked through and pale golden, about 45 minutes.

Preparation List: Course 1

	Risotto Prep	Cook Prepping	Completed
Blanch Risotto			
Shred Oxtail			
Clean Mushrooms			
Chop Parsley			
Chop Thyme			
Chop Rosemary			
Make Reduction			
Dice Butter			
	For service		
Source Pot to Finish Risotto			
Source, Polish and Warm Bowls			
Micro Plain and Cheese Ready			
Cut Garnish			
Truffle Oil			
White Truffles			
Monte Jus with Butter			
Serving Spoons and Towels			

Preparation List: Course 2

	Cod Prep	Cook Prepping	Completed
Portion/Brine/Wrap/Cook			
Make Sauce Boullibaisse			
Mayo Base			
Celeriac Remoulade			
Champagne Foam			
Pick Fennel Fronds			
Pick Frissee			
Tobiko Caviar			

	For service	
Setup Immersion Circulator		
Source, Polish and Warm Bowls		
Cut Garnish		
Monte Sauce with Lobster Butter		
Serving Spoons and Towels		
Scissors		
Drying Rack For Fish		
Immersion Blender		
Aquarium Bubbler for Foam		

Preparation List: Course 3

	Gam Hen Prep	Cook Prepping	Completed
Debone Hens			
Make Hen Stock			
Sous Vide Legs			
Dry Breasts for Roasting			
Cook/Portion Carrots			
Make Spatzel			
Diced Butter			
Chopped Thyme			
Chopped Rosemary			
Chopped Parsley			
Make Jus			
	For service		
Setup Immersion Circulator			
Source, Polish and Warm Plates			
Cut Garnish			
Monte Sauce with Foie Gras			
Serving Spoons and Towels			
Pans for Searing Hens			
Pans for Reheating Carrots			

