

# Les Marmitons

*Gastronomie et Fraternité ~ from Friendship to Gastronomy*

Niagara Chapter Monday, January 14, 2019

**Executive Chef David Sider, Redstone Winery Restaurant**



**“Delicious Cuisine That Swims”**  
*Apéritif – Niagara College Balance Brut, 2013*

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## **1<sup>st</sup> course**

**Queen Scallop Crudo**  
Scallion Salsa Verde

*Tawse Winery - 2017 Sauvignon Blanc, Grower's Blend*

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## **2<sup>nd</sup> course**

**Seared Albacore Tuna**  
Dressed Leeks, Chopped Egg Dressing

*Redstone Winery - 2017 Rosé*

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## **3<sup>rd</sup> course**

**Crisp Salmon**  
Roasted Beetroot, Kale, Horseradish & Dill

*Tawse Winery – 2015 Pinot Noir, Quarry Road*

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## **4<sup>th</sup> course**

**Ling Cod**  
Citrus Caramel, Honey Pickle

*Redstone Winery – 2013 Chardonnay, Limestone Ridge*

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## **5<sup>th</sup> course**

**Chocolate Soufflé**  
Vanilla Anglaise

*Niagara College Teaching Brewery - “Winter Warmer” Beer*



# **Executive Chef David Sider, Redstone Winery Restaurant**

## **Recipes: Les Marmitons, Niagara Chapter – January 14, 2019**

### **▪ Course 1: Queen Scallop Crudo**

#### **Scallion Salsa Verde**

2 cloves garlic, chopped  
1 tbsp capers, chopped  
6 gherkins, chopped  
6 anchovy fillets, chopped  
3 bunches scallions, roots removed and coarsely chopped  
1.5 bunches parsley, picked and coarsely chopped  
1 bunch basil, picked and coarsely chopped  
½ bunch mint, picked and coarsely chopped  
1 tbsp Dijon mustard  
2 tbsp red wine vinegar  
Olive oil (to emulsify)  
Lemon juice and zest, to finish  
Salt and black pepper

Combine all ingredients except the olive oil and lemon in a robo coupe and blitz until they are all incorporated. Slowly add the olive oil to form an emulsion and season to taste with lemon, salt, and black pepper.

Yields : ½ Litre

- **Course 4: Ling Cod**

### **Citrus Caramel**

500mL sugar  
300mL orange juice  
100mL lime juice  
100mL lemon juice  
100mL hazelnut oil

Combine sugar and citrus juice and bring to a blonde caramel. Remove from the heat, pass, and allow to cool. As the caramel is cooling, whisk in hazelnut oil. Store in the fridge.

### **Honey Pickle**

200 ml white wine vinegar  
100 ml white wine  
100 ml water  
4 tbsp honey  
Salt to taste

Combine all ingredients and whisk together. Do not heat.

## ▪ Course 5: Chocolate Soufflé

### Chocolate Souffle

Base:

500mL milk

1 vanilla bean, scraped

75g butter

75g AP flour

200g yolks

100g dark chocolate

Egg White Mix:

26g corn starch (sifted)

100g icing sugar (sifted)

70g cocoa powder (sifted)

400g egg whites

26g sugar

For Service:

Ramekins (brushed vertically with butter and coated with sugar)

Icing Sugar (to dust)

Method:

Base:

Combine and warm the milk and vanilla pod. Let steep and discard the pod.

Separately, melt the butter and add the flour to form a roux. Whisk in the milk in stages to form a smooth paste. Whisk in the yolks one at a time and cook for 3-4 minutes. Add the dark chocolate and cook until melted and well combined. Let cool with cling film directly on top to avoid any skin.

Egg Whites:

Beat the egg whites at medium speed until frothy. Add the sugar and beat to soft peaks. Add the sifted icing sugar, corn starch and cocoa powder and mix on low. Fold the egg white mixture into the soufflé base incrementally.

To Finish:

Heat the oven to 425F at high fan. Fill the ramekins, leaving  $\frac{3}{4}$ " space at the top. Add the souffles and turn the oven down to 375 at medium fan. Bake until fully risen, approx. 10-13 minutes. Dust with icing sugar and serve immediately.

- **Course 5: Chocolate Soufflé Con't.**

### **Vanilla Anglaise**

2 cups sugar  
2 liters cream  
30 egg yolks

Add sugar and cream till cream warms and sugar dissolves.

Make a double boiler for egg yolks, whisk till sabayon. Remove from heat and slowly add cream to eggs till tempered