

Les Marmitons

Gastronomie et Fraternité ~ from Friendship to Gastronomy

Niagara Chapter Monday, January 13, 2020

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***“International flavours from countries visited and
one from my bucket list”***

Apéritif

Southbrook Wild Ferment Cider

Course 1: Mexico

Yucatan sopa de Lima.

Pork, hominy corn, poblano, lime, tortilla

Southbrook 2017 Laundry Vineyard Riesling

Course 2: India* *bucket list*

Chicken Tikka Masala

Chicken, toasted spice, coconut,

Spinach, fenugreek

Paratha bread

Niagara College IPA

Course 3: Spain

Paella Valencia de Marisco

Shellfish, Monkfish, fava bean, bomba rice.

Southbrook 2017 Laundry Vineyard Pinot Noir

Course 4: Peru

Picarones

Sweet potato, pumpkin, doughnut, citrus, molasses

Southbrook Whimsy! "The Anniversary"



Recipes: Chef Alan Kerr, January 13, 2020

Course 1: Mexico

Yucatan sopa de Lima.

Pork, hominy corn, poblano, lime, tortilla.

Yield 24 portions. Portion size 200 ml.

I made this soup whilst delivering a cooking class in Mexico to a group of American and Canadian tourists. Their first reaction was why the f*&k is a limey teaching a class on Mexican food? I thought the same thing too, but it all worked out well in the end. The bold flavour and deep colour comes from the Ancho Chili peppers.

Ingredients:

1 kg diced pork shoulder cut to a 5mm dice.
50 ml olive oil
2 medium onions, diced
2 large sprigs of fresh oregano
6 cloves of garlic, sliced
4 litres of chicken stock
6 ancho chillies
4 poblano chilies, grilled, skinned, seeded, destemmed and diced
3 roma tomatoes, chopped
1 can of hominy corn rinsed.
juice of 2 limes or more if required to taste.

Garnish:

24 lime wedges
6 chili serrano, deseeded and thinly sliced
tortilla chips or strips
2 avocado, diced
6 radishes sliced.
100 g Jicama grated
100 g grated Monterey Jack.

Method:

Heat the oil in a soup pot then add the diced pork. Once browned, add onion, garlic and Oregano. Cook until soft. Add 3 litres of stock, bring to a simmer. Open and seed the ancho. Soak in water for 15 minutes. Take 1 litre of stock. Bring to a boil. Add the ancho peppers and simmer for 15 minutes. Puree and strain then add to broth and cook for 30 minutes.
Add the tomatoes, corn and lime juice. Adjust seasoning.
Portion into warm soup bowls and garnish accordingly.

Course 2: India

Chicken Tikka Masala

India is on my bucket list.

Growing up in Birmingham, the only place to get good tasting food at 3.00 am after a night out on the town was to venture to the Balti Triangle. An expanse of Balti houses clustered along an area to the south of Birmingham city centre. It covers parts of Sparkbrook, Sparkhill and Balsall Heath. If you are a Peaky Blinders fan, these districts will be familiar to you. Chicken Tikka Masala is said to have been created here.

Ingredients:

24 chicken thighs skinned and boneless.

The rub

200g fresh ginger

2 bulbs of roasted garlic

6 cloves of garlic.

Method:

Add the garlic purée into a food processor. Add the peeled garlic cloves, ginger, olive oil and salt. Blend until the mixture has a paste-like consistency.

Generously coat the chicken in the rub. Cover and refrigerate.

The Masala

100g coriander seeds

2 tsp cardamom seeds

6 cinnamon sticks

25g black peppercorns

6 cloves

125 g cumin seeds

20 g mace

5 bay leaves

50g ghee

50g chickpea flour

50g Kashmiri chilli powder

25 g ground fenugreek leaves

500g Greek organic yoghurt.

Prepare the Masala – Method:

Combining all the spices on a baking sheet and roast at 350 for ten minutes then leave to cool. Grind the spices and grind to a powder.

Melt the ghee and mix in the chickpea flour. Continue stirring one minute to cook the flour. Remove from the heat.

Mix the yoghurt, chilli mixture and ground fenugreek leaves into a large bowl. Add 50 g of the masala and the chickpea flour roux. Stir to combine. Place the chicken in the yoghurt marinade and toss to coat thoroughly. Cover the bowl and place in the fridge.

The Masala sauce

1kg San Marzano canned tomatoes pureed
4 onions diced.
25 g ginger minced
1 bulb of roasted garlic
50 g ghee
2 tsp Kashmiri chili powder.
3-4 tbsp. of Masala powder.
50 g tomato paste
2 tsp ground fenugreek seeds
3 tsp ground turmeric

Method:

Melt the ghee. add the chilli powder and fry for 2-3 minutes. Turn the heat down to low. Add the onions, ginger and salt and cook for ten minutes, or until the onions are golden. Stir in the tomato paste and the roasted garlic cooking for 2-3 minutes.

Add the tomato puree and cook for ten minutes, stirring constantly. Add the masala, fenugreek seeds and turmeric, and simmer for five minutes. Keep sauce warm while you cook the chicken.

The chicken – Method:

Remove as much of the marinade as possible, but do not discard.

50 ml Ghee
1 can of coconut cream
100 g cashew nuts toasted and ground.
Coriander leaves for garnish.

Heat a large rondel, add Ghee and the chicken and cook slowly allowing a little colour. Add remaining marinade and allow it to simmer. 30 minutes should be ample time to cook the chicken through. Add Masala sauce, coconut milk and cashews. Adjust the seasoning and serve.

Moong dal with spinach.

4 cups skinned moong dal
2 tsp. ground turmeric
4 bay leaf
1 kg spinach, washed and cut into wide shreds
2 tsp. salt (or to taste)
2 tsp. red Kashmiri chili powder
4 tbsp. vegetable oil
2 tsp. cumin seeds
4 fresh green chillies, finely sliced

Method:

Heat a cast-iron frying pan over a medium-low flame. Toast the dal. Put the dal in a heavy-based pan. Add the turmeric, bay leaf and enough water to barely cover. Turn the heat to low, cover, leaving the lid slightly ajar, and cook gently for about 1 hour until the grains are quite tender. Add the spinach, salt, red chilli powder and more water if it is dry. Stir and bring to a simmer for 10 minutes. Heat the vegetable oil in a saute pan. When hot, add the cumin seeds and the green chillies. Stir once and then pour the contents of the small pan or frying pan over the cooked dal.

Chapati bread**Ingredients:**

7 cups atta flour, plus more for rolling
1 tbsp. oil, plus more for shaping
2 tsp. kosher salt
Melted ghee, for brushing

Method:

In a medium bowl, combine the flour, oil, and salt. Add 2 cups of water and mix. Add an additional ½ cup of water and continue to knead. If the dough seems dry, add up to ¼ cup more water.

Divide the dough into 4 equal pieces rolling each piece into a log. Pinch off golf ball-sized pieces. Cover the balls with a dish towel and set aside for 30 mins.

Working with one ball of dough at a time, flatten the ball into a thick disc. Dredge the disk of dough in the bowl of flour, then roll the ball into a disc about 6-6 ½ inches in diameter.

Heat a couple of cast iron skillets and place one roti in the skillet. When you see small white spots form on the surface of the dough, about 45 seconds, use tongs or your fingers to flip, then cook on the remaining side until it bubbles a little and light brown spots form, 20-30 seconds more.

Remove the roti from the pan and place it directly over a gas flame; let cook until it puffs and swells, then, using tongs, quickly flip it back and forth for a few seconds to continue puffing and getting brown spots all over.

Transfer the roti to a serving dish and immediately brush one or both sides with ghee. Cover with a clean kitchen towel while you continue rolling and cooking the rest of the roti in this manner. Serve warm.

Course 3: Spain

Paella de Marisco

Yield six portions per Paella pan

According to the team of Wikipaella, Paella is only cooked in and around the city of Valencia. It's only served at lunch, never in a single portion and for ultra-authenticity, it should only be cooked by a man. A Spanish man. In Valencia.

The tastiest part of the paella is the crunchy, almost burnt, stuck to the pan bit called Socarrat. It's traditionally cooked over orange wood to impart a smoky flavour.

For the sofrito:

This is enough for four paella pans.

100 ml extra-virgin olive oil
1 red onion, chopped
1 sweet onion, chopped
3 shallots, finely chopped
6 cloves of garlic, chopped
2 red peppers, de ribbed and chopped
1 green pepper, de ribbed and chopped
1 tsp saffron, lightly toasted and crumbled
2 tbsp. sweet Spanish smoked paprika
500g plum tomatoes, crushed by hand
4 bay leaves

For the paella:

4 dz jumbo shrimps
50 ml extra-virgin olive oil
2 kg Bomba rice (Maybe less)
300 ml white wine
1500 ml chicken stock
1500 ml seafood stock
500 g Fava beans
1.5 kg monkfish cleaned and sliced
1.5 kg mussels, cleaned and debearded

Method:

In the paella pans, distribute and heat the olive oil over medium heat. Add the shrimps and cook for a couple of minutes. Set aside. Quickly sear the monkfish and also set aside.

To make the sofrito:

In the same paella pans, heat the oil over a low heat. Add the onions, shallots, the garlic and the peppers and cook over a low heat until softened.

Stir in the toasted saffron and paprika. Add the tomatoes and the bay leaf, and season generously with salt. Cook until the mixture has softened, 7-10 minutes.

Raise the heat to medium-high and add the white wine, the chicken and seafood stocks and bring to a boil. Rain in the rice then lower the heat to a simmer, spread the ingredients out evenly in the pan, and cook for about 15 minutes without stirring.

Add the mussels, the shrimp and fava beans without stirring, and continue cooking until the shellfish has opened, about 5-10 minutes. If, at this point, the rice is looking a bit damp, raise the heat for a few minutes to evaporate the liquid. Ideally, the rice will now have a lovely golden crust on the bottom. Remove from the heat and serve.

Course 4: Peru

Peruvian Picarones

Peru is my favourite South American destination as their understanding and execution of foods is second to none. I had these Peruvian doughnuts in the beautiful Andean city of Arequipa. I was instantly hooked.

Ingredients:

6 cinnamon sticks (divided)
4 teaspoons whole anise seed
3 teaspoons whole cloves (divided)
1 kg sweet potatoes
1 kg pumpkin
2 tablespoon instant yeast
2 tablespoon sugar
4 eggs
Salt (to taste)
½. cup Pisco
6 cups flour

2 oranges
4 limes
12 dried figs
½. cup molasses
3 cups light brown sugar
1 cup water

Method:

Fill a pot with water and bring to a boil. Add 4 cinnamon sticks, 4 teaspoons anise seed, and 2 teaspoons cloves to the water.

Peel the sweet potatoes and pumpkin then cut into large chunks. Add both to the boiling water and cook until soft. You'll need to remove the pumpkin first, as it will cook faster. Strain and reserve 1 cup of the cooking water and let cool.

Pass through a food mill. Let cool. You will need 1.5 cups of sweet potato purée and pumpkin purée.

In the bowl of a standing mixer, dissolve the yeast and sugar in the cup of cooled cooking water. Let rest for 5 minutes.

Add the eggs; salt cooled sweet potato purée, cooled pumpkin purée, and the Pisco then mix with the dough hook attachment until well blended.

Add the flour gradually and mix until smooth, about 5 minutes. The dough should be stretchy and smooth, but still sticky. If it is very liquid, you can add up to 1/2 cup more flour.

Cover and let rise in a warm place until doubled in bulk, or about 2 hours.

Juice the orange and limes and reserve juice.

Place the molasses, sugar, orange rind, lime rinds, orange juice, lime juice, figs, remaining cinnamon and cloves with 1-2 cups water and bring to a boil, stirring.

Lower heat and simmer for 15 minutes, or until mixture thickens slightly then strain.

When the dough has risen, heat the fryer to 350 F.

Wet your fingers in salted water. Form the doughnuts by grabbing a small handful of dough and stretching it into a ring around a couple of fingers, then tossing the dough quickly into the oil. Cook briefly, 20 seconds or so, and then flip the doughnuts using the handle of a long wooden spoon.

Cook the doughnuts in the oil until they are golden brown (about 30 seconds longer), then remove them to a paper towel-lined plate.

Serve immediately drizzled with the warm syrup.