

Les Marmitons

Gastronomie et Fraternité ~ from Friendship to Gastronomy

Niagara Chapter Monday, March 4, 2019
Chef Nathan Libertini, Napoli Ristorante

Apéritif

Dillon's Distillery – The Professor's Negroni

1st course

Raviolo all' uovo

Farm fresh Egg, Porcini mushroom, Ricotta
Mushroom Brodo
Cremini mushrooms and green peas

Niagara College – 2012 Dean's List Chardonnay

2nd course

Lake Erie Pickerel Puttanesca

Stewed fingerling potatoes
Arugula microgreens

Niagara College – 2017 Les Marmitons, Gastronomy Pinot Noir

3rd course

Vitello Osso Bucco

Sauce Bordelaise
Saffron and Pecorino Risotto

Niagara College – 2017 Balance Merlot

4th course

Espresso Chocolate Brownie

NC Brewery Stout Mousse
Espresso Chocolate Brownie
Mascarpone Gelato

Niagara College – Porter 101



Course 1: Raviolo all' Uovo

1000 ml	Eggs
60 ml	Olive oil
1000 g	Semolina
1000 g	00 Flour
3000 g	Fresh Ricotta
50 g	Dried Porcinis, reserve liquid
1/2 bunch	Fresh Parsley
	Salt and Pepper, to taste
2000 ml	Chicken broth
500 ml	Beef Demi
200 ml	Porcini broth, to taste
	Salt and Pepper, to taste
	Cremini Mushrooms and <u>Green Peas</u>

Method:

Pasta --

-Combine dry ingredients and make a well, add eggs and oil and start to mix. Bring together until all dry ingredients are incorporated. Pasta is ready.

Raviolo--

-Take porcinis and parsley and chop fine. Combine with ricotta and season. Put into piping bag and put aside.

-Roll out pasta dough in sheets and cut with large circle cutter. You need two circles for one raviolo.

-Pipe ricotta starting from the center into a spiral, then again on just the border. Add your

egg yolk into the center. Dampen the edges with water and seal shut with top piece of pasta circle.

-This will take 5-7 minutes to cook, looking to achieve al dente pasta with keeping the yolk still soft and runny on the inside.

Brodo --

-Combine the chicken and beef demi, add the mushroom stock in stages to get correct flavour. Then season to taste.



Course 2: Pickerel Puttanesca

	Lake Erie Pickerel
2 x 100 fl. Oz.	Tomato, whole or crushed
5-7	Anchovy fillets
1	Onion, bruniose
5 cloves	Garlic
250 ml	Olive oil
3-5 pieces per person	Black olives, crushed
1 tsp. Per person	Capers
3 per person	Fingerling potatoes
	Arugula Microgreens

Method:

Sauce--

-Heat olive oil. Add anchovies and melt. Add onions and garlic and cook until soft. Deglaze with a little white wine and add tomatoes. Cook until acidity is gone. Season to taste.

-Add fingerlings to sauce to braise until just cooked.

-For plating, add black olives and capers to sauce and plate. Garnish with arugula micro



Course 3: Part 1 of 2: Osso Bucco Ragu

2	Onions, brunoise
2	Carrots, brunoise
4	Celery, stalks - brunoise
1 Tbsp	Thyme
4	Bay leaves
1000 ml	Red Wine
1 can (5oz.)	Tomato paste
2 cans	Saporito filleto tomatoes
3 Tbsp	Salt
2 Tbsp	Pepper
1 can	Saporito filleto tomatoes
16 - 22 pcs	<u>Veal shank</u>

Method:

-Sweat veg in 1 cup EVOO until translucent with thyme, bay leaves, salt and pepper

-Deglaze with red wine

-Add 2 cans tomatoes, tomato paste ; bring to a low simmer constantly stirring

-While sauce is simmering; season veal shanks with salt and pepper on large sheet pan

-Sear veal shanks in large sauté pan using 2 Tbsp canola oil, place in roasting pan after

-Carefully cover veal shanks with sauce

-Cover with parchment paper completely and then aluminum foil.

-After 3 hours, remove from oven, remove foil and cool for approx 1 hour before handling



Course 3: Part 2 of 2: Bordelaise and Risotto

5	Shallots
4	Bay Leaves
1/2 bunch	Thyme leaves
50 ml	Cracked Peppercorns
1000 ml	Red Wine, Merlot
1000 ml	Beef Stock
1000 ml	Demi glace
	Bone marrow, if available
2 boxes	Arborio Rice
3	Shallots, brunoise
5000 ml	Chicken Stock
500 ml	White Wine
3 packets	Saffron
500 g	Pecorino, grated
200 g	Butter

Method:

Bordelaise --

-Sweat shallots, thyme, peppercorns, bay leaves for 20 minutes until caramelized and sweet. Add red wine and reduce by half, syrupy but still loose.

-Add stock and demi glace (and bone marrow if using) and reduce by half.

Strain

Risotto --

-Sweat shallots in butter and olive oil. Add rice and toast a few minutes. Deglaze with white wine and start adding chicken stock in additions. Stirring occasionally to become creamy.

-Steep the saffron in one cup of chicken stock, add as one addition.

-Finish with pecorino, butter and olive oil. Season to taste



COURSE 4: ESPRESSO CHOCOLATE BROWNIE

NC Stout Beer Mousse:	
Egg yolks	80 g
Sugar	200 g
NC Stout Beer	200 ml
Gelatine	13 g
Whipping Cream	600 g
<p>-Beat yolks and sugar to ribbon stage -Combine beer and softened gelatine and melt, do not get to hot. -Add beer mix to yolks and whisk smooth - Whip cream to stiff peaks, fold in 1/3 first the remaining -Add pinch of salt to taste to balance sweetness</p>	
Crispy Coffee Chocolate Base:	
Dark chocolate, calleabut	568 g
Vegetable oil	140 g
Butter	112 g
Paillete feuilletine	568 g
<p>-Melt chocolate, veg oil, and butter together until just melted -Combine with paillete feuilletine and its ready to use</p>	
Mascarpone Gelato:	
Milk	720 ml
Whipping cream	240 ml
Sugar	227 g
Salt	1.25 g
Vanilla	15 ml
Mascarpone	240 g
<p>-Combine milk, cream, and half the sugar in saucepot and scould -Combine the remaining sugar, salt, vanilla, and mascarpone and whisk smooth -Temper in warm milk mix to mascarpone -Freeze in paco jet containers, then spin</p>	
Espresso Chocolate Brownie:	
Eggs	4
Cocoa powder	200 g
Suagr	1000 g
Espresso	400 g
All purpose flour	400 g
Vegetable oil	100 g
Vanilla	2 tsp.
Melted Butter	150 g
<p>-Combine sugar, oil, melted butter, and espresso and dissolve sugar over double boiler -Add eggs to just combine -Add cocoa powder, flour, and pinch of salt -Bake in desired pans until just set</p>	



NOTES:

