

Les Marmitons

Gastronomie et Fraternité ~ from Friendship to Gastronomy

Niagara Chapter Monday, March 9, 2020
Executive Chef Thoshan Alweera
HobNob Restaurant & Wine Bar, The Charles Hotel

Apéritif

Niagara College - Underground Series Sauvignon Blanc, 2017

1st course:

Jerusalem Artichoke Soup with Truffles

Megalomaniac - Savvy Sauvignon Blanc, 2018

2nd course:

**Pickled Vegetable Salad with Buttermilk Dressing and Fried
Brussels Sprouts Topped with Toasted Seeds and Crispy Bacon**

Megalomaniac - Pink Slip Rose, 2018

3rd course:

**Confit Duck Leg with Spanish Chorizo and Lentil Ragout
Topped with Sweet and Sour Eggplant Moju**

Megalomaniac - Frank Cabernet Franc, 2017

4th course:

Vanilla Panna Cotta with Apple Chutney and Spiced Nuts

Megalomaniac – Sparkling Personality Riesling, 2019



Jerusalem Artichoke Soup with Truffles

1lb Jerusalem Artichokes (washed and diced)

1/2lb Potato (peeled and diced)

1pc white onion (peeled and diced)

5 cloves of garlic (peeled and chopped)

1pc Leek (cut in half washed and diced)

2 sprigs of thyme (picked off the stem)

35% cream, stock or water, sour cream and truffle paste or oil)

1. Heat up some oil in a thick bottom pan, add your garlic and onion. Cook them for few minutes with out browning.
2. Add in the leek, the potato and the Jerusalem artichoke and cook for few minutes staring will everything is starting to cook.
3. Add water or stock just to cover it and simmer till the potatoes and Jerusalem artichokes are just cooked.
4. Pure the soup in a blender with salt, pepper and more stock or water if needed for the desired consistency and finish with some 35% cream.
5. Mix some truffle paste or oil with the sour cream for the garnish.

Pickled Vegetable Salad with crispy Pork

Pickled Vegetables

1 head of cauliflower (florets)

1head of Broccoli (florets)

1 red onion cut in to strips

3cups white vinegar

1cup white sugar

1cup water

1 teaspoon salt and chilli flakes

1. Mix vinegar, sugar, water, chili and salt in a pot. Bring it to a boil to dissolve sugar and salt. Set a side to cool and mix in to the vegetables.

Buttermilk Dressing

1L Mayo

1/2L Buttermilk

1 cup roasted Garlic paste

1. Mix everything to gather and pass through a strainer and add salt as desired.

Rest of the dish

1lb Brussel sprouts (cut in half and blanched)

1cup toasted seeds of any kind

Crispy bacon strips

1. First place the pickled vegetables on the plate, then put the buttermilk dressing in between.
2. Fry or roast the brussels sprouts and finish with the above pickling liquid and salt then place it on top.
3. Breakup the crispy bacon and place in top and sprinkle the toasted seeds on top.

Duck Confit, lentils and eggplant Moju

Duck confit

1cup salt

1cup sugar

1teaspoon juniper berries (crushed)

1tablespoon cracked black pepper

8pc duck legs

Duck fat or flavorless oil.

1. Trim the excess duck fat from the legs and cut around the knuckle to release the meat.
2. Mix the salt, sugar and the spices and rub a good amount on each leg and leave it over night in the fridge.
3. Rinse the salt mixture the next day and pad dry with paper towel and place it in an oven proof deep pan.
4. Top up the pan with duck fat or oil till everything is covered and place it and oven at 275F for 4 hours till the duck is tender and cool in the cooking liquid.

Lentil ragout

1lb chorizo (fresh or hot smoked)

1L lentils (soaked over night in water)

1cup each carrot, onion and celery diced

2tablespoons chopped garlic

2tablespoons of pickled thyme

1L crushed tomato

1. In a pan heat up some oil and add the garlic, carrots, celery and the onion in order and cook for few minutes.
2. Add the chorizo diced or crumbled in to it and cook till you see the oils from the chorizo starts to come out.
3. Add the lentils, thyme and the tomatoes and cook till the lentils are cooked through. If you need more liquid add water or stock till the lentils are cook through.
4. Finish with a little cold butter or 35% cream to bring it together.

Eggplant Moju

1lb eggplants cut in to cubes (2cm)

1cup diced red onion

1/2cup chopped garlic

1/4cup chopped ginger

4teaspoon mustard power

2tablespoons of chili flakes

2 teaspoons of coriander powder

4 teaspoons of sugar

1 cup of white vinegar

1. Deep fry the eggplants till golden brown and set a side to drain the excess oil
2. In a pan heat up oil and add garlic, ginger and red onion in order and cook for few minutes.
3. Add the rest of the ingredients and bring it to a boil and add the fried eggplants off the heat, adjust the salt and let it cool.

Vanilla Panna Cotta with Apple chutney and spiced Nuts

Panna cotta

2cups 35% cream

1 vanilla bean

1/2 cup sugar

1 1/2 teaspoons of unflavoured gelatin

1/2 cup milk

1/2 cup yogurt

1. Place the cream in a saucepan. Halve the vanilla bean lengthwise and scrape out the seeds with a knife, then add the seeds and pod to the saucepan. Add the sugar and bring to a simmer over medium-low heat, stirring occasionally. Discard the vanilla pod.
2. Sprinkle the gelatin over the milk in a bowl and let stand until the gelatin softens, about 5 minutes. Stir the gelatin mixture in to the hot cream until dissolved, then stir in the yogurt. Divide among eight 4 oz ramekins and let it set in the fridge.

Apple chutney

1L Apples (peeled and diced)

3 tablespoon ginger rasped

1/c cup apple juice

1pc cinnamon stick

1 cup sugar

1. Add everything to a saucepan and cook till it reduces the liquid and thickens up with the sugar.

Spiced nuts

1L nuts of your choice

1L simple syrup

1 teaspoon chili powder

1. Add everything to a pot and simmer for 5 minutes then drain well and toast in an oven at 325F till the nuts and well toasted.

Sandra Bigford

Junior Sous Chef, Charles Hotel

Ive been cooking all my life, as a child I basically grew up in the back of a kitchen. I knew at a young age this is what Id be doing.

Ive been with Vintage Hotels for 20 years now. During my time with the company I attended Niagara College doing the Apprenticeship Program. After completing my school and graduating in 2005, I wrote my red seal right away and continued my journey within this company.

I was a cook at the Shaw café and Oban INN when I first started with the company. I then worked in Queen Landing bakery... that was back when the bakery was called three feather pastries.

Eventually, I made my way to the Pillar and Post.... For 15 years. In that time, I advanced to Chef de Partie. Did all the roles within the kitchen there, which brought me to the banquets area doing all the weddings for at least 5 years.

And now, the last little over a year Ive been with Charles Hotel as Junior sous chef.