

Les Marmitons

Gastronomie et Fraternité ~ from Friendship to Gastronomy

Niagara Chapter - Monday, November 5, 2018

Chef Patrick Engel, Hospice Niagara

*Welcome – Niagara College 2018 Edition Blueberry Cider

1st course – Around the Bar:

Chef's Favourite Bar Snacks:

Salt & Pepper Pork Baby Back Ribs, Buttermilk Fried
Chicken with Pickles and "Off the Hizzy" BBQ Sauce, Shrimp
Donuts

**Niagara College Teaching Brewery – Saison Beer*



2nd course:

New England Style Bacon & Clam Chowder
with Cheddar and Black Pepper Biscuit Crumbles

**Rosewood Estates Winery 2015 Renaceau Vineyard Chardonnay*



3rd course:

Nonna Avelia's Veal & Mushroom Scaloppini with
Handmade Buttered Egg Noodles
Leafy Green Salad with Sparkle Vinaigrette

**Rosewood Estates Winery 2016 Blackjack Vineyard Pinot Noir*



4th course:

Apple Crisp Cheesecake

**Rosewood Estates Winery Mead Royale Traditional*

Recipes: Les Marmitons Niagara Chapter, November 5, 2018:

Chef Patrick Engel, Hospice Niagara

1st Course: Chef's Favourite Bar Snacks

Salt & Pepper Baby Back Ribs!

6 racks Pork back ribs

Kosher salt Liberal amounts

Black pepper Cracked, liberal amounts

Peel membrane from ribs. Cut racks into single bones. Toss liberally in kosher salt and set aside for 30 minutes. Fry ribs at 350F in clean(ish) oil for 5-6 minutes. Toss in Kosher salt and cracked black pepper. Serve beside the hottest pepper sauce you feel comfortable with.

Buttermilk Fried Chicken with Pickles and 'Off the Hizzy' BBQ Sauce

Chicken Thighs Boneless, skin ON

Buttermilk To cover

Thyme

Hot Sauce

Corn Starch

BBQ Rub We can have a conversation about this

Salt and Pepper

"Off the Hizzy BBQ Sauce" – recipe to follow

Cut the chicken thighs into bite size pieces – approximately 1 ½ - 2 inches. Immerse the chicken in buttermilk which has been liberally spiked with fresh Thyme, hot sauce, salt, pepper, and potentially, BBQ Rub. Set aside for 1 hour. Season the corn starch with salt, pepper, and bbq rub. Dredge the chicken in the seasoned corn starch and fry (deep fry, 350 F) in small batches for approximately 3-4 minutes per batch. Drain on a wire rack. Toss in the nearly famous 'Off the Hizzy' BBQ Sauce and serve with pickles – either homemade or store bought. Sweet or Dill are equally acceptable.

"Off the Hizzy" Sauce –

1 L Ketchup

1 ¼ cups Cider vinegar

½ cup Brown sugar

1 Tbsp Black pepper

1 Tbsp Chili powder

1 Tbsp Cumin – ground

1 Tbsp Kosher salt

¼ cup Worcestershire

Combine all ingredients and refrigerate up to six months.

Shrimp Donuts

Shrimp 16-20 – peeled and deveined, tail off

Corn Starch

Flour

Baking Powder

Beer

Wasabi

Mayonnaise

Butterfly the shrimp by slicing laterally through the back, yet leaving the 'tip and tail' intact, so as to allow the shrimp to open like an 'O' (See chef). Mix a batter with a ratio of 3 parts corn starch and 1 part Flour, adding 1 tsp of baking powder per cup of starch/flour. Add delicious ice cold beer to form a thick batter.

Season with salt and pepper. Dredge the shrimp in seasoned corn starch and dip in the batter, then into a 350 F deep fryer. Try to accentuate the opening we've created, coaxing the shrimp to fry in 'rings'. Fry for approximately 3 minutes, and drain on a wire rack. For the 'glaze' – combine the wasabi and the mayonnaise to make a smooth, slightly green, very sharp and 'stingy' glaze. Transfer the glaze to a small piping bag of fine tipped squeeze bottle and 'glaze' the shrimp donuts.

2nd Course: New England Style Bacon and Clam Chowder

2 lbs	Bacon – diced
1 Lb	Butter
1 head	Celery – diced
3 pcs	Leeks – diced
5 pcs	Red onions – diced
5 lbs	potatoes, unpeeled, diced
8 Litres	chicken stock
1 ½ cups	Flour
1 bunch	Thyme – tied
2	Bay leaves
¼ cup	Worcestershire
2 Tbsp -	Tabasco
2 L	Milk – (2 % or Homo)
2 cans	Chopped surf clams in juice* (or comparable product)
1 L	35% cream
1 L	½ and ½ cream
1 bunch	Parsley - chopped

In a medium pot, cook the potatoes in half (4 L) of the chicken stock. In a larger pot on medium to high heat, cook the bacon in the pound of butter. Just to clarify – Yes, I did tell you to cook 2 lbs of bacon in 1 lb of butter. Once the bacon is rendered, but not yet browning, add the onions, leeks, and celery, and sweat for 10 minutes. Add the flour and cook for 2 minutes more. Gradually add the remaining chicken stock (COLD stock) to the pot while stirring constantly. Add the thyme, bay leaves, Tabasco, Worcestershire and simmer for 15-20 minutes. Add the clams and their juice/broth, and the milk and the creams. Season liberally with salt and pepper, and garnish with chopped parsley and a knob of butter. Serve with biscuit crumbles.

Cheddar and Black Pepper Biscuits

3 ½ cups	AP Flour
1 Tbsp	Baking powder

1 Tsp	Baking Soda
1 Tsp	Salt
1 Tbsp	Cracked black pepper
1 ½ cups	Butter - cold
½ lb	Old cheddar – grated
1 cup + ¼ cup	Buttermilk

Combine all dry ingredients in a large bowl and mix well. Using a box grater, grate the butter into the mix. Mix well with your fingers – gently working the fat into the flour. Add the cheddar, and the buttermilk and form a loose dough – do not overwork. Form small (2 inch) biscuits on a parchment lined tray and brush with buttermilk. Bake at 350F for approximately 12 – 15 minutes, or until golden. Allow to cool. Now smash up the biscuits, and return to the oven to toast. We now have cheddar biscuit crumble croutons. Sprinkle atop the Clam Chowder.

3rd Course: Nonna Avelia's Veal and Mushroom Scaloppini

5 lbs	Veal cutlets
2 cups	AP flour
8	Eggs
1 lb	Butter
10 lbs	Cremini mushrooms, sliced
1 cup	Olive oil'
1 bunch	Thyme
2 sprigs	Rosemary
2 cups	White wine
2 L	Veal stock
S & P	
1 chunk	Parmesan cheese

Lightly pound the veal cutlets and season liberally with salt and pepper – set aside for 10 minutes. In a saucepan, heat the veal stock. Create a 2 stage dredging station – One large bowl with seasoned flour, one with beaten eggs. Dredge the cutlets in the flour, then the egg, then directly into a well buttered and olive oiled pan over medium heat. Fry until the egg is set and lightly browned – one to two minutes per side. Remove from the pan onto a tray for later use. Repeat – in batches – until all of the veal is cooked. In the remaining butter and oil, fry (also in batches) the sliced mushrooms. Add sprigs of thyme and leaves of rosemary to each batch. Deglaze each batch with white wine and set aside.

Add any remaining wine to the simmering veal stock. To assemble, in hotel pans or large casseroles, layer veal and mushrooms (2 layers or so) until all of the veal and mushrooms are contained. Cover with hot veal broth and wine, cover with film and foil and bake at 300F for an hour. Serve over buttered egg noodles and garnish liberally with Parmesan Cheese.

Buttered Egg Noodles

1 Batch Pasta dough
½ lb butter
1 cup pasta water
Salt and Pepper

Roll the pasta to the desired thickness and shape. Boil until done. Strain, retaining 1 cup of the pasta water. Transfer pasta to a large bowl and add the butter and some of the reserved pasta water – up to 1 cup. Season well with salt and pepper. Parmesan cheese is a must – see above recipe!

Leafy Green Salad with Sparkle Vinaigrette

¼ cup White wine vinegar
½ Lemon – juiced
1 Shallot – diced
½ cup Sparkling wine
2 tsp Kosher salt
1 tsp Black pepper (cracked)
¾ cup Olive oil

**We will double this recipe

Freshly washed and picked green leaf lettuce

In a medium sized mixing bowl, combine the white wine vinegar, lemon juice, shallot, salt and pepper. While whisking aggressively, slowly add the olive oil until combined. Add the sparkling wine, and season to taste.

4th Course: Apple Crisp Cheesecake

Shortbread Crust

450 g Butter
150 g Icing sugar
5 g Kosher salt
520g Pastry flour – sifted

Cream together icing sugar, butter and salt very gently – do not overmix. Add sifted flour all at once and combine to form a dough. Form into small balls and ‘flatten’ into cookies. Shape and dimension is less than important, as these are being baked in order to be smashed. Bake on a parchment lined baking sheet at 300F until they JUST start to colour – appx 10-12 minutes. Allow cookies to cool, then smash into crumbs.

* I will likely arrive with pre-rolled, ready to bake shortbread dough.

Cheesecake

2 kg Cream cheese – room temp
400 gm Sugar
320 gm 35% Cream
8 eggs
4 egg yolks
1 Tbsp vanilla extract

Combine cheese and sugar in a bowl and mix on low speed until just smooth (do not overmix). Add cream and combine. Combine eggs, yolks and vanilla and add gradually, mixing to combine. Reserve cheesecake base.

Apple Compote

5 lbs Apples – peeled and diced
1 cup Brown sugar – packed
1 Tbsp Cinnamon
½ cup Apple cider
1 oz Bourbon

Combine all ingredients and cook in a large saute pan until sweet, soft, and sticky. Remove from heat and reserve.

Streusel topping – AKA ‘Crisp’

½ lb AP flour
½ lb Brown sugar
½ lb Oats
½ lb Butter – cold
1 tsp Cinnamon - optional

Combine the dry ingredients in a large bowl. Grate cold butter into the dry ingredients and work to combine. Spread the mixture in a thin layer onto a parchment lined baking sheet. Bake at 325F (appx) for about 10 minutes - until golden brown. Allow to cool, then smash.

To assemble our dessert...

Melt ½ lb of butter in a saucepan. Combine butter with smashed shortbread and spoon a thin layer in the bottom of the ramekins. Top with the cheesecake filling, filling the ramekins to about ½ full. Bake at 300F for appx 12-15 minutes –until just set, but still wobbly. Remove from oven and allow to cool at room temperature for about ½ hour. Top with warm apple compote and smother with the oat struesal. Garnish with cinnamon whipped cream – not that that’s necessary – and serve just warm.