

# *Les Marmitons*

*Gastronomie et Fraternité ~ from Friendship to Gastronomy*

**Niagara Chapter - Monday, October 15, 2018**

**Executive Chef Katherine “Kat” Barnett**



**1st course:**

Harvest Salad with Cranberry Goat Cheese, Carrot, Beet  
and Parsnip Blend

*\*Honsberger Estate Winery non-vintage Brut*



**2nd course:**

Gnocchi and Butternut Squash Rosemary Sauce

*\*Honsberger Estate Winery 2017 Riesling*



**3rd course:**

Pan Seared Pickerel with Chorizo Fricassee

*\*Honsberger Estate Winery 2016 Chardonnay*



**4th course:**

Baked Pavolva with Vanilla Custard, Roasted Pear and  
Red Wine Toffee Sauce

*\*Honsberger Estate Winery 2016 Cabernet Franc*

**Recipes for Les Marmitons, Niagara Chapter - October 15, 2018**  
**Executive Chef, Katherine “Kat” Barnett, Honsberger Estate**  
**Winery**

**First Course- Harvest Salad**

**Balsamic Dressing**

Yield: 2L

1.5L Oil  
1.5oz Garlic Cloves  
4oz Red Onion  
0.5oz Grainy Dijon  
500mL Balsamic Vinegar  
1oz Salt and Pepper Blend

1. Using an emulsion blender or food processor, blend together garlic, onion, grainy dijon, balsamic vinegar, and salt and pepper.
2. Slowly blend in oil and blend until thick.

**Cranberry Goat Cheese**

Yield: 45oz

1kg Goat Cheese  
18oz Dried Cranberries

1. In a bowl, with your hands, mix all ingredients together.

**Carrot, Beet and Parsnip Blend**

Yield: 48oz

16oz Carrot  
16oz Parsnip  
16oz Purple Beet

1. Cut all vegetables into brunoise size shape.
2. Season with Oil, salt and Pepper.
3. Roast Carrots and Parsnips separately from Beets in the oven @ 350 F for 10 minutes, check doneness and continue roasting if needed.
4. Allow mixer to cool in the fridge.

## **Second Course- Gnocchi and Butternut Squash Rosemary Sauce**

### **Choux Pastry Gnocchi**

Yield: Roughly (14) 7oz portions

4 Cup Water  
4tsp. Salt  
12 Tbsp. Butter  
4 Cup Flour  
12 Eggs  
1 Cup Pecorino

1. Bring water, salt, and butter to a boil together in pot.
2. Add flour and cheese and stir with wooden spoon to bring together.
3. Cook dough over low heat for 30-40 seconds.
4. Remove from heat and cool.
5. In a tabletop mixer with the paddle attachment slowly mix while adding eggs one at a time.
6. Put dough into piping bag and allow dough to cool in the fridge.
7. Pipe lines of dough and cut into gnocchi.

### **Butternut Squash Rosemary Sauce**

Yield: 16L

230oz Butternut Squash Puree  
6oz Roasted Garlic  
1oz Rosemary  
10oz Butter  
0.15mL Italian Seasoning  
6L 35% Whipping Cream  
1.5oz Salt

1. Peel, chop, and clean squash of seeds.
2. On a lined baking sheet, roast the squash @ 350F for roughly 30 minutes or until soft.
3. In the food processor puree the squash.
4. In a large pot bring cream to a simmer.
5. In another pot, heat squash, roasted garlic, chopped rosemary, Italian seasoning, butter and salt together.
6. When both mixtures are hot, combine the cream with the squash mixture.
7. Use an emulsion blender to smooth the mixture to a sauce like consistency.
8. Season with salt and pepper accordingly if needed.

## **Third Course- Pan Seared Pickerel with Chorizo Fricassee**

### **Polenta**

Yield: 50oz (2.5oz Portion Size)

13oz Cornmeal

0.44oz Salt and Pepper Blend

1L Water

6.6oz Butter

1. In a large pot bring water and butter to a boil.
2. Add cornmeal, salt and pepper and cook until water is absorbed and you have a jelly like consistency.
3. Pour mixture into a shallow hotel pan, smooth and press down evenly.
4. Refrigerate for 20 minutes, and then cut to desired portion size.
5. When ready to serve, crisp portioned polenta in a heated pan with butter, until golden.

### **Chorizo Fricassee**

Yield: 1 Portion

1oz Cured Chorizo, Diced

2oz Butter

2oz Red Onion, Julienne

1oz peas

3.5oz Cherry Tomatoes, halved

1. In a pan, melt butter, and sauté off the chorizo till slightly crispy.
2. In the same pan, add the red onion, and sauté until onions have caramelized.
3. Remove pan from heat, and add peas and tomatoes.
4. Keep warm until ready to serve.

### **Spiced Butter**

Yield: 8oz

8oz Butter

0.05oz Cayenne

0.1oz Paprika

0.02oz Chilli Flakes

1. In a tabletop stand mixer, whip softened butter together with spices.
2. When ready to serve, melt butter in a heated pan, and drizzle over fish and fricassee mixer.

## **Fourth Course- Baked Pavolva with Roasted Apples and Pears and Red Wine Sauce**

### **Vanilla Custard**

Yield: 2L

1.5L Milk

16 Egg Yolks

14oz Sugar

3.5oz Cornstarch

1oz Butter

60mL Vanilla

1. In a pot bring milk to a simmer
2. In a bowl whisk egg yolks with sugar and cornstarch.
3. Pour the hot milk over egg mixture and stir to combine the mixture.
4. Pour the mixture back into a pot and continue to cook on low heat over the stove until the mixture thickens.
5. When you achieve custard like consistency, remove from heat and finish by stirring in the butter and vanilla.
6. Place plastic wrap directly on the top of the mixture, not to form a crust and allow mixture to cool in the fridge.

### **Pavlova**

Yield: 65 Black Scoop Portions

3L Egg Whites

50oz Sugar

1oz Vanilla

1. Whisk together egg whites; sugar and vanilla in a tabletop stand mixer until stiff peaks form.
2. Portion onto lined sheet tray and bake @ 250 F for 20 minutes.
3. Leave in oven over night on pilot to dry out, or use a dehydrator.

### **Red Wine Toffee Sauce**

Yield: 1/2L

1 Cup Red Wine, Reduced on Stove with 1 Cup Brown Sugar

¼ Cup Butter

¼ Cup Brown Sugar

15mL Molasses

30mL Corn Syrup

10mL Vanilla

125mL Cream

1. In a small pot, combine 1 cup of red wine and 1 cup of brown sugar. Over low heat reduce this mixture by half.
2. In another pot, melt butter, ¼ cup brown sugar, molasses, corn syrup and vanilla together. Bring this mixture to a boil.
3. Remove from heat and add cream and red wine reduction.

### **Roasted Apple/ Pear**

Yield: 2L

32oz diced apples

32 oz diced pear

2/3-cup sugar

2 tbsp. cornstarch

1. Mix diced apples and pears in a metal hotel pan, sprinkle sugar and cornstarch over and mixture.
2. Roast in the pizza oven or in convection oven @ 400 F, until lightly golden.

