



Niagara Chapter • Monday, September 10 • 2018

Chef Alan Kerr • Niagara College “a celebration of tomatoes”

Amuse Bloody Mary

An infusion of Dillon’s Vodka and tomatoes

Trio of Bruschetta

Traditional with poached hen’s egg, green tomato Caponata. Bahn Mi pickled tomatoes

2017 NC Balance Rosé

1st Course: Caprese Salad

A mix of summer tomatoes from Rumar Farm

2016 NC Balance Sauvignon Blanc

2nd Course: Lake Erie Pickerel with Cold Corn Bisque

Freshest fish from Minor Fishery with heirloom corn

2012 NC Deans List Chardonnay

3rd Course: Sous vide Muscovy Duck Breast

Slow cooked duck breast, celeriac choucroute, fermented tomato gnocchi and Niagara blueberries

2015 NC Balance Pinot Noir

4th Course: Peach Melba

Poached Niagara peaches with vanilla mousse, raspberry macaron and raspberry sorbet

2015 NC Select Late Harvest Vidal



1st Course. Three different types of Bruschetta

Note: The priority is to get the vegetables pickled and the green tomatoes for the Banh Mi.

Tomato bruschetta with poached eggs

8 tomatoes, large, diced
2 garlic cloves, crushed
1/4 bunch of thyme, leaves picked
1 tsp sugar
1/2 tsp salt
30 small slices of sourdough bread
1/2 bunch of basil, chiffonade
black pepper
Maldon sea salt
Olive oil

Poached eggs

30 small eggs cooked in a heat circulator @63.5 Celsius for 1 hour.

Method

Place the tomatoes, garlic, thyme, sugar and a pinch of sea salt into a small saucepan over a moderate heat and then leave to gently simmer for five minutes.

Meanwhile, heat a large griddle pan until hot. Oil each side of the slices of bread and sprinkle with sea salt. Grill each slice until well coloured, then set aside

Sprinkle the tomato mix with sea salt and pepper. Mix the chopped basil into the mix and then spoon onto the toasts. Top each with a poached egg.

B.L.T. Banh Mi

Cilantro-Maggi mayonnaise

2 cups cilantro stems, roughly chopped. (If the cilantro has roots, all the better).
Reserve the leaves for garnish.

1 small shallot, chopped

1 small serrano, chopped

$\frac{1}{4}$ cup Maggi sauce

2 tablespoons white vinegar

2 egg yolks, room temperature

2 cups oil

In a food processor, add the chopped cilantro stems, shallot and serrano. Process until the mixture becomes a paste. Add Maggi sauce and vinegar and process for another 2 minutes. What you're looking for is a smooth paste in which there are no discernible bits of serrano or shallots.

Add the egg yolks and process until the yolks emulsify with the cilantro-Maggi paste, about 2 minutes. With the processor still on, add the oil in batches, $\frac{1}{4}$ cup at a time.

Keep processing 2 minutes after the last batch of oil, to make sure all the oil is incorporated and the emulsion is stable.

Pickled Green Tomatoes

1 cup white wine vinegar

1 cup water

1 tablespoon kosher salt

$\frac{1}{4}$ cup brown sugar

1 serrano chile, sliced

$\frac{1}{2}$ small onion, sliced

$\frac{1}{2}$ cup mint

2 pounds medium green tomatoes, sliced $\frac{1}{4}$ -inch thick

Combine in a pot white wine vinegar, water, kosher salt and brown sugar. Bring brine to a simmer, stirring to dissolve sugar and salt. Set aside.

In a high-walled container, pack in sliced green tomatoes, then add serrano chillies, onions and mint. Add brine, leaving an inch of head space.

Allow to pickle as long as possible.

Pickled Daikon and Carrots

2 carrots, julienne (Mandolin)
1 small daikon, julienne
1 onion, thin slices
2 cups granulated sugar
1 cup white vinegar
1 cup hot water
2 tablespoons salt

In a large mixing bowl, combine sugar and salt with hot water, stir until the sugar and salt is dissolved. Add vinegar, stir to combine.

Add sliced onions and julienned carrots and daikon. Gently mix and the vegetables sit in brine for at least 2 hours.

Bacon with Red Boat Fish Salt Rub

2 teaspoons black pepper, ground
 $\frac{1}{2}$ teaspoon star anise, ground
1 teaspoon cinnamon, ground
1 tablespoon coriander, ground
 $\frac{1}{3}$ cup brown sugar, tightly packed
4 teaspoons Red Boat fish sauce
30 strips of smoked bacon

Combine all dry ingredients, and then add bacon. Toss to coat.

Lay bacon strips onto wire rack and pan to catch drippings.

Bake at 400 degrees until bacon is crisp.

Assembly

fresh cilantro leaves

baguettes

lettuce leaves

Split the baguette and spread bottom half with cilantro-Maggi mayo. Add a layer of daikon and carrot pickles. (Make sure to drain and squeeze pickle to get rid of as much moisture as possible.) Add a few lettuce leaves. Add slices of pickled green tomatoes. Add slices of bacon. Add a good layer of cilantro leaves. Slice into thirty small portions.

Bruschetta of green tomato caponata

2 large eggplants diced
1 shallot, halved and finely sliced
1 celery stick, finely sliced
2 garlic cloves, finely sliced
1 bunch of oregano, small, leaves picked
5 green tomatoes, roughly chopped
2 tbsp of capers
2 tbsp of red wine vinegar
1 tsp tomato purée
100ml of olive oil
Malden salt
Black pepper
chopped parsley, to garnish

Method

Take a saucepan, over medium heat and add the olive oil. Once it has warmed up, add the diced eggplant and stir before dropping the heat a touch. Cover and leave the aubergine to cook for 10-15 minutes, checking to stir every now and then, in case it catches, until it becomes soft

Remove the eggplant with a slotted spoon (there should be some oil left in the pan) and put it briefly to one side in a bowl. Add the sliced shallot and celery and again stir through and cover, leaving to cook for 10 minutes

Take the lid off and add the garlic and oregano. Stir, cooking off for a minute or so, then add the tomato and the vinegar. Cook off for another 10 minutes before adding the aubergine back to the pan, along with the purée and the capers. If the mix begins to look a bit dry, add a touch more oil

Leave everything to gently simmer for another 15 minutes then take off the heat. Everything should be quite soft and glistening by this point.

Rub slices of sourdough with oil and quickly toast in the pan in batches. Keep the bread warm as you move along. Place a spoon of Caponta on the grilled bread.

2nd Course: Caprese Salad

Whatever tomatoes we get, can be washed, sliced, quartered, halved etc.

1 handful of tarragon leaves, torn
1 handful of basil leaves, chiffonade.
100g of spelt, toasted, or rye croutons
1 buffalo mozzarella, sliced.
Rye bread croutons.
2 tsp toasted rice powder.

Dressing

2 garlic cloves, diced
4 anchovies, finely chopped
6 tbsp of extra virgin olive oil
3 tbsp of balsamic vinegar, aged if possible
lemon juice, a few drops
Maldon salt
freshly ground black pepper

Method

To begin, make the dressing. Crush the garlic and anchovies together on a chopping board

When it has reached a paste consistency, place in a small bowl with the remaining ingredients for the dressing. Mix well

Plating, this is your opportunity to be creative and serve an amazing presentation.

Divide the salad between plates and top with the torn mozzarella, drizzle with the dressing and some extra basil leaves. Garnish with croutons and sprinkle with rice powder. Serve immediately.

3rd Course: Pickerel with Cold Corn Bisque

30 fillets, each weighing 75-90g
Flour to coat
200 g butter for frying

Corn bavarois

6 fresh corn on the cob
1 shallot, chopped
30g of butter
20g of lime juice
24g of gelatine, softened in iced water
500g of 35% cream, semi-whipped
Maldon salt
1 pinch of cayenne pepper

Method

Remove the sweetcorn kernels from the husk and reserve for later. Chop up the cores, cover with water and bring to the boil. Simmer for 1 hour

Strain and measure out 350ml of the stock. Sauté the shallot in butter, then add the corn stock, lime juice, salt, and pepper. Simmer for a few minutes

Finely blend the mixture with a hand blender, pass through a sieve and add the gelatine, stirring until dissolved. Allow to cool, add the semi-whipped cream and allow to rest in the fridge before serving

Cold corn bisque

1 fennel bulb
1 garlic clove
60g of butter
125ml of dry vermouth
30ml of cognac
cherry tomatoes, 1 pint
saffron to taste
30g of ginger, minced

1 star anise
3 cardamom pods
paprika to taste
1 l of lobster stock
4 sprigs of tarragon
4 sprigs of thyme
80g of crème fraîche
20g of lemon juice

Method

Sauté the fennel with garlic and butter, deglaze with vermouth and cognac and allow to reduce. Add 100g of the corn kernels, the cherry tomatoes, saffron, ginger and spices. Cook for 30 minutes

Add the shellfish stock and cook for another 10 minutes, adding a bouquet of tarragon and thyme to infuse as it simmers. Mix well, remove the star anise and cardamom pods then stir in the crème fraîche and lemon juice. Allow to cool as fast as possible.

To cook the Pickerel

heat a non-stick frying pan over high heat and add the floured Pickerel skin-side down. Cook for 2-3 minutes until golden brown, then transfer to the oven for a further 2 minutes or until the fish is cooked through

Season remaining corn kernels and arrange them in the bowls. Garnish with dill sprigs and quenelle of bavarois. Add the cod and serve the cold bisque separately in a teapot for people to serve themselves.

4th Course: Sous vide Muscovy duck breast with celeriac choucroute, gnocchi Parisien and Rumar farms blueberries

Sous vide duck breast

15 duck breasts
Maldon salt

Begin by preparing the duck breasts. Remove the skin and scrape away the excess fat. Lay the skin flat on a tray, place in the freezer and vacuum seal the duck breasts.

Once the duck skin is frozen, remove from the freezer and place flat in a skillet with a heavy weight on top. Cook for a few minutes or until the skin is golden brown and crispy

Duck sauce

3kg duck bones
2 l of brown chicken stock
100ml of white wine
1g of xanthan gum
2 garlic clove
1 tsp five-spice powder
1 tsp Chardonnay vinegar
1 pinch of black pepper

Place the bones in a baking tray and roast in the oven until deep golden brown. Bring the chicken stock to the boil in a large saucepan and add the duck bones. Reduce the heat, cook for 1 hour then strain the liquid into a clean pan

Add the wine to the stock, then add the garlic, five-spice, black pepper and Chardonnay vinegar and bring to a gentle simmer. Cook for a further 2 more minutes, then pass through a fine sieve and thicken with xanthan gum. Keep warm until ready to serve, Finish with 1 pint of blue berries

Celeriac choucroute

1 kg of celeriac, cut julienne
10g of salt
50g of duck fat
50g of white wine vinegar

Place the celeriac in a bowl with the salt and mix well. Leave for 30 minutes, then squeeze out any excess moisture and place in a saucepan with the duck fat. Sweat over a medium heat for 20 minutes without colouring, then finish with the white wine vinegar

Gnocchi Parisienne with fermented tomatoes.

220g of butter
460ml of water
6 eggs
100g of Parmesan, finely grated
310g of flour
50 gm butter
Juice of one lemon.
2 cups of fermented tomatoes (already done)

Method

Place the water and butter in a pan with a pinch of salt and set over a heat until the butter has melted

Remove the pan from the heat then add the flour and cheese. Beat vigorously to form dough

Once the mixture has cooled slightly, then beat in the eggs. Transfer the mixture to a piping bag

Bring a pan of salted water to the boil and attach a taught string across the diameter of the pan using tape. If you don't have any tape to hand, you can dip sharp scissors into the hot water and snip length of the gnocchi off, wetting the scissors between each snip

Snip the end of the piping bag and pipe out the mixture, dragging it over the string to create separate gnocchi shapes

Work in batches so as to not overcrowd the pan. Once they float to the surface, remove using a slotted spoon to remove and allow to cool.

Add a knob of butter to a large non-stick pan, reheat dumplings and add fermented tomatoes. Season with lemon.

The duck

Method

Preheat a heat circulator to 62°C

Place the duck breasts in a vacuum bag with a pinch of salt and cook for 16 minutes in the water bath. Meanwhile, add the blueberries to the duck sauce and heat through

Remove the duck breast from the vacuum bag and rest for a few minutes before carving

To serve, place a large tablespoon of the choucroute on each plate and circle with gnocchi. Add the carved duck breast and finish with a shard of duck skin, the duck sauce and some blueberries for garnish.

5th Course: Peach Melba with Vanilla Mousse, Raspberry Macaron and Raspberry Sorbet

18 peaches
12g of antioxidant
500g of raspberry purée
500ml of water
250g of caster sugar
200ml of sweet wine

Blanch the peaches in boiling water for 10 seconds then refresh into ice water. Once they are cold, carefully remove the skin and the stone

Combine the raspberry purée, water, sugar, sweet wine and antioxidant and bring to the boil. Mix well and add the peaches, reducing to a gentle simmer to poach at about 65°C for 15-20 minutes or until tender. Allow the peaches to cool in the liquid

Raspberry sorbet

1l of raspberry purée
100ml of water
40g of caster sugar
1 gelatine leaf
1 lemon, juiced

Method

Start with the raspberry sorbet by soaking the gelatine in cold water until fully hydrated. Bring the sugar and water to the boil in a small pan, remove from the heat and whisk in the gelatine until completely dissolved

Whisk in the raspberry purée and lemon juice, strain into a Pacojet container and freeze. Process in the Pacojet 10 minutes before serving.

Vanilla mousse

200 ml of whole milk

500ml of 35% cream
4 egg yolk
160 g of caster sugar
2 vanilla pod, seeds only
4 gelatine leaf, soaked in cold water
1 l of cream, whipped to soft peaks

Bring the 35% cream, vanilla and milk to the boil. Whisk the yolks and sugar and slowly add the hot cream. Transfer back to the pan and gently bring to 80°C, stirring continuously

Remove from the heat and mix in the soaked gelatine, stir into a bowl over ice until the gelatine starts to set. Gently fold through the cream, transfer to a piping bag and set in the fridge

Raspberry macaroon

10g of raspberry powder
200g of ground almonds
350g of icing sugar
35g of flour
200g of egg white
90g of caster sugar

Beat the egg whites until maximum volume then add the sugar slowly, continue whisking for 20 mins until the meringue is tight and shiny. Mix the raspberry powder, ground almonds, icing sugar and flour and sift to remove any lumps

Gently fold the dry mix into the meringue, continuing to mix until it starts to very slowly flow from the spatula. Transfer into a piping bag and pipe into 2cm dots on a silicone mat

Allow to dry on a rack for up to an hour until a thick skin has formed. Bake at 125°C for 15-20 minutes or until they have risen and set. Allow to cool completely and remove from the mat

Garnish

1 punnet of raspberries

To serve, place a peach in the centre of each bowl, fill the hole with vanilla mousse, add some fresh raspberries, a scoop of raspberry sorbet, and finish with a little of the poaching liquid and serve