

Les Marmitons

Gastronomie et Fraternité ~ from Friendship to Gastronomy

Niagara Chapter Monday, September 16, 2019
Executive Chef Taylor Dow
The Restaurant at Peninsula Ridge

Apéritif

Niagara College 2019 Gastronomy "petillant naturel" Russet Apple Cider

1st course

**Roasted chicken leg croquettes, sun-dried tomatoes,
leeks and Mornay sauce**

Peninsula Ridge – 2017 Beal Vineyard Reserve Chardonnay

2nd course

**Sautéed garlic and ginger shrimp with sweet potato purée,
roasted cauliflower and lemon beurre blanc**

Peninsula Ridge - 2016 Vintner's Private Reserve Sauvignon Blanc

3rd course

**Grilled VG Meats Strip Loin with fingerling Lyonnaise potatoes,
vegetable bundle and bone marrow jus**

Peninsula Ridge - 2016 McNally Vineyards Reserve Malbec

4th course

Vanilla chai Crème Brûlée with white chocolate biscotti

Peninsula Ridge – 2006 Vintner's Private Reserve Ratafia



**Recipes – September 16, 2019 – Executive Chef Taylor
Dow, The Restaurant at Peninsula Ridge**

1st Course:

Roasted Chicken Leg Croquettes

Ingredients:

1. 2 chicken legs
2. 6 Yukon Gold potatoes
3. 10 Sundried tomatoes Julian
4. 1 Leek diced
5. 1 cup 35% cream
6. 6 cups panko crumb
7. 4 eggs beaten
8. 3 cup ap flour
9. S/P to taste

Method:

1. Roast chicken legs in oven for 30 min at 425.
2. Peel and dice potato then cook in salted water until soft.
3. Mash the potato with 35% cream, leeks and sundried tomatoes.
4. Add pulled chicken
5. Shape croquettes into desired size.
6. Set up breading station with flour, egg and panko.
7. Bread croquettes, deep fry until golden brown then serve

Mornay Sauce

Ingredients:

1. Half L of 35% whipping cream
2. Half L of 2% milk
3. 1 cup ap flour
4. Half cup unsalted butter
5. 1 cup aged white cheddar or more
6. S/P to taste

Method:

1. Melt butter in a pot. Once butter is melted add in the flour and cook until golden brown.
2. Add heavy cream and milk stirring constantly.
3. Bring to boil then simmer for 5 to 8 minutes.
4. Add cheese and seasoning to taste.

2nd Course:**Sautéed Garlic and Ginger Shrimp****Ingredients**

1. 5 shrimp (size 16-20)
2. 2 tablespoons of grated ginger
3. 2 garlic cloves minced
4. 1 knob of butter
5. 1 teaspoon olive oil

Method

1. Heat up a sauté pan, add olive oil and butter.
2. Season shrimp with salt and pepper and add to sauté pan with garlic and ginger.
3. Add shrimp and cook for 4 min on each side or until cooked.

Sweet Potato Purée

Ingredients:

1. 2 Sweet potato
2. Half cup butter
3. S/P to taste

Method:

1. Roast sweet potato at 350 for 1hr or until soft.
2. Once the potato has cooled, peel and put into Vitamix with butter, salt and pepper.
3. Puree until smooth and silky.

Lemon Beurre Blanc

Ingredients:

1. 1 lemon - juice and zest.
2. 1 cup 35% cream
3. Half cup white wine

Method:

1. Reduce wine by half, add 35% cream, reduce by half, add lemon juice, salt and pepper.
2. Serve.

3rd Course:

Grilled VG Meats Striploin

Ingredients

1. VG Meats striploin
2. Extra virgin olive oil
3. Salt and pepper

Method

1. Coat steak with olive oil, salt and pepper.
2. Grill steak to desired colour, rest for 5 minutes and serve.

Fingerling Lyonnaise

Ingredients:

1. 10 fingerling potatoes
2. 1 leek
3. 2 shallots
4. Butter
5. Olive oil

Method:

1. Boil fingerling potatoes from cold salted water.
2. Once potatoes come to a boil cook for 5 minutes then strain.
3. Slice potatoes in half.
4. Dice shallots and leeks.
5. Sautee potatoes until golden brown
6. Add diced leeks and shallots.
7. Season to taste

4th Course:

Vanilla Chai Crème Brûlée with White Chocolate Biscotti

Vanilla chai crème brûlée (yields 10)

Ingredients:

1. 1L 35% whipping cream
2. 10 egg yolks
3. 1 cup sugar (plus some for torching brule)
4. 1 teaspoon vanilla
5. 1 teabag chai tea

Method:

1. Bring cream to boil with sugar, vanilla and chai tea.
2. Temper egg yolks with hot cream mixture.
3. Strain and put into desired dish.
4. Cook at 350 in a water bath for 1hr
5. Let set in fridge then serve with caramelized sugar on top.

Biscotti

Ingredients:

1. 2 cups flour
2. 1 TSP baking soda
3. ¼ TSP salt
4. 3 eggs
5. 1 cup sugar
6. 1 TSP vanilla extract
7. 1 cup sliced almonds – toasted (optional)
8. ¾ cup cocoa powder (optional)

Method:

1. Preheat oven to 350 F
2. Mix together – flour, baking soda, salt, cocoa powder
3. In a separate bowl, mix together – eggs, sugar, vanilla extract
4. Slowly add wet to dry, then add nuts
5. Line a baking sheet with parchment, divide the dough in half and form into 2 logs, flatten the tops then bake for 25 minutes
6. Remove from oven and allow to cool
7. Then slice into ½ inch cookies, re-bake for 20-30 minutes until firm