

Les Marmitons Niagara

Chef SHEILA POLINGGA
March 21, 2022

1st course

Duck Confit Spring Roll with Sweet and Sour Sauce
duck confit, carrots, celery, red pepper, celery, cabbage, bean sprouts

Cave Spring 2020 Rose Estate

2nd course

Tuna Ceviche on Corn Tortilla Bowl
yellowfin tuna, cucumber, shallots, green mangoes, chili pepper, lime (kalamansi) juice

Cave Spring 2018 Riesling CSV

Main

Curried Ginger Shrimp, Green Beans and Rice
Black Tiger shrimp, kabocha squash, coconut milk

Cave Spring 2019 Gewurztraminer

Dessert

“Buko” (Young Coconut) Pie
served with Coconut Sorbet

Cave Spring 2017 Late Harvest Riesling

Tuna Ceviche

Ingredients:

1 1/2 lbs tuna
1 cup diced cucumber, seeds removed
1/2 cup diced mangoes
2 shallots, brunoised
1 tbsp ginger, brunoise
1 tbsp jalapeno (or green chili), brunoise
juice of 2 – 5 key limes (kalamansi)
juice of 1 lemon
salt and pepper to taste

Mix all ingredients together, adding tuna last. Let sit for 5 to 10 minutes.
This recipe will make about 6 of 4 ounce serving each.

Duck Confit Spring Roll with Sweet and sour sauce

*lumpia

Spring roll:

1 Tbsp canola oil
1 medium onion, peeled and julienned
2 medium carrots, peeled and julienned
2 stalks celery, julienned
1 medium red pepper, julienned
2 legs duck confit, pulled
salt and pepper to taste
1 pack spring roll wrap
2 Tbsp hoisin sauce
1 Tbsp oyster sauce
1 Tbsp sesame oil
2 tsp fish sauce
1 Tbsp soy sauce
1 Tbsp rice vinegar

~Mix last six ingredients in a small bowl, set aside.

~Heat pan on medium heat, add oil, then saute onions, carrots and celery, let cook for about 3 minutes before adding peppers.

~Add pulled duck meat.

~Add sauce.

~Let cool before wrapping.

~Should make 10-12 spring rolls.

Sweet and sour sauce:

1/2 cup rice vinegar
1/2 cup pineapple juice
pinch of chili flakes
1/4 cup sugar
1/2 tsp salt
2 Tbsp corn starch, dissolved in 4 Tbsp water

~Simmer all ingredients, except for slurry in a small pot. Add slurry, cook until good sauce consistency.

~Makes about one and a half cup.

Curried Ginger Shrimp with rice

Curried ginger shrimp:

2 cloves garlic
1 small onion
1 big knob of ginger, peeled and smashed
1 butter cup squash (or kabocha squash), peeled and cut into cubes
1 can (400ml) coconut milk
2 cups chicken stock
1/2 tsp cayenne
1 tsp turmeric
1/2 tsp cumin
salt and pepper to taste

~Combine all ingredients in a pot, bring to a boil and simmer until squash is soft/fully cooked. Season with salt and pepper.

~Take garlic and ginger out, let cool. Blend and pass through a fine mesh strainer/tamis.

2 Tbsp canola oil
2 Tbsp butter
2 lbs shrimp (16-20), peeled and deveined
1 Tbsp minced garlic
2 Tbsp grated ginger
pinch of chili flakes
1 pound green beans, top off, blanched
salt and pepper to taste

~Sautee garlic and ginger on canola oil and butter. Add shrimp and green beans. Sprinkle with chili flakes. Season.

Rice:

2 cups chicken stock
salt to taste
1 1/2 cups basmati rice
1 tbsp butter

~Place rice in a strainer, rinse with running cold water.

~Boil chicken stock and salt in a pot, add rice, bring up to a boil again. Then lower heat and cook for 15 minutes, covered.

~Fluff, then add butter before serving.

Young Coconut Pie with coconut sorbet

*buko pie

Sweet short crust:

500 g all purpose flour
150 g icing sugar
pinch of salt
300 g cold butter
2 egg yolks
2 whole eggs

~Mix flour, sugar and salt in a bowl. Grate cold butter over top, mix.

~Add eggs, mix until well incorporated.

~Form into a disc, wrap in plastic wrap then refrigerate for at least an hour.

Pie filling:

1 cup young coconut juice/water
1/3 cup cornstarch
1 cup heavy cream
1 1/2 cups sugar
3 cups shredded young coconut
1 egg with splash of water or milk (eggwash)

~In a small bowl, whisk together coconut juice/water and cornstarch.

~In a large sauce pot combine cream and sugar, simmer, stirring constantly to dissolve the sugar. Add shredded young coconut, bring back up to simmer.

~Add slurry, simmer and cook until thickened.

~Let cool.

Assembly:

~Preheat oven to 420F.

~Roll out dough to 2 12-14" rounds. Line a pie pan with one of the pastry shell. Fill with the young coconut mixture, wet edges with water, top with the second shell. Flute the edges. Make some vent holes.

~Brush top with egg wash.

~Place pie in a baking sheet, then put in the oven and bake for 15 minutes. Lower the temp to

350F and bake for 30 to 40 minutes more or until the crust is golden brown.

Coconut Sorbet:

1 kg coconut puree (Boiron)

1/2 cup sugar

2 1/2 Tbsp cornstarch

1 Tbsp trimoline

vanilla paste

~In a medium sauce pot combine 800g of coconut puree with sugar, simmer.

~Dissolve cornstarch in the remaining 200g of coconut puree. Add to simmering coconut and sugar mixture with the rest of ingredients. Let cool and chill overnight.

~Churn then keep in the freezer at least overnight before serving.