



Get Cooking
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Monday September 12th, 2016

Gentlemen's Dinner Club

With Kathryn Joel

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Cauliflower Cheese Souffle

Pares Balta Brut (Cava, Spain)



Lobster Bisque

2015 Xavier Vignon Rose (Cotes de Provence, France)



**French Trimmed Rack of Lamb with Herb Puree | Celeriac Puree |
Carrot Butter**

2013 Bender Paulessen Riesling (Mosel, Germany)



Tarte Tatin | Vanilla Bean Ice Cream

2014 Rizieri Sorí del Ricchino (Dolcetto di Diano d'Alba, Italy)

RECIPES

Cauliflower Souffle (8-12 ramekins) Double Recipe

ramekins

butter

finely grated parmesan

3/4 cups whole milk

1 bay leaf

small handful thyme sprigs

2 onion slices

cauliflower puree (recipe follows)

2 tbsp unsalted butter

2 tbsp flour

sea salt and freshly ground black pepper

pinch of cayenne pepper

4 egg yolks

4 oz (1cup) grated Gruyere

6 egg whites

1 tsp picked thyme leaves

- Preheat the oven to 400°F.
- Put the milk with the bay leaf, thyme sprigs and onion until just boiling, then turn it off and set aside to infuse for 15 minutes before straining out the thyme etc.
- Butter the soufflé dish then coat it with finely grated parmesan.
- Melt the butter in a medium pan then stir in the flour and cook for a few minutes (to make a blonde roux).
- Gradually whisk in the hot milk and cook stirring for a few minutes until it thickens.
- Season to taste with salt, pepper and cayenne pepper.
- Remove from the heat and beat in cauliflower puree, then egg yolks, one at a time.
- Stir in the cheese, lemon zest and thyme leaves.

- Now beat the egg whites with a pinch of salt until stiff peak stage.
- Stir some of the egg whites into the white sauce base to lighten it before gently folding in the rest.
- Pour into the prepared soufflé dish and place in the center of the oven.
- Turn the oven temperature down to 375°F and bake for approximately 10-12 minutes until golden: the soufflés should still be a little wobbly in the center.

Cauliflower Puree Single Recipe

1 cauliflower, separated into florets
100 ml whipping cream
100 g butter
salt to taste
freshly grated nutmeg
lemon juice

- Bring a pot of water to the boil and add grated nutmeg and lemon juice to taste. Salt generously.
- Add the cauliflower, and cook until very soft, about 20 minutes. Drain, retaining the cooking water.
- Meanwhile, combine the cream and butter in a small pan, bring up to a boil and boil until reduced by three quarters.
- While still hot, puree the cauliflower together with the reduced cream and butter. Gradually add enough cooking water to achieve a smooth puree.

Seafood Bisque Double Recipe

Seafood Shells (lobster, crab, shrimp, spot prawns), roasted at 400 F for about 30 minutes
2 stalks lemongrass, crushed
1 fennel, cleaned, cut
2 carrots, peeled, washed, cut
1 white onion, cleaned, cut
2 pieces celery, washed, cut
2 cloves garlic, crushed
90 gr tomato paste
100 ml cognac
300 ml white wine
Handful fresh basil, stalks as well, washed

10 sprigs fresh thyme, washed
4 bay leaves
5 fresh tomatoes, washed, cut
1 can crushed tomato
300 ml heavy cream
salt
10 coriander seeds
pinch saffron
10 fennel seeds
Olive oil

- Heat up a large pot and add olive oil.
- Once hot add all the vegetables and the seeds (not the tomatoes) and brown them.
- Add the roasted seafood shells and toss for about 5 minutes.
- Season with salt and add the fresh tomatoes.
- Toss again for about 1 minute.
- Add the tomato paste and stir for about 20 seconds.
- Add the alcohol and reduce.
- Add the fresh herbs and crushed tomatoes.
- Cook on medium heat for about 40 minutes.
- Strain through a sieve and put the bisque back in the pot.
- Add the cream and bring to a gentle boil.
- Check the seasoning and serve hot.

Seared Rack of Lamb

1 Rack, cleaned and trimmed
1 Rosemary Sprig
Olive Oil
50 gr Butter
Salt and pepper

- Preheat your oven to 400°F.
- Season the rack with salt and pepper.
- Pan sear the rack over high heat, in olive oil, on both sides.
- Add the rosemary and butter and cook in the preheated oven for about 12 minutes for medium (depending on size).
- Allow the rack to rest for 5 minutes then serve, brushed with herb puree, and carved into ½ racks.

Herb Puree Single Recipe

2 bunches parsley
2 bunches thyme, picked
2 bunches rosemary, picked
1 zest of a lemon and juice
2 cloves garlic
Pinch of salt
100 ml olive oil

- Combine all ingredients in a blender and blend to a puree.
- Season to taste with salt and lemon juice.

Celeriac Puree Double Recipe

2 heads of celeriac, washed, peeled, cut in dices
200 ml cream
Salt to taste
Lemon juice to taste
Water
1 stick butter
2 tablespoons olive oil

- In a wide pot melt butter with the olive oil over medium heat.
- Once melted add the celeriac and season with salt and sauté until caramelized.
- Add the lemon juice and cream and add a little water to cover.
- Cook until soft then puree.
- Serve hot.

Carrot Butter Double Recipe

5 medium sized carrots, peeled and chopped, juiced
250 g butter, cold diced
lime juice, to taste
honey, to taste
1 tsp coriander seeds
3 star anise
salt to taste

- Combine carrot juice with lime juice, honey and spices in a small pan and reduce to 1/3 of its original volume.
- Remove from the heat then gradually whisk in the cold diced butter.
- Season to taste with more lime and honey, and with salt.

Tarte Tatin Triple Recipe

5 apples, granny smiths work well

juice of 1 lemon

1 sheet puff pastry, preferably all butter (eg President's Choice Brand)

100g butter, at room temperature

130g sugar

2 tbsps Calvados

- Preheat the oven to 400°F.
- Roll out the pastry to ½ cm thick, cut into a circle large enough to cover your tarte tatin dish, and chill.
- Peel, halve and core the apples and toss them with the lemon juice.
- Spread the butter into the base of a tarte tatin tin, or an ovenproof frying pan.
- Spread evenly with the sugar then arrange the apple halves, rounded sides down.
- Place over a medium heat and cook, without stirring, shaking the pan as necessary as a caramel forms in the pan.
- Continue cooking for about 20 minutes or so, until the apples are beginning to soften and you have a golden caramel in the bottom of the pan.
- Carefully pour in the Calvados (the caramel will spit) and cook for another minute or so, flambéing if you wish.
- Lay the pastry over the apples, tucking it in around the sides to fully enclose the pears.
- Bake for 15 minutes then turn the oven down to 350°F and bake for another 10-15 minutes until the pastry is crispy and golden brown.
- Allow the tart to cool for a few minutes before inverting onto a plate or board.
- Serve hot with vanilla ice cream, whipped cream or crème fraîche.

Vanilla Bean Ice Cream

2 cups whole milk

2 cups heavy or whipping cream

¾ cup sugar

pinch of salt

1 vanilla bean

12 large egg yolks

- Place the milk, sugar and cream in a saucepan and heat slowly, allowing the sugar to dissolve.
- Split the vanilla bean open and scrape the seeds into the milk and cream together with the vanilla bean itself.
- In another bowl, whisk together the egg yolks, then pour in the warm milk and cream, whisking constantly.
- Pour the custard back into the pan and turn to a medium heat.
- Cook, stirring constantly, until the custard coats the back of your spoon.
- Now strain the custard through a sieve.
- When cold, remove the vanilla bean and churn in your ice cream maker, following its directions.