

Gentlemen's Dinner October 17<sup>th</sup>, 2015

Recipes by Chef Doreen Prei

[doreenprei@gmail.com](mailto:doreenprei@gmail.com)

[doreenprei.com](http://doreenprei.com)

## **1. Pea Soup**

Vegetable Stock:

1 Onion, cut  
2 Celery Sticks, cut  
2 Carrots, peeled and cut

Method:

Place all ingredients in a pot and cover with water (optional: add fresh herbs, bay leaf). Bring to a boil and strain through a sieve.

Pea Soup:

250 gr Butter  
50 ml Olive Oil  
Heavy Cream  
Vegetable Stock  
2 Medium Shallots, cut  
1 Bag Frozen Peas  
Salt to taste

Method:

In a large pot melt the butter and the olive oil and gentle sear off the shallots and season with salt. Once translucent add the peas and cover with the vegetable stock and about 250 ml of cream. Bring once to a boil and take from the heat. Puree everything in a blender, add more vegetable stock or cream, depending of your liking. Check seasoning and consistency.

Boil baby Potatoes in salted water until soft. Cut them in half.

Place the quail eggs in boiling water for 3 minutes and place them in ice water. After 1 minute they are ready to peel.

## **2. Beef Tenderloin**

Clean the beef tenderloin and portion. Season with salt and pepper and pan sear in hot olive oil.

White Asparagus:

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2 Lemons

100 gr Butter

50 ml Truffle Oil

Salt

Peel the asparagus and blanch in salted boiling water until soft. Add 1 cut up lemon to the boiling water before you add the asparagus.

Cut the asparagus. In a frying pan melt 100 gr of butter and 50 ml of truffle oil. Add the asparagus and toss in the fats. Season with salt and some fresh lemon juice.

Foie Gras Sauce:

1 Shallot, cut

200 gr Foie Gras, chopped and cleaned

100 ml Bubbly Wine

Salt/Pepper

300 ml Heavy Cream

Olive Oil

Method:

In a pot heat up the olive oil and sear the shallots until lightly brown. Add the foie gras and season with salt and pepper. Deglaze with bubbly wine and add the cream. Simmer for about 10 minutes and puree. Strain through a sieve and check seasoning.

## **3. Pickerel**

Pickerel:

Pickerel, cleaned, washed and portioned

Salt

Olive Oil

Method:

Heat up a frying pan with olive oil and place seasoned (with salt) pickerel skin side down in the hot oil. Cook golden brown and almost done on one side, turn to the other side and take off the heat and baste with the cooking oil.

Pickle Liquid for Wild Mushrooms:

Wild Mushroom Trimmings  
300 ml Vegetable Stock  
500 ml Water  
350 ml Champagne Vinegar or White Vinegar  
(optional: fresh herbs, bay leaf, fennel seeds, coriander seeds)

Method:

Combine all ingredients in a pot and bring to a boil. Once boiled turn the heat down to a simmer and cook for about 30 minutes. Strain through a sieve.

Wild Mushrooms:

750 gr Wild Mushrooms, cleaned, trimmed, cut  
Olive Oil  
Salt  
Pickle Liquid

Method:

In a frying pan, heat up the oil, add mushrooms and sauté, season with salt, add pickle liquid and cook for 3 minutes.

Beets:

Beets, peeled and cut in quarters  
Salt

Method:

Blanch in salted water until soft.

Potato Espuma:

5 Russet Potatoes, peeled and cut  
Salt  
100 gr Butter  
Heavy Cream

Method:

Boil potatoes soft in salted water. Strain and steam them out.  
Mash them, add butter and cream and cook a loose mash. Check seasoning. Fill up the mix in a espuma bottle.

#### **4. Chocolate Crème Brûlée**

Crème Brûlée:

1125 ml Heavy Cream  
375 ml Milk  
15 Egg Yolks  
120 gr Sugar  
Pinch Salt

Method:

Combine cream, milk, sugar, salt and chocolate together and bring them gently to a boil in a pot.

Cool the liquid down for a little and whisk in the egg yolks really fast. Strain through a sieve and fill the mixture in ramekins. Cook in a waterbath at about 330 F until set.

Almonds:

Toast of the almonds in a hot frying pan.

Vanilla Pears:

5 Pears; peeled, no core, cut in small dices  
1 Vanilla Pod  
200 ml White Wine  
150 gr Sugar  
Pinch Salt

Method Pear Marinade:

Caramelize the sugar and add empty vanilla pod and a pinch of salt. Once caramelized add all the trimmings from cleaning the pears (skin, core). Deglaze with white wine and simmer for about 6 minutes. Strain right over the diced pears and add the vanilla.