

RECIPES - 3 October 2011

Poached Pickerel with Seafood Stew

- 3-4 lb Pickerel (2 oz per person)
- 2 L Court Bouillon (water, fennel, onion, celery, bay leaf, lemon, peppercorns)
- 4 oz Fresh Chives

- 1 lb Scallops (16/20)
- 2 lb Prawns (16/20)
- 2 lb Alaskan King Crab legs
- 2 bulbs fennel
- 1 large yellow onion
- 1 clove garlic (minced)
- 1 each Fresh cayenne pepper (minced)
- 1 L Good quality tomato juice
- 1 cup White wine
- 10 each Vine Ripened Tomatoes (multi colored)
- 20 slices Serrano Ham (very thin slices then chiffonade)

Procedure:

Remove crab and prawns from shells. Add shells to court bouillon and cook for an hour then strain and reserve for poaching at service.

Cut X in bottom of tomatoes and blanch for 20 seconds in boiling water to loosen skins. Plunge in cold water and then remove skins. Remove seeds and inside of tomato and reserve in strainer. Push through a strainer, keep liquid and pulp and discard seeds. Small dice tomatoes and reserve in separate bowl.

Thinly slice onion and fennel, sweat in olive oil until very soft, add garlic and cayenne and cook for another minute. Deglaze with white wine and reduce down, add all tomato juice and bring to a simmer. Cook for half an hour to develop flavor and thickness, season with salt and pepper.

Half an hour before service bring heat to low simmer and add crab and prawns and continue cooking.

For service, place pickerel in steam pan and lower into court bouillon and cook for about 5 minutes or until cooked through. Pan sear scallops in hot pan to caramelize outside, add Serrano ham, chopped chives and season with salt and pepper. Slice scallops in half.

Place one scallop in each bowl, ladle stew over top and then top with pickerel.

Serve.

Grilled Corn Salad

- 6 Each corn on the cob
- 4 Each roasted red pepper
- 1 Each red onion
- 4 Each green onion
- 2 Each jalapenos
- 2 Clove garlic
- 1/8 Cup white wine
- 1/4 Cup heavy cream
- 6 Strip bacon
- 1 Each lemon
- 1 Pinch salt
- 1 Pinch pepper

Procedure:

1. Soak corn in cold water for 15 minutes with husks on.
2. Place corn directly on med-hot bbq or grill and cook for 5-8 min, turning a few times
3. Take corn off and remove husks, then brush with olive oil, roll on grill to get charred marks, remove and cool.
4. Slice corn off the cob and put in a bowl.
5. Roast, seed and peel red pepper. Cut red pepper, red onion into small dice, mince jalapeno, slice green onion and chop bacon.
6. Heat saute pan to medium, add bacon and cook for 5 minutes to render the fat - drain fat and reserve for bacon vinaigrette - add garlic, deglaze with white wine, add cream, reduce by half and then take off of heat and cool liquid and bacon.
7. Mix red onion, jalapeno, roasted red pepper and corn. Then add cream and bacon mixture. Season with salt, pepper and lemon to taste, add green onion, stir to incorporate.

Bacon Vinaigrette

- 3 Tblsp Bacon fat, rendered
- 3 Tblsp Canola Oil
- 3 Tblsp Red Wine Vinegar
- 1/2 clove Garlic (paste)
- 1 tsp Parsley (chopped)
- 1 tsp Fresh Thyme (leaves only)
- 1 tsp Dijon Mustard
- 1 pinch Sugar
- To taste Salt
- To taste Pepper

Procedure:

Mix Red wine vinegar, garlic, dijon mustard and sugar together. While whisking slowly drizzle in canola oil and warm bacon fat. Add thyme, parsley and season with salt and pepper to taste.

To Plate:

Place a spoonful of corn salad in the center of plate and grate Tomme de Savoie over top.

Toss micro sprouts in bacon vinaigrette and place on top. Serve.

Veal Chop

- 1 Individual Veal Chop per person (or full veal rack with total of 1 bone per person)
- 1/2 cup canola oil

Rub veal lightly with canola oil and pan sear, then season with mushroom salt and some cracked black pepper.

Finish cooking by roasting in 375F oven until internal temperature of 130F.

Allow to rest for 5 minutes before plating.

Mushroom Salt

1/2 cup Dried wild mushrooms
1/4 cup Kosher salt or coarse sea salt
1 tsp fresh thyme
1 tsp fresh parsley

Grind in spice grinder until combined and resembles fine salt.

Lyonnais Potatoes

15 each Yukon gold potatoes
1 large Yellow onion
1/4 lb Butter
1/2 cup Parmesan cheese (grated)
Salt
Pepper
Parchment paper
Full 2" hotel pan

Peel Yukon golds and remove onion peels.

Thinly slice onions. Then slice potatoes on mandolin or slicer about 3mm thick.

Line hotel pan with parchment paper and lightly rub with butter.

Place potatoes in single layer on bottom of pan – overlapping slightly. Season with salt and pepper, sprinkle parmesan cheese and a lightly dispersed onion.

Continue layer potato, salt and pepper and every second layer place onion, parmesan and butter.

Once pan is 3/4 full place another sheet of parchment paper on top. Top with 2" hotel pan and weights. Press for 15 minutes, then bake with weights on top.

Bake in convection oven for about 45-55 minutes (oven about 375F).

Remove and check for doneness by inserting a paring knife – it should slide through very easily).

Cool with weights on top of potato pave and portion into 2cm x 5cm pieces.

Reheat in 350F oven for 10-15 minutes.

Chanterelles

3 lbs Chanterelle mushrooms

3 each Shallots

2 clove Garlic (minced)

1/2 cup Veal stock

Clean chanterelles and saute (not crowding saute pans) in clarified butter, deglaze with veal stock, season with salt and pepper and cook until glazed but pan is not dry (au sec).

Prepare Glace de Viande - from teaching lesson

To plate:

Place potatoes just off center of plate, lean veal chop against potato, spoon chanterelle mushrooms on top of veal chop and drizzle around the plate with glace de viande.

Red Wine Dark Chocolate Tart

Truffle Filling

1530 grams Dark chocolate (about 65%)

550 grams 36% cream

255 grams Unsalted butter

150 grams Glucose

225 grams Red Wine

1. Finely chop chocolate, put in large bowl and place over hot water bath.
2. Heat the cream until almost a boil
3. Add the glucose to the hot cream
4. Pour hot cream over finely chopped chocolate
5. Stir well until chocolate and cream are combined with spoon (not whisk)
6. Cube butter and add slowly, stir until melted
7. Add red wine and stir in
8. Stir and cool down until just warm, then pour into baked tart shells
9. Put in fridge to set, and remove from fridge 10 minutes before service.

Whipped cream until medium peak and stir in icing sugar until desired sweetness and then cayenne powder for just a little heat.

Tart Shell

Chocolate Short Dough - Make double recipe

2 lb 3 oz All purpose flour 992g

3 oz Cocoa Powder 85g

1lb 8oz Butter, soft 680g

12oz Sugar 340g

1 tsp Vanilla Extract 5 ml

6 oz Eggs, room temp 170g

1. Sift together the flour and cocoa powder
2. Cream the butter and sugar with the paddle attachment, starting on low speed and increasing to medium speed, scraping down the bowl periodically, until smooth and light in color, about 5 minutes.
3. Combine the vanilla and eggs and add them gradually, scraping down the bowl and blending until smooth after each addition. Turn off the mixer and add the dry ingredients all at once, mixing on low speed until just blended. Do not overmix.
4. Turn out the dough onto a lightly floured work surface. Scale the dough as desired. Wrap tightly and refrigerate for an hour before rolling.