

Edmonton Gentlemen's Dinner Club

Menu and Recipes
January 13, 2025 Meeting

Menu for the Evening

Chef Ram Sharda, RSE

Appetizers

Tuna Tartare with Mango and Avocado

Fresh tuna paired with sweet mango and creamy avocado, drizzled with citrus dressing for a burst of flavor.

Fire Roasted Tomato and Pepper Bisque

A velvety bisque, blending roasted tomatoes and peppers with a rich, smoky flavor, topped with a swirl of cream.

Entree

Dijon and Herb-Crusted Lamb Rack

Tender lamb rack encrusted with Dijon mustard and fresh herbs, cooked to perfection and served with your choice of sides.

Sauces & Sides

Demi-Glace Sauce

A classic rich and savory sauce, made with roasted meat stocks to elevate any dish.

Grilled Asparagus

Fresh asparagus grilled to perfection with a touch of lemon, olive oil, and a sprinkle of seasoning.

Roasted Rosemary Fingerling Potatoes

Crispy fingerling potatoes roasted with fragrant rosemary, garlic, and olive oil, offering the perfect balance of crispness and flavor.

Dessert

Tiramisu

A decadent, creamy treat made with espresso-soaked ladyfingers, mascarpone filling, and a delicate dusting of cocoa powder.

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Appetizers

Tuna Tartare with Mango and Avocado

Fresh tuna paired with sweet mango and creamy avocado, drizzled with citrus dressing for a burst of flavor.

Ingredients:

- 32 oz (900g) sushi-grade tuna, diced into small cubes
- 4 tablespoons soy sauce
- 4 teaspoons sesame oil
- 4 teaspoons lime juice (freshly squeezed)
- 4 teaspoons rice vinegar
- 4 teaspoons finely grated ginger
- 4 teaspoons chili paste (optional)
- 4 avocados, diced
- 2 cups fresh mango, diced
- 2 teaspoons of honey
- 4 teaspoons white sesame seeds, toasted
- 8 tablespoons fresh chives/scallion, finely chopped
- Salt and freshly ground black pepper, to taste

Instructions:

1. Prepare the Tuna:
 - Dice the sushi-grade tuna into small, uniform cubes using a sharp knife. Keep it cold until ready to use.
2. Make the Dressing:
 - In a large bowl, whisk together soy sauce, sesame oil, lime juice, rice vinegar, grated ginger, and chili paste and 2 teaspoons of honey.
3. Mix the Tuna:
 - Combine the diced tuna and shallots with the dressing in the bowl. Gently toss to coat.
4. Add Avocado and Mango:
 - Carefully stack in the diced avocado and mango and tuna using a mold, ensuring they remain intact.
5. Garnish:
 - Sprinkle with toasted sesame seeds and fresh chives/scallion for garnish.
6. Serve:
 - Serve immediately on platters or small plates, paired with crispy wonton chips, toasted baguette slices, or cucumber rounds.

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Appetizers

Fire roasted tomato and pepper bisque

A velvety bisque, blending roasted tomatoes and peppers with a rich, smoky flavor, topped with a swirl of cream.

Ingredients:

- 48 oz roasted red peppers, drained and chopped
- 60 oz fire-roasted diced tomatoes, with juices
- 4 medium onions, chopped
- 8 cloves garlic, minced
- 8 tbsp olive oil (1/2 cup)
- 8 cups of vegetable broth (about 2 liters)
- 4 tsp dried oregano
- 2 tsp fresh thyme (or 1 tsp dried thyme)
- 2 tsp salt (or to taste)
- 1 tsp black pepper
- 2 cups fresh basil leaves (plus extra for garnish)
- 4 tbsp Honey
- 2 cups heavy cream

Instructions:

1. Prepare the Soup Base:
 - In a large stockpot or two medium-sized pots, heat the olive oil over medium heat. Add the chopped onions and cook for 5-7 minutes until softened and translucent.
 - Add the minced garlic, oregano, and thyme, cook another 1-2 minutes until fragrant.
2. Combine Ingredients:
 - Add the roasted red peppers, fire-roasted diced tomatoes (with their juices), broth, salt, and pepper. Stir to combine.
 - Bring the mixture to a simmer and cook for 10-15 minutes to allow the flavors to meld.
3. Blend the Soup:
 - Use an immersion blender to blend the soup in the pot until smooth. If you don't have an immersion blender, blend the soup in batches in a regular blender. If you have two blenders, you can do this step more quickly.
4. Finish the Soup:
 - Stir in the fresh basil leaves and blend again until incorporated. Add the heavy cream to desired richness.
 - Taste and adjust seasoning with honey, salt, or pepper as needed.
5. Serve:
 - Ladle the soup into bowls, garnish with fresh basil leaves, and serve with a drizzle of olive oil or a swirl of cream.

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Entree

Dijon and Herb-Crusted Lamb rack

Tender lamb rack encrusted with Dijon mustard and fresh herbs, cooked to perfection and served with a choice of sides.

Ingredients:

- 8 lamb racks
- 4 tablespoons Dijon mustard
- 4 tablespoons olive oil
- 6 garlic cloves, minced
- 4 teaspoons fresh rosemary, finely chopped
- 4 teaspoons fresh thyme, finely chopped
- 2 cups panko breadcrumbs
- 1 cup grated Parmesan cheese
- Mint jelly
- Salt and freshly ground black pepper, to taste

Instructions:

1. Prepare the Lamb Chops:
 - Preheat your oven to 400°F (200°C).
 - Season the lamb chops with salt and pepper on both sides.
2. Make the Herb Crust Mixture:
 - In a large bowl, mix panko breadcrumbs, Parmesan cheese, rosemary, thyme, garlic, and a pinch of salt and pepper.
 - Add olive oil to the mixture and stir until it resembles damp sand.
3. Coat the Lamb Chops:
 - Brush the top of each lamb chop with Dijon mustard.
 - Press the breadcrumb mixture onto the mustard-coated side of each chop, ensuring it adheres well.
4. Sear and Bake:
 - Heat a large oven-safe skillet over medium-high heat with a drizzle of olive oil (or use multiple skillets if needed).
 - Place the lamb chops herb-side up in the skillet and sear the bottom for 2 minutes.
 - Transfer the skillet(s) to the preheated oven and bake for 8–10 minutes for medium-rare (adjust cooking time for desired doneness).
5. Serve:
 - Let the lamb chops rest for 5 minutes before serving.
 - plate with roasted potatoes, steamed vegetables, and top it with demi-glace.

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Sauces & Sides

Demi- Glace sauce

A classic rich and savory sauce, made with roasted meat stocks to elevate any dish.

Ingredients:

- 2 cups beef broth (or veal broth, if available)
- 1 cup red wine
- 1 tbsp tomato paste
- 1 small onion, chopped
- 2 sticks of celery, chopped
- 1 clove garlic, minced
- 1 tbsp butter
- 1 tsp fresh thyme (or ½ tsp dried thyme)
- 1 bay leaf
- ½ teaspoon peppercorn
- Salt and pepper, to taste

Instructions:

1. Prepare the Base:
 - In a saucepan, melt the butter over medium heat. Add the chopped onion, celery and garlic, cooking until softened (about 3-4 minutes).
2. Deglaze with Wine:
 - Add the red wine to the pan and bring it to a simmer. Let it cook for about 5-7 minutes, reducing the wine by half.
3. Add Broth and Simmer:
 - Stir in the beef (or veal) broth, tomato paste, thyme, and bay leaf. Bring to a simmer.
4. Reduce the Sauce:
 - Let the mixture simmer gently for about 20-30 minutes, uncovered, until it reduces by half and thickens into a glossy, rich sauce.
5. Strain and Finish:
 - Remove the sauce from the heat. Discard the bay leaf and strain out the solids. Taste and adjust the seasoning with salt and pepper.
6. Serve:
 - Serve over the desired food.

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Sauces & Sides

Grilled Asparagus Recipe

Fresh asparagus grilled to perfection with a touch of lemon, olive oil, and a sprinkle of seasoning.

Ingredients

- 4 lbs (1.8 kg) fresh asparagus
- 8 tbsp (1/2 cup) extra virgin olive oil
- 4 tsp kosher salt
- 2 tsp freshly ground black pepper
- 4 tsp garlic powder
- ½ cup shaved Parmesan cheese (optional, for garnish)

Instructions

1. Prepare the Asparagus
 - Wash and trim the asparagus by snapping off the woody ends (they will naturally break at the right spot).
 - Pat the asparagus dry with a clean towel.
2. Season the Asparagus
 - Place the asparagus on a baking sheet or in a large bowl.
 - Drizzle with olive oil and sprinkle with salt, pepper, and garlic powder. Toss to coat evenly.
3. Preheat the Grill
 - Heat your grill to medium-high (about 375°F-400°F or 190°C-205°C). If using a grill pan, preheat it over medium-high heat.
4. Grill the Asparagus
 - Lay the asparagus spears perpendicular to the grill grates to prevent them from falling through.
 - Grill for 3-5 minutes, turning occasionally with tongs, until the asparagus is tender and slightly charred.
5. Finish and Serve
 - Remove the asparagus from the grill. Garnish with shaved Parmesan for a touch of richness.

Serve immediately.

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Sauces & Sides

Rosemary Fingerling Potatoes:

Crispy fingerling potatoes roasted with fragrant rosemary, garlic, and olive oil, offering the perfect balance of crispness and flavor.

Ingredients:

- 1 lb fingerling potatoes
- 2 tbsp olive oil
- 2-3 sprigs fresh rosemary, chopped
- 2-3 cloves garlic, minced
- Salt and pepper, to taste
- Optional: 1 tbsp lemon juice or zest

Instructions:

1. Prepare the Potatoes:
 - Preheat your oven to 400°F (200°C).
 - Wash and scrub the fingerling potatoes. Cut them in half lengthwise or leave them whole if they're small.
2. Season the Potatoes:
 - In a bowl, toss the potatoes with olive oil, chopped rosemary, minced garlic, salt, and pepper. If you like, add a bit of lemon zest or juice for a fresh kick.
3. Roast the Potatoes:
 - Spread the potatoes in a single layer on a baking sheet.
 - Roast for about 25-30 minutes, or until the potatoes are golden brown and crispy on the edges, tossing halfway through for even cooking.
4. Serve:
 - Remove from the oven, taste, and adjust seasoning if necessary. Serve warm as a side dish.

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Dessert

Tiramisu Recipe

A decadent, creamy treat made with espresso-soaked ladyfingers, mascarpone filling, and a delicate dusting of cocoa powder.

Ingredients (Serves 20)

- 2½ cups (600 ml) brewed espresso or strong coffee, cooled
- 5 tbsp coffee liqueur (e.g., Kahlua)
- 2½ cups (600 ml) heavy whipping cream
- 2½ cups (600 g) mascarpone cheese
- 1¼ cups (150 g) powdered sugar
- 2½ tsp vanilla extract
- 2½ packages ladyfinger cookies (savoiardi)
- 5 tbsp cocoa powder (for dusting)
- Garnish: Dark chocolate shavings or

Instructions

1. Prepare the Coffee Mixture
 - Combine the cooled espresso and coffee liqueur (if using) in a large shallow dish. Set aside.
2. Make the Cream Filling
 - In a large mixing bowl, whip the heavy cream until soft peaks form.
 - In another bowl, beat the mascarpone cheese with the powdered sugar and vanilla until smooth.
 - Gently fold the whipped cream into the mascarpone mixture until well combined.
3. Assemble the Tiramisu
 - Quickly dip each ladyfinger into the coffee mixture (about 1-2 seconds per side; avoid oversoaking).
 - Arrange a layer of dipped ladyfingers in a large serving dish or multiple smaller dishes.
4. Layer the Cream
 - Spread a layer of the mascarpone cream over the ladyfingers.
 - Repeat layers, alternating dipped ladyfingers and cream, until you reach the top of the dish. End with a cream layer.
5. Finish and Serve
 - Dust the top generously with cocoa powder using a fine sieve.
 - Garnish with dark chocolate shavings.
 - Serve Immediately (For a slightly firmer texture, refrigerate for 15-30 minutes before serving).