

ASPARAGUS SHRIMP COCKTAIL

Ingredients:

- Peeled shrimp
- White wine
- Lemon juice & slices
- Fresh Thyme
- Salt & pepper
- Asparagus points

Directions for Sous Vide Prawns:

- Put all ingredients except asparagus in a Ziploc bag & poach in simmering water for 10 minutes
- Shock cool in ice water

Directions for Asparagus Points:

- Bring salted water to a boil
- Add asparagus for 20 seconds
- Shock cool in ice water

GRAND MARNIER SAUCE

Ingredients:

- Whipping cream
- Mayonnaise
- Ketchup
- Cayenne
- Paprika
- Orange juice
- Salt & Pepper

Directions:

- Whip cream until soft ribbon stage
- Then add all ingredients and mix

CREAM OF ASPARAGUS SOUP

Ingredients:

- Asparagus ends
- Sliced white onions
- Crushed garlic
- Fresh Spinach
- Butter & Salt & Pepper
- Cream
- Comté
- Chicken Stock

Directions:

- Sauté onions in butter until soft
- Add garlic and asparagus ends
- Add chicken stock and cream and simmer until asparagus ends are tender
- Then put mixture in a blender. Add the fresh spinach and blend until smooth
- Pass liquid through a fine sieve
- Put into a pot and bring back to simmer. Add seasoning.
- Ladle into serving bowl & grate Comté over top for garnish

BAKED HALIBUT, SAUCE VIERGE, ASPARAGUS & RYE BERRY DUXELLE

Ingredients:

- Halibut Filet
- Asparagus
- Rye Berries
- Wild Mushrooms
- Garlic
- Olive Oil
- Butter
- Basil & Mint
- Roasted garlic
- Capers
- Lemon Juice
- Salt & Pepper

Directions for Halibut:

- Season with salt & pepper, brush with butter
- When ready to be baked put in oven at 450 degrees for 5 minutes until medium well

Directions for Asparagus:

- Put in a pot with wine, add butter, salt & pepper
- Put lid on and steam on range for 3 min

Directions for Rye Berry Duxelle:

- Simmer rye berries in salted water until soft and then rinse
- Sauté shallots in butter, add wild mushrooms and saute until tender
- Add rye berries and season with salt & pepper

Directions for Sauce Vierge:

- Dice cucumber, tomatoes, shallots. Chiffonade basil & mint.
- Put items in a bowl and add roasted garlic, capers, lemon juice, olive oil, salt & pepper

BAVAROIS W/ BERRY COULIS & CHANTILLY CREAM

Ingredients:

- 10 – Egg Yolks
 - 180g - sugar
 - 1.5L – milk
 - 3 pkts - Gelatin
 - 750mL – whipped cream
 - Vanilla
 - Selection of berries
- You will need a bain-marie set up

Directions for Bavarois Mix:

- Bring to simmer milk, gelatin, and vanilla. In a separate bowl cream egg yolks and sugar. Slowly add milk mixture to egg mixture and put on bain- marie. Start whisking until it reaches 85 degrees (or ribbon stage).
- Once ribbon stage is reached take the bowl and put on ice and once almost cold fold in whipped cream

Directions for Berry Coulis:

- Put berries and sugar in a pot. Bring to a boil, put in a blender and then through a sieve. Ready to serve.

CHANTILLY CREAM

Ingredients:

- Whipping cream
- Vanilla
- Icing Sugar

Directions:

- Whip all ingredients together until stiff peaks form. Ready to serve.