

# **Les Marmitons Dinner**

With Serge Belair and James Holehouse  
Of the  
Shaw Conference Centre

**Herb and Pickled Ginger Crusted Tuna**  
*With Colored Beets and Lemon Crème Fraiche*

**Elk Tenderloin with Chamfleury and Port Reduction**  
*Parsnip Puree, Sautéed Lobster Mushrooms  
And Baby Carrots*

**Bricks de Chevre Capriny**  
*Comfit Forelle Pears and Clove Caramiel*

**Coconut Chocolate Mille Feuille with Mango Coconut Sorbet**  
*Banana Fritters and Lime Foam  
Passion Fruit Beurre Blanc*

*November 16, 2009*

## **Herb and Pickle Ginger Crusted Tuna**

*With colored beets and lemon crème fraiche*

### **Beet salad:**

- medium red beet 7 pcs
- medium yellow beet 7 pcs
- olive oil 50 ml
- fresh lemon juice 2 pcs
- salt ,pepper and sugar to taste

### **Method:**

*Cook beets in boiling salt water for 45 minutes or until soft. Peel while it's warm. Cut with a circle cutter and then cut in thin slices and toss each colored beet separately in olive oil, lemon juice and zest salt and pepper. Reserve.*

### **Lemon crème fraiche:**

- sour crème 1 ½ cup
- whip cream 1 cup
- fresh lemon and lime juice 1 of each
- salt and pepper to taste

### **Method:**

*Mix all together in a bowl until smoothed, reserve.*

### **Herb and Pickle Ginger Crusted Tuna:**

- pickle ginger cut in finely chop 1/3 of a cup
- fresh basil finely chop ½ cup
- fresh cilantro finely chop ½ cup
- fresh flat parsley finely chop ½ cup
- fresh tuna portion in little rectangle 2kg (2 oz each portion)
- warm honey ½ cup
- baby sprouts to garnish
- olive oil to sear, salt and pepper to taste

### **Method:**

*Sear the tuna portion on each side; need to keep rare as possible. Brush tuna with warm honey and roll in the mixture of fresh herb and pickle ginger. Cut tuna in two on an angle, reserve.*

### **Dressage:**

*Spread some crème fraiche on a plate, cover with sliced beets, put the tuna on top and some baby sprouts then drizzle with beet juice. Serve*

## **Elk Tenderloin with Chamfleury and Port Reduction**

*serve with Parsnip Puree, sauté Lobster Mushroom and Baby Carrot*

### **Elk Tenderloin and Chamfleury Cheese:**

- Clean elk tenderloin 3 pcs
- Chamfleury cheese 2 pcs
- Salt and pepper to taste

### **Method:**

*Sear tenderloin and finish in the oven until inside temperature reaches 130 degrees Celsius for medium rare. Reserve at room temperature. Portion the cheese and leave at room temperature until service.*

### **Parsnip puree:**

- Clean and peel Parsnip 2 kg
- Butter 150 g
- Warm cream 150 ml
- Salt and pepper to taste

### **Method:**

*Boil parsnip in water until tender and drain. Put parsnip in robot coup with warm cream, butter and puree until smooth and season. Keep in a warm place for dish up.*

### **Port reduction sauce:**

- Port 750 ml
- Sugar 125gr
- Demi glace 500 gr

### **Method:**

*Reduce port and sugar in a sauce pan to 1/3 and add demi glace (provided by Serge). Season and reserve.*

### **Lobster Mushroom and Baby Carrot:**

- Clean and peel baby carrot (red,with,yellow) 3 per person
- Shallot finely shop 50 gr
- Clean and slice lobster mushroom 1 kg
- Butter 75 gr
- Salt and pepper to taste

*(Keep some carrot top for garnish)*

**Method:**

*Boil baby carrots for 6 minutes and shock in ice water. Dry them and sauté in butter and season, reserve. Sauté mushroom with shallot and butter in a frying pan and reserve for service.*

**Dressage:**

*Slice elk in 2 inches of thickness and top with cheese. Put some of the puree in the middle of a plate, put sauté mushroom and 1 pcs of meat. Add 3 baby carrots and some sauce around the meat and puree. Garnish with a carrot top or baby sprout.*

## **Bricks de Chevre Capriny** ***With Comfit Pears and clove Carmiel***

### **Bricks de chevre Capriny:**

- Goat cheese Capriny at room temperature (ST Raymond de Port Neuf , Quebec) 1kg
- Fresh Raspberry 300 gr
- Spring roll wrap 20 pcs (6 inches squared )
- Flour and water for sealing
- Oil to fry

### **Method:**

*Mix cheese with raspberry, carefully form little cylinder shapes. Put the cylinder shape in the spring roll sheet and fold left and right corner over and roll all the way up, seal with water and flour to act like glue. Reserve and warm up the oil.*

### **Comfit Pears:**

- Water 7 cups
- White Wine 3 cups
- Sugar 1 cup
- Peel and Core Forelle Pears 20 pcs
- Lemon 3 pcs

### **Method:**

*Put water, wine, sugar and the juice from the lemon in to a saucepan and add peeled pears. When finished bring to a boil. Cook until aldenite (12 minutes). Strain and cool ASAP and reserve.*

### **Clove Carmiel:**

- Honey 1 cup
- Ground clove 1 tablespoon

### **Method:**

*Put together in a pan and bring to a quick boil, reserve.*

### **Dressage:**

*Fry brick chevre until golden brown (2 min). Cut brick in 2 on an angle put on plate with one pear add some Baby Bean sprout that as been tossed in olive oil and drizzle caramiel, serve.*

# Dark Chocolate Coconut Mille Feuille

Mango Coconut Sorbet  
Banana Fritters and Lime Foam  
Passion Fruit Beurre Blanc

## Coconut Financier

- 80g Ground Coconut
- 240g Icing Sugar
- 3g Salt
- 120g Cake Flour
- 100g Shredded Coconut
- 200g Egg Whites
- 25g Honey
- 200g Butter, browned

Brown the butter. In a bowl, combine the dry ingredients. Mix in the egg whites and honey. Stir in the brown butter last.

Pour mixture into ½ sheet pan, sprayed and lined with parchment paper.

Bake at 350F until golden and springs back to the touch.

Cool and cut into 3" x 1 1/8" rectangles.

## Mango Coconut Sorbet

- 200g Sugar
- 200ml Water
- 4pc Kaffir Lime Leaves
- 1pc Vanilla Bean, split and scraped
- 300g Mango Puree
- 300g Coconut Milk

In a saucepan bring the sugar, water, lime leaves, and split vanilla bean to a boil. Remove from heat and steep for 10 minutes. Strain syrup into a bowl and mix in mango puree and coconut milk.

Churn sorbet in ice cream machine, pipe into plastic tubes and freeze. Cut tubes into portions once frozen and unwrap.

## Dark Chocolate Diplomat Cream

- 360g Milk
- 90g Egg Yolks
- 90g Sugar
- 45g Cornstarch
- 200g 70% Dark Chocolate, melted
- 460g Whipping cream, whipped

Melt the chocolate and whip the cream.

Put ¼ of the milk into a saucepan. In a bowl, whisk the yolks, sugar, and cornstarch together and then whisk in the remaining ¾ of the milk.

Bring the pan of milk to a boil and then whisk in the yolk/cornstarch mixture. Cook over medium heat, whisking constantly until mixture thickens and comes back to a boil.

Remove from heat and put the cooked custard into a bowl. Stir in the melted chocolate while the custard is still hot. Allow custard to cool, covered, in the fridge. Whisk until smooth and then fold in the whipped cream.

## **Banana Fritters**

- 270g Flour
- 66g Sugar
- 5g Salt
- 335g Eggs
- 167g Milk
- 110g Butter, melted

Whisk the dry ingredients together. Make a well in the centre, add the eggs and milk, and whisk until smooth. Stir in the melted butter last. Reserve in fridge until ready to fry fritters.

- 4 Bananas
- 50g Lemon Juice
- 100g Toasted Coconut, ground
- 450g Cinnamon Sugar (2 parts sugar to 1 part cinnamon)
- 1.5L Oil for frying

Slice the bananas into thin rounds. Dip in lemon juice and then roll in ground toasted coconut. Freeze bananas until ready to fry.

For Frying: Heat oil to 360F. Skewer the frozen banana disks and dip into fritter batter. Drop the fritters into the hot oil and fry until golden brown. Remove from oil and place on paper towel. Roll in cinnamon sugar.

## **Passion Fruit Beurre Blanc**

- 114g Passion Fruit Puree
- 114g Sugar
- 1 Vanilla Bean, split and scraped
- 160g Butter, cold, cut into chunks

In a saucepan bring the passion fruit puree, sugar, and vanilla bean to a boil. Remove from heat and whisk in the chunks of cold butter, whisking until smooth. Reserve the sauce at room temperature.

## **Lime Foam**

- 4g Gelatin Leaves, bloomed in cold water
- 370g Fresca pop
- 2 Limes, zest and juice
- 3 Kaffir Lime Leaves
- 125g whipping cream, liquid
- 2 CO2 Cartridges

Bloom the gelatin leaves in cold water for 5 minutes. Squeeze out and get rid of water.

In a saucepan, heat the fresca, lime zest and juice, and kaffir lime leaves. Steep for 5 minutes. Strain this mixture into a bowl. Whisk in the cream.

Pour the lime mixture into a whip cream canister. Seal and store in fridge until service. Just before service shake up the canister and inject with 2 CO2 cartridges.

## **Pineapple Compote**

- 1/2 Golden Pineapple, small dice
- 160g Mango Puree
- 1 Lemon, zest only
- 20g Sugar

Dice the pineapple and mix in the remaining ingredients. Reserve for plate up.

## **Chocolate Layers for Mille Feuille**

- 700g Dark Chocolate, chopped or pellets

Temper the chocolate by placing the pellets of chocolate over a bain marie of barely simmering water. Allow chocolate to melt ½ way, without stirring. Remove from heat and stir chocolate together until all chocolate is melted. Do not put back on heat. Finished tempered dark chocolate should be at 32C to work with.

Spread chocolate onto plastic sheets in extremely thin layer. Allow to crystallize slightly and then cut into 3" x 1 1/8" rectangles. Allow to fully set before peeling off plastic to give maximum shine.

## **Assembly**

- Build Chocolate Coconut Mille Feuille: Lay out coconut financier rectangles. Pipe a dot of chocolate diplomat cream on top. Place a chocolate rectangle on top. Pipe diplomat on top, followed by another chocolate rectangle, more cream, and finish with another chocolate rectangle.
- Skewer 2 banana fritters and warm in oven.
- Spoon some pineapple compote into the shot glasses. Gun some lime foam on top. Rest the banana fritters skewers on the rim of the glass.
- Place the mille feuille on the plate. Place tube of mango sorbet on top.
- Garnish plates with drizzle of passion fruit beurre blanc and fresh berries.