

*Marmiton Marsh 2013*

*Menu*

*72 hours Bison short rib*

*With smoke potato pure, sous vide fried egg*

*And some baby tomato*

*"Steak and egg"*

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*Elk Strip loin wrap in Italian bacon*

*Butter poached Lobster*

*Serve with truffle scented soft polenta, wilted greens, sauté*

*oyster mushroom and Fig Gastric sauce*

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*Brie Cheese fritter with ice wine poached cherry*

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*Bourbon pecan tart, chocolate mousse*

*And salted caramel ice cream with Saskatoon compote*

## **Main**

*(8 to 10 portions)*

### **Elk Strip loin:**

2.5 kg Elk Strip loin  
200 g (10 slice) Prosciutto  
4 Bacon strip  
TT Salt  
TT Pepper  
TT Basil  
90 g Butter  
30 ml Oil

Clean and cut the loin in the middle to make 2 long strips. Wrap one of the loin with bacon 2 on each side of the loins, finish with the prosciutto and some basil leaf between the meat and the prosciutto. Reserve the other pcs for a other use. To make the work easier use some saran wrap to make a matt with the prosciutto and wrap the lion in one piece. Tie with the string Boucher style. Cook meat in the oven at 300 Degree until the meat probe reach 135 Celsius or 45 min in total time. Pull out of oven and sear before service and make the sauce in the same pan the meat was seared in. Make sure the meat rest for 20 minute before slicing!!

### **Butter Poached Lobster**

2to 3 Lobster (depending on how big the lobster is) Shock, clean and out of the shell.  
250g Salted butter melted  
1 pcs Lemon  
TT Salt  
TT pepper

Slice the lobster lengthwise.

Warm the butter and slightly warm the lobster in the butter. Do not overcook. Before service squeeze lemon and serve on top on the Elk.

## **Gastric Sauce**

50g Shallots  
4 pcs quarter figs  
300 ml Beef stock  
100ml White wine  
75ml White Balsamic  
30 ml Fig Jam.

Sauté shallot and figs with a little sugar and deglaze with wine and vinegar and let reduce by half. Add Stock and reduce until it coat the back of a spoon and serve with meat. Finish with a touch of butter to make the sauce shiny.

## **Polenta:**

50g finely chopped Shallots  
5g Chopped Garlic  
40g Butter  
1 lts Chicken stock  
120 g Corn Meal  
55 gr Parmesan Cheese  
40 gr Suisse Cheese  
20 ml olive oil  
TT Truffle oil  
TT Fresh thyme  
TT Salt  
TT Pepper  
TT cream 35 %

In a large, saucepan heat the olive oil over medium heat. Add the onion and salt and sweat until the onions begin to turn translucent, approximately 4 to 5 minutes. Reduce the heat to low, add the garlic and sauté for 1 to 2 minutes, making sure the garlic does not burn. Turn the heat up to high, add the chicken stock, and bring to a boil. Gradually add the cornmeal while continually whisking. Once you have added all of the cornmeal cover the pot and place it in the oven. Cook for 35 to 40 minutes, stirring every 10 minutes to prevent lumps. Once the mixture is creamy, remove from the oven and add the butter, salt, and pepper. Once they are incorporated, gradually add the Parmesan. Finish with some cream and the truffle oil to taste reserve until service.

### **Cipolini Onion**

10 pcs Cipolini onion  
TT Stock (from sauce)

Cook in stock and reducing about 35 min. Serve around the polenta.

### **Welted Greens with Oyster mushroom**

8 pcs Basil leaf  
300 gr Oyster Mushroom  
1 bunch Red Swiss Chard Julienne and wash  
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4 Slice Julienne Bacon  
50gr Shallot  
30g Butter  
10 ml Oil  
50 ml White Wine  
20 gr Honey  
TT Salt  
TT Pepper

Sauté bacon for 3 minutes and add shallots with oil, butter add mushroom and cook for 5 min. Add greens and cook until it a welt down and add wine , Finish with salt and better and maybe a little more butter. For Basil leaf just deep fry and put on a paper towel to drained exes fat.

### **Assemble:**

Put some Polenta in the middle of a pasta plate. With the help of a ring or mold cylinder shape, put a little welted green with mushroom on the bottom with some fine slice pieces of loin and top with Lobster. Move on to the plate over the polenta. Take the mold of and garnish with micro greens or fry basil leaf. Finish with sauce around the polenta with a couple pieces of fig and 1 pcs of onion. Serve.

**Appetizer**  
*(8 portions)*

**72 Hours Bison Short Rib**

2 kg Bison Short rib clean  
TT Pepper  
TT Rosemary  
TT Thyme

Clean and debone all the meat and sear all the sides of the meat.  
Put in a Food saver bag and put at the maximum level of suction (no air).  
Put in a circulator bath at 135 Degrees for 60 hours.  
For the last 12 hour put the circulator temperature at 140.  
Before serving, slice, season with salt honey and pepper to taste.

**Bison rib Sauce**

400g Bones and scrap meat from trimmings  
50g Celery  
50g Carrot  
80g Onion  
3L Beef stock  
200ml Red wine  
30g Tomato Paste  
30g Red currant Jelly  
TT Thyme  
TT Rosemary

Sear Bone and mirepoix .Once well colored deglaze with wine and add stock and all the other ingredients. Simmer for 3 hours.  
Strain and reduce until thickness desired. Monte au beurre before service.

**Grape Tomato**

16 pcs Grape tomato very small  
20 ml olive oil  
TT salt  
TT Pepper  
TT Honey

Warm the oil and add tomato when it is very hot so that the tomato skin split. Season and reserve for plating

## **Smoke Potato Puree**

100 gr Shallots  
50 gr Butter  
10 gr Garlic  
150 Potato peel and diced  
150 gr peel parsnip (to give an earthy flavor)  
150 ml cream  
TT Thyme  
TT salt and pepper  
1 pcs Smoke chips

Smoke the shallots, garlic and parsnip thyme for 30 min to give flavor to the veg. Sweet shallots garlic and potato, add cream and season.

Cover and cook for 30 min to 45 min. Once done buzz in magic bullet or other equipment and add cream and seasoning if necessary. Reserve.

## **Pea Puree**

50 gr Shallots  
50 gr Butter  
200 gr Frozen Peas  
100 ml Chicken Stock  
50 ml cream  
TT Thyme  
TT salt and pepper  
TT mint

Sweet shallots in butter and add stock. When it come to a simmer add peas just to warm up and cream ,buzz in magic bullet or other equipment and add cream and seasoning if necessary. Reserve.

## **Baby pea shoots sprout**

200 gr peas shoot clean and dry  
50 gr Butter  
1 lemon  
TT salt and pepper

Melt butter and quickly sauté pea shoots and season with lemon, salt and pepper. Reserve.

## **Fry small Egg**

8 +1 pcs Small egg  
10 g baking powder  
100gr flour  
100 gr Bread crumb or Panko fine  
TT salt  
TT pepper  
Canola oil, for frying

Cook 8 eggs (reserving one) sous vide at 64.5°C (147 degrees) for 50 minutes.

Let the eggs cool in a bowl of tepid water for 10 minutes.

Turn on the faucet to very low. Working one by one, carefully crack a cooked egg into your hand, and let the white drip away under the water.

Set the yolks aside. Heat about 1.5 inches of canola oil in a small saucepan until it reaches 360°F (make sure the temp doesn't exceed 370°F).

In a small bowl, combine the flour, baking powder and sea salt. In a second bowl, whisk the remaining (uncooked) egg.

Spread the breadcrumbs on a plate. Gently roll each yolk in the flour mixture, then dip in the egg wash, then roll in breadcrumbs.

Fry each yolk for about 30 seconds, or until lightly golden brown. Drain on a paper towel reserve.

## **ASSEMBLE:**

Put sauce across Plate and add 2 pcs of season and slice bison on each end add some dote of potato pure and pea puree.

Make a nest with the pea shoots and top the nest with the fried egg.

Add the 2 pcs of tomato per plate.

To finish add some micro greens or Micro peas shoots all across the plate to add some color. Serve and enjoy.

## **Savory Fritter Batter**

500g Flour

500g Milk

5g Salt

5g Pepper

15g Baking Powder

2 Eggs

Combine all dry ingredients and mix together to ensure even distribution.

Combine all wet ingredients.

Mix the two mixtures together with a whisk removing all the lumps.

Cover and refrigerate for 1 hour to allow the batter to relax.

### **To Fry**

Prepare the ingredients for frying. (In this case dice the cheese into 1 inch by 1 inch cubes.)

Coat the cheese in the batter and drop into oil heated to 350 degrees.

Cook until golden brown. Remove from fryer and drain on paper towels. Season with salt as soon as they come out of the fryer.

## **Candied Hazelnuts**

5g Salt

Zest of one Orange

450g Hazelnuts

60g Butter

88g Brown Sugar

28g Water

Line a sheet pan with parchment paper and set aside.

Place the nuts in a saucepan over medium heat. Cook stirring frequently until they start to brown and smell toasted. Add the butter and stir until it melts. Add the sugar, salt, orange zest and water. Cook until mixture thickens and coats the nuts. About 2-3 minutes.

Pour the nuts onto the sheet pan lined with parchment and spate them with a fork or spatula. Allow the nuts to cool completely and serve.

## **Dark Chocolate Mousse**

59g Egg Yolks

47g Sugar

179g Dark Chocolate

257g Whipping Cream

Whip egg yolks and sugar until light and frothy. Set aside.

Whip cream to soft peaks. Melt the chocolate and mix  $\frac{1}{4}$  of the whipped cream into the chocolate. Do this very quickly or the chocolate will set. Fold in the egg mixture followed by the remaining whipped cream. Pour into molds and freeze. Pop out and thaw before service.

## **Salted Caramel Ice Cream**

157g Sugar

45g Water

5g Salt

9 Egg Yolks

395g Cream

395g Milk

1 Vanilla Bean

In a small saucepan stir sugar and water. Cook over medium heat until dark caramel in color. Immediately pour onto a piece of parchment and let set hard.

Grind caramel into a powder in a food processor. Whisk this with the egg yolks and sugar until light and fluffy. Set aside.

In a medium saucepan heat the milk and cream and vanilla bean. When mixture comes to a boil, whisk a third of it into the egg mixture. Then pour everything back into the saucepan.

Cook over medium heat stirring constantly, until custard coats the back of a spoon. Strain into a bowl and chill over ice.

Allow to cool completely before churning in ice cream machine according to manufactures instructions.

## **Cinnamon Anglaise**

187g Whipping Cream

187g Milk

47g Sugar

100g Egg Yolks

1 Vanilla Bean

5g Cinnamon

Whisk egg yolks, cinnamon and sugar together until light and fluffy. Split and scrape vanilla bean into the milk and cream. Boil milk mixture and temper into the egg mixture. Cook over low heat till mixture coats the back of the spoon. Strain and cool.

## Saskatoon Compote

540g Saskatoon's

243g Sugar

Juice of one Lemon

135g Water

Zest of one Lemon

18g Waxy Maze

20g Sugar

23g Water

Combine saskatoon's, first amount of sugar and water, lemon juice and lemon zest in a saucepan. Over medium-high heat bring to a boil.

While waiting for mixture to boil combine the waxy maze with the second amount of sugar and water.

Once the first mixture has come to a boil add the water and waxy maize mixture slowly, stirring to avoid lumps. Cook the mixture to about 5 min over medium heat to cook out the starch.

Transfer to a container and place in the refrigerator to cool.

### **Bourbon Pecan Tart Filling**

340g Pecans

237g Dark Corn Syrup

237g Sugar

35g Butter

4g Vanilla Extract

355g Eggs

30g Bourbon

In a saucepan heat corn syrup, sugar and butter over medium heat until all the butter is melted, stirring often. Cool mixture slightly and whisk in the eggs, vanilla and bourbon. Arrange pecans in the tart shells in an even layer on the bottom. Pour the liquid filling over the pecans. Bake at 375 degrees for about half an hour or until the filling is set. Remove from the oven and allow to cool before serving.

### **Sweet Dough**

222g Butter

222g Sugar

111g Eggs (2)

444g Flour

Cream the butter until light and fluffy. Continue to mix while adding eggs one at a time. Scrape the bowl and mix again to ensure eggs, sugar and eggs are mixed thoroughly. Add flour and mix only until it is all combined. Flatten dough into a disk, wrap in saran wrap and let chill overnight.

The next day roll your dough out to fit desired shape of pan. About  $\frac{1}{4}$  inch thick. Press into tart pan. Let chill again in refrigerator for 15 min. Remove from fridge and bake at 400 degrees for about 10-15 min. Allow to cool before adding fillings.