

Twice-baked goat cheese souffles

These soufflés are not served in their dishes, so it is possible to use aluminium moulds or even teacups of about 150 ml capacity.

200 g / butter

150 g / plain flour

875 ml / warm milk

220g / fresh goat's cheese

20 g / parmesan cheese, freshly grated

5 / tablespoons parsley, freshly chopped.

10 /eggs, separated (**Note: use only 8 yolks in recipe**)

5-10 g / salt

5 g / freshly ground black pepper

1.8 Lt / cream Max amount (**Note: 100 ml per soufflé**)

Preheat oven to 180°C.

Melt 50 g of the butter and grease 15 -18 x 150 ml soufflé dishes with it.

Melt remaining butter in a small heavy-based saucepan. Stir in flour and cook over moderate heat, stirring, for 2 minutes. Gradually add milk, stirring all the while.

Bring to a boil, then reduce heat and simmer for 5 minutes.

Mash goat's cheese until soft and add to hot sauce with parmesan and parsley. Allow to cool for a few minutes.

Fold 8 egg yolks in thoroughly and taste for seasoning (save remaining yolk for another use).

Beat egg whites until creamy, then fold quickly and lightly into cheese mixture.

Divide mixture between prepared moulds and smooth surface of each. Stand moulds

in a baking dish lined with a tea towel and pour in boiling water to come two-thirds up their sides.

Bake for about 20 minutes until firm to the touch and well puffed. Remove soufflés from oven – they will deflate and look wrinkled.

Allow to rest for 1–2 minutes, then gently ease out of moulds. Invert onto a plate covered with plastic film and leave until needed.

To serve, preheat oven to 180°C. Place soufflés upside down in a buttered ovenproof gratin dish, so that they are not touching. Pour over cream (100 ml per soufflé) to moisten them thoroughly. Return to oven for 15 minutes. The soufflés will look swollen and golden.

To Serve:

Move soufflés to centre of each already sauced (*parsley & garlic puree*) serving plate

Spoon some cooked cream from baking dish over top of each to serve.

Garnish side of plates with 2 x crispy frog legs.

Parsley sauce

150g / 3-4 bunches of parsley with the stems removed

2.3 g / salt, or 1 % by weight

0.23 g / xanthan gum, or 0.1 % by weight

1. Wash the parsley and remove all the large stems.
2. Cook the heads in boiling, salted water for 1 or 2 minutes, remove parsley and place in ice water.
3. Weight an empty blender on your scale so that you can weight your puree with out having to remove it from the blender. Strain parsley from ice bath and place in blender. Check the weight of the puree before adding 0.1 % by weight in xanthan gum. (Note: you need some ice and or water to help blend parsley.)
4. Blend the parsley & some water in blender, then add the xanthan gum while blender is running until smooth. 1 minute. The xanthan gum will prevent the puree from separating or weeping.
5. Add salt, and blend a few more seconds and taste puree. Adjust to taste. Remove from blender to small saucepot. Set aside.

Garlic puree

140 gr / garlic (2-3 heads)

125 ml / milk

30 ml / cold pressed extra virgin olive oil

Salt and ground black pepper

Preparation and cooking

1. Break apart the heads of garlic to separate the cloves and, without skinning them, drop them into boiling, salted water for 2 minutes. Drain and peel. Change the water and return the garlic to the fresh water and boil them again for 7 to 8 minutes. Remove them; change the water again to remove the strength of the garlic but to preserve its taste. Repeat this operation 2 or 3 times until the garlic is very well cooked. When cooked, strain and purée in small blender.
3. Add 125 ml milk and olive oil. Mix together and season with salt and pepper to taste. Add to parsley puree in small saucepot, and adjust the consistency with some water if needed. Set-aside until plating. You will then reheat this puree and double check taste at plating time.

Tempura frog legs

Method

Ingredients

- vegetable oil or canola oil, for deep-frying
 - 18 large (raw) sets of frog legs
 - salt For seasoning before and after cooking
 - Sugar For seasoning before cooking
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 - **BATTER**
 - 120 g / Trisol
 - 65 g / plain flour and rice flour each
 - 3 gr / yeast
 - 2 gr / salt
 - 2 gr / sugar
 - 200 ml beer
 - 100 – 200 ml vodka
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1. **To make the batter:** Combine the trisol, flour, yeast, salt and sugar in a bowl. Make a well in the centre and slowly whisk in 200 ml of beer and 100 – 200 ml vodka. Cover with plastic film and leave it to rest for at least 2 hours. **Note :** *(May not need to use all the vodka, add only enough to make batter the right consistency. Adjust after first cook test)*

Pour the vegetable or canola oil into a deep-fryer or deep saucepan until two-thirds full and bring it to 175°C.

2. Dip the seasoned frog legs into the batter, and allow the excess batter to drip off. Carefully lower the frogs leg into the oil and fry for 3 minutes or until golden brown, gently tossing them around to ensure they colour evenly. Remove the frog legs from the oil and drain on paper towel.

3. Sprinkle the frog legs with salt . Place 2 legs on the side of each plate.

- **Frog legs prep**
 1. Cut legs in half and trim away thin calf muscle on lower leg
 2. Season with some salt and sugar to lightly cure until ready to cook
 3. Pat dry with paper towel and lightly salt and pepper. Proceed with battering and frying from above.

KING OYSTER MUSHROOMS WITH CASHEW PURÉE AND BRINED PORK

INGREDIENTS

1. **For pickled taro root and sweet potato**
 - 1/2 lb. Each of Taro root and sweet potato
 - 2 cup water
 - 1 / cup rice vinegar (not seasoned)
 - 1 / cup sugar
 - 1 / teaspoon kosher salt
 - 1/4 teaspoon shichimi togarashi (Japanese seven-spice blend)
2. **For cashew nut purée**
 - 2 cup Roasted Cashews nuts
 - 3 cups water
 - 1/2 cup mirin (Japanese sweet rice wine)
 - 40 gr / instant dashi powder (also called hon dashi)
3. **For radishes**
 - 18 radishes
 - 1 tablespoon sugar
 - 1 tablespoon kosher salt
4. **For king oyster mushrooms**
 - 1 1/2 lb. (1 per person (18?) king oyster mushrooms
 - 1 (3 1/2-ounce) package enoki mushrooms
 - 6 to 7 tablespoons canola oil, divided
 - 3/4 to 1 teaspoon kosher salt, divided
 - 3 tablespoon unsalted butter
 - 4 garlic cloves, smashed
 - 6 tablespoons Sherry vinegar
5.
 - Garnish: micro greens or pea shoots; flaky sea salt; chive oil (optional)

1. **Pickle vegetables:** Peel Vegetables and cut into 1/4-inch-thick sticks, then transfer to a nonreactive heatproof bowl.
 1. Bring remaining vegetable ingredients to a boil in a small nonreactive saucepan, stirring until salt has dissolved, then pour over vegetables. Cool to room temperature, keeping vegetables submerged with a small plate. Transfer with liquid to an airtight container and chill, shaking occasionally.
2. **Make cashew nut purée:**
 1. Cook Cashews in 375 f oven until golden in color on small baking sheet. 5 – 10 minutes.
 2. Bring mirin, dashi powder, and 3 cups water to a boil in a small saucepan, stirring until powder has dissolved, then add cashews and simmer, stirring occasionally, until nuts are very tender, about 1 hour. Drain nuts, discarding dashi, then reserve 1/3-cup nuts for garnish. Purée remaining nuts with remaining 1/2-cup water in a blender into a very smooth but thick paste. Keep warm in bain-marie. Or reheat in microwave
3. **Prepare radishes:**
 1. Trim radishes, and then cut each into 6 wedges. Toss with sugar and kosher salt in a bowl until sugar and salt have dissolved. Drain liquid.
4. **Prepare mushrooms and assemble dish:**
 1. Trim oyster mushrooms, keeping stems intact, and then cut lengthwise into 1/4-inch-thick slices.3 slices per mushroom.1 mushroom per person.
 2. Trim enoki mushrooms, leaving 3 inches of stem, and reserve for garnish.
 3. Heat 2-tablespoon oil in a 12-inch heavy non-stick skillet over medium-high heat until hot. Add enough oyster mushrooms to cover skillet in 1 layer, then sprinkle with 1/8 teaspoon kosher salt and 1/8 teaspoon pepper and sauté, turning once, until golden on edges, 2 to 4 minutes. Transfer to a bowl. Sauté remaining oyster mushrooms in 5 or 6 more batches, using 2-tablespoon oil, 1/8-teaspoon kosher salt, and 1/8 teaspoon pepper per batch.
 4. When all oyster mushrooms are sautéed, return to skillet, and then add butter and garlic and heat, swirling skillet, until butter is melted. Add vinegar and boil, stirring, until evaporated. Remove from heat.
5. **Plating**
6. Divide cashew purée among plates, and then top with oyster mushrooms. Remove vegetables from container with a slotted spoon and arrange, along with radishes,

around oyster mushrooms. Sprinkle with enoki mushrooms, pea sprouts, reserved cashews, and sea salt.

Brine for sous vide pork tenderloin

25 g / coriander seeds	Using a blender or small food processor blend all into a
5 g / orange peel	powder.
5 g / lemon peel	Wrap in cheese cloth to make a sachet of herbs and spice
3 g / garlic cloves	
2 g / star anise	
.5 g / allspice	
5 g / fresh thyme	
4 / bay leaves	
215 g / salt	Dissolve the salt and instacure #1 in hot water. Add the
1g / insta cure #1	sachet of herbs and spices. Chill over ice-water bath to
900 gr / hot water	below 41 F/ 5 c.

Brine cleaned pork tenderloin

Immerse the cleaned pork in the brine and refrigerate for 4 -12 hrs.
Remove the pork from the brine and wash pork in cold water to remove excess Salt from the surface.

Vacuum-pack and cook

Preheat water bath to 135 F /57.2 c.
Vacuum pack the pork tenderloin and cook for 2 hours. Or until ready to eat.
Remove pork from water, cut open bag and remove pork onto paper towel
Pat dry, deep fry whole 175c/ 350 F until outside becomes golden in color
Transfer to small sheet pan lined with paper towel. Use paper towel to remove excess oil. Season with salt and pepper.
Slice into 5- oz. portions for plating and serving.

Prepping Pork tenderloin

Clean each tenderloin of silver skin and fat, keeping all scraps of trim
Slice-trim head and tail of pork square and add to scraps of trim
These scraps will be used to make quick pork sauce, recipe follows
Add cleaned prepped pork to cooled brine solution for time recommended.

Quick Pork scrap sauce

½ medium size onion sliced thin

1 small carrot sliced thin

Fennel scraps from dessert- candied fennel preparation

Pork scraps/trim from prepping of pork tenderloin

Place all above in a bowl and stir to coat with 1 tbsp. tomato paste.

400 gr chicken demi

Heat small stockpot on high heat; add 30 ml canola oil until starting to smoke.

Add contents of bowl into hot pot and stir and scrap bottom of pan so it doesn't Burn. We are looking to add color to the meat to build flavour. Deglaze with some water if starting to get to dark, and scrap bottom and sides of pot.

Add chicken demi, bring to boil and reduce mixture by ¼ volume.

Strain sauce into smaller saucepot, keep warm in bain-marie.

Note: (Will add some chili caramel sauce to above quick pork sauce to taste to complete the finished sauce for the dish.)

Chilli Caramel Sauce

Ingredients

- 1 cup brown Sugar
 - 0.5 cup Water
 - 4 Green birds eye chilli's seeded and cut
 - 2 tablespoons Ginger julienne
 - 0.25 cup Fish sauce
 - 0.25 cup fresh Lime juice
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Method

1. To make the sauce, put the brown sugar in a saucepan with half the water and boil until the sugar caramelises.
2. Add the chillies, ginger and the remaining water, and stir to prevent the sauce from seizing or solidifying.
3. Add the fish sauce and lime juice and simmer, stirring constantly, for 1 minute.
4. Remove from heat and add some of this sauce to the quick pork scrap sauce to taste. Looking for a balanced sauce in taste and consistency.
5. Cool the remaining chilli sauce over ice water so it becomes cold and syrup like.
6. We will drizzle some of this chilli caramel sauce over pork tenderloin at plating.

Ingredients

Burnt Orange Cream:

- 430 g/ Milk
- 3 / Vanilla Pod
- 16 / Large egg Yolk
- 200 g/ Sugar
- 9 g/ Gold Leaf Gelatine
- 1080 g/ Cream
- 1 / Orange Zest Only

Pineapple:

- 30 -36 / Rectangular Pieces of Pineapple (3.5cm x 2cm x 2cm) 2 pieces per plate
- 300 ml / Water
- 300 ml / Dark Rum (Mount Gay)
- 300 gr / Brown Sugar
- 1 / Vanilla Bean

Fennel Tuile:

- 38 g / Flour
- 125g / Icing Sugar
- 68 g / Soft Butter
- 50ml / Orange Juice
- 2g / Fennel Seeds

Method

For the burnt orange cream:

1. In a bowl, whisk together eggs and sugar.
2. Combine milk and vanilla, bring to the boil and pour over egg / sugar mix.
3. Return the mixture to a pot and on a medium heat stir slowly but continuously until it reaches to 82°C / 180°F.
4. Whisk the cold cream into the 'custard', add the zest and transfer the mixture to a baking tray.
5. Place the tray in an oven at 160°C / 320°F for around 20-30 minutes.
6. The surface of the custard should caramelize, turning a deep golden colour.
7. This caramelization is imperative to the outcome of the custard; it provides the 'burnt' flavour. (Will use blow torch to assist in this matter.)
8. Once the desired colour is achieved and the custard has separated, appearing curdled, remove it from the oven and place it in a food processor together with the pre-soaked gelatine.
9. Process the mixture on high speed for 2-3 minutes until it reaches a smooth velvety texture.
10. When smooth, transfer the mixture to small muffin tins and allow to cool.

For the pineapple:

1. Combine water, rum and sugar in a pot and stir until the sugar dissolves.
2. Add vanilla and pineapple and place the pot on a medium heat.
3. Cook the pineapple pieces until they change colour, have a deep golden appearance and the liquid has reduced by about half.
4. Remove from the heat and allow to cool. (Place over ice bath to help cool down quicker)

For the fennel crisp:

1. Cream the butter and sugar and combine with the orange juice.
2. Once a homogenised mix is achieved fold in the sifted flour.
3. With a spatula spread the crisp mixture thinly across baking paper ensuring that it is spread evenly. (10 g per crisp x 2 per plate = 36 max)
4. Sprinkle the fennel seeds randomly over the crisp mix and bake in an oven for about 10-15 minutes at 150°C / 300°F. (keep checking on doneness after 10 min mark)
5. The resulting crisp should be crisp and golden.
6. With the aid of a spatula or palette knife remove the wafer from the paper to cool and store them until needed in an airtight container.

For the candied fennel:

1 small fennel bulb	Trim fennel bulb. Cut 1 cm thick slices vertically through root end.
½ lemon	Fill small pan with water, juice from lemon, salt and fennel slices
pinch of salt	Bring pan to boil. Reduce heat to simmer and cook for 10+ mins
500 ml / water	until fennel is tender. Remove from liquid to cool completely.
250 g / sugar	Cut fennel into large dice size pieces for dessert garnishing plate.

To serve:

1. Dust the surface of the creams with icing sugar and with a blow torch burn the sugar until it caramelizes.
2. Arrange 2 pieces of pineapple on each burnt orange cream and place a piece of the fennel crisp on top. (Garnish with candied fennel, orange segments and some pineapple syrup)

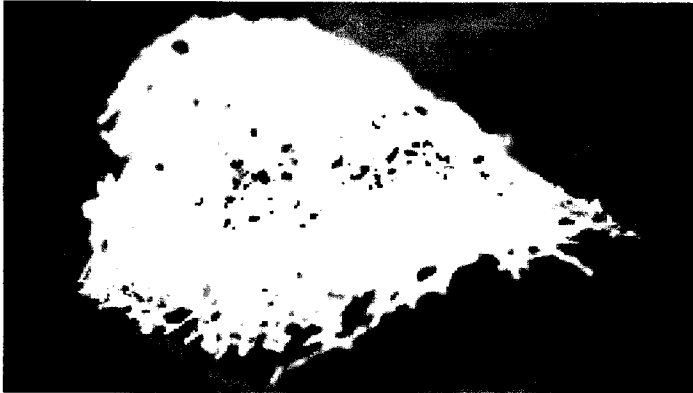
For candied fennel:

- 1 small fennel bulb
- 3/4 cup sugar
- 3/4 cup water
- 3 (3-inch) strips lemon zest, thinly sliced
- 1 teaspoon fennel seeds

Make candied fennel:

1. Cut fennel bulb lengthwise with slicer into enough 1/4-inch-thick slices (about 9) to cover bottom of cake pan.
2. Cover fennel with cold water in a medium saucepan and bring to a boil. Drain fennel and set aside. Add sugar, water (3/4 cup), zest, and fennel seeds to saucepan and bring to a simmer, stirring until sugar has dissolved. Add fennel slices and very gently simmer until tender and translucent and liquid is syrupy, about 40 minutes. Lift fennel slices out with a fork and arrange decoratively in bottom of cake pan. If you have more than 1/3 cup syrup, boil to reduce; if less, add water. Cool syrup slightly, then pour (through a fine-mesh sieve if desired) over fennel.

Parmesan Crisps |Tuiles



by [Dawn T](#) in [Rouxbe Recipes](#)

Golden, round Parmesan crisps make for a special, salty garnish.

- **Serves:** 12
- **Active Time:** 20 mins
- **Total Time:** 20 mins

Step 1: Preparing Your Mise en Place



Preheat your oven to 400° F (200° C). Grate the Parmesan cheese through the fine holes of a cheese grater.

Line a baking tray with parchment or a silicone baking mat.

- 10 gr per / 180 gr max Parmigiano-Reggiano cheese*

Step 2: Baking the Crisps



To bake the crisps, sprinkle 10 grams of cheese to form a round of about 9 cm / 3 inches.

Bake for approximately 3 - 7 minutes until melted and just golden. Remove from the oven and let cool on the baking tray to harden.

Once cool, Parmesan crisps can be carefully stacked and stored in an airtight container. They are best fresh.