

## EGDC Recipes – January 8,2024

### Appetizer – Oysters Rockefeller with Bearnaise Sauce

#### Ingredients:

51 oysters  
2 lbs Bacon  
12 Shallots  
2 lbs swiss cheese  
1 bag spinach  
3 lbs butter  
18 eggs  
2 oz vinegar  
1 oz dried Tarragon  
10 oz white wine  
1 Baguette  
Salt & pepper

#### Method:

##### OYSTERS

Shuck oysters and detach abductor muscle  
Dice Bacon  
Dice Shallots  
Chop spinach  
Grate swiss cheese

Render the bacon in a frying pan, add the shallots and cook until they are translucent, add the spinach and cook for approximately 1 minute until spinach is wilted. Divide evenly on the shucked oysters and top each evenly with grated cheese.

##### BEARNAISE

Melt butter in a pot. In a second pot reduce shallots, white wine and tarragon until most of the liquid is absorbed. Crack eggs separating the yolks. Add vinegar and some water to egg yolks and cook in a double boiler whisking vigorously until you reach a ribbon stage. Continue whisking constantly as you drizzle in the melted butter. Add reduced shallots and tarragon and season to taste with salt and pepper (Cayenne optional). Cover and set aside.

Cut baguette into slices and brush with olive oil and chopped garlic. Toast in oven.

To Serve – Place oysters in 350 F preheated oven until cheese is melted top with bearnaise sauce and serve with toasted baguette.

## Second Course – Spinach Salad

### Ingredients:

1 cup almonds  
8 eggs  
1 lb strawberries  
3 bags of spinach

### For the Dressing

1 cup sweet pickle juice  
1.2 cup vinegar  
1 cup brown sugar  
½ tsp white pepper  
1 ½ tbsp dill  
3 cups mayonnaise 1 tsp salt

### Method:

Toast 1 cup of almonds in the oven at 350 f for approximately 10 minutes. Let cool then chop.

Boil eggs for 11 minutes then shock in cold water.

Slice strawberries

For dressing whisk all dressing ingredients in a bowl. Set aside

Peel then dice eggs.

Just before serving place spinach in a bowl. Add just enough dressing to coat the spinach then plate the spinach.

Top with diced eggs, strawberries and almonds.

Note: Do not add dressing until just before serving as the spinach will wilt.

## Main course – Steak Diane

### Ingredients:

#### Steak Diane

14 kg striploin with silver skin removed  
1 litre Beef broth  
1.2 cup Worcestershire sauce  
1 tbsp Dijon mustard  
½ lb butter  
10 Shallots peeled and chopped  
1 cup brandy  
1 bunch diced green onions  
2 lbs sliced crimini mushrooms  
2 cups heavy cream  
Salt and pepper

#### Potatoes

10 lbs Russet potatoes peeled and chopped  
2 cups buttermilk  
½ lb butter  
Salt and pepper

2lbs of peeled carrots chopped – roll cutter paisano

2 bunches of asparagus with woody stock removed

2 lemons

½ lb melted butter  
Salt and pepper

### Method:

#### For Steak Diane

Salt and pepper steaks. On medium high heat melt 2 oz butter in large frying pan. Sear steaks to create maillard effect (approximately 3-4 minutes on each side. Remove from pan and allow to rest. Using the same pan add shallots and cook until translucent. Add crimini mushrooms and saute until tender. Add brandy and flambe'. Add beef stock, Worcestershire, and dijon mustard. Reduce to half. Add cream reducing to a slightly thick consistency. Salt and Pepper to taste.

#### For Buttermilk mashed potatoes

In a pot bring evenly cut and diced potatoes salted to a boiling point then simmer until fork tender. Heat up buttermilk with butter then mash adding salt and pepper to taste.

For asparagus

Blanche asparagus in boiling salted water approximately 30 seconds. Shock in cold water then add to pan with seasoning, melted butter, lemon juice – finish in oven.

For carrots

Pan toss roll cut carrots in melted butter, with salt and pepper. Roast until fork tender – approximately 45 minutes at 350 F

Note: when plating this meal is all in the timing

You may want to serve your steak cut a bias over your mashed potatoes and ladled with sauce. Finishing with your roasted carrots and asparagus. Top your dinner with diced green onions.

## Dessert – Sticky toffee pudding

### Ingredients:

12 oz pitted dates  
1 ½ cups boiling water  
½ cup butter room temperature  
1 ½ cups brown sugar  
3 tsp vanilla  
3 large eggs, room temperature  
3 tbsp molasses  
3 cups flour  
2 ¼ tsp baking powder  
1 ½ tsp baking soda  
½ tsp salt

### Toffee sauce

¾ cup whipping cream  
¾ cup butter  
1 ¼ cup brown sugar  
Pinch of salt  
3 tsp vanilla

### Method:

Preheat oven to 350 F. Lightly grease muffin tin, ramekins or baking dish  
Add the dates to the bowl of a food processor, pour boiling water on top. Set aside for 5 minutes.  
Prepare the batter by creaming together butter and brown sugar. Add eggs one at a time, beating after each addition. Add molasses and mix. Sift together the flour, baking powder and salt then add to batter.  
Pulse the date mixture in the food processor then stir in baking soda. Pour date mixture into batter and fold gently (don't over mix)  
Pour batter into prepared pan. Bake for 18-20 minutes or until toothpick comes out clean.  
Don't over bake or cake will be dry.

### Toffee sauce

Add cream, butter, brown sugar and salt to a saucepan. Cook over low heat stirring until sugar dissolves and sauce is smooth and slightly thickened – 7-10 minutes. Remove from heat and stir in vanilla  
Spoon toffee sauce over cake just before serving.

### Chantilly whip cream

Whip cream until it starts to peak then gradually add icing sugar.

When dessert is plated place a dollop on each portion of cake.