

RECIPIE Edmonton Gentleman's Dinner Club-Feb 9, 26

FIRST COURSE

OYSTERS CASINO WITH PROSCIUTTO- With onion, celery, bell pepper, olive oil

INGREDIENTS

3 each Jumbo oyster in the jar
½ tsp crispy prosciutto
1 tsp sautéed onion, celery, bell pepper seasoning salted, pepper olive oil

PROCEDURE

- 1- Place the 5 oz ramekin with oyster, top with celery, onion, bell pepper, crispy prosciutto bakes in oven for 8 to 10 minutes, remove from oven to served ASAP,

How to cook the prosciutto,

Place the cutting board with prosciutto cut into julienne, put into 2 inches hotel pan all prosciutto baked until crispy, will take about 10 minutes

Remove from oven set a side for prepare for oyster

- 1- How to cut all bell pepper, onion, celery

Place the cutting board with 1 onion chop small pieces it,

3 bell pepper chops into small pieces it,

1 each bund of fresh celery chop into small pieces it, 2 oz garlic clove dice small pieces too, 2 oz olive oil salted. pepper to taste

Place sautéed pan with olive oil to medium heat add all bell pepper, onion, celery and garlic sautéed about 6 to 7 minutes seasoning with salted,

SECOND COURSE

TUNA & SALMON CRUDO – Fresh horseradish, green onion, citrus sauce, chili oil

INGREDIENTS

10 sliced of fresh tuna
10 sliced of fresh salmon
1 tbsp grated fresh horseradish
2 oz citrus sauce
1tbsp chili oil
1 tbsp sliced thin fresh green onion

Maldon sea salted to taste

PROCEDURE

- 1- Arrange the plate, keep it very cold, pat dry with paper towel
- 2- Long sharp knife or slicing knife
- 3- Clean cutting board
- 4- Damp cloth to wipe knife between cuts
- 5- Position the tuna so the grain runs left to right
- 6- Cut across the grain, not with it
- 7- Slice in one long pull, no sawing
- 8- Slice size thickness 6-8 mm (1/4 inch)
- 9- Width about 2-3 cm
- 10- Length 6-7 cm
- 11- Hold knife toward you in one smooth motion
- 12- This give a wider, elegant slice
- 13- Arrange slices slightly overlapping
- 14- Place at a diagonal line on the plate
- 15- Keep space the fish should not look crowded
- 16- Shredded horseradish on top tuna and green onion
- 17- Pour the citrus sauce around the tuna

Every important when you cut fish, never press down when cutting

One clean stroke per slice, cold fish + hot hands =bad texture

THIRD COURSE

SEA SCALLOPS & PRAWNS COQUILLES ST. JACQUES- With mash potatoes, white wine cream jus, top hollandaise sauce

INGREDIENTS

2 Each scallop
2 Each prawn
4 oz mash potatoes
2 oz white wine cream sauce
1 tbsp hollandaise sauce

Cook the potatoes

3 kg peel rustic potatoes

4 lit of cold water with sea salted

Bring to boil, then simmer 25 – 30 minutes, when potatoes are ready easily soft potatoes and drain well,

Put potatoes back in the hot pot, cook on low heat 2-5 minutes, shake pot gently to move extra moisture, this make them fluffy, not watery.

Using the food mill mash potatoes in food mill, 300 grams butter, 500 ml cream add gradually while mashing, seasoning with sea salted, white pepper,

MAKE HOLLANDAISE SAUCE

INGREDIENTS

8 Eggs yolk
2 oz white wine
250 ml warm clarified butter
2 oz fresh lemon juice
Pinch cayenne
Sea salted / pepper to taste

Procedure

- 1- Melt the butter in the pot skin the milk, take them out or just melt the butter,
- 2- Whisk yolks, lemon juice, white wine until slightly thick,

- 3- Gentle heat places the bowl over a pot of barely simmering water, the bowl should not touch the water, whisk constantly until the yolk become pale and creamy, take about 2 to 5 minutes
- 4- Slowly add butter drizzle in warm butter very slowly, whisking nonstop, until thick and glossy
- 5- Season with sea salted, pepper, cayenne to taste

Have to keep warm do not turn the heat they will cook your eggs become scramble it!!!!

FOUR COURSES

SAIKYO YAKI MARINATED SABLE FISH- Miso, sake, soy, mirin, avocado maki roll

INGREDIENTS

- | | |
|----------|-----------------|
| 500 lit | Gluten free soy |
| 500 lit | Cold water |
| 250-gram | Miso |
| 250-gram | Mirin |

All mixed together in the insert, add the sable fish marinated for 2 hours before to cook

How to make avocado maki

Ingredients

- | | |
|-----------|--------------|
| 1 kg | sushi rice |
| 1 1/2 lit | cold water |
| 1 cup | rice vinegar |
| 2 oz | Mirin |
| 1tsp | sea salted |
| 6 each | Ripe avocado |
| 12 | sheets nori |
| 1 cup | sesame seed |

Procedure

- 1- Prepare sushi rice, rinse rice until water runs clear, cook with water (using rice cooker or pot)
- 2- While hot, gently mix in vinegar, mirin and salted
- 3- Waiting the rice to finished cook, let them cool down couple minutes add the mix vinegar into the rice have to pan them no steam come up, cover with wet cloth,

Prepare Avocado

- 1- Cut avocado in half, remove pit. Peel skin. Slice into long thin strips. Lightly sprinkle the lemon juice keep color nature

Roll the Maki

- 1- Place bamboo mat on table, plastic wrap
- 2- Lay nori shiny-side down. Spread a thin, even layer of rice, leaving 2 cm empty at the top.
- 3- Sprinkle sesame seeds. Place avocado strip in a straight line across the center

4- Roll tightly using the mat, pressing gently, seal edge with a little water,

Cut & Serve

Use a very sharp knife, wipe knife with a damp cloth between cuts. Cut roll into 8 pieces.

Serve with Soy sauce,

FINAL COURSE

CREPES SUZETTE – Orange Grand Marnier sauce

INGREDIENTS

1 cup All – purpose flour
2 eggs
300 ml milk
2 tbsp melted butter
1 tbsp sea salted

Pinch of salted

Procedure

- 1- Whisk flour, sugar, and salt. Add eggs, then milk gradually, whisking smooth. Whisk in melted butter,
- 2- Rest batter 30 minutes (important for soft crepes)

Cook the crepes

- 1- Heat non-stick pan lightly greased, pour a small ladle, swirl thin, cook 30 – 40 sec per side until lightly golden.
- 2- Stack and keep warm.

Suzette sauce

2 lit fresh orange juice
1 cup zest of orange
1 cup fresh lemon juice
2 cups golden sugar
5 oz butter
1 ½ cup grand Marnier or Cointreau

Procedure

- 1- In a wide pan, melt sugar with orange & lemon juice.
- 2- Reduce slightly until syrupy, add butter, swirl to emulsify, add orange zest,
- 3- Fold crepes into quarters and place in sauce
- 4- Spoon sauce over crepes,

Flambe

Warm the liqueur do not boil pour into pan off the heat, carefully ignite with a long lighter, let flame die down naturally

Serve

Hot, glossy, and aromatic, garnish with orange zest or orange segments, serve IMMEDIATELY

SAUCE SHOULD BE SILKY, NOT THICK, DO NOT OVER COOK CREPES IN SAUCE, ALCOHOL CAN BE OMITTED- STILL DELICIOUS,

Product list need to buy and prepare to do,

FIRST COURSE

- 1- Oyster 8 oz per jar for 4 people
- 2- 500 grams sliced prosciutto
- 3- 1 bunch celery
- 4- 5 lb bell pepper
- 5- 1 yellow onion
- 6- 3 oz olives oil

SECOND COURSE

- 1- 3 ½ KG FRESH TUNA FOR SASHIMI
- 2- 3 ½ KG FRESH SALMON FOR SASHIMI
- 3- 500 ML FRESH LIME JUICE
- 4- 500 ML FRESH ORANGE JUICE
- 5- 500 ML MIRIN JAPANESE WINE
- 6- 500 ML GLUTEE-FREE SOY
- 7- 500 GRAMS FRESH HOSERADISH ROOT
- 8- 3 BUNDO GREEN ONION
- 9- 2 OZ CRUSH RED CHILI
- 10- 500 GRAMS GRAPE SEED OIL
- 11- SEA SALT 500 GRAMS

THIRD COURSE

- 1- 5 LB SHRIMP 13/15
- 2- 5 LB SCALLOPS U /10
- 3- 3 KG RUSTIC POTATOES
- 4- 3 LB BUTTER
- 5- 2 LIT CREAM
- 6- SEA SALT / PEPPER

FOUR COURSES

- 1- 6 KG SABLE FISH FILLETS ONLY
- 2- 1LIT GLUTEE- FREE SOY

- 3- 500 GRAMS JAPANESE WINE MIRIN
- 4- 10 EACH AVOCADO ALREADY TO USING HAVE TO BUY EARLY
- 5- 4 KG SUSHI RICE
- 6- 1 TUB 500 GRAMS JAPANESE MAYONNAISE

FINAL COURSE

- 1- 3 LIT FRESH ORANGE JUICE
- 2- 2 DOZ FRESH EGGS
- 3- 1KG FLOUR
- 4- 1 LB BUTTER
- 5- 2 KG BROWN SUGAR
- 6- 1 BT GRAND MARNIER