



Les Marmitons
NEW JERSEY

January 2019

Chef

Anthony LoPinto

*First Course: Baby Arugula, Quinoa, Butternut Squash,
Fresh Basil, Cranberries*

*Second Course: Rice-Less Sunflower Seed Risotto, Fuji Apple,
Honey Dumpling Squash, Toasted Hazelnuts*

*Third Course: Pistachio Crusted Salmon, Roasted Parsnips, Bartlett Pear,
Delicata Squash, Maple*

*Fourth Course: Rack of Lamb Chops, Swiss Chard, Rutabaga,
Broken Red Wine Vinaigrette*

Fifth Course: Sticky Toffee Date Cake, Whipped Cream



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First Course: Baby Arugula, Quinoa, Butternut Squash, Fresh Basil, Cranberries

Serves 30

Quinoa- 3 c. Onions- 3 c. small dice EVO- ¾ c. White Wine – 1 ½ c. Water - 7 ½ c. Bay Leaves- 1 ea. (dried) Butternut Squash - 6 c. (peeled, sm. dice, pan roasted) Dried Cranberries- 1 ½ c.	Toasted Pumpkin Seeds- 2 ¼ c. Fresh Basil- 1 c. (sliced) Chives- 1 ½ c. sliced Lemon- 2 ea. (1 zest, both juiced) White Wine Vinegar- 2 Tbsp. Wild Flower Honey- ½ c + 1 Tbsp. Baby Arugula- 12 oz. Pumpkin Seed Oil- as needed Salt & Pepper
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Instructions:

1. Place a pot on high heat. Add the EVO to the pot. Add the diced onions to the pot. Season with s&p, mix, add the bay leaf. Turn the heat down to medium and cover with a lid. Sweat the onions until they are soft.
2. Remove the lid from the pot. Mix the onions to loosen. Add the quinoa, mix. Add the wine, turn the heat up and briefly cook. Add the water to the pot, mix. Season with s&p, mix. Turn the heat to high and bring the quinoa to a boil. Turn down the heat to a simmer and cover with a lid. Cook the quinoa until tender.
3. Once the quinoa is cooked remove the grain from the pan to a paper lined sheet pan and spread the grain to cool evenly.
4. In a bowl combine the quinoa and lemon zest. Mix. Add the butternut squash and cranberries to the bowl, mix. Season with s&p. Taste.
5. Drizzle the honey, vinegar and lemon juice over the quinoa. Season, mix, taste. Season the quinoa with water. Mix, taste, re-season if needed. Add the basil, chives and pumpkin seeds to the quinoa. Mix, taste, final seasoning if needed.
6. Place a small amount of arugula on the plate and top with the quinoa mixture. Drizzle with pumpkin seed oil.



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Second Course: Rice-Less Sunflower Seed Risotto, Fuji Apple, Honey Dumpling Squash, Toasted Hazelnuts

Serves 30

Sunflower Seeds- 12 c.	Cinnamon Stick- 2 ea.
Onions- 3 c. (sm. dice)	Butter- 1 lb.
Honey Dumpling Squash- 4 ea. Acorn Squash as substitute	Hazelnuts- 3 c. (roasted and chopped)
Fuji Apples- 8 ea. (peeled and ¼'d)	Bay leaf- 2 ea.
Wild flower honey- ¾ c.	Thyme- ½ c.
Celeriac- 2 ea. lrg. (sm. dice, roasted)	Sage- ½ c.
Lemons- 3 ea. (4 strips of zest, 3 juiced)	Wine- ½ btl. What type of wine?
Parmigiano- 3 c.	Water as needed.
	Salt & Pepper- to taste.

Instructions:

1. Place sunflower seeds in a bowl and cover the seeds with hot water and 2 Tbsp. of salt. Let the seeds soak for one hour.
2. Split the squash, de-seed. Place the squash on a paper lined sheet pan. Add 1c. of water to the pan. Cover the pan with aluminum foil. Bake in the oven for 40 minutes or tender. Once cooked, scoop the squash flesh into a blender and puree until smooth.
3. Place the apples, cinnamon stick, 1 lemon zest strip and honey into a pot. Add 1c. of water and a large pinch of salt to the pot. Place the pot on high heat and bring to a boil. Turn down the heat to medium and cook for 5 minutes. Start to mash the apples into a puree. Don't smash the cinnamon stick. Cook the apples until they're dry. Remove to a bowl
4. Drain the sunflower seeds. Place ¼ amount of the seeds into a blender. Add enough hot water to cover the seeds and puree the seeds until smooth. Remove the puree to a bowl and set to the side.
5. Place a large pan on high heat. Add 4 oz. of butter to the pan. Once the butter is melted add the onion to the pan. Season the onions with salt and pepper, turn the heat down to medium, cover with a lid and cook the onion until they are soft.

6. Add the drained sunflower seeds to the pot. Add the wine and bring to a boil. Cook the wine for 1 minute. Then add enough water to barely cover the seeds. Cook the seeds until they're tender and most of the water has evaporated. If the seeds are not tender then add more water.
7. Add the sunflower seed, apple and squash puree to the seeds. Mix and cook. Add the remaining butter to the pan. Mix the butter until it's incorporated.
8. Add the sage and thyme to the pan. Mix. Add the parmigiano cheese to the pan. Mix. Taste. Season with s&p. Mix. Taste. Top with hazelnuts.



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Third Course: Pistachio Crusted Salmon, Roasted Parsnips, Bartlett Pear, Delicata Squash, Maple Syrup

Serves 30

Ingredients Salmon- 4 ½ lb. Fillet (cut into 3 oz. portions) Parsnips- 6 c. (sm. dice, roasted) Bartlett Pear- 6 ea. (sm. dice, roasted) Delicata Squash- 6 ea. (each squash if small cut into 4 circles, if lrg. 6 or 8, de-seeded) Carrots- 6 c. (sm. dice, roasted) Shallots- 1 ½ c. (sliced) Rosemary - 3 Tbsp. minced	Thyme- 6 Tbsp. minced Pistachio - 6 c. (roasted) Maple Syrup – 2 ¼ c. Wine Reduction- 1 ½ btl. reduced to ¼ c. Red Wine Vinegar- 1 tbsp. EVO- 6 c. Panko Crumbs-3 c. Butter- 1 ¼ lbs. Water- as needed Salt & Pepper- as needed
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Instructions:

1. Slice squash into 6-8 slices, remove the seeds. Place on a sheet pan and lightly coat with EVO and season with salt and pepper. Roast in oven until tender.
2. Place 5 c. of pistachios and a pinch of salt into a food processor and puree the pistachios to a paste. Once they're smooth remove the pistachio paste and add the paste into a blender. Add the ½ of the maple syrup, vinegar and wine reduction to the blender. Season with s&p. Puree to mix. Taste. Then emulsify the paste with EVO. Taste and re-season if needed. Set to the side.
3. Place the pistachios into a food processor and pulse to chop the pistachios. Add the panko and thyme to the pistachios and pulse the mixture until it's evenly cut. Season the crumbs with s&p. Then add evo to the crumbs. Mix. Set to the side.
4. Place a pan on high heat and add 6 oz. of the butter. Melt. Add the shallot and remaining thyme to the pan. Season with s&p. Cook the shallot until soft. Add the parsnips, carrots and pear to the pan. Mix. Add enough water to the pan to lightly moisten the vegetables evenly. Mix. Season with s&p. Taste. Bring the vegetables to a scald then add the remaining butter. Cook the vegetables until they are creamy and evenly coated. Add the sage. Mix. Taste. Re-season with s&p if need.

5. Place a saute pan on high heat. Season the salmon with s&p. Add the remaining evo to the pan. Sear the salmon hard on one side. Remove the salmon to a sheet pan. Drizzle the remaining maple syrup onto the salmon. Top the salmon with the pistachio crumbs and bake the salmon for 2-3 minutes until cooked.



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Fourth Course: Rack of Lamb Chops, Swiss Chard, Rutabaga, Broken Red Wine Vinaigrette

Serves 30

Rack of Lamb- 8 racks-(cut into double-cut chops)	Shallots- 8 ea. (4 sliced, 4 minced)
Rutabaga- 6 lbs. (Large Dice)	Thyme- 2 Tbsp.
Bay Leaves- 2 ea.	Rosemary- 1 Tbsp.
Butter 1 ½ lb.	Red Wine- ½ btl.(reduced to ¼ c.)
Swiss Chard- 3 bu. (remove the leaves and slice in ½ inch intervals)	Balsamic- 1 Tbsp.
Garlic- 3 Tbsp. (minced)	Honey- 1 Tbsp.
	EVO- 1c.
	S&P- to taste

Instructions:

1. Place the rutabagas and bay leaves in a medium sized pot. Cover with water. Cook until tender. Remove bay leaves. Drain water into a container and reserve to the side. Add 18 oz. of butter to the rutabagas, season with s&p and mash until homogeneous. Add some reserved cooking water to the pot if needed. It will not be perfectly smooth. Set to the side.
2. In a small bowl combine the reduced red wine, balsamic, minced shallot, 3 Tbsp. of thyme and honey. Season with s&p, mix. Taste. Whisk in half of the EVO. Set to the side.
3. Season lamb chops with the rosemary, thyme s&p. Sear the lamb in the remaining evo and cook the lamb to medium rare. Re-season with s&p.
4. While the lamb is searing place a saute' pan on high heat. Add the remaining butter to the pan. Melt the butter and add the garlic and shallot to the pan. Briefly cook. Add the swiss chard to the pan. Season with s&p. Cook. Taste, adjust seasoning if needed.



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Fifth Course: Sticky Toffee Date Cake, Whipped Cream

Serves 30

<p>For the Cake: Dates- 16 oz. (chopped) Water (boiling)- 24 oz. Baking Soda- 2 ¼ tsp. Butter- 8 oz. Brown Sugar- 16 oz. Vanilla Extract- 1 tbsp. Salt- 1 ½ tsp. Eggs- 4 ea. A.P. Flour- 1 lb. 8 oz. Baking Powder- 2 ¼ tsp.</p>	<p>Cinnamon- 1 Tbsp. + 1 tsp. For the Toffee Sauce: Sugar- 1 ½ c. Brown Sugar- 1 ½ c. Heavy Cream- 1 ½ c. Butter- 12 oz. Vanilla Extract- 1 tbsp. Salt- 1 pinch For the Whipped Cream: 1 ½ pint Heavy Cream (Whipped)</p>
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Instructions:

1. Combine the dates, water and baking soda into a bowl. Add the boiling water into the bowl. Mix. Set to the side to lightly cool.
2. Cream butter and brown sugar together until lightened. Add the vanilla extract. Mix. Scrape the butter down.
3. Add the eggs one at a time. Mix each egg completely into the butter mixture before adding the next egg. Add the salt. Mix well. Scrape.
4. In a separate bowl combine the flour, cinnamon and baking powder. Whisk to mix well.
5. Temper the date mixture into the eggs while mixing. Then add the dry ingredients. Mix well.
6. Spoon 2 oz. of batter into individual baking cups. Bake at 350F.
7. **Sauce**-Combine all of the ingredients into a pot. Bring to a scald and cook for 1 minute.
8. Serve with sauce and whipped cream.