



**Les Marmitons**  
**NEW JERSEY**

## **Artichoke and Burrata Wrapped in Prosciutto with Fontina Fondue**

**Ingredients:**  
**30 servings**

<b>15 Marinated Baby Artichokes, cut in half</b>	<b>2 bunches Arugula</b>
<b>5-4oz. Pcs Burrata, cut into sixths</b>	<b>1 TB Balsamic Vinegar</b>
<b>30 Slices of Prosciutto</b>	<b>Olive Oil</b>
<b>1 batch Fontina Fondue, in the whip cream charges</b>	<b>Salt</b>
	<b>Pepper</b>

### **Method:**

Take an artichoke half and put a piece of burrata on the cut side of the artichoke. Wrap it in a piece of prosciutto. Lightly dress the arugula with balsamic vinegar, olive oil and salt and pepper. Shake the whip cream charger well and put a small amount of fondue the plate. Put a few leaves of dressed arugula on the plate, just off center from fondue. Place the prosciutto wrapped artichoke on the plate. Put a drizzle of olive oil over the artichoke.

### **Fontina Fondue** **Serves 6-8**

<b>1 Cup Heavy Cream</b>	<b>3 TB AP Flour</b>
<b>½ Cup White Wine</b>	<b>2-4 CO2 Cartridges</b>
<b>1 TB Diced Shallot</b>	<b>1 Whip Cream Charger</b>
<b>1-2 Cup Shredded Fontina Cheese</b>	

### **Method:**

Combine cream, wine and shallots in a small saucepan. Over medium heat reduce by ¼. Coat shredded cheese in flour. Using a blender, puree hot cream mixture, and then slowly add shredded cheese. Add the cheese a little at time until you have reached the desired consistency (you may not need all two cups of cheese). Pass the fondue through a fine mesh strainer to remove any remaining lumps. Pour into whip cream charger and keep warm.

# Marinated Baby Artichokes

Serves 30

<b>15 Baby artichokes</b>	<b>3/4 C Lemon juice</b>
<b>1 Head garlic thinly sliced on mandolin</b>	<b>1/2 tsp chili flakes</b>
<b>1/2 Bunch of picked oregano</b>	<b>1 qt olive oil</b>
<b>1/2 Bunch of basil</b>	

## Method:

Clean and turn 15 artichokes, wear gloves and be aware to not touch anything else, raw artichokes are very bitter and it will rub off onto your hands and the all the other food you will touch. Once chokes are clean keep them in acidic water, water with lemon juice in it, to prevent them from oxidizing.

## For the marinade:

Gently warm olive oil with garlic and chili flakes to infuse flavors. Add salt, chopped oregano, whole basil and about 1/3 cup lemon juice. Mix together and keep warm until adding the cooked artichokes.

Cook artichokes in simmering, heavily salted water until tender. Do not let the artichokes cook past a simmer or they will fall apart. The artichokes do not take long to cook, about 7-10 minutes. Strain, cut in half and add to warm olive oil marinade.



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## **Sautéed Asparagus, Fiddleheads and Ramps with Truffle Butter**

**Ingredients:**  
**30servings**

<b>150 pcs Asparagus</b> <b>90 pcs Fiddleheads, washed and trimmed</b> <b>1 # Truffle Butter</b> <b>1 C Ramp Bottoms, chopped</b>	<b>Ramp Tops, washed</b> <b>1/2 C Ramp Sauce</b> <b>3 lemons</b> <b>Chicken Stock</b>
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**Method:**

Sauté asparagus in olive oil until al dente. Drain excess olive oil and melt in a few table spoons of truffle butter and add a squeeze of one or two lemon halves. Sauté ramp bottoms in butter, add fiddleheads. Drain excess butter and add a few TB of truffle butter, and emulsify with a small amount of hot chicken stock. Add any leftover ramp tops and cook until just wilted.

Take about a table spoons worth of ramp sauce and spoon a line of the sauce across the plate. Put five pieces of the asparagus on the plate in the center of the line of ramp sauce. Spoon fiddleheads and ramp mixture over the asparagus.

### **Truffle Butter** **Serves 30**

<b>7 oz. Black Truffle Shavings</b>	<b>1 lb Room Temperature Unsalted Butter</b>
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**Method:**

Sauté Truffle shavings in a small amount of soft butter on low heat, for a few minutes until warm and aromatic. Add to the rest of the butter and mix well, season with salt.



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## Local Black Sea Bass in Smoked Mushroom Tea Broth with Pickled Maitake, Farro Verde and Kale

30 servings

<b>30- 3 oz. Pcs. Local Black Sea Bass</b>	<b>15 C Farro Verde, cooked</b>
<b>15 oz. Smoked Tea Broth, hot</b>	<b>3 Bunches Kale, blanched and julienned</b>
<b>1 qt. Pickled Maitake</b>	

### Method:

Take the bass and sear it skin side down in a hot sauté pan on a medium high flame. Put on a sheet pan, skin side up, with a roasting rack and parchment paper. Finish cooking the fish in an oven at 400 F for about 5 to ten minutes.

Gently warm the maitakes and kale in small amount of butter and the maitake picking liquid. Take about 1/2 C of the hot farro and put it in the center of the serving bowl. Use a slotted spoon to arrange the mushrooms and kale around the farro. Use a 4 oz ladle to pour mushroom tea broth into bowl, do not put the liquid directly on the farro, instead gently pour it on the side neat edge of bowl. Place bass on top of farro.

### Farro Verde Serves 30

<b>1 ½ qts. Farro Verde</b>	<b>onion, celery and carrot)</b>
<b>1 ½ qts. Room Temperature Water</b>	<b>3 TB Kosher Salt</b>
<b>sachet (bay leaf, thyme, peppercorns,</b>	

### Method:

Combine farro, sachet, salt and water in a large sauce pot. Bring to a simmer, and stir occasionally until al dente. You may need to add more water before the farro is done cooking. The farro should have some excess liquid in it(as in an a pot of rice that had slightly too much water in it).

## Pickled Maitake Mushrooms

Serves 30

<b>1 oz. Salt</b>	<b>1 Garlic Head</b>
<b>1 oz. Sugar</b>	<b>3 Sprigs of Thyme</b>
<b>1 Bottle Dry Sack Sherry Wine</b>	<b>½ C Smoked Black Tea</b>
<b>2 C Sherry Vinegar</b>	<b>2 lbs. Maitake Mushrooms</b>

### Method:

Add all ingredients except for mushrooms and tea into a saucepot. Bring mixture to a boil. Take off of heat and steep black tea for about five minutes. If black tea steeps for too long the liquid will become bitter. Strain through a chinois over the mushrooms and let marinate until service.

## Smoked Tea Broth

Yield: 1-2 quarts\*

<b>1 Bottle Dry Sac Sherry</b>	<b>1 Each Fresh Bay Leaf</b>
<b>5 Lb White Button Mushrooms</b>	<b>1 TB Kosher Salt</b>
<b>1 Sprig Fresh Thyme</b>	<b>¼ -½ Cup Lapsang Souchong Tea</b>

### Method:

1. Wash Mushrooms and crush with hands. Combine mushrooms, sherry, salt and herbs in a stock pot (large enough to accommodate all).
2. Wrap the top of the pot with plastic wrap and aluminum foil as tight as possible. Weigh down the top with a flat lid.
3. Place pot over low heat. Cook for 2+ hours. The broth is ready when there is no longer a sweet taste. The broth should not taste boozy.
4. Strain the broth through a fine mesh strainer. Making sure to press the mushroom well to get all the liquid out. Add the tea to the hot broth a steep for 2 to 3 minutes. Strain and cool. Adjust seasoning if necessary.

### \* Note:

The tighter the pot is wrapped and weighed down the bigger the yield. If it is loosely wrapped you will loose quantity due to evaporation. It is also important to keep an eye on the heat, always keeping it as low as possible.



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## **Leg of Lamb with Toasted Cous Cous**

**30 servings**

<b>6 Lamb Rumps, tied and marinated</b>	<b>Lamb Jus</b>
<b>15 C Cooked Cous cous</b>	

### **Method:**

There will be a demo showing how to remove the bone from the lamb and then how to portion, tie and marinade the rumps.

The lamb will be seared in a very hot saute pan or on a flat top. If a grill is available we could even cook in there, if not we will finish is in an oven at 300 F. The idea is to cook it at a high heat from the outside in the beginning in order to melt all the fat that is in the rump which will help add flavor and better texture. I finish in a lower heat to make sure the meat does not overcook or dry out.

Slice the lamb into about 1/4 " slices. Put a spoonful (1/2 cup) of Cous Cous on the plate a little off center. Place three slices of the lamb in front of the cous cous. Place a spoonful of Lamb Jus in front of the sliced Lamb. Finish meat with a pinch of sea salt.

### **Toasted Cous Cous** **Serves 30**

<b>3 lbs. Israeli Cous cous</b>	<b>2 Bunches picked parsley</b>
<b>3 ea. Star anise</b>	<b>12 oz. Golden raisins</b>
<b>1 tsp. black peppercorn</b>	<b>1 C White wine</b>
<b>1 TB Corriander</b>	<b>Salt and pepper to taste</b>
<b>1 TB Cumin</b>	<b>Grape Seed or Vegetable oil</b>
<b>3 qt. Chicken stock</b>	<b>1 Coffee or spice grinder</b>
<b>1 Recipe of Orange zest (see recipe below)</b>	

### **Method:**

Take golden raisins and cover in white wine until just covered. Gently warm the raisins and wine and reserve until service. The raisins will rehydrate themselves slowly in the wine.

Drain excess wine before adding them to the cous cous at the end of the recipe. Bring chicken stock to a boil. Toast spices and grind in coffee/spice grinder. Set aside. Toast cous cous over medium high heat in saucepan with about 2 TB oil until light brown. Gradually add hot chicken stock while stirring cous cous in same manner you would cook risotto. Cook until al dente and add spices, zest, raisins and season to taste.

## **Orange Zest**

<b>2 oranges zest only (use zester not microplane)</b>	<b>3 Star anise</b>
<b>1 Cup Fresh squeezed orange juice</b>	<b>4 Black peppercorns</b>
	<b>1 Clove</b>

### **Method:**

Toast spices and grind to a powder using a spice grinder. Add to orange juice. Over medium heat reduce orange juice to about 1/2. Strain reduction and add orange zest. Let steep for one hour. Store zest in liquid until use.

## **Leg of Lamb Marinade**

<b>1 TB Mint, chopped</b>	<b>1 zest of lemon</b>
<b>2 TB Parsley, chopped</b>	<b>1/4 C Olive Oil</b>
<b>1 tsp Oregano, chopped</b>	<b>5 Cloves, minced garlic</b>

### **Method:**

Add all ingredients and mix well.



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## Pot de Creme with Seasonal Fruit and Orange Caramel

### Ingredients:

**15 ounces bittersweet chocolate, cut into small pieces**

**10 cups heavy cream**

**2-1/2 cup milk**

**25 egg yolks**

**1-1/4 cup granulated sugar**

**several large pinch salt**

**Grated chocolate, for garnish**

### Method:

Place rack in the center of the oven and preheat the oven to 375 degrees F.

Melt the chocolate in a medium heatproof bowl set over gently simmering water. When the chocolate is almost melted, turn off the heat and let stand until completely melted.

Meanwhile, in a medium saute pan, scald the cream and milk. Watch carefully as cream will boil over.

In a large mixing bowl, whisk together the egg yolks, sugar, and salt until the sugar is completely dissolved. Slowly whisk the hot cream mixture into the yolks. If you add the hot cream mixture too quickly, the egg yolks could cook and leave undesirable cooked egg particles.

Remove the melted chocolate from the stove and pour the hot cream mixture through a fine mesh strainer into the melted chocolate. Whisk until well combined and smooth.

Ladle the mixture into 30 (3/4-cup) ramekins. Line the bottom of several baking pan with paper towels. Place the filled ramekins in the baking dish on the towels. Pour in enough hot water to reach halfway up the sides of the ramekins. Cover the entire pan with aluminum foil and place in the oven. Bake until mixture around the edges of the ramekin is firm when lightly shaken, about 35 minutes. (Baking time will vary depending on depth and width of ramekins.) The center of the Pot de Cremes may still jiggle slightly when shaken, but that is okay, it will firm up as it chills.

Carefully remove the ramekins from the baking pan, wipe dry and allow to cool. Once cooled, refrigerate until firm, about 2 to 3 hours.

## Clear Orange-Caramel Sauce

### Ingredients:

7 1/2 cups sugar	5 tablespoon fresh lemon juice
2-1/2 cup water	4 cup fresh orange juice
5 tablespoon grated orange zest	

### Method:

Combine the sugar, water, orange zest, and lemon juice in a medium heavy saucepan and cook over medium-high heat, stirring constantly, until the sugar dissolves. Once the sugar dissolves, stop stirring and continue to cook until the mixture thickens and turns golden brown, 10 to 15 minutes.

Remove from the heat and add the orange juice (the mixture will bubble up). Return to medium-high heat and cook, stirring constantly, for 1 minute. Remove from the heat and let cool slightly. Strain through a fine mesh strainer into a bowl and cool to room temperature before serving. (The sauce will thicken as it cools.)

To plate, put caramel around the pot de creme on the plate, spoon over seasonal fruit selection from chef across the creme.