



Les Marmitons
NEW JERSEY

April 2019 Event

Chef Brian Karluk

*First Course: Roasted Beet & Goat Cheese Napoleon
orange shallot vinaigrette, baby arugula, toasted pine nuts*

*Second Course: Tuna Wellington
Mushroom duxelles, foie gras butter, buerre rouge*

*Third Course: Pistachio Encrusted Tenderloin of Beef
red pepper risotto cake, pan roasted frisée, zinfandel reduction*

*Fourth Course: Raspberry White Chocolate Bread Pudding
creme anglaise, Grand Mariner macerated raspberries, fresh mint*



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First Course: Roasted Beet & Goat Cheese Napoleon

Serves 28

For the beets:

36 beets ½ cup olive oil 1 ½ tbsp fresh thyme leaves, minced 2 tbsp kosher salt	1 tbsp ground black pepper 6 tbsp red vinegar Juice of 3 large oranges
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Instructions:

Preheat the oven to 400 degrees.

Remove the tops and the roots of the beets and peel each one with a vegetable peeler.

Cut the beets in 1 ½ inch chunks. (Small beets can be halved, medium ones cut in quarters, and large beets cut in eighths.)

Place the cut beets on a baking sheet and toss with the olive oil, thyme leaves, salt, and pepper.

Roast for 35 to 40 minutes, turning once or twice with a spatula, until the beets are tender.

Remove from the oven and immediately toss with the vinegar and orange juice.

For the mousse:

28 oz heavy cream 7 oz milk	28 ounces goat cheese (soft and fresh) ¾ cup chives (finely chopped)
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Instructions:

Either by hand or using an electric mixer, whisk the cream until it has soft peaks and a texture that is similar to whipped cream. Set aside.

In a separate bowl, whisk together goat cheese and milk until the goat cheese has softened.

Mix in chives.

Gently fold in whipped cream.

For the Vinaigrette:

12 oranges	1 ½ cups fresh orange juice
½ cup minced shallots	1 ½ tbsp white wine vinegar
1 ½ cups extra virgin olive oil	Pine Nuts
	Fresh Lettuce Green

Instructions:

Peel and segment the oranges, set aside.

Sweat the shallots briefly in 3 tablespoon of olive oil with a good pinch of salt.

Add the orange juice, increase the heat to medium-high, and quickly reduce the liquid by half.

Remove from the heat and whisk in the vinegar and the remaining oil; season with salt and pepper.

Other Necessary Items:

Pine Nuts

A fresh lettuce green (baby spinach, arugula, watercress all work)



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Second Course: Tuna Wellington

Serves 28

8 lbs Yellowfin Tuna

3 lbs Wild Mushrooms

12 shallots, peeled and minced

3 cups White Wine

120 Large Flat Spinach Leaves

12-18 Large sheets Puff Pastry

Instructions:

Mushrooms: Heat a large sauté pan over high heat. Chop the mushrooms into very tiny mince. When the pan is hot, add $\frac{3}{4}$ cup cooking oil and toss in the mushrooms. Sauté the mushrooms until most of the natural water is evaporated, then add the shallots and white wine. Let the mushroom cook until the pan is almost dry. Cool and reserve.

Spinach: Bring a large pot of salted water to a rolling boil and have an ice bath on standby. Blanch the spinach for 10 seconds and then shock in the ice bath. On a couple of large trays lay out the spinach on some paper towels to allow to dry.

Building the Wellington's:

Chef demonstration.

Cooking the Wellington:

Preheat a convection oven at 425 degrees.

Generously wash the tuna packages.

Cooking timetable:

12 minutes – Med rare

14 minutes – medium

16 minutes – Mid well

18 + - well done.

For the Buerre Rouge:

12 cups Red wine 3 cups Red Port Wine	6 oz. Butter
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Instructions:

Combine wine and port and simmer until the liquid sticks well to the back of a spoon, remove from heat and mount in the butter slowly.

For the Foie Gras "Butter":

12 oz foie gras	18 oz heavy cream
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Instructions: Finely chop the foie into small pieces, slowly reduce heavy cream by half, mount in the foie as if it was butter.



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Third Course: Pistachio Crusted Tenderloin of Beef

Serves 28

Beef and Pistachio Crust:

2 whole choice beef tenderloins	10 oz panko bread crumbs
1 ¼ pound hulled pistachio	Melted butter
10 oz crumbled blue cheese	Whole grain mustard

Instructions:

Process the pistachio, blue cheese, bread crumbs and butter in a food processor or chop by hand.

The thought process behind this would be to break down whole beef tenderloin into individual 5-6 oz fillet mignon tournedos, season and sear each. Then crust with the pistachio and finish in the oven at service time.

Red Pepper Risotto:

18 to 20 cups chicken stock	1 ½ cup dry white wine
¾ cup extra virgin olive oil	A generous pinch of saffron threads
1 ½ cup finely chopped onion	6 tablespoons chopped fresh parsley
6 garlic cloves, minced	18 oz heavy cream
6 large red peppers, finely diced	2 ¼ cups Parmesan cheese, grated
4 ½ cups arborio rice	

Instructions:

Heat the olive oil in a large, wide, heavy skillet or saucepan over medium heat and add the onion. Cook gently until they begin to soften, add the garlic, peppers, and season with salt and cook, stirring, until the peppers are limp and fragrant, about 8 to 10 minutes.

Add the rice and stir over medium heat for 2-3 minutes.

Stir in the wine and cook over medium heat, stirring constantly.

When the wine has just about evaporated, stir in 3 ladles or so of the stock (should bubble slowly adjust heat accordingly).

Rub the saffron threads between your fingers and add to the rice. Cook, stirring often, until the stock is just about absorbed. Add another ladleful or two of the stock and continue to cook in this fashion, not too fast and not too slowly, stirring often and adding more stock when the rice is almost dry, for 25 minutes, until the rice is cooked through but still a little chewy. Stir in cream, cook 3 minutes.

When the rice is cooked through, add a generous amount of freshly ground pepper, the Parmesan and the parsley. Remove from the heat and set aside to cool.

Zinfandel Reduction:

7 cups zinfandel	3 ½ tbsp soy sauce
7 cups of beef stock	

Instructions:

Combine wine and stock and reduce by half, add the soy sauce and again reduce by half.



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Fourth Course: Raspberry White Chocolate Bread Pudding

Serves 28

For the pudding:

Butter, for buttering the dish	3 ½ teaspoon pure vanilla extract (or 3 vanilla pods)
5 ¼ cups heavy cream	1 ¾ teaspoon kosher salt
5 ¼ cups whole milk	24 cups cubed brioche, or other dense egg bread
14 large eggs plus 7 large egg yolks, lightly beaten	3 cup raspberries
2 ½ cup plus 2 tbsp packed light brown sugar	2 ½ cups white chocolate chips

Instructions:

Preheat the oven to 350 degrees F. Butter a 2-quart baking dish or individual muffin pans.

In a large bowl, whisk together the cream, milk, egg and yolk mixture, brown sugar, vanilla, and salt.

Gently fold in the bread and absorb the custard mixture. Then add raspberries and chips and mix until just combined.

Fill prepared baking dish and set inside another roasting pan.

Fill the roasting pan with enough hot water to get about halfway up the sides of the baking dish. Carefully place the pan in the oven and bake until the custard is set, and the bread has puffed.

For the Crème Anglaise and Raspberries:

14 oz whole milk	Raspberries
14 oz whipping cream	Grand Marnier
2 vanilla beans, split	Sugar
9 large egg yolks	Chiffonade of fresh mint
½ cup plus 1 tbsp sugar	

Instructions:

Combine milk and cream in heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring milk mixture to simmer and remove

Whisk egg yolks and sugar in medium bowl to blend. Gradually whisk hot milk mixture into yolk mixture. Return custard to saucepan. Stir over low heat until custard thickens about 5 minutes (do not boil). Strain sauce into bowl. Cover and chill.

Combine the raspberries, Grand Marnier, and sugar in a bowl and set aside.