



Les Marmitons
NEW JERSEY

*Efrain Raices and Eric Eisenbud
present the
May 2016 Event
Menu*

1st Course: Spring Egg Drop Soup

2nd Course: Poached Wild Salmon with Peas and Morels

*3rd Course: Cocoa-Cured Pork Tenderloin with Fava Bean Puree, Golden Beet and
Carrot Puree and Olive-Pear Relish*

4th Course: Basil ice Cream with Lemon Crinkle Cookies



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1st Course: Spring Egg Drop Soup

Serves 28

1-3/4 cup olive oil	1-3/4 pound sugar snap peas, sliced on a diagonal 1/4-inch thick
14 medium carrots, peeled, chopped	5 cup shelled fresh peas (from about 16-24 pound pods) (Use frozen?)
42 small spring onions, bulbs only, coarsely chopped (about 1 1/2 cups)	14 large eggs
21 medium spring garlic bulbs, 7-15 garlic scapes, or 15 regular garlic cloves, thinly sliced	8 tablespoon grated Parmesan plus more for serving
Kosher salt	2 cup torn fresh basil leaves
28 cups low-sodium chicken broth	2 cup torn fresh mint leaves
3.5 pound asparagus, sliced on a diagonal 1/2-inch thick	12 teaspoons (or more) fresh lemon juice

Method:

Heat oil in a large heavy pot over medium heat. Add carrots, spring onions, and garlic and season with salt. Reduce heat to medium-low, cover, and cook, stirring occasionally, until vegetables are soft, 15-20 minutes.

Add broth and bring to a boil. Add asparagus, sugar snap peas, and peas and cook until vegetables are crisp-tender, about 3 minutes.

Meanwhile, beat eggs in a small bowl with 8 tablespoon Parmesan, a few large pinches of salt, and 8 tablespoon water.

Reduce heat to low and stir basil and mint into soup. Drizzle in egg mixture in 4 or 5 spots around pot. Let stand for 1 minute so egg can set, then gently stir in 12 teaspoons lemon juice. Season soup with salt and more lemon juice, if desired. Serve soup topped with more Parmesan.



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2nd Course: Poached Wild Salmon with Peas and Morels

Serves 28

28 4–5 ounce center-cut wild king salmon fillets (each about 1 1/2-inch thick)	7 cup shelled fresh (or frozen, thawed) peas
14 cup dry white wine	7 cup heavy cream
28 tablespoons kosher salt plus more for seasoning	Freshly ground black pepper
56 tablespoons (~2 lbs) unsalted butter	14 tablespoons minced fresh chives or 2 pea tendrils
56 ounces fresh morels; sliced, stemmed shiitake; or other mushrooms	

Preparation:

Place salmon, skin side down, in several large high-sided skillet. Divide wine, and salt, and cold water to cover salmon by 1/2". Cover pan and bring liquid to a simmer over medium heat. Reduce heat to medium-low, uncover, and gently poach salmon until just cooked through and barely opaque in the center, about 6 minutes, depending on thickness. Transfer salmon and 2 Tbsp. poaching liquid to a plate; tent loosely with foil. Repeat as needed.

Meanwhile, melt butter in a medium skillet over medium heat. Add mushrooms and cook, stirring occasionally, until they begin to soften, about 3 minutes. Add 8 cups salmon poaching liquid and peas and simmer until peas begin to soften, 2–3 minutes. Add cream and bring sauce to a simmer. Cook until slightly thickened, about 5 minutes. Season to taste with salt and pepper.

Using a spatula, transfer salmon, skin side up, to paper towels. Gently peel off and discard skin. Invert salmon onto serving plates and spoon mushroom sauce over. Garnish with chives.



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**3rd Course: Cocoa-Cured Pork Tenderloin with Fava Bean Puree,
Golden Beet and Carrot Puree and Olive-Pear Relish**

Serves 28

<u>Pork Tenderloin</u>	<u>Relish And Assembly</u>
37 small bay leaves, finely crumbled	22 teaspoons caraway seeds
11 tablespoon kosher salt	22 teaspoons cumin seeds
11 teaspoon freshly ground black pepper	22 teaspoons fennel seeds
22 teaspoons natural unsweetened cocoa powder	22 small pears, cut into 1/4" pieces
22 teaspoons smoked paprika	5 cup pitted green olives (such as Arauco or Picholine), chopped
22 teaspoons sugar	22 teaspoons fresh thyme leaves
11 teaspoon dried thyme	11 teaspoon piment d'Espelette or hot paprika
11 Pork Tenderloin, trimmed	3 cup olive oil
	Fleur de sel or flaky sea salt (such as Maldon; for serving)

Serving Time 8:30 Team of 6-8 people – divided into sub teams A and B

Specialty Equipment:

Food processor (for vegetables); 2 piping bags and tips (2 – one for each puree); Peelers (for beets and carrots); Steamers (for beet/carrot mix); Instant read thermometer

Preparation:

Pork Tenderloin

Night before:

Pork rub

Trim pork of all silver skin.

Combine bay leaves, salt, pepper, cocoa powder, paprika, sugar, and thyme in a small bowl. Rub all over Pork tenderloin, cover, and chill at least 4 hours and up to 24 hours.

6:00 PM Team A – take out pork from fridge to allow to come to room temperature

Relish:

6:30 PM Team A (should be done by 7:00 latest):

Prepare and add pear, olives, thyme and piment d'Espelette and ¾ cup oil in a medium bowl.

Toast caraway seeds in a large **dry** skillet over medium-high heat, tossing pan often, until fragrant, about 2 minutes; add to bowl with pear and other ingredients.

Repeat toasting process with cumin and fennel seeds and add them to bowl.

Toss mixture in bowl, cover with plastic wrap and set aside (check with chef – should this be refrigerated or served at room temperature).

Pork:

7:45 PM Team A – Identify serving plates and place in warmer.

8:00 PM Team A

Prepare several fry pans for medium-high heat. Drizzle pork with remaining oil; grill, turning occasionally, until cooked to desired doneness, 6–8 minutes for medium-rare, or an instant-read thermometer inserted into the center registers 125°. Transfer to a cutting board; let rest at least 5 minutes **(Better to rest longer; also check with chef on desired thickness)** before thinly slicing.

8:30 PM Service – All Hands Both Teams

Consult with Chef on presentation. Put slices of pork on plate sprinkled with fleur de sel; vegetable purees interspersed on plate and pear relish added.

Golden Beet and Carrot Puree

Serves 28

15 medium golden beets, peeled and quartered (2-½ lb)	Finely grated zest of 5 orange
8 lb carrots, peeled and sliced ½-inch thick	5 tsp freshly grated nutmeg
15 Tbsp honey	Kosher salt and freshly ground pepper

Directions

6:30 PM Team B (should be 20 minutes prep and 40 minutes to cook)

Bring a few inches of water to a boil in a pot fitted with a steamer insert.

Peel beets, cover, and steam over medium-low heat, 15 minutes.

Peel Carrots -Add carrots and steam until carrots and beets are tender, about 20 more minutes.

Transfer beets and carrots to a food processor and add honey, orange zest, and nutmeg. Blend until smooth. Season with salt and pepper.

Place in a bowl or saucepan and keep warm (**consult with chef on preferred method**)

8:15 PM Team B

Place into piping bag. Pipe small mounds interspersed amongst the Pork Tenderloin.

Fava Bean Purée

Serves 28

16 pounds fava beans, shelled Salt to taste about 4 teaspoon 4 garlic clove, mashed in a mortar and	pestle with 2 teaspoon salt 2 to 3 cup extra virgin olive oil
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Directions

6:00 PM Team A

Bring a large pot of salted water to a boil.

7:00 PM Team A

Fill a large bowl with ice water. Drop the shelled fava beans in the water, and boil five minutes (if the beans are small or medium-size) to eight minutes (if the beans are large) **Test a few for correct cooking time.**

Transfer the beans immediately to the ice water filled bowl. **Do not drain the water** in the pot. Allow the beans to cool for several minutes, then drain and slip off their skins.

Place the skinned fava beans, salt and mashed garlic in a food processor fitted with the steel blade. Turn on the machine, and with the machine running, add the olive oil (**Consult with chef during this process to make sure we use only the right amount of oil and water**) in a slow stream. Process until you achieve a smooth purée. If necessary, add enough of the cooking water to give the purée a soft, hummuslike consistency. Scrape down the sides of the bowl, taste and adjust seasoning.

Put the puree a bowl or sauce pan to keep warm (**consult with chef on preferred manner**)

8:15 PM – Team B (note Team B is now taking over)

Put the puree into a piping bag. Pipe several small mounds, interspersing them amongst the Pork Tenderloin.



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4th Course: Basil Ice Cream with Lemon Crinkle Cookies

Basil Ice Cream

Makes 1-1/2 pints – Multiply by 5 to make 1 gallon

1 cup basil leaves, cleaned and dried 2/3 cup sugar 2 cups heavy cream 1 cup whole milk	1/8 teaspoon fine sea salt 6 large egg yolks
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Directions:

In a food processor, pulse together basil leaves and sugar until pulverized and bright green.

In a small pot, simmer heavy cream, milk, herb sugar and salt until sugar completely dissolves, about 5 minutes. Remove pot from heat. In a separate bowl, whisk yolks. Whisking constantly, slowly whisk about a third of the hot cream into the yolks, then whisk the yolk mixture back into the pot with the cream.

Return pot to medium-low heat and gently cook until mixture is thick enough to coat the back of a spoon (about 170 degrees on an instant-read thermometer). Remove from heat and allow custard to steep for 30 minutes.

Strain through a fine-mesh sieve into a bowl set in a larger bowl of ice. Cool mixture to room temperature. Cover and chill at least 4 hours or overnight.5

Churn in an ice cream machine according to manufacturer's instructions. Serve directly from the machine for soft serve, or store in freezer until needed.

NOTE: Paul will have made 4 batches of the mix ahead of time to be churned on the night.

The team will make the 5th batch on the night.

Lemon Crinkle Cookies

Makes 24 cookies

Repeat recipe 4 times to make ~96 cookies to serve 28 or more

2 cups all-purpose flour	1 large egg
2 tsp baking powder	1 large egg yolk
1/2 tsp salt	1 1/2 Tbsp fresh lemon juice
10 Tbsp unsalted butter, softened	3/4 tsp lemon extract
1 cup + 2 Tbsp granulated sugar	1/2 tsp vanilla extract
1 Tbsp lemon zest (from about 2 medium lemons)	5 drops yellow food coloring (optional)
	1/2 cup powdered sugar

Preheat oven to 350 degrees.

In a mixing bowl whisk together flour, baking powder and salt.

In the bowl of an electric stand mixer fitted with the paddle attachment, whip together butter, sugar and lemon zest until pale and fluffy (occasionally scrape down bowl throughout entire mixing process if not using a paddle attachment that constantly scrapes bowl). Mix in egg then blend in egg yolk. Add lemon juice, lemon extract, vanilla extract and optional yellow food coloring and mix until combined. With mixer set on low speed, slowly add in dry ingredients and mix just until combined.

Pour powdered sugar into a small bowl. Scoop dough out about 1 1/2 Tbsp at a time (25g each) and shape into a ball, then drop in powdered sugar and roll to evenly coat. Transfer to a parchment paper or Silpat lined baking sheet, repeat with remaining dough and space cookies 2-inches apart on baking sheet. Bake in preheated oven 10 - 13 minutes. Cool on baking sheet several minutes then transfer to a wire rack to cool. Store in an airtight container.



Cooking Measurement Equivalents

The information below shows measuring equivalents for teaspoons, tablespoons, cups, pints, fluid ounces, and more.

1 tablespoon (tbsp) = 3 teaspoons (tsp)

1/16 cup = 1 tablespoon

1/8 cup = 2 tablespoons

1/6 cup = 2 tablespoons + 2 teaspoons

1/4 cup = 4 tablespoons

1/3 cup = 5 tablespoons + 1 teaspoon

3/8 cup = 6 tablespoons

1/2 cup = 8 tablespoons

2/3 cup = 10 tablespoons + 2 teaspoons

3/4 cup = 12 tablespoons

1 cup = 48 teaspoons

1 cup = 16 tablespoons

8 fluid ounces (fl oz) = 1 cup

1 pint (pt) = 2 cups

1 quart (qt) = 2 pints

4 cups = 1 quart

1 gallon (gal) = 4 quarts

16 ounces (oz) = 1 pound (lb)

1 milliliter (ml) = 1 cubic centimeter (cc)

1 inch (in) = 2.54 centimeters (cm)