



Les Marmitons
NEW JERSEY

May 2019 Event

Menu by our Executives

First Course: Spring Salad with Liquid Center Egg

Second Course: Egg Drop Soup

Third Course: Chicken with Jasmine Rice and Kale

Fourth Course: Chocolate meringue roulade with saffron cream



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First Course: Spring Salad with Liquid Center Egg

Serves 24

For the eggs:

24 large eggs 5000 gm red beet juice	2000 gm port wine
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Instructions:

Immerse eggs in boiling water for 3 minutes.

Cool in ice water bath for 20 minutes.

Cook in sous vide bath at 143F/62C for about 30 minutes

Cool in ice water bath.

Crack shells gently all over with back of spoon, do not remove shells.

Combine the beet juice and port wine and reduce to 3000 gm and cool.

Immerse eggs in reduction and soak in refrigerator for 12 hours.

(NOTE: the above steps will have been done over the weekend.)

Drain and gently peel off shells in a large bowl of water to prevent tearing the outer white.

Reheat eggs in sous vide bath at 143F/62C for 25 minutes

Season with flaky sea salt

For the salad:

1 lb bacon, baked on sheet pan until brown and crispy, then crumbled.	50 red pearl onions – blanched and root end cut off to release onion petals
24 Black trumpet mushrooms sliced	pea tendrils – trimmed as needed
24 oz frozen Green peas – gently blanched	24 oz spring salad greens
6 ears fresh corn (steamed and kernels cut from cob)	<u>Garnish</u>
	100 sorrel leaves (optional)
	24 radishes – very thinly sliced

Instructions:

Mix first six ingredients in a large bowl and hold. Place an ounce of greens on each plate and sprinkle mix on top. Garnish each serving with the sorrel leaves and radish slices. Place an egg on top and serve.



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Second Course: Egg Drop Soup

Serves 24

24 cups chicken broth 2 tablespoons soy sauce 2 tablespoons sesame oil 1/2 cup cornstarch (optional) 1 cup water (optional)	24 eggs, beaten 24 drops yellow food coloring (optional) 1/2 cup chopped fresh chives 1 tablespoon salt (optional) 1/4 cup ground white pepper (optional)
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Instructions:

In a small saucepan, combine the chicken broth, soy sauce and sesame oil. Bring to a boil. Stir together the cornstarch and water to dissolve cornstarch; pour into the boiling broth. Stir gently while you pour in the egg and yellow food coloring if using. Season with chives, salt and pepper before serving.



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Third Course: Chicken with Jasmine Rice and Kale

Serves 24

4-1/2 cup white jasmine rice Kosher salt 24 chicken legs (thigh and drumstick) 12 Tbsp. Plus 1-1/2 cup vegetable oil 6 bunch scallions (about 36), thinly sliced	6 - 1" piece ginger, peeled, finely chopped 18 garlic cloves, thinly sliced 12 bunches Tuscan kale, ribs and stems removed, leaves torn 3 cup low-sodium chicken broth or water
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Instructions:

Place rice in a strainer or sieve and rinse, swishing around with your hands, until water from rice runs clear; drain well. Bring rice, a pinch of salt, and 6 cups water in a large saucepan to a simmer over medium-high. Cover pan, reduce heat to low, and cook rice until tender, about 20 minutes. Remove pan from heat. Let rice sit 10 minutes, then fluff with a fork. Keep warm until service.

Preheat oven to 425°. Season chicken legs generously with salt. Heat 2 Tbsp. oil in each of several large cast-iron skillets over medium-high. Cook chicken, skin side down, until skin is golden brown and well on its way to being crispy (try weighing it down with another heavy skillet for maximum crispiness), 7–9 minutes. Transfer skillets to oven (leaving chicken legs skin side down and with weight on top if you're using one) and roast chicken legs until deeply browned and very crispy, 8–10 minutes. Turn chicken skin side up (remove weight) and continue to roast until cooked through (an instant-read thermometer inserted into the thickest part of legs should register 165°), about 5 minutes longer. Transfer chicken to a wire rack, arranging skin side up. Reserve skillets.

Bring scallions and remaining oil to an aggressive boil in a large saucepan over medium-high heat. Add ginger and immediately transfer scallion oil to a medium bowl; season with salt. Let cool.

Heat reserved skillets over medium. Cook garlic, stirring occasionally, until beginning to turn golden around the edges, about 2 minutes. Add kale a handful at a time, letting it wilt before adding more. Add broth and cook, scraping up any browned bits from bottom of skillet, until kale is softened, about 3 minutes. Season with salt.

Mold rice in round mold and plate with chicken and kale on the side. Serve scallion oil separately.



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Fourth Course: Chocolate Meringue Roulade with Saffron Cream

Serves 8 Repeat 3 time for 24 servings

100g dark chocolate 5 large eggs, yolks and whites separated 200g caster (super fine) sugar 5 tbsp cocoa powder	For the filling 300ml double cream (We will use 40% heavy cream from Restaurant Depot) 2 pinches of saffron 2 tsp vanilla extract 50g caster (super fine) sugar confectioners sugar, to dust
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Instructions:

1 Preheat the oven to 350F and line a 8"x12 baking sheet with parchment.

2 Melt the chocolate either in the microwave or in a bowl set over a pan of barely simmering water. Once melted, leave to cool slightly then whisk in the egg yolks, 2 tbsp of the sugar and the cocoa powder.

3 Whisk the egg whites in a large bowl until foamy and holding firm (if ill-defined) peaks. Add the remaining caster sugar a little at a time, whisking well between each addition. Continue to whisk until the meringue holds stiff peaks.

4 Mix a quarter of the meringue into the chocolate mixture to slacken it, then gently fold in the rest of the meringue. Work lightly and swiftly, cutting the ingredients together using a metal spoon or spatula. The more air you can keep in the mixture, the better. Transfer to the prepared tin, gently level the top and bake for 25 minutes. The top should have risen to a light crust. Leave to cool on a wire rack, and don't panic if it sinks and cracks a little.

5 While the roulade base cools, prepare the cream filling.

Heat 100ml of the cream in a small pan with the saffron until scalding hot then leave to cool to room temperature. The saffron will dye the cream a rich yellow colour. Combine the cooled, infused mixture with the remaining cream, the vanilla extract and caster sugar. Whisk until the cream is thick and smooth, holding in soft peaks. Place in the fridge to chill.

6 Dust a sheet of baking parchment with a layer of confectioners sugar and turn the cooled roulade base out, upside down, on to it. Peel the original piece of baking parchment from its bottom (now its top) and slather with the chilled cream. Using the baking parchment underneath to help you, roll up gently but firmly from short edge to short edge. Transfer to a plate and put in in the fridge for at least an hour prior to serving, during which time the roulade will firm and set and its flavours will meld.