



Les Marmitons
NEW JERSEY

May 2024

Chef Eric Eisenbud

The Grateful Chef's Spring Fling

*First Course: Salad of Pea Shoots with fine herbs, warm bacon vinaigrette
and poached quail egg*

*Second Course: Chargrilled Lamb Chops with spring vegetables and
pomegranate*

Third Course: Cardamom Scented Shortbread with lemon curd and sumac



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First Course: Salad of Pea Shoots with fine herbs, warm bacon vinaigrette and poached quail egg

Serves 24

For the Dressing:

2 pounds bacon finely chopped olive oil as needed 1 medium red onion minced	1 cup granulated sugar or less to taste 1 cup white vinegar Salt and freshly ground black pepper
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Instructions:

In a small saucepan over medium heat, cook the chopped bacon until crispy. Transfer bacon to a plate with paper towels with a slotted spoon to drain (do not discard bacon drippings).

Pour the fat into a liquid measuring cup. If you have more than $\frac{1}{4}$ cup fat, discard the extra or save it for another batch. Or, add olive oil to hit the $\frac{1}{4}$ cup. Add the bacon fat back to the skillet and heat over medium high heat until shimmering. Add the chopped red onion, sugar, and vinegar.

Cook until the onion is soft and the sugar is dissolved, about 3 minutes. Remove from heat and season to taste with salt and pepper

For the Salad:

1 1/4 pounds baby arugula 14 ounces pea shoots 2 fennel bulb-halved lengthwise, cored and very thinly sliced on a mandolin 2 bunches Curly Parsley, coarsely chopped	2 bunches Tarragon, coarsely chopped 2 bunches Chives, coarsely chopped 2 bunches Chervil, coarsely chopped 24 Quail eggs
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Instructions:

In a large bowl, add the pea shoots, fennel and chopped Fine Herbs and toss well.

Poach the quail eggs leaving the yolk runny. Hold for service.

Lightly dress the greens with Warm Bacon Vinaigrette. Season with salt and pepper.

For plating: plate the dressed greens and place a poached quail egg on top. Serve immediately.



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Second Course: Chargrilled Lamb Chops with spring vegetables and pomegranate

Serves 24

For the lamb chops:

72 lamb chops salt	black pepper pomegranate molasses
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Instructions:

Season lamb chops with salt and pepper. Sear chops over charcoal on grill to medium.

For the peas:

6 tablespoons olive oil 6 pounds frozen peas 1 1/2 cups dry vermouth or dry white wine 2 tablespoons kosher salt	2 tablespoons dijon mustard 6 bay leaves 1 bunch mint picked and minced 2 pints sour cream
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Instructions:

Heat the oil in a pan with lid and add the peas, stirring to coat. Add the vermouth or wine and let it come to a boil.

Add the salt, mustard and bay leaf. Bring to a boil, put the lid on and simmer 20 minutes. Remove from heat and let stand in a warm place for up to 1 hour keeping the lid on.

Combine sour cream and mint and set aside for flavors to meld.

For the Squash:

8-10 delicata squash Olive oil	kosher salt black pepper
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Instructions:

Pre-heat the oven to 375 degrees Fahrenheit. Line a baking sheet with parchment paper.

Slice squash into 1" thick rings and place the squash onto the baking sheet. Drizzle with olive oil and sprinkle it with salt and pepper. Toss to coat evenly. Make sure that all the delicata squash slices are evenly distributed throughout the sheet pan.

Bake for 12-15 minutes on each side (25-30 min. in total), flipping the squash halfway through the baking process.



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Third Course: Cardamom Scented Shortbread with lemon curd and sumac

Serves 24

For the lemon curd:

6 lemons 3 cups sugar 1/2 pound unsalted butter, room temperature	8 extra-large eggs 1 cup lemon juice (3 to 4 lemons) 1/4 teaspoon kosher salt
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Instructions:

Using a vegetable peeler, remove the zest of the lemons, being careful to avoid the white pith. Put the zest in a food processor fitted with the steel blade. Add the sugar and pulse until the zest is very finely minced into the sugar.

Cream the butter and beat in the sugar and lemon mixture. Add the eggs, 1 at a time, and then add the lemon juice and salt. Mix until combined.

Pour the mixture into a saucepan and cook over low heat until thickened (about 10 minutes), stirring constantly. The lemon curd will thicken at about 170 degrees F, or just below simmer. Remove from the heat and cool or refrigerate.

For the shortbread: HALVE THE QUANTITIES AND MAKE EACH A SEPARATE BATCH

1 lb 500 g / salted butter softened 1 1/2 cups 180g powdered sugar 4 cups 600g all purpose flour	8 teaspoons lemon zest 2 teaspoons cardamom powder Sumac and sugar for dusting
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Instructions:

Grease and line a 31.5 x 23.5 cm / 9 x 13" sheet pan (1/2 size) with parchment paper on the bottom and overhang from the sides. The overhang will help in easily taking out the shortbread cookies later.

Place the softened butter in a medium sized bowl. Beat butter until pale and creamy. Sift over the powdered sugar and combine together.

Add the cardamom powder and lemon zest and stir together.

Add the flour in two portions. First mix half of the flour, and then add the other half. Beat until the dough comes together. Use your hands to turn the dough into a smooth ball of dough. Don't knead.

Roughly shape the dough into a rectangle shape and place it into the prepared tray. Use a rolling pin, along with your fingers to press the dough into the pan. Be very light in rolling as well as pressing the dough, as that can make the biscuits firm.

Use a large sharp knife to score the shortbread into the shape of bars – don't cut all the way through. Prick with a fork (2 to 3 times per bar).

Bake for 25 – 30 minutes, turning the tray halfway through the baking process, until the shortbread is light golden. Place the baking tray on a cooling rack to cool completely. This recipe makes about 22 - 24 cookies.

Combine sugar and sumac in a spice grinder and pulse to combine.