



# Les Marmitons

## NEW JERSEY

*September 2016 Event*

*Menu - "Summer is not over yet"*

*1st Course: Chilled corn soup with Benton's smoked bacon and gazpacho shooter*

*2nd Course: Pan roasted prosciutto wrapped monkfish with smoked tomatoes, crispy basil and sweet pea emulsion*

*3rd Course: Squab with Moroccan spice, roasted zucchini, corn risotto and squab sauce*

*4th Course: Fennel infused Pavlova with late summer fruits, tarragon, cream and raspberry coulis*





## 1st Course: Chilled corn soup with Benton's smoked bacon and gazpacho shooter

**Serves 30**

### Corn Soup

2 pounds bacon  
12 Cups of whole milk  
12 ears of corn  
10 T butter  
4 onions chopped  
4 carrots peeled and thinly sliced  
4 garlic cloves minced  
8 Cups Water  
8 sprigs thyme  
6 sprigs rosemary  
8 bay leaves

### Gazpacho

6 pounds very ripe large tomatoes  
24 oz (approximately 2 whole) English cucumbers  
8 T red wine vinegar  
6 oz red onion chopped (approx. 1 large)  
16 basil leaves  
4 T best quality extra virgin Olive oil  
1 tsp cayenne  
Salt and pepper  
Cheesecloth

**Serving Time 7:45 Team of 4-6 people**

### **Specialty Equipment:**

Blender; food processor; sieve or cheesecloth; shot glasses

### **Preparation:**

**6:00 PM – 2 people Corn Soup** – Shuck the corn and reserve the cobs; prep all vegetables. Bring milk and corn cobs to simmer (not boil) in heavy pot; remove from heat and let steep.

**6:00 PM – 1 person** – render the bacon till crispy. Reserve fat. Bacon can be crumbled now and reserved for garnish.

**6:00 PM – 2 persons (gazpacho)** – roughly chop tomatoes, peel and chop cucumber; chop onion. In batches using blender, puree the vegetables with the olive oil, salt, pepper, cayenne and vinegar. Mix all batches together. Strain slowly through sieve and cheesecloth and refrigerate till ice cold. Season with additional salt, pepper etc. as needed.

**6:30 PM – 2-3 people corn soup** – melt butter and add 3-4 T of bacon fat, sauté onion till translucent (do not brown); add corn, celery, carrots and garlic; cook until soft. Add mixture to milk mix and add water and herbs. Bring to a boil, remove corn cobs. Remove herbs and working in batches, puree till smooth. Strain soup and chill. Season with salt and pepper.

**6:30 PM select bowls** (small) and shot glasses and chill.

**7:45 PM service** – ladle small amount of corn soup in each bowl and sprinkle with bacon bits; pour a 2 oz. shot of gazpacho into shot glasses. Serve.



## 2nd Course: Pan roasted prosciutto wrapped monkfish with smoked tomatoes, crispy basil and sweet pea emulsion

Serves 30

### Fish

10 pounds monkfish filets

60 slices (1-1/2 pounds) of prosciutto – sliced slightly thicker than normal for wrapping.

20 basil leaves

6 T olive oil

### Garnish

60 basil leaves

4 cups of frying oil

### Smoked Tomatoes

90 Campari sized tomatoes

1 head of garlic

### Pea emulsion

1 serrano chili – green – minced

3 cloves garlic – minced

3 T mint – minced

4 ½ cups chicken broth

30 oz. best quality frozen peas

10 T butter (note 8 T should be reserved for finish)

Serving Time 8:00 Team of 6 people

### Specialty Equipment:

Blender; smoker; food processor; sieve

### Preparation:

**6:00 PM – 2 people Tomatoes** – Set up smoker. Cut thin slits in each tomato and insert a sliver of garlic. Put tomatoes in a foil dish and put in smoker for 45 minutes or so – till soft. If pressed for time roast in oven after smoking to soften. Keep warm till service

**6:00 – fish** – filet fish if needed. Season each filet with salt and pepper. If using smaller filets sandwich two together (opposite ends to get even thickness) with torn basil in between. If using larger filets then do not sandwich, just sprinkle top with basil. Wrap each fillet with prosciutto till covered. Then wrap in cling film and refrigerate till needed.

**6:45 PM – 2 people – sauce.** Blanche peas in boiling salted water and chill. Sauté garlic and chili in 2 T of butter, add stock and bring to simmer. Puree peas, stock and mint in batches and strain.

**7:00 PM – 1 person** – choose plates and put in the warmer.

**7:30 PM – 1 person** – heat oil for frying. When hot, crisp up basil leaves a few at a time and drain on paper towel. Salt them and reserve till needed.

**7:30 PM – 2-3 people – fish.** Using large fry pans and just a small amount of olive oil, sauté the fish till prosciutto is crispy and fish is just cooked through. Rest for 5 minutes before serving.

**7:45 PM – 1 person – sauce.** Heat up sauce and beat in cold butter. May not need all of the butter. Season with salt and pepper. Keep warm till service.

**8:00 PM – Service (all hands).** Slice the fish thickly. On each plate put 3 roasted tomatoes on one side. Spoon sauce on the other or all around. Place 2-3 slices depending on thickness on plate on sauce at an angle. Place crispy basil leaves on top. Serve.

### 3rd Course: Squab with Moroccan spice, roasted zucchini, corn risotto and squab sauce

Serves 30

#### Squab

15 Squab  
32 oz. duck fat  
6 T olive oil  
6 T butter

#### Moroccan Spice mix

8 tsp ground cumin  
8 tsp ground ginger  
8 tsp ground sumac  
4 tsp ground cinnamon  
4 tsp ground coriander  
2 tsp ground cayenne  
2 tsp ground cloves  
2 tsp ground allspice

#### Sauce

2 bottles fruity red wine  
(pinot noir)  
1 bottle Madeira  
1 Cup duck demi-glaze  
3 carrots – chopped  
1 onion – chopped  
3 celery stalks – chopped  
3 sprigs of thyme  
4-8 T rosewater  
8 T cold butter - cubed

#### Zucchini

20 medium zucchini  
Canola oil spray  
10 sprigs oregano

#### Corn risotto

12 ears of corn  
3 cups minced shallots  
6 T olive oil  
20 Cups chicken stock  
6 Cups Arborio rice  
2 ½ Cups dry white wine  
2 Cups grated parmesan  
6 T chopped flat leaf parsley

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

## Specialty Equipment:

Food processor (for corn puree); Instant read thermometer

## Preparation:

### **Advance prep - 4:00-5:00: - Prepare the Squab**

Remove wing tips (last two sections); the legs and the breasts (retaining last bone from wings (Chef to demonstrate). Reserve legs and breast. Remove all remaining skin/fat from carcass and discard.

Place legs in a saucepan and cover with duck fat – cook gently till tender – approximately 1 ½- 2 hours.

Set breasts on a parchment lined sheet pan and refrigerate till needed

Wing tips and carcasses should be sprayed with canola oil and roasted in hot oven (450) till rich brown color (approx. ½ hour); then reserved till needed for sauce.

**6:00 PM (2 people) – Sauce prep** - coarsely chop the carrots; celery and onions. Sweat them in a large saucepan; add squab carcasses and then add the duck stock, red wine and Madeira – bring to a simmer and allow to slowly reduce – reduction should be to 1/4<sup>th</sup> of starting volume.

**6:00 PM (3 people) – Risotto prep** – Remove corn kernels from the cobs (reserve cobs). Mince the shallots; grate the parmesan. Heat the stock to a simmer and add reserved cobs. Process ½ of the corn kernels with 1-2 cups of the stock to a liquid state (reserve puree till needed).

**6:00 PM (1 person) – Spice blend** – Measure out and mix together the spices for the spice blend.

**6:45 PM (3 persons) – Vegetable prep** – Thinly slice rounds of zucchini. Line a sheet pan with parchment. Spray parchment with canola oil. Lay the zucchini in overlapping lines – about 6-8 slices. Spray each row with canola oil, season with oregano; salt and pepper. Roast in hot (450) oven till cooked and colored – roughly 30-45 minutes. If done before service, keep warm in warmer.

**6:45 PM (2 persons) – Squab prep** – If not already done so, remove the squab legs from the duck fat and drain. (Reserve fat for other uses). Lay legs on a sheet pan lined with parchment, sprinkle with spice mix and salt. Reserve until needed. Sprinkle breasts with spice mix and salt and reserve until needed.



**7:45 PM (2 persons) – Sauce prep and plating** – Strain the sauce and check that sufficiently reduced. Further reduce as needed. Chop butter into small knobs that can be beaten into the sauce. Chose plates that will be used and place in warmer till needed.

**7:45 PM (2 persons) – Risotto** – Remove corn cobs from the stock and run back of knife over them to add back in any residual corn flavor to the stock. Sweat the shallots in olive oil (do not color); add rice and heat through; add the wine and cook till evaporated; add the stock ladle by ladle, never letting pan go dry. Add the whole corn kernels. As rice starts to lose its starch; add corn puree; add butter and parmesan – check seasoning and reserve till needed (timing should be such that rice is finished as birds are ready. Hit with the parsley just before service.

**8:00 PM (2 persons) – Squab legs** – Place sheet pan of squab legs in a hot (450) oven and roast for 10-20 minutes – till heated through and crispy. Hold in warmer till needed.

**8:15 PM (2-3 persons) – Squab breasts** – In mixture of oil and butter sauté the squab breasts skin side down till skin is crispy (5-10 minutes), flip and give the other side 1-2 minutes. We are looking for a rare- medium rare 125-130 degree. Remove from heat and rest 5 minutes.

**8:15 PM (2 persons) – Sauce** – Whisk in butter gradually till sauce thickens, and becomes glossy. Add rosewater to taste (i.e. may not need it all); salt and pepper to taste. Hold until plating.

**8:30 PM (team) – Plating** – Make slices in squab breast (2 slices and fan – i.e. there should be 3 parts fanned out from bone). On plate put 2 lines of zucchini; sandwich between the two lines the risotto, off to the side put small scoop of sauce, breast on top and leg on top of that; drizzle more sauce on the plate. Serve.



**4th Course: Fennel infused Pavlova with late summer fruits,  
tarragon, cream and raspberry coulis**

**Serves 30**

**Meringue**

18 egg whites – room temperature  
4 ½ Cups superfine sugar  
¾ tsp ground fennel  
6 T white wine vinegar  
3 T corn starch

**Raspberry Coulis**

3 pints raspberries  
1 ¼ Cups sugar  
1 Cup water  
4-6 T crème de cassis

**Whipped cream**

4 Cups whipping cream  
¾ Cup plain sheep's milk  
8 tsp vanilla

**Fruit**

8 Cups assorted fruit –  
raspberry, blackberry,  
blueberry or peaches.  
1/2 Cup sugar  
3 T tarragon minced

**Serving Time 9:00 Team of 2-3 people**

**Specialty Equipment:**

Mixer with beater attachment; sieve

**Preparation:**

**Advance prep (this will be done ahead of time)**

Whisk egg whites to soft peaks. Gradually add in sugar and whisk till stiff and glossy. Fold in corn starch, ground fennel and vinegar.

Using a piping bag with a ½ inch tip – pipe onto a parchment lined sheet tray 30 circles – each approximately 3 inches wide. Using the back of a spoon, create a crater in each. Bake at 200 degrees for 1 ½ hours – outside should be crisp, but still some tenderness inside.

**6:00 PM – Fruit** – wash fruit and leave to drain and dry; mince the tarragon and set aside.

**6:15 PM – Coulis** – wash fruit. Combine sugar, fruit and water in a saucepan, bring to simmer and cook 8-10 minutes till sugar dissolved and slightly thickened. Strain mixture through sieve and refrigerate; add cassis when cool. Put in a squirt bottle for drizzling.

**7:00 PM – Cream** – whip the cream and then add in yogurt and vanilla – set aside till needed.

**8:00 PM – Fruit** – Macerate the fruit with the sugar and fennel till service. Strain before service.

**9:00 PM – Service** – place a dollop of cream in center of each plate; top with merengue; top the merengue with cream. Top the cream with fruit. Excess fruit can go around it. Squirt coulis around the base of the merengue. Serve.



## 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)