



Les Marmitons
NEW JERSEY

September 2019 Event

Chef Justice Stewart

First Course: Corn Maque Choux Salad with Mini Crab Cake

Second Course: New Orleans Style Shrimp with Herb Crostini

Third Course: Chicken & Shrimp Gumbo

*Fourth Course: Sous Vide Blackened Venison Tenderloin
with Sweet Potato Mash and Crispy Leeks*

Fifth Course: Strawberry and Banana Foster with Vanilla Ice Cream



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First Course: *Corn Maque Choux Salad with Mini Crab Cake*

For the Crab Cakes – Serves 28

5 tbsp unsalted butter	1 ¼ tsp sea salt
5 tbsp olive oil	1 ¼ tsp freshly cracked black pepper
1 2/3 cup small finely diced red onion	2 ½ lb lump crab-meat, drained and cleaned of shells
3 large stalk of finely diced celery	1 ¼ cup panko or finely crushed saltine crackers
1 ¼ cup finely diced red bell pepper	1 ¼ cup mayonnaise
2/3 cup minced fresh flat-leaf parsley	5 tsp Dijon mustard
2/3 tsp hot pepper sauce	5 large eggs, lightly beaten
1 ¼ tsp Worcestershire sauce	7 ½ tbsp unsalted butter
2 ½ tsp of Old Bay	

Instructions:

Place the 5 tablespoons butter, 5 tablespoons oil, hot pepper sauce, Worcestershire sauce, onion, celery, red bell pepper, parsley, old bay seasoning, salt, and pepper in a large sauté pan over medium-low heat and cook until the vegetables are soft, about 10 minutes, Cool to room temperature. In a large bowl, break the lump crab meat into small pieces and toss with the bread crumbs, mayonnaise, mustard, and eggs. Add the cooked mixture and mix well.

Cover and place in the refrigerator for about 45 minutes to an hour. Shape into small round crab cakes.

Heat the butter and olive oil for frying over medium heat in a large sauté pan. Add the crab cakes and fry for 2 minutes on each side until browned and place in a 350F oven for 8-10 minutes. Drain on paper towels and serve.

For the Corn Maque Choux Serves 28

9 tbsp (126 g) unsalted butter	9 tsp (9 g) fresh thyme leaves
4 ½ small onion, finely chopped	6 ¾ cups (1620 ml) heavy cream
4 ½ small red bell pepper, finely chopped	4 ½ tbsp (67.5 ml) hot sauce
20-22 ears of fresh corn, cut from the cob	

Instructions:

To make the maque choux, melt the butter in a heavy-bottomed skillet over medium-high heat, then add the onion and sauté until it is soft. Add the bell pepper, corn and fresh thyme, then cook an additional 6 to 7 minutes. Add the cream and hot sauce, lower the heat and simmer until it reduces and thickens a bit, 15 to 20 minutes. Remove from the heat, then add the scallions, parsley and basil; mix well and cover.



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Second Course: New Orleans Style Shrimp with Herb Crostitini

Serves 28

**6 lb large prawns or shrimp, head on,
claws and sharp spikes trimmed**

2 cup Crystal hot sauce

**2 cup dark beer such as Guinness stout or
black lager (optional)**

1 cup Worcestershire sauce

$\frac{3}{4}$ cup lemon juice

4 tbsp black pepper

12 tbsp creole seasoning

8 cloves garlic, minced

**48 tbsp + 8 tbsp unsalted butter, cold and
cubed**

4 tbsp parsley, chopped (garnish)

Crusty French bread (for serving)

Instructions:

Melt 8 tablespoons of butter in a large heavy bottomed skillet over medium-high heat. Add the minced garlic and cook until fragrant, about 30-45 seconds. Stir in the lemon juice, beer, Worcestershire, hot sauce, pepper, and creole seasoning. bring the sauce to a simmer, over medium heat until the sauce is reduced by half. Add the prawns to the sauce and cook until done, about 2 minutes per side. Reduce the heat to low and stir in the chilled butter, a cube at a time, until it melts and creates a smooth sauce. Remove from the heat and garnish with parsley serve the prawns with crusty French bread.



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Third Course: Chicken & Shrimp Gumbo

Serves 28

Ingredients	
3 whole chicken 3-4 pounds	3-6 lb of Andouille sausage, small diced
3 lb large shrimp (de-shelled and cleaned)	3 green bell pepper, small dice
6 large onions, 3 quartered the other medium diced	3 red bell pepper, small dice
9 stalks of celery, 6 halved and the other medium diced	9 cloves of garlic finely chopped
6 carrots halved	9 tbsp creole seasoning
9 sprigs of thyme	2 tbsp dried thyme
9 bay leaves	1 tbsp cayenne pepper
3 cube chicken bouillon	1 ½ tsp red pepper flakes
6 tbsp peppercorns	3 tbsp Gumbo filé powder (dried sassafras leaves)
3 lb of unsalted butter	Salt & Black pepper to taste
6 cups of flour	sliced scallions or chopped parsley, for garnish

Instructions:

Combine the chicken, carrots, fresh thyme, halved celery, quartered onion, peppercorns, chicken bouillon, and 6 bay leaves with 2 gallons of water into a 10 quart stockpot and bring to a boil. Reduce heat to medium-low and simmer until chicken is cooked through; about 35-45 minutes. Remove the chicken, allow it to cool then discard the skin and shred the meat from it. Strain the stock and set it aside.

Melt the butter in a large pot over medium high heat and whisk in the flour. Continue constant whisking until you have a very dark brown roux (do not burn it). Add bell peppers, chopped onion, chopped celery, bay leaf, garlic, salt, and pepper. Stir until onions become soft then add Creole seasoning, cayenne, dried thyme, red pepper flakes, salt, pepper, and andouille sausage; cook until fat begins to render from the sausage, about 3 minutes. Add the reserved stock and bring to a boil. Reduce heat to medium and cook (frequently stirring) until it thickens about 20 minutes. Add chicken and shrimp then cook 10 more minutes until hot and remove from the heat and stir in the File powder. Serve in a bowl with white rice and garnish with scallions.



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Fourth Course: Sous Vide Blackened Venison Tenderloin with Sweet Potato Mash and Crispy Leeks

For the Venison – Serves 28

12 lb venison tenderloin 1 cup blackened seasoning 24 sprigs thyme 1-2 cups olive oil	2-3 cups grapeseed or canola oil, for searing 3 leeks 2-3 cups canola oil for frying
For the Blackened Seasoning Mix the following: Yield 1 cup approx 5 tbsp (35 g) paprika 10 tsp (50 g) salt 5 tsp garlic powder	5 tsp onion powder 2 ½ tsp ground cayenne pepper 10 tsp (20 g) black pepper 2 ½ tsp dried thyme 2 ½ tsp dried oregano

Instructions:

Pre-heat a sous vide bath to 130F. Season the tenderloin with half of the blackened seasoning. Place the venison, thyme sprigs, and olive oil in a vacuum bag or ziplock and place into the water bath for 2-4 hours. Remove the meat from the bag and dry it with paper towels. Season with the remainder of the blackened seasoning. Heat the grapeseed oil over medium high heat. When the oil is smoking hot, sear the venison on all sides until a crust forms, about 1 minute per side. Allow to rest 5 minutes before slicing.

Cut the leeks into very thin strips 2-3 inches long, rinse them, dry them very well and place them in canola oil at 230F until they brown. Remove them, drain well and allow to cool on paper towels for 30 minute to an hour, garnish the venison.

For the Sweet Potato Mash – Serves 28

21 large sweet potatoes, cut into 1 inch cubes	2 tsp vanilla extract
1 ¾ cup, light cream	2 tsp cinnamon
¾ cup unsalted butter, softened	2 tsp all spice
¾ cup real maple syrup	2 tsp nutmeg

Instructions:

In a large pot, boil the potatoes until tender, about 30 minutes. Drain and mash with a masher, stick blender, or food processor. Stir in the butter, cream, syrup, vanilla extract, and spices and mix well. Taste for seasoning and add more if necessary. Serve garnished with a sprig of rosemary.



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Fifth Course: Strawberry and Banana Foster with Vanilla Ice Cream

Serves: 28

INGREDIENTS:	1 ½ cup banana liqueur
24 ripe bananas, peeled and sliced	1 ½ lb unsalted butter
6 cups ripe strawberries, sliced	1 tbsp cinnamon
4 ½ cup packed light brown sugar	Vanilla ice cream, for serving
1 ½ cup light rum	

Instructions:

Melt the butter in a skillet over medium high heat. Add the sugar & cinnamon and stir until it dissolves. Add the sliced fruit and banana liqueur and sauté until the bananas become soft and slightly caramelized. Add the light rum and use a match or lighter to ignite and Flambé until the flame dies out. Spoon fruit and sauce over Ice cream and serve immediately.