



Les Marmitons
NEW JERSEY

September 2023 Event

Menu Created by Andre Chabanel

First Course: Zucchini Ravioli with Corn and Crab

Second Course: Watercress and Potato Soup

Main Course: Poached Salmon Steak with Green

Puy Lentils and Onion Gratin

Dessert: Open Face Peach Tart



Les Marmitons
NEW JERSEY

First Course: Zucchini Ravioli with Corn and Crab

Serves 24

INGREDIENTS

4 ears Sweet Yellow Corn, husks removed

1 tbsp. Unsalted Butter

½ tbsp. Extra Virgin Olive Oil

½ cup onions, chopped

¼ Cup Whole Milk

½ Cup fresh Basil leaves

½ tsp. crushed red pepper flakes

½ tsp. sugar (optional)

2 cups ricotta

½ cup finely grated parmesan cheese

2 Egg yolks, lightly beaten

3 Garlic cloves, minced kosher salt

Freshly ground black pepper

1 lb. Lump Crabmeat

16 medium zucchini or yellow Squash, as straight as possible

2 cups Flour for dredging

1 quart Avocado Oil or equivalent for pan frying

16 oz unsalted Butter

Old Bay Seasoning to taste plus more for garnishing

DIRECTIONS

Using a mandolin, slice each zucchini lengthwise to create ¼ inch thin flat strips, these are your “noodles.”

In a colander or perforated sheet pan, lay a single layer of zucchini strips and salt liberally with kosher salt, add another layer and repeat the process until all strips are salted. Allow to sit for 30 minutes.

Make the filling: Using a box grater grate the corn kernels off the cob. Then run the back of your knife down each cob to release all the milky liquid from the cobs Melt butter with Olive Oil in a Dutch Oven over Medium-low heat.

Sauté the minced garlic for 30 seconds, add the onions and sauté until translucent and soft- DO NOT BROWN! Stir in the corn with all its liquid and sauté until the mixture thickens. Stir in half of milk. Once the milk is absorbed, gradually stir in the rest of the milk. Reduce the heat and simmer, stirring so the bottom doesn't burn until the corn is creamy, and fairly thick.

Add the chopped basil along with the crushed red pepper flakes, salt, and sugar (if using) Place the corn mixture into a shallow hotel pan and allow to cool in the refrigerator or freezer (do not freeze!) Once cooled, combine the corn mixture with the ricotta, Parmesan cheese, egg yolks, and salt and pepper. Mix until well incorporated.

Gently fold in the crab meat being careful not to break it up too much.

Place the strips of zucchini in a single layer on paper towels and press gently to squeeze out the water that has been released.

Build the raviolis:

If using small zucchini, lay two strips of zucchini noodles so that they overlap lengthwise. Lay two more noodles on top, perpendicular to the first strips. If using large zucchini, use two strips per ravioli. You should end up with a plus sign shape.

Spoon about 1 tablespoon of filling in the center of the zucchini. Bring the ends of the strips together to fold over the center, working one side at a time. Turn the ravioli over and place on a sheet pan seam-side down.

In a sauté pan, melt the butter and allow to brown slightly. Season with Old Bay to taste. Set aside.

Lightly dredge each ravioli in flour dusting off the excess.

In a separate sauté pan over medium high heat, heat enough oil to cover the bottom of the pan. Add the ravioli, seam side down and cook until golden brown. Gently turn the ravioli and sear the other side until the Zucchini is tender when poked with a paring knife.

For service, remove the ravioli with a slotted spatula (a fish spatula works well here) and blot onto a paper towel before placing onto serving plate.

Drizzle each plate with Old Bay Browned Butter and garnish with a sprinkle of Old Bay Seasoning.



Les Marmitons
NEW JERSEY

Second Course: Watercress and Potato Soup

Serves 24

INGREDIENTS

2 pounds watercress – rinsed

1 stick (1/4 pound) unsalted butter

3 pounds potatoes – peeled and 1/2 inch cubes

4 quarts best quality chicken stock – maybe homemade

Salt and pepper

1 bunch flat leaf parsley finely minced

DIRECTIONS

Trim off any woody stems that may be in the watercress. If stems are tender, leave them. Coarsely chop the watercress.

Sauté potatoes in butter in large pot then add hot stock. Boil till tender, season with salt and pepper. Toss in the watercress, give it a minute or two to wilt. Hit it with the emersion blender and serve with a sprinkle of parsley.



Les Marmitons
NEW JERSEY

Main Course: Poached Salmon Steak with Green Puy Lentils and Onion Gratin

Serves 24

For the Salmon:

INGREDIENTS	
6 carrots – peeled and rough chopped – 1 inch dice	6 sprig thyme
3 leeks – rinsed and sliced ¼ thick – whites and light green	1 ½ tsp whole peppercorns
3 ribs celery – 1 inch dice	1 fennel bulb
3 lemons – sliced thin	½ bottle dry white wine
6 bay leaves	20 crosscut salmon steaks (critical to be cross cut with bone and skin on) – at least 1 inch thick

DIRECTIONS

Add all of the ingredients (except salmon) into a large pot with about 9 quarts of water. Bring to boil, then reduce to simmer for 20 minutes. Ladle out enough liquid to fill 3 straight sides rondelles or similar pans – fill to about an inch or so higher than salmon will be.

Bring each rondelle to just under simmer – water should not be boiling/moving. Season salmon steaks with coarse salt on both sides and carefully lower into pans – should cook in 5-8 minutes, just cooked through – check with point of knife – flesh will be opaque throughout. Carefully remove, peel off skin with tines of the fork and place on lentils.

For the Hollandaise:

INGREDIENTS	
16 egg yolks	4 sticks – 1 pound of butter
4 T lemon juice	Pinch cayenne
	Pinch of salt

DIRECTIONS

Stovetop method: Melt butter and keep hot. Whisk egg yolks and lemon juice together in a large bowl till pale yellow and increased in volume by 2. Place bowl over steaming pot of water. Slowly mix in the butter, minding the heat. Add salt and cayenne. Hold till needed and then drizzle over fish.

Blender method (might need two batches): blitz egg yolks and lemon juice till increases in volume by two – with blender running slowly pour in hot melted butter, season and serve.

For the Lentils:

INGREDIENTS 2 pounds green lentils – rinse well and make sure no little pebbles 2 medium yellow onions – cut in half 4 garlic cloves cut in half	2 bay leaves 1 pound bacon - cut into batons ¼ cup madeira or red wine vinegar ¼ cup high end olive oil Salt and pepper
---	--

DIRECTIONS

Render the fat from the bacon in large saucepan and set batons aside – crisp tender – i.e. they should be colored, but not hard.

Sauté the lentils in the bacon fat in same pan, cover lentils about an inch in water. Throw in the onion, garlic and bay leaves. Bring to boil, reduce and simmer for 25-35 minutes – lentils should be cooked through, but still have bite.

Drain and discard the onion and garlic, dress with the vinegar and olive oil, salt and pepper and toss in the lardons. Serve warm, not hot. Fine at room temperature too. Put on plate with fish on top.

For the Gratin:

INGREDIENTS 6 pounds large sweet onions – Maui onions would be great Wooden skewers – one for each onion ½ cup crème fresh	¼ cup heavy cream 1 tsp grated nutmeg (rough approximation, you are just grating over the top) Salt and pepper
---	---

Preheat oven to 375 degrees.

Peel onions, leaving root attached to hold them together and skewer them. put in large pot of salted water at a simmer. Simmer till tender, but not falling apart – 15-20 minutes.

Remove onions, discard roots and skewers and slice into ½ to ¾ inch thick rounds.

In large bowl, mix cream and crème fresh, salt and pepper and toss in onions. If they fall apart, not a big deal. Spoon onions into baking dish. Grate nutmeg over top and bake for 30 minutes – should be soft and golden. Serve with the fish and lentils.



Les Marmitons
NEW JERSEY

Dessert Course: Open Faced Peach Tart

Serves 8 – (Make Twice for 16)

INGREDIENTS 1 1/2 cup plus 2 tablespoons all-purpose flour 3/4 teaspoons kosher salt 3/4 cups plus 1 teaspoon sugar 1/4 cup vegetable or canola oil 1/4 cup mild olive oil 2 tablespoons whole milk 1/2 teaspoon almond extract	2 tablespoons cold, unsalted butter 4 small ripe peaches (up to 5), pitted and thickly sliced (about 1/2 inch wide) 1-quart heavy cream 4 tablespoons confectioners' sugar 2 tsp almond extract
---	---

Instructions

Heat the oven to 425 degrees. In a mixing bowl, stir together 1 1/2 cups flour, 1/2 teaspoon salt and 1 teaspoon sugar. Stirring enables the salt and sugar to sift the flour, so you don't need to sift it in advance. In a small bowl, whisk together the oils, milk and almond extract. Pour this mixture into the flour mixture and mix gently with a fork, just enough to dampen; do not over work it. Then, transfer the dough to an 11-inch tart pan (you can use a smaller one if needed), and use your hands to pat out the dough so it covers the bottom of the pan, pushing it up the sides to meet the edge. This will work if you pat firmly and confidently, but not if you curl your fingertips into the dough. It should be about 1/8-inch thick all around; trim and discard excess dough.

In a bowl, combine 3/4 cup sugar, 2 tablespoons flour, 1/4 teaspoon salt and the butter. (If your peaches are especially juicy, add 1 tablespoon additional flour.) Using your fingers, pinch the butter into the dry ingredients until crumbly, with a mixture of fine granules and tiny pebbles.

Starting on the outside, arrange the peaches overlapping in a concentric circle over the pastry; fill in the center in whatever pattern makes sense. The peaches should fit snugly. Sprinkle the pebbly butter mixture over top (it will seem like a lot). Bake for 35 to 45 minutes, until shiny, thick bubbles begin enveloping the fruit and the crust is slightly brown. Cool on a

rack. Serve warm or at room temperature, preferably with generous dollops of whipped cream.

Whisk cream in a chilled glass or metal bowl with an electric mixer until frothy. Add confectioners' sugar and almond extract; continuing to beat until soft peaks form.