



Les Marmitons
NEW JERSEY

October 2019 Event

Chef Robert Dick

Rocktober Fest

First Course: Spiced Duckling Breast Salad with Orange Dressing

Beer Breads: Cheddar Beer Triangles and Guinness Beer Bread

Second Course: Hochzeitssuppe mit Fleischklößchen (Meatball Soup)

*Third Course: Beef Rouladen and Kartoffelkloesse (German Potato Dumplings)
with Roasted Beets, Brussel Sprouts, Carrots and Asparagus*

Fourth Course: Rich Beer Float

Young's Double Chocolate Stout w/ Häagen-Dazs Vanilla and Fresh Whipped Cream



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First Course: Spiced Duckling Breast Salad with Orange Dressing

Serves 30

30 – 6 oz boneless duck breast 1 quart canola oil 60 grape tomatoes	2 lb slivered almonds 3 large carrots, julienne 4 lb arugula
Seasoning Blend: 3 oz kosher salt 4 oz black pepper 1 oz nutmeg	4 oz granulated garlic 4 oz granulated onion 2 oz chili powder 2 oz corriander
Orange Dressing: 16 oz orange juice 2 oz sesame oil 4 oz rice wine vinegar 1 oz worcestershire sauce 2 oz lemon juice	3 scallions large pinch cilantro ½ red pepper, diced salt & pepper dash of hot sauce 4-6 oz Greek yogurt

Instructions:

For the seasoning blend mix all ingredients in a bowl until well incorporated.

For the orange dressing put all ingredients **except yogurt** in a blender and blend until smooth. Then add the yogurt and blend until pureed.

For the duck: Butterfly and pound duck breast very thin, use plastic wrap to keep the duck from breaking. Place on sheet pans flat, season each breast on one side with the seasoning blend.

Using a large skillet or a 18" fry pan, pour oil in just enough to cover the bottom. Get pan hot and cook each duck breast seasoning side down until ½ done. Flip the fillet over and quickly cook the

other side. **NOTE: DO NOT OVERCOOK, THESE WILL BE HEATED AGAIN** Place on a sheet pan, spice side up, and do not drain the oil.

Shortly before plating place arugula in a large mixing bowl and add some carrots and enough dressing to make it wet. Set aside.

While making the salad, warm the duck in a 500° oven. Just enough to ensure the duck is hot (**DO NOT OVERCOOK**), save all the juice (stock).

To serve, slice duck in julienne pieces and place on plate center, top with salad. Top salad with almonds, carrots, grape tomatoes and drizzle with additional dressing.



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Second Course: Hochzeitssuppe mit FleischklöBchen (Meatball Soup)

Serves 30

2 lb chicken legs	16 oz plain bread crumbs
3 lb ground meat mix (veal, beef, pork)	fresh parsley
1 large stalk celery	pinch nutmeg
2 large Spanish onion	pinch chili spice
3 large carrots	1 tbsp granulated garlic
8 oz fresh spinach	1 tbsp granulated onion
1 cup heavy cream	salt and pepper
3 large eggs	1 package fine soup noodles

Instructions:

For the meatballs: Combine heavy cream, eggs, enough bread crumb to make a paste. Add seasoning, 2 pinches finely chopped parsley and let let for 10 minutes; mix again. Combine the meat and mix well. The mix should be firm, if not, add a little more bread crumb if needed. Roll balls into ½ ounce portions and cook on a sheet pan at 325° till just done, about 10-15 minutes.

For the broth: Rinse the chicken well with cold water. Place in a pot and cover with 2 gallons of cold water, cook for 1 hour. While broth is cooking, cut onions, celery, carrots into a medium dice. Strain stock and place chicken aside. Cook vegetables in broth until tender, set aside. Julienne the fresh spinach, set aside.

Rinse meatballs with hot water to rid of any excess grease, set aside.

Cook noodles to al dente, set aside.

When ready to serve: Heat the soup, add the spinach, and heat meatballs in the oven. In soup bowls place the noodles, 4-5 meatballs and ladle hot soup over top and serve.



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Third Course: Beef Rouladen and Kartoffelkloesse (German Potato Dumplings) with Roasted Beets, Brussel Sprouts, Carrots and Asparagus

Serves 30

For the beef:	
7-8 lb flank steak	½ celery bunch
12 whole dill pickles	10 oz flour
3 lb bacon	4 bay leaf
16 oz roasted red peppers	salt & pepper
16 oz dijon mustard w/ seeds	16 oz oil
16 oz fresh spinach	1 lb butter
1 lb beef base	Additional equipment:
1 onion	plastic wrap
1 carrot	mallet
	butcher twine

Instructions:

Clean flank steaks, reserve all the trimmings. Cook trimmings in oven till cooked medium well. Season with salt and pepper, add 4 bay leaves, onion, celery, carrot and water and start to simmer. We will butterfly the flank steak and then pound thin. When done, season with salt and pepper and dijon mustard, let stand for 15-30 minutes.

- Cook bacon and chop fine, reserve bacon fat
- slice pickles very thin with a mandolin
- chop roasted peppers fine
- blanch spinach for one minute in boiling water and shock in ice bath

Assemble flank steak – flat leaf spinach first, then bacon, cover with plastic wrap and pound with a meat hammer. Layer pickles, chopped red peppers evenly, cover with wrap and press until even. Roll each piece of flank then tie tightly.

Quickly, in a large frying pan, sear all sides. Place rouladen in a hotel pan, add a little stock, cover and place in a 350° oven. Reserve the rest of the stock for gravy. (Note: Flank steak is very tender so we only need to cook in the oven for 30 minutes)

For the gravy:

Mix roux with butter, 4 oz of boil and add the flour. Adjust the stock with more water and beef base as needed.

Let beef relax, remove twine, and slice to serve topped with gravy.

For the German Potato Dumplings:

10 russet potatoes	5 cups all purpose flour
1 lb butter	1 bunch chives
1 loaf white bread	1 lb bacon, cooked and chopped
1 tbsp cayenne pepper	reserved bacon fat
1 tbsp nutmeg	salt & pepper
10 large eggs	

Instructions:

Cook potatoes covered in a large pot with slightly salted water. Bring to a boil then simmer for 20-30 minutes, drain and let cool slightly.

While potatoes are cooling make the croutons. Cut the bread into medium sized cubes, melt butter, add bread cubes and cook stirring until lightly brown. Remove from the heat and save for later use. Save remaining butter.

Peel potatoes and place in a large bowl, mash and season with above seasoning. Beat the eggs, add to mashed potatoes and combine well. Add flour until it all disappears. (NOTE: DO NOT OVER MIX DOUGH)

Roll dumplings into a ball, make a well with your finger, insert 2-3 croutons inside, roll the dough into an oblong ball.

We are not boiling these dumplings, we are baking/roasting them in a 350° oven. Spray a sheet pan with cooking spray, drop dumplings on pan and bake for 25-30 minutes until firm. Turn over and drizzle with butter and bacon drippings, fine chopped bacon. Heat when ready to serve and top with fresh chives.

For the vegetables:

4 lb red beets	salt & pepper
2 lb brussel sprouts	olive oil
4 lb carrots	2 sprigs fresh rosemary
60 asparaus spears	3-4 oz lemon juice
1 lb shallots	pinch oregano
1 lb whole garlic cloves	

Instructions:

Preheat the oven to 425°

- clean brussel sprouts, let sit in salted water for 15 minutes
- clean beets and cut into cubes
- clean carrots and cut offset
- cut shallots bite size
- cut and clean asparagus and set aside

In a large mixing bowl combine the beets, sprouts, carrots, shallots, garlic cloves. Sprinkle with olive oil, salt & pepper and chopped fresh rosemary. Place on a sheet pan and roast for 45 minutes to one hour. Do not stir or mix, let carmelize.

In a separate pan, lay the asparagus and drizzle with olive oil, season with salt and pepper. Cook for about 20 minutes. Drizzle with lemon juice and oregano.



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Fourth Course: Rich Beer Float

Young's Double Chocolate Stout w/ Häagen-Dazs Vanilla and Fresh Whipped Cream

Serves 30

3 six packs stout, cold frozen vanilla ice cream 3 cups heavy cream	2 tbsp vanilla extract 3 tbsp granulated sugar
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Instructions:

Place ice cream in glasses and place in the freezer.

Whip heavy cream, sugar, and vanilla extract together to form stiff peaks.

When ready to serve, pour beer in glasses, set sit one minute and top with whipped cream.
Serve.



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Cheddar Beer Triangles

Serves: 30

8 cups Bisquick mix	2 cups light beer
2 cups shredded cheese monterey jack and cheddar combo	

Instructions:

Preheat the oven to 450°, grease a baking sheet pan.

Stir the baking mix, cheese, and beer in a bowl until the mix clings together. Knead briefly on a lightly floured surface until the dough just holds together. Pat the dough into 6" circles and cut into 10 wedges, place wedges on the sheet pan.

Bake in the preheated oven until browned on the bottom and golden brown on top, 8-10 minutes.

These will be very flaky.



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Guinness Beer Bread

Serves 30

4 cups rolled oats	1 tbsp salt
8 cups whole wheat flour	1 cup melted butter
2 cups brown sugar	4 tbsp vanilla extract
4 tbsp baking soda	4 cups buttermilk (1 qt)
2 tbsp baking powder	4 12 oz bottles stout or Guinness

Instructions:

Preheat the oven to 425°, grease an 8"x8" baking pan.

Mix together oats, flour, sugar, baking soda, baking powder, and salt in a bowl.

In a separate large bowl, stir together the butter, vanilla, buttermilk and beer. Pour the flour mix into the beer mixture and gently stir until well blended. Pour batter into the prepared baking pan and sprinkle with additional oats.

Bake in preheated oven for 30 minutes, then turn the temperature down to 400° and bake for 30 minutes more. Turn oven **off**, open the door and allow to cool for 30 minutes in the oven before turning out to a wire rack.

Note: If an 8"x8" pan is not available you can use a 9"x5" bread loaf pan. If you don't have bread pans you can buy aluminium disposable pans.