



*Les Marmitons*  
**NEW JERSEY**

*October 2021 Event*  
*Member Chef Paul Eggermann*

*First Course: Roasted Beet Salad With Goat Cheese and Walnuts*

*Second Course: Escargot in a Tomato Veloute*

*Third Course: Sous Vide Hanger Steak with Roasted Parsnips and Carrots and Caramelized  
Grapes*

*Fourth Course: Plum tart with Almond infused Whipped Cream*



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## **First Course: Roasted Beet Salad With Goat Cheese and Walnuts**

**Serves 24**

<b>18 large or 36 medium beets</b>	<b>6 tablespoon minced shallot</b>
<b>8 cup walnuts</b>	<b>6 teaspoons Dijon mustard</b>
<b>24 cups torn greens, one type or an assortment</b>	<b>Salt and freshly ground black pepper</b>
<b>8 cup olive oil</b>	<b>24 ounces goat cheese</b>
<b>12 tablespoons red-wine vinegar</b>	

Heat the oven to 400. Wash the beets, and while they are still wet, wrap them individually in foil. Put them on a rimmed baking sheet and cook, undisturbed, until you can pierce them easily with a thin-bladed knife, 60 to 90 minutes. Once the beets have cooled, peel them (I like to rub the skin off under running water), and cut them into chunks.

Put the walnuts in a dry skillet over medium heat and cook, shaking the pan frequently, until fragrant and beginning to darken, 3 to 5 minutes.

Rinse and dry the greens and put them in a large bowl; add the walnuts.

Combine the oil, vinegar, shallot and Dijon in a bowl with a sprinkle of salt and pepper. Pulse in a blender until the dressing becomes thick and creamy. Taste and adjust the seasoning.

Pour some of the dressing onto the greens and toss to coat; pile the greens on 20 plates. Put the beets in the bowl, toss with some of the dressing and arrange them on top of or around the greens. Crumble the goat cheese on top, and serve.



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## Second Course: Escargot in a Tomato Veloute

**Serves 24**

<b>12 large garlic cloves thinly sliced</b>	<b>6 to 12 cups chicken broth (or more to adjust consistency)</b>
<b>6 large shallot - thinly sliced</b>	<b>12 Tbsp heavy cream</b>
<b>6 celery stalk - thinly sliced</b>	<b>12 oz white roux</b>
<b>3 tsp cumin</b>	<b>144 X-Large escargot – pre-cooked, canned from France</b>
<b>24 plum tomatoes- seeds removed and diced</b>	<b>2 bu parsley</b>
<b>EVOO</b>	<b>12 grape tomatoes</b>
<b>6 Tbsp US butter</b>	
<b>4 cup dry white wine</b>	

### Directions:

Sweat the garlic, shallot, celery and cumin in a large skillet over medium heat with the butter and a splash of EVOO until translucent, about 10 minutes, stirring regularly. Do not allow to brown.

Deglaze the pan with the white wine and continue to cook until almost dry. Add the diced tomatoes and cook until soft. Add the chicken broth and heavy cream and cook for a minute or two. You can add the roux if the sauce is too thin.

Blend the mixture for a few minutes until smooth. You can pass it through a chinois for a very elegant sauce but you will lose a lot of volume. Can be done a few days ahead.

At service - Return the sauce to the pan, add the escargot and gently heat for a few minutes to get to serving temperature and thoroughly warm the escargot.

Serve in a small soup bowl with a garnish of 1 sprig of lightly fried parsley and ½ a grape tomato.



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## **Third Course: Sous Vide Hanger Steak with Roasted Parsnips and Carrots and Caramelized Grapes**

**Serves: 24**

<b>12 Beef hanger steak sections (2 servings ea)</b>	<b><u>For the Caramelized grapes</u></b>
<b>Kosher Salt</b>	<b>About 48 tbs granulated sugar</b>
<b>1 pint Duck fat</b>	<b>2 lb small white grapes</b>
<b>Unsalted butter as needed</b>	<b>2 lb bunches small red grapes</b>

### **For the Steak**

Set Sous Vide Cooker to 129°F (53.8°C).

Season steak with salt. Place 2 steak sections, along with 3 tablespoons of duck fat in a resealable ziploc style bag or vacuum bag. Repeat six times.

Place in water bath and sous vide for 4 hours. Shock in an ice bath and hold in the refrigerator until service.

### **To Finish**

Heat heavy bottom cast-iron or other skillet over high heat. Add 2 tablespoons duck fat.

Remove steak from bag. Pat dry and add to smoking duck fat, searing for 1 minute a side, basting with duck fat as you sear.

Remove steak, and allow to rest for a few minutes, slice into medallions and serve.

### **For the grapes:**

Remove the grapes from the stems and cook 3 of each color in a skillet with a tablespoon of melted sugar until just coated with sugar. (Do not let sugar brown.). Pour off to a parchment lined sheet pan to cool and repeat 20 times Each small pile will solidify and is one serving with the steak. Can be done well ahead of service.

# Parsnips and Carrots with shallots and herb butter

**Serves: 24**

<b>18 large carrots, peeled</b>	<b>18 Tbs. minced shallot</b>
<b>15 large parsnips, peeled</b>	<b>18 Tbs. finely chopped fresh chives</b>
<b>1 qt. extra-virgin olive oil</b>	<b>15 tsp. finely chopped fresh rosemary</b>
<b>kosher salt</b>	<b>15 tsp. chopped fresh thyme</b>
<b>freshly ground black pepper</b>	<b>5 clove garlic, minced</b>
<b>1/2 lb unsalted butter, softened at room temperature</b>	

Position a rack in the center of the oven and heat the oven to 375°F.

Cut the carrots and parsnips into 2 x1/4-inch matchsticks (remove woody heart if they are very large). Put them in a large bowl; toss with the oil. Sprinkle with the salt and pepper and toss again. Transfer the vegetables to a sheet pan and roast, stirring occasionally, until the vegetables are nicely browned, 20 to 30 minutes. Check regularly since these thin pieces can easily burn if your oven runs hot.

Meanwhile, combine the butter, shallot, chives, rosemary, thyme, and garlic in a small bowl and stir well. Add the butter to the roasted vegetables and toss to coat. Serve immediately.



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## **Fourth Course: Plum Tart with Almond Infused Whipped Cream**

**Serves 10-12 (Repeat for 20-24 servings)**

<p><b><u>For the topping:</u></b></p> <p><b>3 tablespoons unsalted butter</b> <b>1/2 cup brown sugar</b> <b>7 large black plums</b></p> <p><b><u>For the whipped cream:</u></b></p> <p><b>1/2 cup toasted almonds, coarsley chopped</b> <b>1 qt heavy cream</b> <b>3 Tbsp confectioners sugar</b></p>	<p><b><u>For the cake:</u></b></p> <p><b>1 cup all-purpose flour</b> <b>1/2 cup Almond flour</b> <b>1 teaspoon baking powder</b> <b>1/4 teaspoon salt</b> <b>1/2 cup (1 stick) unsalted butter, at room temperature</b> <b>1 cup granulated sugar</b> <b>2 large eggs</b> <b>1/2 cup whole milk</b></p>
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### **INSTRUCTIONS**

Preheat the oven to 350°F.

Wash and halve the plums.

Place your baking pan or 12" cast iron skillet (preferred) on a burner over low heat and add the butter. Once the butter has melted, add the sugar and stir it gently. Smooth out to cover the bottom of the pan.

Add the plum halves to the pan with the cut side down. Start on the outside with 8 or 10 pieces depending upon your pan size. Each half will be one serving.

In a medium mixing bowl, whisk together the flours, baking powder and salt.

Combine the butter and sugar in a large mixing bowl. Using a hand mixer, cream the butter and sugar together until lightened and creamy, about 5 minutes. Add the eggs and mix for an additional minute until smooth.

Add the flour mixture and milk in alternating batches. With the mixer on low speed, add the flour mixture in three batches, alternating with the milk, like this: Add 1/3 of the flour mixture and mix until incorporated about 30 seconds. Add half of the milk, mixing until smooth, about 30 seconds. Add half of the remaining flour, mixing again for about 30 seconds, followed by the remaining milk and 30 seconds of mixing. Finally add the the remaining flour and mix until completely smooth, about 2 minutes total.

Cover the fruit with the cake batter, being sure it is evenly distributed. Smooth with a spatula.

Place the cake in the oven. You might want to put it on a baking sheet to catch any overflow (sometimes the fruit bubbles up). Bake for 40 to 45 minutes, or until the top of the cake is golden brown and a thin knife or toothpick inserted in the center comes out clean.

Remove the cake from the baking sheet and place it on a cooling rack. Let the cake settle for a minute, until any fruit that has leaked up the sides has stopped bubbling. Do not let the cake cool or you will not get it out of the pan! Run a knife around the edges of the cake. Place your cake plate over the pan and, using hot gloves, carefully flip the cake over. Gently remove the cake pan. Be careful, as the fruit and glaze is still quite hot and will burn your hands!

Re-arrange the fruit and let the cake cool. If any pieces of fruit are stuck to the cake pan, gently scrape them up with a knife and replace them on the cake. Let the cake cool.

Serve the cake at room temperature or slightly warm. Top with almond infused whipped cream.

#### **Infuse the whipped cream:**

Place the almonds and heavy cream in a small pot and bring to a simmer. Remove from the heat and allow to cool completely at room temperature. Whip the cream, adding confectioners sugar to taste.