



Les Marmitons
NEW JERSEY

October 2022 Kiddie Keep Well Benefit Event

1st Course: Salad with Blackberries, Fennel and Baby Arugula, Mint, Lime Vinaigrette

2nd Course: Crab Ravioli with Shrimp and Lobster Sauce

3rd Course: Intermezzo - Apple Calvados Sorbet

4th Course: Boeuf Bourignon

5th Course: Poached Pears with Home Made Whipped Cream

First Course: Blackberries, Fennel and Baby Arugula, Mint, Lime Vinaigrette

Serves 160

Blackberries- 25 lbs	White Wine- 12 c. reduced to 3 cups.
Mint- 6 c. Sliced	Champagne Vinegar- 12 oz.
Tarragon- 6 c. Sliced	Wildflower Honey- 24 oz.
Baby Arugula- 72 oz.	Sunflower Oil- 48 oz.
Fennel heads 20 White parts sliced thinly.	Sunflower Seeds- 12 c.
Chives- 1/2 lb. Sm. battonet	EVO 12 oz.
Shallot- 6 c. Thinly sliced	Water- 8 Tbsp.
Limes- 36 ea. 24 Juiced, 12 Zested	S&P to taste

Method

1. Toast the sunflower seeds in 96 Tbsp. sunflower oil. Salt.
2. In several large bowls combine blackberries, fennel, shallots, mint, tarragon and chives.
3. In a blender add the lime juice, lime zest, wine reduction, honey, vinegar. Season. Emulsify with the oils. Add water.
4. Add sunflower seeds to the salad bowl, dress and season.

Second Course: Crab Ravioli with Shrimp and Lobster Sauce

Serves 160

480 Crab ravioli	21 Tbsp Wondra
<u>Lobster Cream Sauce from</u> <u>BetterthanBouillon</u>	21 cup light cream
1 jar (makes 38 cups) Lobster Base	2 tsp white pepper
43 Tbsp butter	10 tsp freshly ground nutmeg (use a fine microplane grater)
	2 - Frozen Shrimp - 110/130, Raw, Peeled & Deveined, IQF, Tail-off - 5 lb bag

Method:

Just before service: Boil the ravioli in water until tender, about 8 minutes. They will float to the top. Strain and mix with a little of the sauce to prevent them from sticking together. Hold for service.

For the sauce:

To a large saucepan, add Lobster Base, butter and Wondra; cook and whisk over medium heat until combined.

Reduce heat to medium-low and gradually add cream while whisking continuously. When sauce starts to thicken, remove from heat; whisk in pepper and nutmeg; set aside. Can be done a day ahead.

Just prior to service gently poach the shrimp to heat them through and add to the sauce.

Heat sauce before serving; add additional cream, 1/2 cup at a time, to adjust consistency. You can also add lobster broth made from base as needed. This will maintain the strength of the lobster flavor.

At Service:

Place 3 ravioli's on each plate. Place 6 tiny shrimp on top of the ravioli's and place about 2 tablespoons of sauce over the shrimp.

Intermezzo: Apple-Calvados Sorbet

Serves 160

80 Granny Smith apples	7.5 lbs sugar
4 qts water	1 qt Calvados (apple brandy)
20 cup lemon juice plus zest from lemons	

Peel the apples and slice into thin equal slices.

Place the apples in a pot with lemon juice, lemon zest, water and sugar. Add sorbet stabilizer at .5% of the total weight.

Bring to boil, then reduce heat and simmer for 10 to 15 minutes or until the apples are soft, stirring a few times.

Remove from heat and pass the apples through a fine sieve to remove lumps.

Stir in the 1 Tbs Calvados per quart of base and the sorbet base is ready.

Freeze in ice cream machine at least 24 hours in advance.

Alternative method:

Ingredients:

80 green apples

10 cup sugar

48 tablespoons fresh lemon juice

Calvados or applejack (optional)

Instructions

1. In a medium saucepan, bring the sugar and 5 cups of water to a boil. Reduce the heat to maintain a steady simmer and cook until the syrup has thickened slightly, about 5 minutes.

2. Meanwhile, core and peel the apples. In a large bowl, toss the apple pieces with the lemon juice. Add to the sugar syrup and remove from the heat—you want the hot syrup to slightly soften some of the apple pieces, but you don't want to cook the apples.

Add sorbet stabilizer at .5% of the total weight.

Transfer the mixture to a blender and mix until smooth. Transfer to a large metal bowl. Set the bowl in a larger bowl full of ice water and stir the mixture to cool it off (if you want to cover and chill it instead, you can, just be sure to lay plastic wrap directly on the surface and prepare yourself for the mixture to brown anyway).

4. Transfer to an ice cream maker and freeze according to the manufacturer's instructions. Add the Calvados to taste, about 1 tablespoon per quart of mix.

Serve one small scoop on a chinese soup spoon. Garnish with a mint leaf.

Original for one quart

Ingredients

5 green apples

2/3 cup sugar

3 tablespoons fresh lemon juice

Add sorbet stabilizer at .5% of the total weight. 6 gm

Calvados or applejack (optional) a few tablespoons

Instructions

1. In a medium saucepan, bring the sugar and 1/3 cup water to a boil. Reduce the heat to maintain a steady simmer and cook until the syrup has thickened slightly, about 5 minutes.

2. Meanwhile, core and peel the apples. In a large bowl, toss the apple pieces with the lemon juice. Add to the sugar syrup and re-move from the heat—you want the hot syrup to slightly soften some of the apple pieces, but you don't want to cook the apples.

Boeuf Bourguignon

160 Servings

Ingredients:

20 btl Burgundy Wine	salt and pepper to taste
2 Tbs juniper berries	3 lbs US butter
40 onions, thinly sliced	20 lb. Fresh mushrooms, sliced
40 carrots, thinly sliced	20 qt beef stock
20 sprig of fresh parsley	
20 bay leaf	Garnish
20 clove of garlic, crushed	10 lb bacon
4 Tbls whole black peppercorns	10 lb pearl onions
20 teaspoon of salt	10 lb mushrooms
60 lb boneless short ribs	75 carrot diced
	75 turnip diced
4-1/2 cups olive oil, divided	10 cup chopped parsely
40 onions, chopped	50 lb baby red potatoes
60 tablespoons all-purpose flour	
1 cup tomato paste	
40 gloves of garlic, crushed	

METHOD:

For marinade: In a large pot, combine the wine, onions, carrots, parsley, bay leaf, garlic, peppercorns and salt and juniper berries. Mix well and add the cubed beef. Cover and marinate in the refrigerator for 24 hours.

Preheat oven to 300 degrees F (150 degrees C).

For Bourguignon: Strain the meat from the vegetables and marinade; reserve marinade. Dry meat with paper towels season slightly and dust with flour. Working in batches, heat 2 tablespoons of the oil in a large skillet over medium high heat. Add the meat and saute for 10 minutes, or until browned on all sides. Transfer meat to a separate large bowl with a slotted spoon and set aside.

In the same skillet, add the vegetables and saute until lightly browned. Transfer the vegetables to the bowl with the meat. Drain the skillet and return it to the heat. Boil the Marinade then pour a cup of marinade into the skillet to deglaze the skillet, scraping the bottom to loosen up all the little bits. Add along with the additional onion that you've chopped, and saute for 5 minutes, or until tender. Transfer this mixture to the bowl with the meat and vegetables, again using a slotted spoon, and return skillet to

the heat. Add the tomato paste, garlic, beef broth, reserved marinade and salt and pepper to taste. Bring to a boil . Add to the meat and vegetable mixture. Place entire mixture into several hotel pans.

Bake at 300 degrees F (150 degrees C) for **3 hours**, stirring occasionally and adding water as needed. Season with salt and pepper to taste.

About 15 minutes before meat is done baking, melt butter in the skillet over medium high heat. Add the bacon and saute until crispy, remove bacon with slotted spoon and reserve on the side. In same pan add mushrooms and cook until soft. Remove and reserve mushrooms, in same pan add pearl onions, and cook till soft, then deglaze with red wine.

When the meat is done , remove the meat from the liquid and set aside. Blend the vegetables that were in the braising liquid until smooth, add to the braising liquid to thicken it to the right consistency, then pour it over the top of the meat. Boil the potatoes, blanch the carrots and turnips in boiling water,

Plating- Place the stew in the center of the plate, boiled potatoes around it, and top with carrot/turnips/bacon/ pearl onion and mushrooms. Sprinkle chopped parsley on top. Serve

Fifth Course: Cardamom Spiced Poached Pears

Serves 160

14 bottle (3 gallons) of quality full-bodied red wine, such as cabernet	3 Tablespoon allspice
45 cups white sugar	3 Tablespoon nutmeg
120 cardamom pods	36 vanilla beans
Zest of twenty oranges	90 Bosc or Anjou pears, peeled and cored
20 cinnamon sticks	3 qts Whipped cream for serving
20 star anise	10 bunches mint
54 whole cloves	

Instructions:

In a large pot over medium heat, add the wine and sugar and stir until it dissolves. Bring the mixture to a light simmer then add the cardamom, orange zest, cinnamon, star anise, cloves, all spice, nutmeg, and vanilla beans. Allow the mixture to reduce by half until it becomes slightly syrupy. Place pears into the simmering wine mixture. Cook for 15-20 minutes. Refrigerate for at least 24 hours.

At service: Cut each pear in half. Place 2 tablespoons of the sauce in each bowl along with a pear half and whipped cream, garnish with a mint sprig and serve.