



Les Marmitons
NEW JERSEY

Heirloom Beet Tasting

Ingredients:
30 servings

12 bulls blood beets
12 golden beets

2 lb goat cheese
1 qt heavy cream

2/3 cup cocoa powder
1 tsp corn starch

2/3 cup flour
1/2 cup brown sugar
1 tsp kosher salt
6 Tbsp melted butter

misc herbs per chef
Coarse sea salt to finish

PREPARATION

BEETS:

Peel the beets, cut into 1/4" slices and stamp out rounds. Cook the rounds in salted boiling water with some vinegar added for 20 minutes. Shock in an ice water bath and hold for service.

Goat Cheese Mousse:

Allow the goat cheese to reach room temperature and soften as much as possible ahead of time. Whip the cream until soft peaks. Fold in the goat cheese. Put mixture in pastry bag for service.

Chocolate Crumbs:

Preheat oven to 300F.

Combine Flour, cornstarch, sugar, cocoa and salt. Add in melted butter to combine all ingredients. Spread onto parchment paper Bake for 20 minutes. Cool and crumble.

Herbs:

herbs - you want to leaf the smaller herbs such as oregano or thyme and chop larger herbs like parsley so that you have roughly uniform size - then toss the herbs together - dry, no dressing.

Service:

Plating - 4-5 slices of beets on the plate; sprinkle the chocolate crumb on the plate, not on the beets, use a few drops of good quality olive oil and a sprinkle of finishing salt on the beets. pipe 3 small quarter sized mounds of goat cheese mouse on the plate - not on the beets - sprinkle it all with leaves.



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Steamed Black Bass with Green Tea Salt, Baby Bok Choy and Garlic Chips

Serves 30

30 4 oz portions of black bass	4 Tbsp green tea powder
Steamer set up	
Aromatics for steamer (herb stems)	30 baby bok choy
Lime juice to finish	8 heads garlic
Salt to taste	1 medium piece fresh ginger
Blended oil	
4 Tbsp fleur d'sel	

Method:

Mix salt and green tea powder in blender.

Trim bass fillets to 4 oz serving size. Steam bass with herb stems until done. Finish with a spritz of lime juice and salt to taste.

Slice garlic cloves in 1/16" slices and rinse in cold water. Slowly fry in blended oil.

Clean and trim baby bok choy, keeping all leaves attached at the base. Cut each bok choy in half lengthwise.

Lightly oil skillet and heat to medium high, add garlic and ginger to infuse oil with flavor. Add bok choy cut side down and sear until browned.

Service:

Place bok choy in center of plate, top with fish. Garnish plate with a line of green tea salt and sprinkle a few garlic chips on the fish.



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Brioche Stuffed Quail with Fall Harvest Vegetables and Thyme jus

Yield: 30 servings

30 quail – deboned (wing and leg bone ok)	2 oz thyme
6 brioche loaves	2 oz rosemary
1 gal chicken stock	salt and pepper to taste

Procedure:

Prepare Brioche by removing all crust, and cutting into cubes, about 2 oz. Toast bread in oven till it's golden brown.

Bring chicken stock up to a simmer add seasoning, thyme leaves and rosemary.

Add brioche. Allow bread to absorb stock, remove and cool.

Fill each bird with brioche.

Seal in a cryovac bag. Reserve.

Heat up a water bath to 142 degrees. Once desired temp is hit, cook birds for 40 minutes. If not using asap, rapidly cool.

Remove from bags and place birds breast side up on a rack in a sheet pan. Roast in 350F oven until skin is browned.

Service:

Place a large spoonful of vegetables in center of plate. Put one bird on top of vegetables and nap plate with a tablespoon of jus.

Thyme Jus:

1 gallon chicken stock 2 oz thyme 4 shallots	2 c white wine 2 T black peppercorns 2 T coriander seed
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In a medium sauce pot, toast off peppercorns and coriander. Add shallots and sweat out. Add white wine, cook down by ½, and then add chicken stock and thyme. Reduce by 2/3. Adjust seasoning.

Fall Harvest Vegetables

Yield: 30 servings

6 medium Parsnips 6 medium carrots 5 pints Brussels sprouts	2oz Evoo Salt and pepper to taste
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Procedure:

Peel and oblique cut carrots and parsnips, ½ Brussels sprouts.

Toss with oil, S & P, roast in a 400 degree oven until evenly caramelized.



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Veal Cheeks and Sweetbreads with Creamy Polenta and Broccoli Rabe

Yield: 30 Servings

8 lb veal cheeks

5 lb veal sweetbreads

2 qts veal stock or other flavorful stock

3 Tbsp chopped herbs such as parsley

zest of one orange

1 box Wondra

coarse sea salt

Blended oil

10 lemons

Method:

Veal Cheeks:

Remove any silver skin and excess fat. Each piece will be about 3.5 oz.. Lightly season with salt and pepper. Seal in vacuum bags and cook for 8 hours in a sous vide water bath at 82.2 C (180F). Remove bags from water bath and immerse in ice to quickly chill. Refrigerate if not serving immediately.

Place bags in 150F water bath to reheat for at least 30 minutes.

When ready to serve, pour meat and juices from bags into a pot and keep warm for service.

Veal Sweetbreads:

Hold in ice water to draw out blood, 10 minutes, repeat 3 times. Drain and hold in bowl.

Remove outer membranes and separate lobes as neatly as possible. Place in baking dish and sprinkle with salt, herbs and a orange zest. Mix well by hand and then cover with veal stock or other flavorful liquid. Cover dish with plastic wrap and refrigerate for one hour until ready to serve.

On the pick-up, pour off the liquid, pat dry and toss with salt and wondra flour. Sauté in blended oil in a medium hot pan, turning when browned. When underside is browned as well, finish with a squeeze of lemon juice.

Creamy Polenta

Yield: 16 Cups

16 cups water, plus more as needed 16 cups milk, plus more as needed 12 tablespoons butter 8 teaspoons salt 8 cups polenta	2 cup creme fraiche 1-1/2 cup Parmigiano-Reggiano
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Method:

In a large saucepan, bring the water, milk and butter to a boil. Add 8 teaspoons of salt to the water and whisk in the polenta. Whisk constantly for 3 to 4 minutes to prevent lumps. Simmer for 45 minutes, partially covered and stirring every 10 minutes, until the polenta is thick, smooth, and creamy.

Add the creme fraiche and Parmesan.

Check for seasoning and adjust consistency by adding milk or water to the polenta.

Broccoli Rabe

Yield: 30 Servings

8 bu broccoli rabe Blended oil	
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Method:

Trim off bottoms. Blanch in salted water. Reserve.

On the pick-up pan sear in oil.

Service:

Add polenta to the plate, top broccoli rabe. Place two pieces of veal cheeks and 3 pieces of sweetbreads on top.



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Peanut Butter and Chocolate Tasting

30 servings

Ingredients:

664 g Eggs

360 g 10x Sugar

960 g Heavy Cream

12 Sheets Gelatin

880 g Peanut Butter

To Taste- Salt

Over a double-boiler, heat eggs and sugar, while constantly whisking until ribbons form.

In a standing mixer bowl with a paddle attachment, beat peanut butter for 5 minutes on low speed.

Bring the cream to a boil and add the gelatin.

With the paddle running, slowly pour the cream into the peanut butter and mix until smooth.

Fold the egg mixture into the peanut butter mixture in three stages.

Pour mixture into molds and freeze.

Unmold peanut custard and place mold side up on wire rack in sheet pan.

Spoon milk chocolate glaze over custard to cover. Refrigerate at least 30 minutes to set glaze.

SERVICE:

Place a rice crispy cookie on the plate and top with a chocolate covered custard.

Milk Chocolate Glaze

Yield: 2.75 quarts

900 g Neutral Glaze	Pinch Salt
568 g Water	630 g 40% (milk) Chocolate
568 g Heavy Cream	223 g Cocoa Powder

Over a double-boiler, melt the chocolate

Bring the water and neutral glaze to a boil, while whisking occasionally.

Bring the cream to a boil, then add the cocoa powder and mix vigorously until well blended and thick. Add the water and neutral glaze and continue to mix until smooth. Add the melted chocolate and whisk until incorporated

Season lightly with salt and strain mixture through a chinoise. Reserve at room temperature.

Rice Crispy Crunch

Yield: one full sheet tray

104 g Milk Chocolate	150 g Peanuts, chopped
120 g Cocoa Butter	230 g Rice Crispy Cereal
470 g Peanut Butter	

Over a double-boiler, melt the chocolate and cocoa butter

On low speed with a paddle, whip the peanut butter until soft and smooth

Add the peanuts, and chocolate/cocoa butter to the peanut butter and continue to mix until incorporated

Add the rice crispy cereal and mix until incorporated

Spread between two pieces of parchment and roll to 1/8" and chill

Stamp out cookies the same shape and size as the molds used in the custard.