



Les Marmitons
NEW JERSEY

January 2023 Event

Chef Brian Karluk, Steakhouse 85, New Brunswick, NJ

1st Course: Seared Scallops, Smoked cauliflower purée, bacon vinaigrette, roasted brussel sprouts

2nd Course: Moroccan Lamb Meatballs, Soffrito, toasted pine nuts, mint risotto

3rd Course: Crawfish and Chorizo Gumbo

4th Course: S'mores, Graham crust, chocolate ganache, homemade marshmallow



Les Marmitons
NEW JERSEY

First Course: Seared Scallops, Smoked cauliflower purée, bacon vinaigrette, roasted brussel sprouts

Serves 24

24 U8 Scallops (or 48 U10-12 size)	Canola oil
---	-------------------

Chef Brian will demonstrate his preferred method of searing the scallops.

Bacon Vinaigrette

Serves 24

6 Slices of Bacon chopped	4 t honey
4 T shallots chopped	4-1/2 T Olive oil
5 T red wine or sherry vinegar	Salt & pepper
3 t Dijon mustard	

Instructions

1. In a large saucepan, cook bacon until crispy, reserve the bacon add shallots and cook until soft, set aside
2. In a bowl combine vinegar, mustard and honey. Slowly whisk in bacon fat to form a vinaigrette emulsion. Add reserved bacon

Smoked Cauliflower Puree

Serves 24

3 T butter 1 cup all-purpose flour 11 oz finely chopped white onion 6 cloves garlic sliced	3 pounds cauliflower (previously cold smoked) 3 cups heavy cream 2 sprig thyme Salt
---	--

Instructions

1. In a large saucepan, melt butter over medium-high heat. Add onion and garlic and cook, stirring often, until softened and translucent, about 5 minutes; lower heat as necessary to prevent browning.
2. Add cauliflower, cream, and thyme. Cover, bring to a simmer, and cook, adjusting heat to maintain simmer, until cauliflower is tender, 5 to 6 minutes. Uncover and continue to simmer, stirring occasionally, until liquid is reduced by about three-quarters, about 20 minutes. Discard thyme sprig.
3. Use a blender or robot coup to puree into a smooth sauce

Roasted Brussels Sprouts

Serves 24

48 Brussels Sprouts - on the stalk if possible. Kosher salt	Granulated Garlic Vegetable Oil for pan
--	--

Instructions:

Wash and dry the sprouts. Trim the ends and remove any loose leaves. In a large bowl, toss them with the salt, granulated garlic and oil. Cut them in half lengthwise. Place them cut side down on a sheet pan and roast at 400F until tender, approximately 30 minutes. Halfway through give the pan a good shake to move them around a bit, keeping cut side down.

SERVICE:

Chef Brian will prepare a model plating for service.



Les Marmitons
NEW JERSEY

Second Course: Moroccan Lamb Meatballs, Soffrito, toasted pine nuts, mint risotto

Lamb Meatballs

Serves 24

1-3/4 pound ground lamb	1.5 t cumin
1-1/2 medium onion grated	1.5 t paprika
3/4 cup bread crumbs	1.5 t cinnamon
1 egg	1.5 t ground coriander
4 cloves garlic minced	Salt & pepper
3/4 cup chopped cilantro	Touch cayenne

Instructions:

1. Combine all and mix thoroughly, Form into 2 oz balls
2. 375 degree oven , 20 min

Toasted Pine Nuts

Serves 24

1 lb Pine nuts	
----------------	--

Instructions:

On the Stove

The easiest way to toast pine nuts is on the stove. Add them to a small dry skillet that fits them in a single layer. It doesn't really matter what kind of skillet you use. Turn the heat to medium-low and cook them, stirring occasionally or tossing the skillet, until they're golden-brown and smell quite nutty. Whatever you do, don't walk away from the stove, because pine nuts go from completely white to burnt in a matter of seconds. The total toasting time will take about 3 to 5 minutes. Once they're toasted, dump the pine nuts out of the hot skillet so they don't continue cooking.

Basic Soffritto

Serves 24

2-1/2 cup diced carrots	Olive oil
2-1/2 cup diced celery	10 cups canned peeled tomatoes, crusted by hand
5 cups diced onion	5 cups dry white wine
10 cloves garlic chopped	Salt & pepper

Instructions

1. In large heavy bottom pot, combine carrots, celery and onions with enough olive oil to cook.
2. At medium heat, slowly saute and color the vegetables. Slow and steady process is important. This recipe is more about technique.
3. Once the vegetable are caramelized, add garlic, cook 1 minute
4. Season with salt and pepper. Add wine and reduce by half
5. Add tomatoes and simmer 20 min

Mint Risotto

Serves 24

15 Cups chicken broth	3 cup white wine
6 T olive oil	2 cup chopped fresh mint
3 cup chopped shallots	Salt & pepper
7 cloves garlic minced	Butter
7 cups Arborio rice	Parmigiano Reggiano

Instructions

1. In a large pot, sauté shallots and garlic in olive oil slowly until fragrant. Add rice and stir for 1 minute
2. Add wine and cook until pan starts to become dry
3. Add stock in 4 intervals over the course of 20 min, while stirring constantly
4. Check rice for doneness
5. Finish with butter, cheese and fresh mint



Les Marmitons
NEW JERSEY

Third Course: Crawfish and Chorizo Gumbo

Serves: 24

3/4 cup vegetable oil	1 (28-ounce) can diced tomatoes, undrained
1 cup all-purpose flour	1-3/4 pound chorizo sausage (chunked and sautéed)
2 cup finely chopped white onion	3 cups sliced okra (frozen, canned, or fresh)
1-1/2 large green bell pepper, seeded and chopped	3 (16-ounce) packages cooked crawfish tails, undrained
1-1/2 large red bell pepper, seeded and chopped	Cooked rice (for serving)
1-3/4 cup chopped celery	1-1/2 bu parsley
8 cloves garlic, minced	6 scallions
9 cups chicken or seafood broth	
3 tablespoons Cajun seasoning	

Instructions

1. In a large Dutch oven, add oil, and heat over medium heat for 5 minutes. Add flour, and whisk until combined. Lower heat to medium-low, and cook, stirring, until a dark chocolate roux forms, 30 to 40 minutes. Should look like chocolate pudding, but smell like popcorn
2. Add onion, bell peppers, and celery, and cook, stirring, until onions are tender, about 15 minutes. Add garlic, and cook 30 seconds. Add broth, Cajun seasoning, and tomato. Bring to a boil; reduce heat, and simmer 15 min
3. Stir in crawfish, okra, and chorizo. Bring to a boil; reduce heat, and simmer 5 minutes. Serve with rice. Garnish with parsley and green onion.



Les Marmitons
NEW JERSEY

Fourth Course: S'mores, Graham crust, chocolate ganache, homemade marshmallow

No Bake Graham Crust

Serves 8 (Repeat 3X)

1 ½ cups graham cracker crumbs	1/3 cup white sugar
6 T butter melted	1 t cinnamon

Instructions

1. Mix all ingredients thoroughly. Press into desired molds
2. Refrigerate at least 1 hour before filling.

Basic Semi-firm Ganache

Serves 8 Repeat 3 times

8 oz semi sweet chocolate chips	
½ cup heavy cream	

Instructions

1. Heat cream in a sauce pan (DO NOT BOIL)
2. Add chips to a bowl, pour hot cream over top
3. Stir slowly until silky and smooth
4. Pour the ganache into the cooled graham cracker crust and smooth out the top with an offset spatula. Gently tap the bottom once or twice against the counter to release any air bubbles.
5. Let cool on a baking rack until set, about 2 hours, or about an hour in the refrigerator. Keep refrigerated until ready to serve.

Homemade Marshmallow

Serves 10 (Repeat 2X)

2 ½ T unflavored gelatin	¼ t salt
1 ½ cups white sugar	1 T vanilla extract
1 cup light corn syrup	½ cup powdered sugar

Instructions

1. Combine gelatin with ½ cup cold water in a mixer. Set aside
2. In a sauce pan, combine sugar, corn syrup, salt and ½ cup cold water. Cook over medium heat until mixture reaches 240 degrees.
3. With the mixer at low speed, slowly pour hot syrup into gelatin mixer until gelatin is dissolved. Add vanilla
4. Turn the mixer to high and whip until very stiff and opaque.

Generously spoon the marshmallow meringue over the chilled ganache, adding swirls with a flexible or offset spatula. Refrigerate 1 hour.

1. At service use a kitchen torch to (carefully) toast the marshmallow meringue.