



Les Marmitons
NEW JERSEY

September 2022 Event

Self Run Offal Dinner

1st Course: Deep Fried Pig's Ears with Chili-Lime Mayonnaise

2nd Course: Confit Duck Heart Satay

3rd Course: Flaki (Polish Trupe Soup)

4th Course: Braised Sweetbread's in Puff Pastry with Truffle Sauce

5th Course: Foie Gras Creme Brûlée



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Deep Fried Pigs Ears with Chili-Lime Mayonnaise

Ingredients:

18 small servings

3 carrot, diced	9 tablespoon paprika
6 celery stalks, diced	1-1/2 teaspoon garlic powder
3 small white onion, diced	1-1/2 teaspoon onion powder
3 thyme sprig	1-1/2 teaspoon chili powder
3 bay leaf	1-1/2 teaspoon ground cumin
3 tablespoon whole black peppercorns	1-1/2 tablespoon sugar
18 whole pig ears, rinsed and patted dry	Vegetable oil, for deep frying
3 tablespoon kosher salt	6 teaspoons kosher salt
6 quarts chicken stock	Lime wedges, for serving

Method:

Preheat oven to 300 F.

In a large ceramic baking dish or dutch oven, add the carrot, celery, onion, thyme, bay leaf, peppercorn, pig ears, and salt, pouring over the chicken stock until the ears are completely submerged. Cover (with plastic wrap and then foil, if using a baking dish without a lid) and place in the oven. Braise untouched for 6 to 8 hours or until the ears are tender and have reduced in size by a third.

Using tongs, carefully remove the ears and place on a rack over a sheet pan to drain and cool, about 30 minutes. In a small bowl, mix together the spices and sugar. Spoon the spice mix into a clean sugar shaker. Cut the pig ears into 1/2-inch strips.

Heat 3-inches of oil to 350 degrees F. in a countertop electric fryer, cast-iron skillet, or deep pot. Using a slotted spoon, carefully lower the pig ear strips into the hot oil, in batches if necessary. Fry, stirring occasionally, until the strips begin to brown, about 4 to 5 minutes. Remove them from the oil and transfer directly to a large stainless steel mixing bowl without draining on paper towels; the residual oil will help the spices adhere to the pig ears. While hot, toss the fried pig ears with the salt, and shake the spice mix in as you toss to evenly coat; not all of the spice mix may be needed. Serve with lime wedges and Chili-Lime Mayonnaise.

Chili-Lime Mayonnaise

5 limes

4 egg yolks

3 or 4 cups canola oil

3 jalapeno peppers, seeded and finely
chopped

Salt

Zest The limes and save for first course garnish.

Reserve the juice from the limes. In a blender Mix the egg yolks, peppers and 4 tablespoons of lime juice. Drizzle in the oil while blending until a thick mayonnaise forms. Salt to taste.



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2nd Course: Confit Duck Heart Satay

Ingredients:

18 small servings

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3rd Course: Flaki (Polish Tripe Soup)

**Ingredients:
18 servings**

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4th Course: Braised Sweetbread's in Puff Pastry with Truffle Sauce

Ingredients:
18 servings

10 lb veal sweetbreads , cut into serving pieces	6 Tbsp unsalted butter
salt	2 cups veal demi-glace
freshly ground black pepper	2 cups dry white wine

Preparation:

Soaking and blanching: Soak the sweetbreads in cold water for one hour. Blanch them in a large pot of boiling water for 1 minute, then cool in cold water until they have cooled completely.

Trimming: Pull off and discard most of the outside sinews. Do not damage the essential shape.

Braising: Lightly season the sweetbreads with salt and pepper. Brown them in butter for 2 or 3 minutes on each side. Add the demi-glace and white wine and let simmer gently for 30 minutes until they are tender and the accumulated juices are reduced to glaze. Set aside.

For the sauce:

6 celery stalks	9 cups veal demi-glace
6 leeks (white and tender green parts)	2 cups dry Madiera
3 large peeled carrots	3 tsp Wondra mixed with 3 tsp Madiera
6 Tbsp US butter	3 Tbsp dark soy sauce
1 cup water	

Cut the celery, leeks and carrots into brunoise (1/8 inch dice) and simmer them in the butter and water for 10 minutes until tender.

In another pan, boil down the demi-glace and Madera to about 6 cups. Taste for seasoning, remove from the heat, stir in the Wondra/Madera mixture and return to the heat, stirring until the sauce thickens. Stir in the soy sauce and cooked vegetables. Simmer briefly, taste for seasoning and set aside.

For the Truffles:

3 large black truffles (or canned truffles and its juices.)	3 Tbsp cognac
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NOTE: For this event we have purchased truffle slices from D'Artagnan. Use any juices from the can as below.

30 minutes before serving, peel and chop the rough outer skin from the truffles. Mix the chopped peelings in a small bowl with the truffle juices (if using canned truffles) and the cognac.

Cut the truffles into thin slices using a vegetable peeler or mandolin.

10 minutes before service, bring the sauce to a boil, add the peelings and their soaking juices, cover and simmer 1 minute.

Cover the sweetbread pan and place in a 325F oven to warm through. Remove them from the pan and deglaze it with the sauce.

Final assembly:

When the sweetbreads are ready, place a vol au vent on each plate, spoon several pieces of sweetbread into the vol au vent and pour the sauce over them, add a few truffle slices and put the puff pastry cover slightly askew on top. Place a few pieces of sweetbread and sauce around the vol au vent as well.

Serve at once.

Vol au Vent Puff Pastry Cases

5 lb Pepperridge Farms Puff Pastry

9 eggs

Pepperridge Farms puff pastry comes in 2 14" squares per 1 lb box. Place each sheet on a lightly floured surface and using a 6" round pastry cutter cut the pastry into discs and slightly twist the cutter on your floured worktop to make sure the disc is cut in a perfectly neat shape. The pastry disc will detach easily from the puff pastry slab.

Cut 2 discs per serving.

Arrange half of the pastry discs on a parchment lined baking sheet and using a pastry brush, glaze the discs with eggwash (a beaten egg yolk with a little water).

With the other pastry discs on your floured worktop, cut a hole in the centre with a 4" pastry cutter. Repeat the operation for all discs. You should now have 2 pastry rings per serving.

Carefully arrange the rings on top of the glazed pastry discs. The rings will adhere to the glazed pastry discs easily.

Place the center cutouts on another parchment lined baking sheet and glaze them with eggwash. These will be the top pieces in the final assembly.

Glaze the pastry rings and store in the fridge for about 2 hours before baking. Ideally, start the recipe the day before and refrigerate overnight to prevent the pastry from shrinking during baking.

Remove from the fridge and apply another brush of eggwash along the rings and tops.

Bake in a fan-assisted oven at 425F for 20 to 25 minutes. Make sure the base of the pastry shells is well cooked and bake for a further 5 or 10 minutes if needed. Gently lift the vol au vent cases to check.

When cooked, remove from the oven then place the tray on your kitchen worktop and leave to cool.





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5th Course: Foie Gras Creme Brûlée

Ingredients:
18 small servings

7 cup heavy cream	1 Tbsp quatre épices, or equal parts pepper, nutmeg, clove, and cinnamon
4-1/2 cup whole milk	2 teaspoon fleur de sel, plus more to taste
28 Grade-A Duck Foie Gras Slices	Toasted brioche, for serving
18 egg yolks	
7 Tbsp caster sugar, plus more as needed to brûlée	

Method:

Preheat the oven to 325 degrees F.

Rough chop 22 slices of foie gras, then pass through a fine mesh strainer or tamis into a small bowl. Add 2-1/4 cup of heavy cream and whisk until smooth. Set aside. Cut remaining 6 slice horizontally into 18 thin pieces. Place slices on plate, cover with plastic wrap, and refrigerate.

In a small saucepan, heat the remaining cream and milk over medium-high flame until just before boiling. Remove pan from heat; whisk in reserved foie gras and cream mixture. Pour mixture through a fine mesh strainer into a bowl.

In a medium bowl or glass measuring cup with pouring spout, whisk together egg yolks and sugar until pale in color and sugar is dissolved. Stir in quatre épices and salt. Temper the egg mixture by adding the hot cream mixture one spoon at a time while whisking until combined.

Pour the custard mixture evenly into each ramekin.

Make a water bath:

Place the ramekins on a rack in a hotel pan, add enough water just off a boil to reach halfway up the sides of the ramekins. Cover pan loosely with foil and bake for 40 minutes.

Remove foil and continue baking until custards are just set, about 5-10 minutes more. Custards should remain jiggy but not liquid.

Move ramekins to a cooling rack for 10 minutes then chill in refrigerator. (Custards should be removed from the refrigerator about 20 minutes before serving.)

When ready to serve, heat a dry skillet over high heat. Remove remaining thin slices of foie gras from refrigerator. Score with a sharp knife in a cross-hatch pattern; season liberally with salt. Sear until golden on each side, about 1 minute total. Drain on paper towel.

Evenly coat the top of each ramekin with caster sugar. Using a kitchen torch, deeply caramelize each custard. Allow to cool for about 1 minute then top with seared foie gras. Serve immediately with toasted brioche.

