



Les Marmitons
NEW JERSEY

2022 Les Marmitons International Fall Meeting

Chef Justice Stewart

*Seared Chicken Skin Crusted Scallops with wilted greens, meyer lemon and roast chicken
drippings*

*Autumn Forager Salad with heirloom carrots, grilled hen of the woods, fingerling medallions,
crispy pancetta, citrus dressing*

Grilled Pacific Spot Prawns with garlic butter, tomatoes, basil, crusty French bread

*Sous Vide Duck Breast with saffron parsnip puree, roast asparagus,
blackberry gastrique*

Nutty Crème Brulee



Les Marmitons
NEW JERSEY

1st Course: Seared Chicken Skin Crusted Scallops with wilted greens, meyer lemon and roast chicken drippings

Serves 40

8 pounds of dry U12 scallops	3 pounds unsalted butter
Skin from 30 chicken thighs	½ Cup flour
Meat glue	1 Cup Masa Harina – cooked corn flour
1 Cup chicken fat	Salt and white pepper
12 meyer lemons – will be juicing	1 Cup heavy cream
3 Cups olive oil	7 Cups best quality chicken stock
8 pounds Mixed baby greens – baby chard, baby spinach, watercress, arugula, beet greens	3 Oz clarified butter

Instructions:

- 1) Dry scallops and remove side muscles ensure enough for all guests to have 2 large scallops.
- 2) Remove skin from chicken, dry and lay on papered tray with outside skin down. Cut enough circles (approximate shape) slightly larger than the scallops.
- 3) Using meat glue sprinkle on inside of skin rounds and dip scallops top side in. put Scallop into round and wrap tightly with plastic wrap – repeat till all done – chill for 2 hours
- 4) If greens need washing – wash and dry well – chill till needed
- 5) Remove scallops from plastic and put on tray uncovered in fridge to let skin dry some.
- 6) Warm up chicken stock. In another pan heat up Melt 3 oz clarified butter and add 3 oz flour and cook without coloring to make a roux. Using a wire whisk slowly pour and mix in chicken stock – cook 20 minutes or so, reduce by about a 1/3. More if considered too thin. Add juice from 2-3 lemons – taste – season. Add some cream, may not need all – hold warm till needed.
- 7) Remove scallops and sprinkle with salt, pepper, and masa Harina.
- 8) Heat several fry pans with olive oil and butter – ¼ layer. Cook scallops over medium heat skin down till well colored and crispy – basting underside periodically. Flip for 20 seconds then serve,

9) Heat chicken fat and juice lemons. Toss greens in hot fat and lemon juice, with salt – taste and may not need all.

10) Plating – Spoon veloute sauce onto plate, top with two scallops and place small mound of wilted greens next to it – serve hot



Les Marmitons
NEW JERSEY

2nd Course: Autumn Forager Salad with heirloom carrots, grilled hen of the woods, fingerling medallions, crispy pancetta, citrus dressing

Serves 40

For the Salad:	12 pounds maitake mushrooms, grilled with a slight char and julienned
4 bunches of multicoloured heirloom carrots, sliced ½ inch thick on the bias, toss in olive oil, season with salt and pepper and roast in a 350F oven until tender, about 30-35 minutes, cover, and set aside.	8 bunches escarole sliced thin and quickly sauteed until wilted.
12 lbs. fingerling potatoes, poached in chicken stock, cooled to working temp and sliced into thin medallions on a mandolin.	2 lbs uncured pancetta diced small and sauteed to a light crisp.
	2 cups pomegranate seeds, for garnish

For the Dressing:	2 lemons juiced
2 cup pomegranate juice	1 cup natural maple syrup
4 cup olive oil	Kosher salt
1 cup white balsamic or white wine vinegar	Fresh black pepper
1 cup Dijon mustard	

Instructions:

Combine all of dressing ingredients into a blender and blend until smooth. Taste and adjust seasoning as needed.

Neatly combine all the vegetable ingredients evenly among the plates and lightly drizzle dressing on each. Garnish with pomegranate seeds and crispy pancetta and serve slightly warm.



Les Marmitons
NEW JERSEY

3rd Course: *Grilled Pacific Spot Prawns with garlic butter, tomatoes, basil, crusty french bread*

Serves 40

Ingredients	Juice of 3 lemons
7 lbs. head-on Pacific spot prawns (X-large), the body shell removed leaving the head and tail intact	¾ packed cup fresh chopped basil, plus leaves for garnish
1 ½ lb. unsalted butter, 4 oz separated	Kosher salt
8-9 cloves of garlic, microplaned or minced	Black pepper
14 fresh Roma tomatoes, diced small	Warm crusty bread, for serving
	Torched lemon slices, for garnish

Instructions:

First make two shallow cuts to the underbelly of the shrimp 1 inch apart to prevent the shrimp from curling to much during the cooking process. In a saucepan melt 4 oz of butter and pour into a bowl, cover, and set aside. Melt the remaining butter over medium heat then add the garlic and simmer for 5 minutes then remove from the heat and set aside. In a large bowl toss the tomatoes, basil, and lemon juice together, then salt and pepper to taste. Heat your grill to medium high. Using the regular melted butter, brush all the prawns generously with it and season with salt and pepper. Grill for 2-3 minutes per side until slightly charred. Spread the tomato mixture on plates, top with 2-3 prawns and drizzle with additional garlic butter. Garnish plate with basil leaves and a torched lemon slice.

*I chose spot prawns because of their unique taste and sweetness which is unlike regular shrimp. If we can't source them, I guess we can use head-on tiger shrimp or another quality prawn.



Les Marmitons
NEW JERSEY

4th Course: *Sous Vide Duck Breast with saffron parsnip puree, roast asparagus, blackberry gastrique*

Serves 40

20 duck breast, scored crosswise	Salt
½ cup dried garlic flakes	Pepper
Large bunch of fresh thyme	Sous vide equipment
Olive oil	

Instructions:

Set the water bath to 130F. In each vacuum bag place 2 sprigs of thyme and half tablespoon of garlic flakes. Season the skin side of the duck breast generously with salt and pepper and place 2-3 breasts in each bag leaving space between them. Vacuum seal and place in the water bath 1 ½ - 2 hours. Remove duck from the bags and pat dry with paper towels. Heat multiple cast iron pans over medium high heat and add 3 breasts per pan, making sure the entire skin contacts the heat. Reduce heat slightly and continue to crisp the skin for about 5-10 minutes. Remove from heat and allow to rest 6-7 minutes. Slice and serve with gastrique, and garnish with blackberries.

*I have 2 additional sous vide devices if needed and there should be a vacuum machine on-site (not sure about bags). Also, it will help us if we have a couple of containers or coolers like the one Chris has that can act as the sous vide vessels.

For the Gastrique:

½ cup white sugar	2-3 sprigs thyme
2 Tbs. water	3-4 Tbs unsalted butter, cold
½ cup cider vinegar	Kosher salt
½ cup dry red wine	Pepper
1 cup blackberries, plus more for garnish	

Instructions:

In a small saucepan combine the sugar and water over medium heat. Allow the mixture to come to a light simmer. Continue to cook until the sugar caramelizes and turns brown (be careful at this stage, liquid is very hot). Pour in the vinegar and bring it back to a boil. Pour in the red wine, berries, thyme, and season with salt and pepper. Simmer the mixture and reduce it by half or until it slightly thickens. Remove from the heat and strain the liquid into a bowl and discard the solids. Return the sauce into the pan over medium-low heat and whisk in the cold butter one tablespoon at a time until the sauce is silky and smooth, then remove from the heat. Spoon sauce on a plate with the duck and garnish with additional blackberries.

For the Parsnip puree:

3 lb parsnips, peeled and cut into 1 inch chunks	3 cloves fresh garlic, sliced
1 ½ cup heavy cream	2 Tbs fresh thyme leaves, finely chopped
1 cup whole milk	2 pinches saffron
4 oz unsalted butter	Kosher salt
	Black pepper

Instructions:

Bring parsnips, garlic, cream, milk, and butter to a boil in a heavy bottom pot over medium high heat. Add the saffron, reduce the heat to medium and cover. Cook for 15-20 minutes or until the parsnips are tender, remove the cover, add thyme and season with salt and pepper. Cook until the liquid reduces by half, about 5-10 minutes. Add mixture to a blender or use a stick blender and puree the mixture until smooth. Taste for seasoning and add salt and pepper to taste and serve.

For the Asparagus:**3 pounds asparagus (medium to fat thickness)****Fresh grated parmesan cheese****Juice of 1 lemon****Olive oil****Kosher salt****Black pepper****Instructions:**

Preheat the oven to 375F. In a large bowl toss the asparagus with olive oil until coated. Spread the spears evenly onto a sheet pan leaving space in between each. Season with salt, pepper, lemon juice, and grated parmesan. Place into oven for 15-20 minutes or until asparagus is slightly tender. Remove from oven and serve.



Les Marmitons
NEW JERSEY

5th Course: *Nutty Crème Brulee*

Serves: 5 (Make 8 batches – do not bulk)

INGREDIENTS:	1 tsp almond or hazelnut extract
11 egg yolks	Pinch of salt
7 tbsp. (84 g) white sugar	21 oz (620 ml) heavy cream

Instructions:

Preheat the water bath to 176 degrees F (80 C). Whisk together the egg yolks, 6 tablespoons (72 g) of sugar, almond extract and salt in a large bowl until smooth. Add the cream and continue whisking until fully incorporated and smooth. Strain the mixture through a sieve to remove the air bubbles. Using a measuring cup with a spout, slowly pour 5 1/2 ounces (160 ml) of the mixture into each of the five jars. Allow the jars to sit for 30 minutes so that any bubbles present will rise to the surface.

Using your kitchen torch, quickly flash the surface of each custard with a high flame, which will cause any bubbles to pop. Do not allow the flame to linger directly on the surface or you will scorch it. When you are satisfied that the bubbles have been eliminated, seal the jars (see *Sous Vide Basics*, page 11). **See note.**

Using tongs, place the jars in the water bath and cook for 1 hour. Remove the jars from the water and allow to cool on a heat-safe surface for 20 minutes. Prepare an ice bath to chill completely before you refrigerate the creme brulees for at least 1 hour and up to 1 week before serving.

To serve, remove the jars from the refrigerator 30 minutes before conducting the final steps. Open the jars and, using the remaining tablespoon (12 g) of sugar, spread an even, thin layer of sugar over the custards. Using a kitchen torch, caramelize the sugar by moving the torch in circular motions 3 to 5 inches (8 to 13 cm) above the jars. Move the flame swiftly while moving closer and farther from the sugar until you have melted and browned the tops. Allow the creme brulees to rest at least 5 minutes before serving. The sugar on top should be hard and crackly.