



Les Marmitons

CRANFORD

Les Marmitons of Cranford

Tuesday, September 18th 2007

HOSTED BY

CHIP FRANK
Club Sommelier

APPETIZER

CRAB CAKE W/ ROASTED RED PEPPER CREAM SAUCE

Fresh Chesapeake Jumbo-Lump Crab Cake Sautéed in Butter Until Golden Brown, Baked & Served on a Bed of Reduced Red Pepper Cream Sauce.

SOUP

SCALLOP CHOWDER

Fresh New Jersey Sea Scallops w/ Diced Russet Potatoes in a Hearty, Rich White Cream Soup & Laced w/ French Pernod Liqueur.

SALAD

SPINACH & STRAWBERRY SALAD

Young Spinach Greens & Fresh Strawberries Lightly Tossed in a Sweet Poppy / Sesame Seed Dressing.

ENTREE

FILET MIGNON PERSILLE'

Filet Mignon Wrapped in Bacon, Crowned w/ a Pimento Herbed Breadcrumb & Finished w/ a Brandy Demi-Glace.

DESSERT

PEACH CLAFOUTI

Classic Country French Inspired Custard Dessert Prepared w/ New Jersey Late Harvest Peaches, Served Warm, Topped w/ Whipped Cream & Sprinkled w/ Confectioners Sugar.

**Crab Cakes w/ Roasted Red Pepper Cream Sauce
(Makes 6-7 Appetizer Size Cakes)**

Ingredients:

**4 Tablespoons Butter
½ Cup White Onion, Diced
½ Cup Green Pepper, Diced
1½ Cup Red Pepper, Diced
4 Slices Pepperidge Farm White Bread, Crusts Off & Cubed
½ Cup Mayonnaise
1 Tablespoon Dijon Mustard
1 Large Egg
1 Tablespoon Fresh Horseradish
2 Teaspoon Worcestershire Sauce
1 Lb. Jumbo Lump Blue Claw Crab Meat
Salt & Pepper for Seasoning
1 Cup Unseasoned Bread Crumbs
3 Cups Roasted Red Pepper Sauce
6 Sprigs of Thyme for Garnish**

Method:

Sauté' the onions, peppers in 2 tablespoons of butter until al dente. Cool

Place the breadcrumbs in a bowl & add the mayonnaise, mustard, egg, horseradish & Worcestershire sauce. Stir to blend thoroughly.

Add the Pepper & onion mixture.

Fold in the crab meat, being careful to avoid breaking up the lumps too much. Season w/ salt & pepper.

Form into crab cakes. Coat each cake w/ breadcrumbs.

Melt remaining butter (2 tablespoons) & sauté' the cakes on both sides until golden brown.

Place cakes on a sheet pan. Bake in a pre-heated 350 degree F. oven for 3 to 5 minutes.

Place approx. ¼ cup of the Roasted Red Pepper Sauce on plates, then place Crab Cake on top. Garnish w/ a sprig of Thyme.

Roasted Red Pepper Cream Sauce
(Makes 1-1/2 Cups)

Ingredients:

½ Cup White Wine
2 Ounces Shallots, Chopped
1 Teaspoon Garlic, Chopped
1 Roasted Red Pepper, peeled & chopped
2 Cups Heavy Cream
Salt & Pepper for Seasoning

Method:

Roast Red Pepper (do not rinse!), peel skin & chop

In a saucepan over medium heat, reduce the white wine, shallots, garlic & pepper until almost dry.

Add the heavy cream & reduce by half (do not over boil!)

Continue to reduce until the sauce coats the back of a spoon & season w/ salt & pepper.

**New Jersey Sea Scallop Chowder
(Makes 8 Hearty Servings)**

Ingredients:

**2 tablespoons sweet unsalted butter
1 Lb Spanish Onions, peeled & finely chopped (approx. 2x medium sized)
2 Lbs Russet Potatoes, peeled, cut into ½ inch sized pieces (approx 3x large)
1 ½ Lbs of fresh NJ Sea Scallops, cut into 1 inch chunks
1 ½ quarts heavy cream
¼ cup of Pernod Liqueur, plus
1 tablespoon more Pernod
½ tablespoon fresh Thyme, chopped
2 teaspoons kosher salt, to taste
2 teaspoons fresh ground black pepper to taste
3 tablespoons fresh chives, chopped**

Method:

In a large stockpot over low heat, melt butter.

Add onions & sauté' until translucent (approx 5-10 minutes)

Add potatoes; cook another 2 minutes

Add scallops; cook while slowly stirring another 2 minutes.

**Add cream & bring the heat up until it starts to just simmer; let simmer 30 minutes,
stirring often**

**Add Pernod, thyme, salt & pepper to taste; simmer another 10 minutes.
Remove stockpot from heat, rest for 30 minutes to let chill.**

Reheat gently on low until warmed through (do not boil!)

Ladle into bowls & garnish w/ chives.

**Spinach & Strawberry Salad
w/ Poppy / Sesame Seed Dressing
(Serves 6-8)**

Ingredients:

Salad:

**1 package spinach (stems removed)
1 pint Strawberries, sliced or quartered
2 bundles green onions, sliced thin**

Dressing:

**1/2 Cup sugar
1/4 Cup white vinegar
1/2 Cup oil
1 Tablespoon poppy seed
2 Tablespoons sesame seed
1/4 Teaspoon Worcestershire sauce**

Method:

Wash spinach, break in pieces & discard stems.

Wash & slice strawberries and green onions add to spinach & refrigerate.

Combine dressing ingredients, mix well & refrigerate.

Prior to serving, mix dressing again, pour over spinach, lightly toss & and serve.

FILET MIGNON PERSILLE'

(Serves 7)

Ingredients:

1 filet, cleaned & cut into 7 portions
1 ¾ cup fresh potato bread (cubed)
¾ cup Parmesan or Romano grated cheese
4 tbsp capers
7 tbsp pimentos (diced)
14 anchovies (minced)
2 tbsp garlic (minced)
7 tbsp olive oil
7 tbsp butter (salted)
7 tbsp basil (chopped fine)
14 tbsp parsley (chopped fine)
Salt & pepper
7 slices bacon

Method:

Sauté butter, garlic & olive oil

Add capers, anchovies & pimentos

Add this to breadcrumbs, parmesan/romano, basil, parsley & Salt/pepper to taste

Sear bacon around filet in sauté pan w/ oil (use tooth pick to hold)

Broil till done

When finished, crown w/ stuffing & glaze under broiler

Sauce plate, add filet w/ stuffing & garnish w/ parsley

BRANDY DEMI GLACE

(Serves 4)

Ingredients:

**2 tbsp shallots
2 oz. brandy
12 oz. demiglace
Salt & pepper
5 oz. butter**

Method:

Sauté shallots in 2 oz. of butter

Add brandy & flame

Add demiglace & reduce

Add butter to thicken (approx. 3 oz.)

Salt & pepper to taste

Thicken w/ a roux (wet)

Roast Garlic Mash Potatoes

Serves 4.

Ingredients

**2 pounds russet (baking) or red potatoes
3 tablespoons unsalted butter
3/4 to 1 cup milk
1/4 cup garlic cloves (about 6)**

Preparation

Peel potatoes and cut into 2-inch pieces. (If using red potatoes, it is not necessary to peel them). In a large heavy saucepan simmer potatoes in salted water to cover by 1 inch 10 minutes, or until tender, and drain in a colander. In pan or bowl combine potatoes, butter, and 3/4 cup milk. With a potato masher mash potatoes until smooth, adding more milk if necessary to make creamy. In pan reheat potatoes over moderately low heat, stirring, and season with salt and pepper.

Preheat oven to 400°F.

1/4 cup garlic cloves (about 6)

Arrange garlic in one layer on a double thickness of foil and wrap tightly. Roast garlic in middle of oven 45 minutes, or until very soft. Unwrap garlic and cool slightly. Peel cloves and with a potato masher mash into potatoes until creamy.

Peach Clafouti

(Serves 6)

Ingredients:

2 tablespoons sweet unsalted butter
1 Lb fresh, late harvest NJ Peaches
1 ¼ cups whole milk
4 large eggs
½ cup granulated sugar
1 teaspoon salt
1 cup all-purpose flour
1 ½ tablespoons butter, melted
2 cups whipped cream, for serving
confectioners sugar, for sprinkling

Method:

Pre-heat oven to 350 degrees F.

Clean the fruit, peel, remove pit & slice into thin quarters

Arrange fruit in the bottom of a shallow, 10 inch rectangular or round baking pan.

Combine the milk, eggs, granulated sugar, salt, flour & butter. Mix w/ a whisk or food processor.

Pour the batter over the fruit & place in the oven. Bake it until the batter forms a firm, custard-like consistency, approx. 30 minutes.

Remove the dish from the oven, spoon the Clafouti into plates & serve warm. Add generous dollops of whipped cream & sprinkle w/ confectioner's sugar.