



Les Marmitons
CRANFORD

Les Marmitons of Cranford

Presented by

Chef Elizabeth Fraser

An exploration of the egg

First course

Tortilla Espanola with Aioli

Second course

Frisee Lardon Salad

Third course

Seared Filet of Salmon with
Gribiche Sauce and Fingerling Potato Salad

Fourth course

Pasta Carbonara

Fifth course

Crepes with Seasonal Fruit and Lemon Curd

Tortilla Espanola For our first egg dish we have the classic Spanish tapas dish; Tortilla Espanola. Served with a little aioli and a salad it works at any meal.

1 cup olive oil
1 medium yellow onion
6 medium potatoes
6 eggs
Aioli to garnish
Paprika to garnish

8in nonstick sauté pan

Peel and medium dice potatoes. Chop onion and set aside. Scramble eggs and set aside. Place pan on medium heat and add oil. When oil is hot add potatoes and season with salt and pepper. Stir frequently, taking care not to let potatoes color. Cook over low to medium heat approximately 20 mins until about half-cooked. Add onions. Continue cooking until potatoes are just a tad undercooked and drain any excess oil. Add egg. Season again with salt and pepper. Cook until almost set, scraping tortilla's edges with a rubber spatula.

Now for the tricky part.

Cover sauté pan with an entrée plate and invert tortilla onto plate. Add reserved oil to pan and slide tortilla back in, and cook until just set. Don't overcook it.

Cool tortilla away from heat and slice when it is time to plate the course.

Garnish with aioli and paprika.

Aioli (Snobby mayo)

½ tsp saffron threads
2 T hot water
2 large egg yolks
2 peeled garlic cloves
½ tsp tobasco sauce
1 T lemon juice
1 cup olive oil

Salt to taste

Food processor

Combine the saffron and the hot water and steep for about 5 minutes. Combine the egg yolks, garlic, tobasco, lemon juice and salt in the bowl of a food processor. Add the steeped saffron and water and blend for 30 seconds. With the blade still spinning, add the olive oil in a slow, steady stream until an emulsion forms.

Makes one cup

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Frisee Salad Such a great, classic bistro dish. The recipe listed below is taken almost directly from the Balthazar cookbook. Balthazar is one of my favorite places to go and a great book to work from.

Stale bread for croutons, brioche is preferable (use whatever you have)
4-5 heads of frisee, rinsed and dried
1 T plus ½ cup sherry vinegar
½ lb slab bacon, cut into ½ inch lardons
4 shallots, peeled and minced (about ½ cup)
½ cup olive oil
3 T fines herbes (parsley, chervil, chives, tarragon)
6 eggs

Croutons: Cut bread in ½ inch cubes and toss in a bowl with olive oil, salt and pepper. Place on a sheet tray and bake until golden brown, shaking tray throughout for even cooking. Croutons should be golden brown (like croutons, you know?).

Prepare the pan for poaching the eggs: Fill a wide straight-sided sauté pan with water (about two-thirds full) and add the tablespoon of vinegar. Over a medium high flame, bring to a gentle simmer, and adjust the heat to maintain it.

For the lardons: Put a drop of olive oil in a sauté pan on medium heat and add the lardons, brown on all sides, stirring frequently, about 10 minutes. Add the minced shallots and continue to cook for 2-3 minutes, to soften and lightly brown them. Without pouring off the fat, add the ½ cup of vinegar to the pan. Bring to a boil, using a wooden spoon to scrape any delicious bits that have caramelized on the surface of the pan. When the vinegar has reduced by half, about 3 minutes, turn off the flame. Add the olive oil and stir well to combine. Pour over the bowl of frisee along with the croutons and fines herbes. Season. Toss. Plate.

Crack the eggs, one at a time, into a small saucer and then slide them into the simmering water. Poach for 4 minutes. Scoop out with a slotted spoon and put one on top of each salad. Sea salt.

Serves 6

Seared Salmon, fingerling potato salad, gribiche sauce Gribiche is a classic French sauce that is quite versatile. In a nutshell, you could put it on your boots. A perfect hardboiled egg is not easy, there are always variances.

1½lbs salmon (4oz per person)
3-4 fingerling potatoes per person
2 heads of frisee
4 eggs
2 teaspoons Dijon mustard
5 tablespoons olive oil
1 tablespoon red wine vinegar
1/2 cup finely chopped cornichons
1 tablespoon finely chopped capers
1 tablespoon finely chopped tarragon
1 tablespoon finely chopped parsley
1 teaspoon finely chopped chervil
1 shallot peeled and finely chopped
Lemon zest
Capers

Salmon: Portion and skin salmon, dry thoroughly, rub with oil and season liberally with salt and pepper. Heat sauté pan with olive oil until it smokes and cook salmon fillets for 30 seconds on each side. Place salmon fillets on plate and put into fridge.

Potatoes: Start potatoes in heavily salted cold water, bring to a boil and turn down to a simmer. Do not let potatoes boil. Cook until easily pierced with a knife. Cool in fridge.

Eggs: Bring eggs up to a boil and pull off heat, leave covered for 9 minutes and ice down.

Gribiche sauce: Peel the egg and cut in halves. Pull the yolk out and cut into small dice, then cut the egg white into roughly the same size. Add to a mixing bowl along with all the remaining ingredients and stir well. Allow the sauce to stand for around 20 minutes so the flavors can develop.

To plate: Slice salmon as thinly and evenly as possible. Toss potatoes with gribiche and frisee and plate with salmon. Garnish salmon with a drizzle of your best olive oil, lemon zest, capers and fresh herbs.

Serves 6 as an appetizer

Spaghetti Carbonara Romans say that this pasta was introduced to their city by the charcoal sellers who came down from Abruzzo in earlier times to hawk their wares—which is why they've named it for the *carbonara*, the charcoal maker's wife. This is truly one of my favorite dishes to prepare. I always keep it's ingredients on hand. Americans like to complicate it with things like onions, peas, cream, guar gum, etc. There are so many versions of this simple dish—but the true Roman version is the one below. Mark Ladner of Lupa and Del Posto makes a perfect roman carbonara and adds scallions to his.

8 ounces guanciale, may substitute pancetta or good bacon
1 pound dry spaghetti
1 cup grated Parmigiano-Reggiano
4 eggs
Freshly ground black pepper
Scallions (optional)

In a 12 to 14-inch sauté pan, render and brown guanciale with olive oil until crispy and golden. Do not drain fat from pan; set aside.
Bring 6 quarts of water to a boil and add salt to taste. Pasta water should taste like seawater. Cook spaghetti according to the package directions, until tender yet al dente, reserving the pasta cooking water.

Reheat the guanciale in the pan with the fat and add approximately 1/4 cup of the pasta cooking water to the pan. Toss in the cooked pasta and heat, shaking the pan, for 1 minute. Add the grated cheese, egg whites, and black pepper and toss until fully incorporated. Divide the pasta among 6 warmed serving bowls.

Serves 6



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October 2007 Wine Pairings

QUAFFER

FALESCO UMBRIA MERLOT '05 IGT

Umbria, Italy

WINE BLEND: 100% Merlot

APPETIZER

CHATEAU SAINT BAILLON ROSE' '06

Cotes De Provence, France

WINE BLEND: Red Varietal Blend

SALMON COURSE

CARTLIDGE & BROWN PINOT NOIR '05

Napa County, California

WINE BLEND: 100% Pinot Noir

PASTA COURSE

DI LUPO MASO ALTO '05 DOC

Alto Adige, Italy

WINE BLEND: 100% Pinot Grigio

DESSERT

OREMUS LATE HARVEST TOKAJI '03

Eastern Hungary

WINE BLEND: 60% Furmint, 30% Harslevelu & 10% Zeta