

## Marmitons de Québec

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for 4 people

(cold appetizer)

### Salmon tartar with the two pepper coulis

#### Ingredients

300g	fresh salmon - diced
75g	onion rouge finely cut
25g	capers
1 tbs	fresh coriander
15 ml	whole grain mustard (de Meaux)
AN	olive oil
AN	lemon juice
AN	salt and fresh ground pepper
12 slices	smoked salmon



#### Coulis

100 ml	mayonnaise (home made or store bought)
1	roasted red pepper peeled
½	garlic bud
15 ml	lemon juice
30 ml	olive oil
AN	salt and fresh ground pepper
1 pinch	Chinata smoked pepper

#### Method :

- Make the salmon tartar using all of the ingredients, place a spoonful on a slice of smoked salmon, roll tightly then store in a fridge.
- Using a blender, add all of the ingredients for the coulis. Mix until well blended and check the seasoning.
- Place 3 salmon rolls on a plate, drizzle the coulis around the plate, add a sprig of parsley and serve.

## Marmitons de Québec

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*For 4 portions*

*(Soup)*

### **Cream of zucchini and tarragon**

#### **Ingrédients**

2	large zucchini
1	spanish onion
1 tbls	dried tarragon
1 tbls	fresh tarragon
1liter	chicken stock
½ cup	cream 35%
AN	salt and pepper
AN	butter and oil



#### **Method :**

- *Cut the zucchini and onions in to large pieces and cook them in ½ oil and ½ butter. Salt and pepper. Add the dried tarragon, and then add the chicken stock.*
- *Let simmer for 30 minutes over low heat.*
- *Using a blender, mix well and adjust the seasoning. Add the cream and then the fresh tarragon at the last minute.*

## Marmitons de Québec

For 4 portions

(Hot appetizer)

### Oysters au Beames de Venise

#### Ingredients

24	<i>oysters</i>
1	<i>large carrot</i>
1	<i>leek (white part only)</i>
16	<i>asparagus</i>
12	<i>cherry tomatoes cut in half</i>
1	<i>small summer zucchini</i>
150 g	<i>butter</i>
100 ml	<i>Beames de Venise wine</i>
100 ml	<i>cream 35%</i>
1 pinch	<i>sugar</i>
AN	<i>cut chives</i>
AN	<i>salt and fresh ground pepper</i>



#### Méthode :

1. *Peel the vegetables and cook separately in boiling salted water. When cooked, fry them to 80g of butter and the sugar, season. Keep warm.*
2. *Open the oysters and save the sea juices. Remove the meat from the shell and cook in 50g of butter.*
3. *Deglaze the oysters with the Beames de Venise wine. Remove the oysters and add them to the vegetables.*
4. *Add the sea juices and reduce slightly. Add the cream and reduce to a sauce consistency. Add a couple of spoonfuls of butter.*
5. *Place the oysters and the vegetables in a dish and cover with the sauce. Add some chives and serve.*

## Marmitons de Québec

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*For 4 people*

*(Appetizer or main course)*

### **Rabbit kidneys with Grandmother Sauce**

#### **Ingredients**

48	rabbit kidneys (12 per person)
1	onion finely minced
8	mushrooms brunoise cut
1	carrot brunoise cut
1	branch of celery brunoise cut
120 g	lardoons cut into small cubes
250 ml	demi-glaze
1	branch of fresh thyme
1	clove of garlic
125 ml	red wine
30 ml	brandy
	salt and pepper
	butter



#### **Method :**

##### **Grandmother sauce**

- Fry lardoons until golden and remove the fat.
- Add the vegetables, cook for a couple of minutes, season and add the garlic and thyme.
- Deglaze with the red wine and reduce by one half. Add the demi-glaze and reduce again to one half.

##### **Kidneys**

- Using a hot frying pan, cook the kidneys in butter. Salt and pepper and cook for 2-3 minutes.
- Deglaze with the brandy, add the sauce and serve.

## Marmitons de Québec

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For 4 people

(Main course)

### Duo of veal sweetbreads and quails, chanterelle mushrooms and oranges

#### Ingredients

2	jumbo quails, bones removed
2	lobs of veal sweetbreads (about 350 g)
2	shallots
1	clove of garlic
200 ml	orange juice
100 ml	red wine
2 sprigs	fresh thyme
1 cup	demi-glace
1 tbs	sugar
AN	fresh chanterelles
AN	salt and freshly ground black pepper
AN	butter, oil



#### Method :

- Rinse the sweetbreads in running water for at least an hour.
- Next, simmer then in warm water over a low heat with a little onion and pepper for about 20-30 minutes.
- Remove the membrane and nerves, cut into medium size pieces. Place into refrigerator.

#### Sauce :

- Cook the shallots, ground pepper and garlic. Deglaze with 100 ml of the orange juice. Add the thyme and reduce to ½ the volume.
- Add the wine and reduce to ½ once again. Add the demi-glace.
- Keep warm

#### Finition :

- Roast the sweetbreads on both sides; add the quails that have been previously cut in half.
- Cover with sugar and season, add the chanterelles.
- Deglaze with the remaining orange juice, reduce slightly and add the sauce. Simmer the sauce for a few minutes and then serve.

## Marmitons de Québec

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*For 4 portions*

*(Cheese)*

### **Warm goat cheese in a phyllo pastry**

#### **Ingredients**

200 g      goat cheese (Paillot)  
4          handfuls mixed salad  
1          package of phyllo pastry  
            onion comfit  
            vinaigrette



#### **Onion comfit**

30 g      sun dried raisins  
1          spanish onion - minced  
150 g     sugar  
½ cup     white wine vinegar  
30 g      crushed nuts

#### **Method :**

- Simmer and reduce the onions, sugar and vinegar for 30 minutes on a medium heat. Add the raisins and reduce to a jam consistency. Add the nuts, mix well and let the mixture cool.

#### **Vinaigrette**

1 cup      Olive oil  
¼ cup     white wine vinegar (red wine, white wine or sherry vinegar)  
            Salt & pepper  
1          scallion

#### **Method :**

*(next page...)*

## Marmitons de Québec

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### **Method :**

- *Lay out one sheet of phyllo pastry, oil or butter the sheet, then place a second sheet on top.*
- *Cut into sections large enough to create a small purse and put a portion of cheese mixture and a spot of the jam, fold into a purse fashion.*
- *Close the purse and place in the refrigerator.*
- *Place in to a 400°F oven for 10-15 minutes,*
- *Place on to a portion on salad mixture that has previously been mixed with the vinaigrette.*

## Marmitons de Québec

*For 4 people*

*(Dessert)*

### **Caramelized fruits crepes**

#### **Crepes - Ingredients**

3                eggs  
1 cup          milk  
4+ tbs        flour  
2 tbs          sugar  
                pinch of salt  
40 g          melted butter



#### **Method :**

- *Mix all of the ingredients, except the butter. Add the butter after everything is well blended.*
- *Let the mixture sit for about 30 to 45 minutes*

#### **Fruits - Ingredients**

1                cantaloupe cut into small pieces  
1                green apple, peeled and cut into small pieces  
12              dried apricots cut into small pieces  
100 g         butter  
100 g         sugar or brown sugar  
60 ml         port wine (to taste)

#### **Method :**

- *Melt the butter in a large pan, add the sugar and slowly caramelize.*
- *Add the cantaloupe and apples, caramelize the fruits.*
- *Deglaze with the port wine and add the apricots, reduce until almost dry.*
- *Put to the side for a moment.*

#### **Mise en place :**

- *Prepare 4 large, thin crepes, place some of the fruit along the middle and then close.*
- *Pour a small quantity of maple syrup over the crepe. You could also use a mixture of reduced port wine and warm pine nuts.*
- *(You could also put a spoonful of cream or ice cream over the crepe.)*