



Les Marmitons

of/de Ottawa-Hull
March 24th, 2004

Chef Invité:
Gay Cook

Guest Chef:
Gay Cook

Menu

SATURDAY MARCH 24TH, 2004

French Onion Soup
2005 Ch. De Raousset Chiroubles \$19.95 (#007997)

Coquilles Saint Jacques
2003 Les Princes Abbes Dom Schlumberger Pinot Gris \$20.95 (#021253)

Asparagus with Lemon Brown Butter and Herb Sauce
2005 Kotare Marlborough Sauvignon Blanc \$16.15 (#687780)

Braised Lamb Shanks with Fennel; Rosemary-Scented White Beans.
2003 Esprit de Granit St. Joseph A.C. \$27.95 (#017152)

Spring Salad

COFFEE CRÊPES WITH TIA MARIA CREAM DRIZZLED WITH CHOCOLATE SAUCE
2005 Cave Spring Select Late Harvest Cabernet \$20.05 (#630244)

Coffee



Team Assignments

<p>FRENCH ONION SOUP</p> <p>Gunter-Smith, Vaug <i>Team Leader</i> Jasek, Adam Holtz, Joe Marcantonio, Tony Pratt, David Sneddon, Ian</p>	<p>COQUILLES SAINT JACQUES</p> <p>Huszarik, Fred <i>Team Leader</i> Butler, Dave Gales, Lawrence Aghajanian, Peter Belkaloul, Eddie Hebert, Andre</p>
<p>ASPARAGUS WITH LEMON BROWN BUTTER AND HERB SAUCE</p> <p>Cowley, Bill <i>Team Leader</i> Alder, Hans Greenberg, Jeff Brooks, James Koroniak, Maurice (This Team will do the Spring Salad)</p>	<p>BRAISED LAMB SHANKS WITH FENNEL; ROSEMARY-SCENTED WHITE BEANS</p> <p>Ferguson, Gord <i>Team Leader</i> BRUCE, PETER Ayeko, Marcel Scott, Randy Friesen, Murray Spadola, Angelo Wright, Tom</p>
<p>SPRING SALAD</p> <p>Cowley, Bill <i>Team Leader</i> Alder, Hans Greenberg, Jeff Brooks, James Koroniak, Maurice</p>	<p>Coffee Crêpes with Tia Maria Cream Drizzled with Chocolate Sauce and Coffee</p> <p>Sipolins, Doug <i>Team Leader</i> Barnett, Gord Aubin, John Ruta, Richard Waters, Glen Fillion, Rob</p>



French Onion Soup

Serves: 6

Ingredients

6 earthenware or oven-proof soup bowls
2 tablespoons (25 mL) butter
1 teaspoon (5 mL) olive oil
6 - 7 medium-sized onions or 1 3/4 - 2 lbs (3/4 kg), thinly sliced onions
5 cups (1 1/4 L) well-flavoured hot beef or chicken bouillon or stock
1/2 cup (125 mL) red wine or port for beef or white wine for chicken stock optional
Season with salt to taste
6, 3/4-inch (2 cm) slices from French baguette - size should fit soup bowls or use broken pieces of bread
3 cups (750 mL) or 6 - 8 oz (200 g) grated Swiss or mild cheddar cheese

Method

1. IN HEAVY SAUCEPAN, MELT BUTTER WITH OIL ON MEDIUM HEAT. ADD ONIONS COVER, STIRRING SEVERAL TIMES, ABOUT 6 - 8 MINUTES TO SWEAT ONIONS BUT NOT BURN. REMOVE LID AND CONTINUE TO COOK FOR 40 - 45 MINUTES STIRRING FREQUENTLY UNTIL ONIONS ARE A RICH BROWN BUT NOT BURNT. THE ONIONS CAN BE COOKED IN MEDIUM-LOW HEAT IN THE OVEN.
2. ADD HOT STOCK TO ONIONS, SCRAPING ANY BITS STUCK ON THE BOTTOM OF THE PAN AND GENTLY SIMMER UNCOVERED FOR 40 - 45 MINUTES (NEVER BOIL). ADD WINE OR PORT A FEW MINUTES BEFORE THE END OF COOKING. SEASON.
3. PREHEAT OVEN TO 375°F (190°C): TO MAKE CROUTONS, PLACE BREAD ON A BAKE SHEET AND BAKE ABOUT 10 - 12 MINUTES UNTIL CRISP AND GOLDEN.
4. TO SERVE, PREHEAT OVEN BROILER. PREHEAT SOUP BOWLS. PLACE TOASTED BREAD IN THE BOWLS AND POUR IN HOT SOUP. SPRINKLE CHEESE THICKLY ON THE TOAST THAT FLOATS TO THE TOP: PLACE BOWLS UNDER THE BROILER UNTIL CHEESE IS GOLDEN BROWN. SERVE HOT.



Coquille Saint Jacques

Serves 6:

Stage 1 Bouillon: Ingrédients:

6 scallop shells

Court Bouillon:

1 cup (250 mL) water

1 cup (250 mL) dry white wine

1 onion and 1 carrot, chopped

1 bay leaf,

1/2 teaspoon (1 mL) dried thyme

Sprig of fresh parsley

1/4 teaspoon (1 mL) salt

3/4 pound (375 g) fresh sea scallops with juice

Method

Place water, wine, onion, carrot, bay leaf, thyme, parsley and salt in saucepan; simmer, 20 minutes. Strain; return to saucepan and bring to simmer again. Add scallops and juice; poach gently with liquid barely moving for 2 to 3 minutes or until scallops have turned white and slightly firm to touch. Remove scallops; set aside, covered. Reserve liquid.

Stage 2 Mushroom: Ingrédients

6 ounces (168 g) cremini (brown button) mushroom, thinly sliced

2 tablespoons butter

1 tablespoon (15 ml) olive oil

Salt and pepper

Method:

In skillet over medium-high heat melt butter with oil. When bubbling add mushrooms and cook quickly stirring often until they begin to brown, about 1 - 1 1/2 minute. Season with salt and pepper; immediately move mushrooms from pan to a platter to cool.

Stage 3 Sauce: Ingrédients

Reserved fish bouillon

2 tablespoons (25 mL) butter

2 teaspoons (10 mL) olive oil

2 tablespoon (25 mL) finely chopped shallots on onions

2 tablespoons (25 mL) all-purpose flour

1/2 cup (125 mL) 18% or whipping cream



1 tablespoon (15 mL) lemon juice or to taste
2 tablespoons (25 mL) finely chopped chives
Salt and pepper to taste
1/4 cup (50 mL) grated Parmesan cheese

Method:

1. In saucepan add reserved liquid and boil down to half, about 1 cup. Set aside. In saucepan, melt butter; sauté shallot until cooked but not browned. Add flour; cook 1 minute. Whisk in reserved liquid and whisk until thickened. Stir in cream; cook gently 5 minutes, whisking often. Stir in chives. Season to taste. Add lemon juice if the sauce is too bland.
2. Divide mushroom between scallop shells. Divide scallops between shells and place on mushrooms. Pour on sauce. Sprinkle generously with grated Parmesan cheese; place under broiler until golden. Serve.

ASPARAGUS WITH LEMON BROWN BUTTER AND HERB SAUCE

A. Asparagus with Brown Butter Herb Sauce

Serves 4 to 6

Asparagus: Ingrédients and Method

Take 2 lb (1 kg) asparagus

1. To prepare the asparagus, bend to break off about 1-2 inches (2.5 to 5 cm) of the stem end. With new, tender varieties now widely available, it's no longer necessary to discard most of the stem. Save the ends for soup. Wash in cool water and drain. If desired, peel the stems with a vegetable peeler.
2. To cook, lay the spears flat in a skillet. Place the skillet on high heat and pour on 1 qt (1 L) boiling water or just enough to cover the asparagus. Sprinkle in 1 tsp (5 mL) salt. Return to the high boil with cover then immediately remove cover, and cook for 2 to 4 minutes or until the asparagus is tender when pierced with the tip of a knife. Drain and place on platter. Pour sauce over top.

Brown Butter and Herb Sauce

Makes ½ cup (125 mL)

Ingrédients:

½ cup (125 mL) butter
¼ teaspoon (1 mL) freshly ground black pepper
4 tablespoons (65 mL) finely chopped fresh sage, tarragon or oregano
1 ½ tablespoons (22 mL) fresh lemon juice
Pinch salt or to taste



Method:

In a small saucepan add butter, pepper and herbs over medium heat; cook 4-5 minutes or until the foam forming on top begins to turn a golden colour. This stage can be done in the microwave and may take two - three minutes. Remove pan for heat and pour into heat proof bowl. Add salt and lemon juice to taste. Pour over hot asparagus.

BRAISED LAMB SHANKS WITH FENNEL ROSEMARY-SCENTED WHITE BEANS

1. Braised Lamb Shanks with Fennel

Serves 4 to 6

(This delicious lamb dish is adapted from a classic Italian veal recipe. The long, slow cooking gives a deeply rich flavour and tender meat that falls off the bone. The recipe can be made up to two days ahead.)

Ingrédients:

6 lamb shanks 10 - 12 oz (300 350g) each
½ cup (125 mL) all-purpose flour
1 ½ teaspoons (7 mL) salt
½ teaspoon (2 mL) freshly ground black pepper
3 tablespoons (40 mL) olive oil
1 medium onion, diced
1 medium carrot, diced
1 medium fennel bulb, trimmed, diced
3-4 garlic cloves, minced
2 bay leaves
Zest and juice of 1 lemon
1 cup (250 mL) beef or chicken stock
1 28 oz (707 mL) can diced plum tomatoes
1 teaspoon (5 mL) each fresh thyme and rosemary
1 tablespoon (5 mL) chopped fresh parsley
Salt and pepper to taste

Method

1. Trim any excess fat on the shanks, leaving the membrane that holds the meat to the bone. In a dish, mix the flour with salt and pepper, dredge the shanks and shake off excess. Heat a large, heavy sauté pan with lid or Dutch oven on medium-high heat with half the oil. Brown the meat on all sides, for about 8 - 10 minutes. Remove and set aside. Heat the remaining oil in the same pan on medium heat and sauté onions,



carrots and fennel about 5-6 minutes, stirring often. Add the garlic and cook for 1 minute. Add the bay leaves, lemon juice, zest and stock, scraping up any brown bits in the pan. Cook about for 10 minutes until the mixture reduces slightly. Add the tomatoes and herbs and season with salt and pepper, if needed.

2. Place the meat in the pan making sure it's completely covered with sauce. Cover and place in a preheated 300°F (150°C) oven, or on top of the stove on low, for 2 hours. The meat must cook very gently so that it is tender and separates from the bone. Turn the shanks every half-hour.
3. To serve, remove the shanks from the sauce and place them on a warm platter. Tilt the pan to collect the surface fat and spoon off the fat and discard. Reduce the sauce on medium-high heat until it is thickened to the desired consistency. Pour sauce over the meat and garnish with parsley. If the recipe is made ahead, place the mixture in a roasting pan, covered with foil, and reheat in a 350°F (180°C) oven for 30 minutes.

2. Rosemary-Scented White Beans

Serves 4 to 6

Ingredients

1 cup (250 mL) dry white kidney beans
4 cups (1 L) water or chicken stock
½ onion, finely chopped
2 -3 sprigs fresh rosemary
Salt and pepper to taste.

Method

Rinse and remove any foreign bits. Soak overnight covered with warm water, 2-inches (5 cm) above beans. Drain and add to hot stock or water with onions and rosemary. Gently cook until tender uncovered about 1 1/2 hours. Leave about ½-inch (2 cm) liquid over the beans as the beans continue to absorb the juice when off the heat. Add more water if needed. Season to taste.

Spring Salad

Serves 4 to 6

General Note: Allow ¾ cup (175 mL) greens per serving. Use Bibb or Boston, leaf, lettuce, or mesclun mix. Tear the lettuce into sizes to fit the mouth.

Vinaigrette:

2 tablespoon (15 mL) wine vinegar or lemon or grapefruit juice
¼ teaspoon (1 ml) salt
½ teaspoon (2 mL) Dijon mustard or ¼ teaspoon (1 mL) dry mustard
5 tablespoon (55 mL) extra-virgin olive oil
¼ teaspoon (1 mL) freshly ground black pepper
2 teaspoons (10 mL) chopped fresh parsley, chives, tarragon or basil



Method:

In a small bowl or use the bottom of the salad bowl, whisk together vinegar and salt to dissolve the salt. Add the mustard and whisk in the oil. Add the pepper at the end.

Optional: 1 or 2 garlic cloves, minced or 2 teaspoons chopped fresh herbs.

Coffee Crêpes Tia Maria Cream Drizzled Chocolate Sauce Serves 10

Coffee Crêpes:

Ingrédients:

2 eggs

1/4 cup (175 mL) milk

1/2 cup (50 mL) strong coffee

1/2 cup (125 mL) all-purpose flour

1/2 teaspoon (2 mL) salt

2 teaspoon (10 mL) granulated sugar

1 tablespoon (15 mL) butter

Method:

1. **A. Blender or Food Processor:** Place eggs, milk, coffee, flour, cocoa, salt, sugar (if using) and butter in a blender or food processor and blend for about 20 seconds. Scrape down the sides with a rubber scraper and blend for several seconds more **or**
By Hand: Place eggs, milk, flour, salt, sugar (if using) and butter in a mixing bowl and use a whisk to whisk about 1 minutes until well blended.
2. Chill the batter for 20 minutes, allowing the gluten or protein in the flour to relax, which makes tender crêpes.
3. Lightly oil a 6 or 7-inch (15 or 17.5-cm) crêpe pan with a paper towel dipped in vegetable oil. When the pan is smoking, on medium-high heat, remove from the heat. Quickly pour in about 1½ - 2 tablespoon (22- 25 mL) of batter over bottom of pan while quickly tilting the pan so becomes lacy. Return to the heat and cook until the crêpe is golden on the bottom and dry on top about 1 minute. Flip the crêpe over, cook another 30 seconds and remove to a plate. Pile the crêpes on top of each other as they are cooked. Use immediately, or cool and freeze for later use.
4. To fill crepes, lay crepe flat and spoon about 2 heaping tablespoons (25 mL) whipped cream along centre of crepe. Roll crepe around cream. Place on platter. Continue with remaining crepes. Refrigerate until ready to serve.

To serve, drizzle chocolate sauce over the rolled crepes.



Sweetened Gelatin Whipped Cream

Ingredients:

- 1/2 teaspoon (2 mL) plain gelatin
- 1 tablespoon (15 mL) cold water
- 1 cup (250 mL) 35% whipping cream
- 3- 4 tablespoons (50 - 65 mL) Tia Maria liqueur
- 3-4 tablespoons (50 - 65 mL) powdered sugar

Method:

1. Soften gelatin with cold water in a metal bowl. Place over simmering water until mixture liquefies.. Cool gelatin slightly.
2. Whip cream until soft peaks form Whisk in sugar. Gently whisk gelatin and Tia Maria into whipped cream.

Chocolate Sauce_

Makes 1 1/2 cups (375 mL)

Ingrédients

- 3/4 cups (175 mL) granulated sugar
- 1/3 cups (75 mL) cocoa
- Pinch salt
- 1/3 cup (75 mL) boiling water
- 2 tablespoons (25 mL) golden corn syrup
- 1 tablespoons (15mL) butter
- 1 teaspoon (5 mL) vanilla

Method:

In saucepan, mix sugar, cocoa and salt. Stir in water and syrup. Bring to a simmer gently cook 10 -12 minutes, stirring often. Add butter. Cool briefly. Add vanilla.



Filename: Menu 24 March 2007.doc
Directory: \\casb04\gales\My Documents\My Documents\other
works\24 March 2007
Template: C:\Documents and Settings\gales\Application
Data\Microsoft\Templates\Normal.dot
Title:
Subject:
Author:
Keywords:
Comments:
Creation Date: 20/03/2007 2:33:00 PM
Change Number: 21
Last Saved On: 23/03/2007 10:58:00 AM
Last Saved By: gales
Total Editing Time: 97 Minutes
Last Printed On: 23/03/2007 10:58:00 AM
As of Last Complete Printing
Number of Pages: 10
Number of Words: 1,932 (approx.)
Number of Characters: 11,018 (approx.)