



*Les Marmitons*  
HALIFAX

*Chef Jameson Braux*

*Maritime Gourmet Mushroom*

*October 16, 2019*

*Roasted and pickled beets / plumped cranberries / ricotta /  
buckwheat and caraway crumb / orange and pink peppercorn  
vinaigrette*

*Lion's mane mushroom cakes / baby herb salad / romesco /  
lemon vinaigrette*

*Halibut cheek schnitzel / Rye & mustard Spaetzle / lardons /  
brown butter and caper sauce / braised swiss chard / pickled  
celery /*

*Pannacotta / peach compote / caramelized white chocolate*

# Beet Salad Serves 4-6

## Roasted beets

4 Beets  
Beet Leaves

Olive oil  
Salt and Pepper

Peel beets and reserve peel for later use. Cut beets into wedges, toss with olive oil, salt and pepper. Roast beets on baking tray in 350 F oven for 30-45 minutes. Place peels and leaves in oil and salt and pepper. Spread the peel and leaves on a sheet pan and roast in same oven and cook until crispy. Setting aside to garnish the salad later. Once beets are cooked, remove from heat and set aside to cool

## Marinade pickled beets

4 Beets peeled  
Boil together

1L White vinegar  
2L water  
500 ml sugar  
1 Tbsp cinnamon

1 Tsp all spice  
1 Tbsp mustard seed  
1 tsp cloves

Boil red beets until fork tender, remove the skins and reserve the pickling liquid. Place pickling liquid in a wide pot and slowly reduce to syrup consistency.

Thinly slice beets using a mandolin. Stack a few larger slices on top of each other and use a 2" and 4" cutter to stamp out smaller and larger disks. Save the trimmings and set a side

## Buckwheat and caraway crumb

¼ Cup Buckwheat kernels  
¼ Cup Pumpkin seeds  
2 slices Sourdough  
2tsp Olive oil

1 Tsp caraway seed  
Salt and pepper

Bake buckwheat on baking tray at 350F until golden and toasted. Remove from the oven and set aside

Place sourdough onto baking tray and brush with olive oil and salt. Bake in the oven until dry and lightly golden. Remove from oven and break into small pieces.

Lightly toast caraway seeds in dry pan over low-medium heat.

Place everything into bowl of food processor and pulse on low to a crumb. Season to taste

## Ricotta

300 g Ricotta	Zest and juice of lemon
2 Tbsp finely chopped shallots	Juice of orange
2 Tbsp Dill	1 Tbsp Cider vinegar
½ shallot, minced	1 Tsp ground sumac (provided by chef)

Combine all ingredients in bowl until evenly mixed.

## Plumped Cranberries

1 cup dried cranberries	Sprig of rosemary
2 cups cranberry juice	

Bring cranberry juice and rosemary to a boil. Add cranberries and remove from heat. Set aside.

## Orange shallot vinaigrette

1L Orange juice, fresh Orange zest	3/4 L canola oil
½ Cup shallot minced	Salt
3 Tbsp cider vinegar	Crushed pink peppercorns

Combine orange juice, zest, and shallot in saucepan. Cook over medium heat until reduced to 2/3. Remove from heat.

Add vinegar and slowly whisk oil in steady stream

Season with salt and crushed pink peppercorns.

## Mushroom cakes makes 72 -1oz portions

5 lbs lion's mane mushroom	1 c Italian parsley finely chopped
5 lbs mix mushrooms (oyster, shiitake)	1 tsp hot sauce
2 lg shallots, minced	¼ cup soy sauce
3 garlic cloves minced	4 eggs (can use flaxseed egg to make vegan)
2 leeks, finely diced	1 c Greek yogurt
2 tbsp thyme leaves	2-3 c Panko / bread crumb
2 Tb Hungarian paprika	Olive oil
¼ cup smooth Dijon mustard	
1-2 lemons (zest and juice)	

Tear lion's mane mushroom into large chunks and roast with olive oil, garlic, salt, and roast in oven at 350F oven for 40- 60 minutes. Turn halfway through to make sure mushrooms caramelize. The mushrooms will lose size as the water cooks out.

As the mushrooms are roasting, sauté the shallots, leeks, and garlic with olive oil until translucent. Add the paprika and cook for 5 more minutes. Add the fresh thyme, salt and pepper and set aside.

Take the roasted mushrooms out of the oven and place in a food processor and slowly pulse 3-4 times until the mushrooms are roughly chopped and resemble picked crab. Place mushrooms and onion mixture into a large mixing bowl and mix together and adjust seasoning.

Add to the large bowl, Dijon mustard, yogurt, lemon zest, parsley, soy sauce, and hot sauce. Mix well together and add the beaten eggs, mix well, then add the panko crumbs and some of the lemon juice. Taste and adjust seasoning, set aside.

Form into 2" cakes; fry in non-stick pan on medium heat until lightly golden and caramelized crust forms on both sides.

### **Romesco Sauce**

2 Red peppers	1.5 Tbsp Paprika
2 Yellow and orange peppers	2-3 pickled red peppers
1 small can chopped Italian tomatoes	Squeeze lemon juice
1/4c Sherry vinegar	Hot sauce
1c Almonds, slivered	Salt and pepper
6 cloves garlic	

Place almonds in oven and roast until golden brown. Roast peppers over fire to get a nice char on the skin, place in bowl and cover with plastic wrap and set aside. Once cool enough to handle peel and seed the peppers. Put the almonds, peeled roasted peppers, along with the rest of the ingredients in a food processor. Blend until almost smooth. Adjust seasoning.

## **HALIBUT CHEEK SCHNITZEL**

Halibut cheeks	1/3 Tsp Oregano
Panko crumb	1 Tsp Celery salt
Egg wash	1 Tsp Black pepper
Flour	1 Tsp Dried mustard
Spices:	4 Tsp Paprika
2/3 tsp Salt	2 Tsp Garlic salt
1/2 Tsp Thyme	1 Tsp Ground ginger
1/2 Tsp Basil	

### **BRINE:**

4L Water  
1/2 Cup salt  
1/2 Cup sugar

1 Cup Buttermilk

Combine water, salt, sugar, buttermilk and spices.

Brine halibut cheeks for 10-20 minutes. Remove from brine. Pat dry.

Place in seasoned flour, followed by the egg and the panko bread crumb.

Heat pan with butter and canola oil. Fry fish until golden on both sides. Season with Salt

## **SPAETZLE**

4 whole eggs

4 egg yolks

1 3/4 cup buttermilk

2/3 cup water

2 Tbsp butter melted

2 Tbsp. whole grain Dijon mustard

1 ½ Tsp. Dijon mustard

2 Tsp ground nutmeg

2 Tbsp. Salt

½ Tsp ground pepper

6-7cup rye flour sifted

In a mixing bowl sift the rye flour with the nutmeg, salt, pepper and set aside

In another large mixing bowl whisk together whole eggs and egg yolks until frothy

Create a well in the center of the flour and add the eggs, butter, buttermilk, water, both mustards and beat together with wooden spoon for 10- 15 minutes. It should be thicker and a little more elastic than a cake batter but not as firm as a pasta dough.

Add more flour if the mixture is too runny, or more milk if it is too stiff.

The dough is done when “bubbles” begin to form. After 15 minutes or less of beating, stir and pull the dough with a wooden spoon away from the side of the bowl to check for a “hole” to appear. This does take a little skill.

Working with small batches of dough use a pastry knife to scrape the dough back and forth on a perforated pan into salted boiling water. Only doing little amounts of time to allow even cooking and cooling.

Once the dumplings begin to float, skim off dumplings and transfer immediately to an ice bath to cool. This step helps firm up to the desired consistency. Continue this process until all dumplings are blanched, drained and toss with a little vegetable oil or melted butter

To heat, melt some butter in a large pan and toss Spaetzel in it to heat through and slightly fry golden. Toss fresh parsley, taste for seasoning

## **BRAISED GREENS**

RAINBOW SWISS CHARD serves 4

Olive oil	1 bunch rainbow Swiss Chard, stems removed and cut into ½” long bias cut, leaves torn into large pieces
1 Cup double smoked bacon lardons (1/4” rectangle)	1 Tbsp Sherry vinegar
2 cloves garlic smashed	1 Tbsp butter, cold
½ tsp crushed chili flakes	Water, splash
½ tsp caraway seed	

Blanch Swiss chard stems in gentle, *unsalted* water for 3-5 minutes to help break down the fibrous stem, cool in ice water and set aside.

In a large sauté pan add some oil and add the bacon lardons and cook on medium heat until bacon turns golden and crisp, and the fat has properly rendered out. Remove, and strain bacon with strainer and allow to cool and set aside. Reserve the bacon fat for later use

Add some fat back to pan add garlic, caraway, and red chili flakes and cook on medium heat until garlic has turned nice and golden. Add the chard stems and cook for a few more minutes. Deglaze the pan with the sherry vinegar and add the chard greens to the pan and fry for a minute and add a splash of water. Cook for 2-3 minutes on low

Taste for seasoning and add the whole butter at the very end and serve immediately

## **PICKLED CELERY**

1 bunch Celery

Pickle brine:

1 Cup Vinegar	¼ Tsp Turmeric (optional, color)
½ Cup Sugar	1 Tsp Fennel seeds
¾ Tsp Kosher Salt	½ Tsp Cloves
1 Tsp Black Peppercorn	6 Tbsp White wine vinegar
1 Tsp Mustard seeds	

Peel celery into ribbons, remove celery hearts and leaves, do not discard. Place the pickle brine in a pot and bring to a boil and turn off heat. Taste and adjust the salt and sugar making sure it is not too sweet, but more on the salty side. Place celery in pickle liquid. Allow to sit off heat and covered for at least 30 min

## **Browned butter, lemon and capers**

Serves 6-8 servings

Tbsp unsalted butter (2 cm cubes)	4 Tbsp Capers
Lemons 1 juiced, zested 1 segmented and chopped	4 Tbsp chopped flat leaf parsley

Juice one of the lemons into a small bowl. Remove seeds

Peel the second lemon and remove each segment from the pith. Remove any tough skin parts and slice each segment into ¼" pieces. Set aside with the drained capers

Place the butter cubes in a wide bottomed pan and gently melt, whisking continuously. After several minutes, the butter will give off a nutty aroma and the solids will turn brown.

Once the butter reaches 375 F, add the lemon juice slowly and whisk, being care full to not burn yourself. When these have incorporated add the capers and lemon pieces and stir off heat, add parsley and serve

## **PANNA COTTA** serves 8 \*recipe by America's Test Kitchen

1 cup whole milk

2 ¾ teaspoons gelatin

3 cups heavy cream

2 teaspoons clear vanilla extract  
(provided by Chef)

6 tablespoons sugar

Pinch of Salt

Ice

Pour milk into medium saucepan: sprinkle surface evenly with gelatin and let stand 10 minutes to hydrate gelatin. Meanwhile, turn contents of two ice cube trays (about 32 cubes) into large bowl; add 4 cups cold water. Set Aside. Measure cream into large measuring cup or pitcher, add vanilla extract and set mixture aside. Set eight 4 ounce ramekins on a baking sheet.

Heat milk and gelatin mixture over high heat, stirring constantly, until gelatin is dissolved and mixture registers 135 degrees on instant-read thermometer, about 1 ½ minutes. Off heat, add sugar and salt; stir until dissolved, about 1 minute.

Stirring constantly, slowly pour cream with vanilla into saucepan containing milk, then transfer mixture to medium bowl and set bowl over ice bath. Stir frequently until thickened to the consistency of eggnog and mixture registers 50 degrees on instant-read thermometer, about 10 minutes. Strain mixture into large measuring cup or pitcher, then distribute evenly among ramekins. Cover baking sheet with plastic wrap, making sure that plastic does not mar surface of cream; refrigerate until just set (mixture should wobble when shaken gently), 4 hours.

## **STONEFRUIT COMPOTE**

*Yield: 1 Liter*

### Ingredients:

5 cups coarsely chopped ripe stonefruit	2 allspice berries
4 tbsp honey	zest of 2 lemons
1 tsp salt	1 cinnamon stick
2 pieces star anise	

Combine everything in a pot and cook on medium heat, gently stirring occasionally, approximately 8-10 minutes until softened.

Strain and cool.

Return any liquid strained out into a pot and cook on medium low heat and reduce until thickened.

Add liquid back into strained fruit and fold together.

## **CARAMELIZED WHITE CHOCOLATE**

White chocolate

Break chocolate into pieces.

Stir with wooden spoon over low heat until chocolate is melted. Continue cooking, while constantly stirring, until caramelized and crystals begin to form, texture should be crumb-like.

Scrape pot onto baking sheet and allow to cool.

Use pastry knife to break chocolate into small pieces.