

OBR\_1003\_Loup de Mer Dinner\_One Big Recipe

Menu:

GRILLED PEARS WITH BLUE CHEESE AND BACON

BEEF TARTARE 'SLIDERS'

KIMCHI CREAM PASTA

LOUP DE MER EN PAPILLOTE, ÉCRASÉ POTATOES, BEURRE ROUGE

RAW OYSTER WITH CHAMPAGNE MIGNONETTE GRANITÉ

Method:

Long Processes, to start about 5 hours before Dinner Time:

- Mince 4-5 shallots, reserve for Mignonette and Beef Tartare (about 6 tablespoons/90 ml).
- **Start the Mignonette Sauce:**
- In a small saucepan over medium heat, combine ½ cup (120 ml) Champagne vinegar, 2 tablespoons (30 ml) sugar, 3 tablespoons (45 ml) minced shallots.
- Cook for 1-2 minutes, until the sugar dissolves.
- Remove from heat, add 1 ½ cups (350 ml) Champagne.
- Pour into a flat metal pan with a tall lip, such as a cake pan.
- Place in freezer, set a timer for 45 minutes.

*Take a break before starting the next processes...*

Medium Processes, to start about 4 hours before Dinner Time:

- Pull out 1 stick of butter (4-ounce/113 g) to come to room temperature for the Beef Tartare and the Écrasé Potatoes.
- **Grill the Pears:**
- Preheat grill to high heat.
- Preheat oven to 350 F (175 C).
- Remove top and bottom from three large pears, remove middles with an apple corer.
- Slice each of the trimmed pears into 2 1-inch (2.5 cm) thick rounds.
- Brush the cut sides lightly with veg oil, season with salt.
- Grill the pears, cut side down, for 2 minutes, until grill marks form.
- Flip and cook 1 more minute.
- Transfer the pears to a baking dish.
- Add 1 cup (240 ml) Moscato d'Asti to the pan, cover with foil.
- Bake in oven, set a timer for 45 minutes.
- **Cook the Bacon:**
- Slice 4 strips of bacon into narrow pieces against the grain.
- Cook bacon pieces in a pan over medium heat until crispy, 5-6 minutes.
- While the bacon is crisping, check the Mignonette Granité, use a fork to stir, scraping and flaking the ice crystals, re-set the timer for 30 minutes.

- Finish crisping the bacon, use a slotted spoon to transfer the bacon to a paper towel-lined plate.
- Reserve at room temperature for plating.
- **Separate the Eggs:**
- Retrieve 4 eggs from the fridge.
- Separate the eggs: crack an egg in half while holding it over a small container to catch the white, and, at the same time, using the half-shell to catch the yolk. Next, transfer the yolk back and forth from half-shell to half-shell, allowing the white to drain off completely into the container. When the yolk is clear of the egg white, use the half-shell to transfer it to a separate container. Repeat.
- Reserve 3 yolks for the Horseradish Aioli and keep 1 separate for the Beef Tartare, reserve the whites for another use (or discard).
- **Make the Horseradish Aioli:**
- In the bowl of a blender, combine 3 egg yolks, 1 tablespoon (15 ml) Dijon mustard, 2 tablespoons (30 ml) white wine vinegar, ¼ teaspoon (1.25 ml) cayenne, 2 cloves garlic (crushed), season with salt.
- Blend on low speed until just smooth, while the motor is running, add 2 cups (470 ml) vegetable oil in a slow, steady stream, blending until a thick, creamy mayonnaise is formed.
- Scrape the mayonnaise into a bowl.
- Fold in ¼ cup (60 ml) prepared horseradish root.
- Refrigerate until needed.
- Place a large pot of salted water on to boil for the Écrasé Potatoes.
- Check the Mignonette Granité, use a fork to stir, scraping and flaking the ice crystals, re-set the timer for 30 minutes.

At this point, about 1 ¾ hours have passed... 3 ¾ hours until Dinner Time!

- **For the Kale:**
- Prepare a bowl of water.
- Unbundle ½ bunch of curly kale, remove the stems by grasping the base of each stem with one hand and stripping the leaf away with the other into the waiting bowl of water.
- Agitate the leaves in the water, then lift them out into the basket of a salad spinner. Drain and dry well.
- Tear into bite sized pieces, transfer to a bowl.
- Sprinkle over ½ tablespoon (7.5 ml) salt and 1 tablespoon (15 ml) olive oil, and massage with hands to both evenly coat the leaves and to tenderize them.
- Refrigerate until needed.
- **Prepare a 'kit' for the Beef Tartare:**
- Strip the leaves from 2 sprigs of tarragon, chop the leaves very fine, enough to yield about 1 tablespoon/30 ml chopped. Transfer to a small bowl.
- Retrieve a cleaned 8-ounce (227 g) piece of tenderloin from the fridge.
- Use a sharp knife to slice the tenderloin into thin slices, between 1/8 and 1/4-inch (3-6 mm) thick.
- Stack the slices and cut the stack into small cubes, transfer cubes to a bowl.
- Drain and finely chop 1 tablespoon (15 ml) capers, add to a small bowl.
- Make a 'kit' for the Beef Tartare: place the bowls of beef, capers, tarragon, reserved shallots, and 1 reserved egg yolk from earlier all together on a tray.

- Refrigerate the tray (the 'kit') until needed.
- Pull the pears from the oven, loosen the foil, and chill at room temperature.
- Turn off oven until needed.
- **For the Oysters:**
- Place 1 cup (240 ml) dried arame seaweed in a small metal bowl, use a ladle to steal 2 cups (470 ml) of the boiling water and pour it over the seaweed.
- Set the bowl aside at room temperature for 10 minutes.
- **For the Écrasé Potatoes:**
- Rinse 2 pounds (907 g) of small fingerling potatoes. If the potatoes are very dirty, use a stiff brush to scrub under running water.
- Add the potatoes to the pot of boiling, salted water, set a timer for 18 minutes.
- **For the Beurre Rouge:**
- Peel and chop 1 small red onion, enough to yield about 2/3 cup (160 ml). A little rough is ok.
- Peel and chop 2-3 cloves garlic, rough is ok.
- Heat a heavy pan over medium-high heat and combine the red onion, 2 cups (470 ml) of light-bodied red wine, 1 tablespoon (15 ml) chopped garlic, and 2 teaspoons (10 ml) of black peppercorns.
- Roughly chop the stems from 5 sprigs of dill, add to the pan with the wine. Reserve the fronds for plating.
- Bring to a boil, then reduce heat to the lowest setting. Leave to simmer until fully reduced (2-3 hours).

About 2 hours have passed, 3 hours until dinner!

- **For the Oysters:**
- Drain the re-hydrated arame seaweed.
- Toss the seaweed with 2 teaspoons (10 ml) olive oil, juice of ½ lemon, salt and pepper.
- Set aside for plating.
- **For the Grilled Pear Salad:**
- Crumble 2 ounces (57 g) blue cheese, transfer to a small bowl and set aside for plating.
- Chop ½ bunch chives very thin. Transfer to a small bowl and set aside for plating.
- **For the Potatoes:**
- When easily pierced with a knife, drain the potatoes and let cool at room temperature.
- **For the Pappardelle:**
- Remove the tough stems from 2 cups (470 ml) medium shiitake mushrooms, slice thin.
- Trim and slice 3 scallions into very thin slices, set aside for plating.
- Roughly chop 3/4 cup (180 ml) kimchi, set aside with the scallions and mushrooms for plating. Refrigerate.
- Use scissors to cut a sheet of nori seaweed into several 2-inch (5 cm) wide strips.
- Layer the strips onto each other and use scissors to cut the strips into matchsticks. Set aside at room temperature for plating.
- **Finish preparing the Écrasé Potatoes:**
- Transfer the potatoes to a bowl, lightly crush with the back of a fork to partially mash.

- Add ¼ cup (60 ml) softened butter, the zest and juice of ½ lemon, then season with salt and pepper.
- Stir to combine, set aside at room temperature for assembling the Loup de Mer en Papillote.

*Take a short break... 15 minutes?*

Short Processes, about 1 ½ hours until Dinner Time!

- Check the Mignonette Granité, use a fork to stir, scraping and flaking the ice crystals, re-set the timer for 30 minutes.
- **For the Tartare:**
- Retrieve the Beef Tartare kit from the refrigerator.
- Into the bowl with the beef, add the prepared capers, tarragon, yolk, and shallots.
- Add in 2 tablespoons (30 ml) olive oil, 1 tablespoon (15 ml) Dijon mustard, season with pepper (no salt).
- Fold all together to combine, refrigerate until needed.
- Slice 6 small (2-inch/5 cm diameter) brioche slider buns and spread the remaining softened butter onto the cut sides. Set aside (under a towel) at room temperature until needed.
- Thread 6 long frilly toothpicks with 6 pickled pearl onions and 6 small gherkin pickles. Set aside with the buns.
- **Build the Papillotes:**
- Cut six large squares of parchment paper, 12 x 16 inches (30 x 40 cm).
- Use a sharp knife to cut 6 wedges of lemon, set aside for plating.
- Prep veggies for shaving: top, tail and peel 1 yellow onion. Remove stalks from a bulb of fennel, then remove core with a paring knife. Remove the seed pod from a green pepper by cutting a circle around the stem and lifting it out.
- With a very sharp knife, shave the onion, fennel, and bell pepper as thin as possible.
- Toss the shaved veggies together, separating the strands with your fingers.
- Drizzle veggies with 1 tablespoon (15 ml) olive oil, season with salt.
- Season both sides of 6 @ 3-4-ounce (85-113 g) fillets of Loup de Mer with salt and pepper. Drizzle with about 1 tablespoon (15 ml) olive oil.
- Assemble the papillotes as follows:
  - In the **middle front** of each parchment, lay on a spoonful of the prepared Écrasé Potatoes (about 1/3 cup/80 ml). Press into a bed for the veggies and fish
  - Over the potatoes, divide the mixed shaved veggies, about ¼ cup (60 ml) per package.
  - Lay 1 fillet of the fish over the veggies in each package, presentation side facing up.
  - Drizzle 1-2 teaspoons (5-10 ml) of dry white wine into each package.
  - Fold the back half of the parchment over the front, enclosing the ingredients, like closing a laptop.
  - Starting at the top left corner, make a series of small roll/folds to the paper and continue rolling and folding in the same direction, from one end to the other, enclosing the ingredients, and completing a half moon shape.
  - When the half-moon is complete, tightly pinch and fold under the end to prevent unraveling.
  - Repeat for all 6 packages.

- Transfer the pouches to 2 baking trays and set trays aside at room temperature until needed.

*Check the time... you should have time for a break!*

15 minutes before Dinner:

- Increase the oven temperature to 375 F (190 C).
- Check the Mignonette Granité, use a fork to stir, scraping and flaking the ice crystals.
- Return the pears to the oven.

Dinner Time!

- Place a large pot of salted water (2-3 quarts/liters) on the stove to boil for the Pappardelle.
- Heat a cast iron pan over medium high heat.
- Retrieve the Beef Tartare kit, Horseradish Aioli from the refrigerator.
- **Plate the Grilled Pear Salad:**
- Remove pears from oven
- Transfer to a tray, sprinkle over the blue cheese, bacon, and chives.
- Transfer the garnished pears to 6 serving plates.
- Lay a small pinch of the rubbed kale next to the pears, drizzle with balsamic reduction.
- Season with salt and pepper.
- **Beef Tartare Sliders**
- Toast the cut side of the brioche buns in the hot cast iron pan 1-2 minutes, until golden brown.
- Spread Horseradish Aioli on the bottoms of the buns
- Arrange the bottoms on 6 serving plates.
- Use 2 large spoons to make a 'quenelle' (shape the portion with the spoons to a rough 'football' shape) of the Beef Tartare and place on the bottom bun, repeat for each of the 6 buns.
- Add the tops of the buns and secure with the prepared frilly toothpicks.
- Serve the Grilled Pear Salad and the Beef Tartare Sliders together...

*Sit down and enjoy!*

- **Cook the Pappardelle:**
- Add 2/3 pound (300 g) of pappardelle to the boiling, salted water.
- Cook for about 4-5 minutes, less time if using fresh.
- **Plate the Kimchi Pasta:**
- Heat 1 tablespoon (15 ml) veg oil in a large sauté pan over high heat.
- Add the sliced shiitake mushrooms to the veg oil and sizzle 1-2 minutes until starting to brown.
- Add reserved chopped kimchi to the pan and toss over the heat for 1 minute.
- Add 1 cup (240 ml) whipping cream, cook 1 minute, until boiling.
- Reduce heat and cook for 2 minutes at simmer.

- Use a wire strainer or tongs to transfer the cooked pappardelle directly from the boiling water into the pan.
- Toss and cook for 2-3 minutes, until the noodles heat through and the sauce is coating them well. Add more of the reserved cooking water if needed.
- Lay out six small bowls, use kitchen tongs to divide the cooked pasta into them, scraping over any remaining sauce from the pan.
- Garnish with nori matchsticks, chopped scallions, and black sesame seeds.
- Wipe the rims of the bowls.
- **Serve immediately.**
- Heat the oven to 375 F (190 C).

*Sit down and enjoy!*

- Place the tray of Papillotes in the oven, set a timer for 12-15 minutes, until the fish is just cooked through.
- **Finish the Beurre Rouge Sauce:**
- Check the red wine reduction, it should be fully reduced, leaving less than ¼ cup (60 ml) liquid.
- If ready, remove from the heat (or boil down to finish), then strain the reduction through a fine mesh strainer, discarding solids, and return to the pan.
- While still hot, but not over the flame, add 6 tablespoons (90 ml) cold, cubed butter, 1 cube at a time, swirling to combine between each addition.
- Season with salt (no pepper), transfer to a sauce pitcher.
- **Plate the Loup de Mer en Papillote:**
- When ready, retrieve the papillotes from the oven.
- Garnish 6 plates with reserved dill fronds and lemon wedges.
- Arrange the papillotes on the plates, serve with the Beurre Rouge Sauce pitcher alongside.
- **Serve immediately, show your guests how to open the papillote and pour in the sauce!**

*Sit down and enjoy!*

- **Plate the Oysters:**
- Arrange the dressed arame seaweed onto 6 small plates in 'nests' to hold the oysters.
- Shuck the oysters: wrap an oyster in a kitchen towel, leaving the hinge (the pointed end, not the rounded end). Make sure the oyster is upside down, with the rounded top below and the flat bottom above, the top will act as a cup for the meat and brine after opening. Locate the hinge, about 1/8-inch (3mm) from the point on the (up-turned) bottom. Insert an oyster knife firmly into the hinge, angled towards the board at a 30-degree angle. As you push through the hard shell, you should feel a crack, then feel the bottom lift up off the top with a slight pop when it is released. Use the knife to release the flesh from the inside of the shell, first over, then under the meat, taking care to not drain the liquid. Check for any stray shards of shell and flick them out with the tip of the knife.
- Transfer the shucked oyster to a plate with the seaweed, using the seaweed to hold the oyster level.
- Repeat for remaining 5 oysters.
- Retrieve the Mignonette Granité from the freezer.

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- Spoon a bit of the Mignonette Granité over each of the shucked oysters.
- Wipe the rims of the plates.
- **Serve immediately.**

*Congrats! You made it! Enjoy your final course and bask in the adulation!*