

Whole quarter recipies

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*Wk:1 Russian vinegraite dressing.*

* **1 cup Mayonaise**
* **3 teaspoons of minced onion**
* **3 tablespoons of chilli sauce**
* **1 teaspoon of parsley**
* **1 teaspoon of worcester sauce**
* **1 teaspoon of ketchup**

**Procedure is to collect all ingredients for dresssing, then blitz it in the blender.**

**Vegetables are beets boiled (large cubes), fennel shaved, carrots (grated)**

*Wk: 2 beef roulade.*

**Stuffing:**

* **750 ground beef**
* **2 eggs, beaten**
* **Salt and pepper tt**
* **Dijon mustard 50ml**
* **20 gherkins**
* **Carrots, baton 10**
* **200g of onions, julliene, sweated**
* **Bacon strips 10**

**Mix the mince with eggs and season with salt**

**Wrapping:**

* **Beef slices 10**

**Season the slices lightly. Start stuffing the slices with ground beef, mustard, carrots and onions julienne, then wrap it with slices. Sear it in rondeau pan with oil on high heat.**

**Sauce**

* **2 litres of thin espagnole sauce**
* **300ml of red wine or dark beer.**
* **Sachet (pepper, thyme, oregano.)**

**Deglaze the pan with espagnole sauce, then add dark beer. Add sachet**

*Wk: 3 Borsht*

**Dill crème fraiche:**

* **3 bunches of dill leaves, chopped**
* **175 ml of crème fraiche**

**Mix it and leave it in fridge**

**Soup:**

* **Onions, diced 6 oz**
* **Carrots, diced 4 oz**
* **Celery, diced 4 oz**
* **Canola oil 30ml**
* **Red cabbage, sliced 10 oz**
* **Vegetable stock 1.4 litres**
* **10 beets, boiled, diced**
* **Red wine vinegar 60ml**
* **Salt and pepper tt**

**Rest of boiled beets is blitzed in blender**

**Sweat the mirepoix until it is tender, then add red cabbage and stock. Add blitzed and cubed beets and vinegar into the mixture. Shave the fennel, then soak it water for 5 min. serve it on top of soup and crème fraiche**

*Wk: 4 Panna cotta*

**Panna cotta: 5 cups**

* **2 ½ gelatine sheets**
* **150 ml milk**
* **400ml double cream**
* **60g caster sugar**
* **1 vanilla pod, split lengthways**

**First soak the gelatine sheets in cold water to soak for 5 minutes.**

**Pour the milk and cream into sauce with sugar and seeds.**

**Stir to combine those ingredients, then remove from the heat.**

**Take the gelatine from the water, then squeeze the excess out, then add it into the mixture. Mix it until it is dissolved. Laddle the mixture into the cups from one to another, the cool it down in the fridge overnight.**

**Mango jam:**

* **2 – 3 mangos, cubed and seeded.**
* **1 vanilla pod**

**Sweat the mango cubes in sauce pan**

*Wk: 5 12 lbs Brisket*

**The brine recipe:**

* **4 litres of apple vinegar**
* **12 litlers water**
* **1 cup of kosher salt**
* **Half a cup of sugar**
* **1 tbsp peppercorns**
* **4 bay leaves**

**Boil it and simmer for an hour, then leave the brisket for 4 hours.**

**The seasoning:**

* **1 tbsp kosher salt**
* **1 tbsp sugar**
* **1 tbsp onion powder**
* **1 tbsp paprika**

**Mix it, then rub on the brisket and let the brisket smoke overnight.**

*Wk: 6 French soup*

* **4 white onions, sliced**
* **5 shallots sliced**
* **100 ml of grapeseed oil**
* **2.5 litres of beef stock**

**Sweat the onions on roasting tray on medium heat to get caramelized, then deglaze with the beef stock. Let it simmer and reduce by quarter.**

**Optional is to use gruyere cheese, grated and croutons, then bake in bake safe bowls for 1 to 3 minutes.**

*Wk: 7 Vindaloo*

**The paste recipe:**

* **15 kashmiri Chillies**
* **¼ cup garlic ginger paste**
* **1 tsp black pepper coarse grind**
* **2 shallots**
* **¼ cinnamon ground**
* **2 tsp paprika**
* **2 tsp cumin**
* **1 tbsp brown sugar**
* **4 tsp malt vinegar**
* **3 tbsp grapeseed oil**

**Meat was lamb shoulder, then cut into the cubes.**

**Seed the chillis and cut them in pieces**

**Pour the water to smooth it**

**Yukon potatoes and carrots supposed to be cut same size of cubed lamb. It should be even sizes.**

**Sear the lamb with canola oil**

**Deglaze with stock and let it simmer and reduce it**

*Wk: 8 Nicoise salad 4 servings*

* **2 loins of albacra tuna, defrost**
* **Half a pound of new/fingerlin confit potatoes**
* **Quarter cup of parsley**
* **Half an onion thinly sliced**
* **3 hard boiled eggs, quartered**
* **3 roma tomatoes thinly slices**
* **Quarter cup of pitted olives**
* **Half a pound of salad greens**
* **A cup of lemon vinagraitte**
* **One third of cup of green beans (trimmed, blanched)**
* **1 tbsp capers**
* **4 anchovy fillets**

**Cut the confit potatoes in half, then bake at 300 – 350 degrees for 10 min.**

**Trim the green beans, then blanched for 2 minutes max.**

**Boil the eggs for 10 minutes, then ice bath it**

**Sear the tuna loins on the grill with canola oil**

**Blitz those ingredients with grain mustard and olive oil (olives, parsley, capers, anchovy) in food processor.**