

# VERITAGE MIAMI

PRESENTED BY  **City National Bank**  
Bci FINANCIAL GROUP

## **Chef Govind Armstrong Interactive Dinner Menu Friday, April 8, 2005**

### **First Course**

Dungeness Crab Fritters with Caviar Crème Fraiche  
and Soft Herb Salad

### **Second Course**

Dorade with Roasted Escarole, Beluga Lentils,  
Walnuts and Mint

### **Main Course**

Seared Beef Medallions with Braised Potatoes,  
Marinated Mushrooms and Foie Gras

### **Dessert**

Tropical Mango and Passion Fruit Charlotte

## First Course

### Dungeness crab fritters with caviar crème fraiche and soft herb salad

Serves 4

#### For the fritter

6 oz. picked Dungeness crab meat  
1 tablespoon diced shallot  
2 tablespoon diced chives, divided  
1 tablespoon chopped parsley  
2 whole eggs  
1 pinch cayenne pepper  
1 tablespoon crème fraiche  
4 medium-sized shiitake mushrooms roasted whole then thinly sliced  
1 tablespoon whole butter  
Approx. 4 tablespoon finely ground panko breadcrumbs  
1 tablespoon grape seed oil  
Salt and pepper

#### For the herb salad

Leaves of:  
¼ bunch parsley  
5 basil sprigs  
½ bunch chives cut to ¼"  
½ bunch chervil  
5 sprigs tarragon

#### For the vinaigrette

2 tablespoon lemon juice  
½ tablespoon Champagne vinegar  
¼ cup virgin olive oil  
Salt and pepper

#### For the crème fraiche

2 oz. American caviar  
4 oz. crème fraiche  
Squeeze of lemon  
Salt and pepper

For the vinaigrette, take a medium-sized bowl, add the vinegar, lemon juice, season with salt and pepper. Wisk in the oil and adjust the seasoning if needed and set aside.

Place the crème fraîche in a small bowl and gently fold the caviar into the cream cautiously in order not to break the eggs. Season with salt and pepper and finish with the lemon juice and set aside.

To make the fritter:

- Begin by cleaning the crab then set aside.
- Separate the eggs and using a whisk beat the whites to stiff peaks.
- In a small bowl whisk the tablespoon of crème fraîche until smooth, add the yolks and whisk until well incorporated and set aside.
- Place the crab into a bowl, add the shallots, 1 tablespoon of the chives, parsley and the sliced shiitake mushrooms. Stir in the yolks, season with salt and pepper, and then gently fold in the whites. Divide the mixture into 4 portions.
- Using a non-stick pan, melt approximately one teaspoon of the butter and 1 teaspoon of the grapeseed over a medium to high heat, spoon 1 portion of the crab mixture onto the melted butter and allow to cook. Once the fritter begins to brown on the edges, use a plastic spatula and carefully flip the fritter. Allow to cook for 30 seconds and remove from the pan to a plate lined with paper towel. Repeat the process for the remaining portions.

To plate the fritter, toss the herb salad with the vinaigrette, season with salt and pepper and set aside. Place the fritter in the center of the plate, the herb salad on top of the fritter with a dollop of the crème fraîche just off to the side of the herb salad. Garnish each plate with a sprinkle of the remaining chives.

## Second Course

### **Dorade with Roasted Escarole, Beluga Lentils, Walnuts and Mint**

Serves 4

For this dish, the key is preparing the components ahead of time. Clean the fish filets and marinate them in a plastic bag in the refrigerator. Make the pesto and set it aside. While you are cooking the lentils, get your escarole ready. The lentils can be kept warm, or reheated, so you can actually pull the elements together pretty quickly when you are ready to serve.

#### **Dorade**

4 – 4-ounce Dorade filets, skin on scored pin bones removed (if dorade is unavailable you may substitute snapper)

Marinated with fresh parsley leaves, oregano, and cracked black pepper

#### **Beluga Lentils**

2 cups Beluga Lentils

Enough water to cover by 3 inches

1 whole carrot, peeled

1 whole red onion, split and finely dice one half and set aside

1 whole celery rib

1 bouquet garni

3 cloves thinly sliced garlic

½ cup extra-virgin oil (EVO)

½ bunch mint, washed (reserve 4 sprigs for garnish)

#### **Escarole**

½ head escarole washed and dried, discarding outer leaves

1 teaspoon grapeseed oil

#### **Walnut pesto**

1 cup toasted walnut - set aside ¼ cup for garnish

½ clove garlic finely minced

½ cup walnut oil

Lemon zest

EVO to taste

To make the walnut pesto, in a small bowl add the garlic, walnuts, one stroke of lemon zest and season with salt and pepper. Whisk in the walnut oil and adjust the flavor with the EVO to your liking and set it aside.

Using a medium sauce pot add the lentils, whole vegetables, and ½ red onion and bring to a boil. Add the bouquet garni and lower heat to a simmer. You will need to cook the lentils for about an hour or until just cooked through so they are tender but not mushy. Once cooked, remove and discard the vegetables and the bouquet garni. Strain the lentils through a fine mesh strainer and rinse under cool water until the water runs clean. While the lentils are draining, place a large saucepan on medium heat, add the EVO, sliced garlic, finely diced onion and sauté until translucent. Once the onions are soft add the mint leaves (discard the sprigs) and reduce the heat to simmer for 4 minutes until the mint has infused the oil. Add the drained lentils, stir thoroughly, raise the heat to medium, season with salt and pepper and cook stirring constantly until the lentils are warmed through.

For the escarole, in small batches heat a medium sauté pan on a high heat, add the grape seed oil, then the escarole several leaves at a time and quickly sauté the escarole until golden and season with salt and pepper. Repeat until the all escarole is pan roasted.

Finally, take the fish out of the refrigerator about 30 minutes before you plan to cook it so it comes to room temperature. When you are ready to finish the dish, pan-sear the filets in a bit of olive oil over medium heat, two to three minutes per side.

Place a good-sized spoonful of the lentils in the middle of a nice plate and place the dorade filet on top of the lentils. Put a few escarole leaves on the side and drizzle the top of the fish with the walnut pesto. Top with a couple of mint leaves for a garnish.

## Third Course

### Seared Beef Tenderloin with Braised Potatoes and Foie Gras

Serves 4

#### Beef

4 – 4-ounce center cut beef filets

Marinated in a plastic bag with:

Whole thyme sprigs, EVO and cracked black pepper

#### Braised potato

1 large russet potato baked with skin on (bake until just done – don't let it get mushy)

1 ½ tablespoon butter

1 tablespoon, plus 1 teaspoon grape seed oil

¼ cup dry white wine

½ cup chicken broth

¼ cup beef stock

4 sprigs thyme

1 bay leaf

#### Marinated mushrooms

4 medium shiitake mushrooms stems removed

8 medium chanterelles cleaned

12 medium morel mushrooms cleaned

2 tablespoon aged sherry vinegar

4 tablespoon EVO

8 sprigs thyme sprigs, picked and chopped

6 sprigs Italian Parsley, picked and chopped

#### Foie Gras

4 oz. foie gras in 4 one-ounce slices

#### Sauce

4 oz. red wine reduction (purchase ready made from a specialty grocer or follow this recipe to make it at home:

<https://www.wikihow.com/Make-a-Red-Wine-Reduction-for-Steak>)

To make the braised potato, keeping the shape of the spud along the way, peel and reserve the skin for a nice garnish. Cut the potato into 1-inch rounds and set aside. Heat a medium sized braising pan to a high heat, add the grape seed oil then the butter. Sauté the potato slices until crisp and golden on both sides, remove from the pan, discard the drippings and return the pan to the heat. Place the herbs in the pan, add the oil and then the crisped potato slices. Add the

white wine, reduce by half, add the chicken stock, bring to a boil, add the beef stock return to a boil and then cover.

For the roasted mushrooms preheat the oven to 350°, slice the all the mushrooms to ¼ inch, place in a small bowl, toss with ½ the sherry and ½ the EVO, season with salt and pepper and place on a baking sheet. Roast in the oven for 15 minutes and allow to cool. Place the fungi in a small bowl, add the remaining vinegar, oil, chopped herbs and adjust the seasoning with salt and pepper and set aside.

Pan sear the steaks: remove the steaks from the plastic bag, brush off the herbs from the marinade and sear in a hot iron skillet, about three minutes per side, until done to your liking (it would be a shame to cook this tender cut of beef beyond medium-rare!). Remove from the heat and let rest for five minutes while you prepare the foie gras.

While the beef Season the foie gras with sea salt and cracked black pepper. In a hot sauté pan sear the foie briefly, just until it crisps lightly – don't overcook it!!

To plate the dish, divide the braised potatoes and the mushrooms among four plates. Place a beef medallion in the center of each plate and top with a slice of seared foie gras. Drizzle with a spoonful of warmed red wine reduction and enjoy!

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