

Steak Au Poivre

2 6oz Filet Mignons

2 tsp Peppercorn Melange, coarsely ground

Salt To Taste

2 Tbsp Blended Oil

2 Tbsp Shallots

¼ cup Cognac

2 Tbsp Red Wine Jus

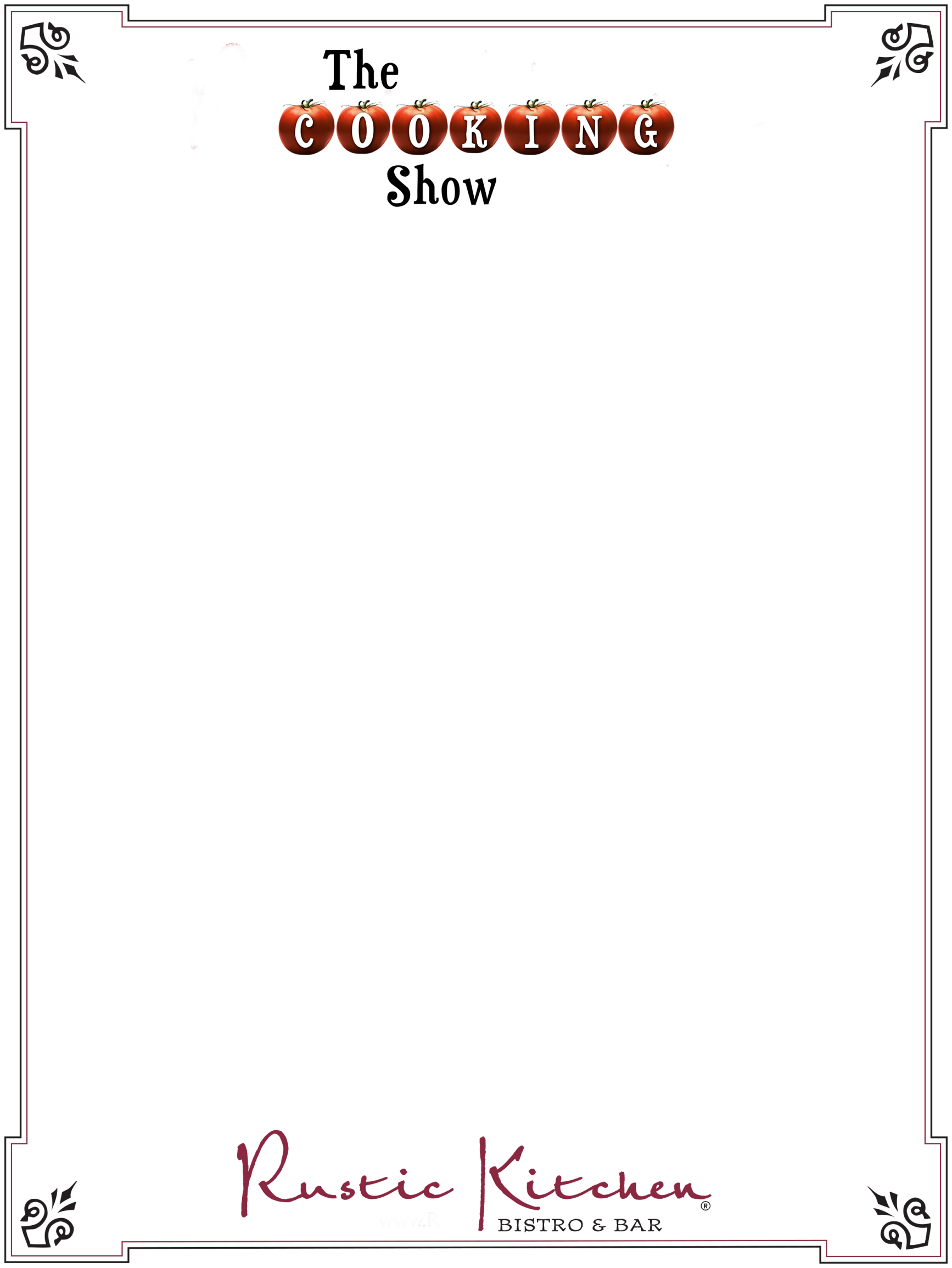
¾ Cup Chicken Stock

¼ Cup Heavy Cream

4 Tbsp Unsalted Butter, cold cut into cubes

Method of Preparation:

1. Spread pepper out on a flat dish. Season steaks with salt. Press the steaks into the peppercorns, coat both sides.
2. Pan sear steaks in oil until desired temperature. Remove steaks from the pan and pour off most of the excess fat.
3. Sauté shallots 2-3 minutes, they should be translucent not brown.
4. Flambé with brandy. Make sure to scrape the pan to incorporate the brown bits that stick to the bottom of the pan. Cook until the alcohol is burned off and most of the liquid is evaporated.
5. Add red wine jus, heavy cream & stock. Reduce by ½, about 2-3 minutes. Reduce the heat to low and swirl in the cold butter a little at a time, whisking constantly.
6. Strain through a fine china cap. Serve over pepper encrusted filets.

****

Shrimp Spring Roll

**INGREDIENTS:**

1 Shrimp

Onion

Garlic

Cilantro

Tomato

Chipotle Pepper

Salt

Pepper

Fontina Cheese

**MANGO BBQ SAUCE:**

Mangoes

Shallots

Garlic

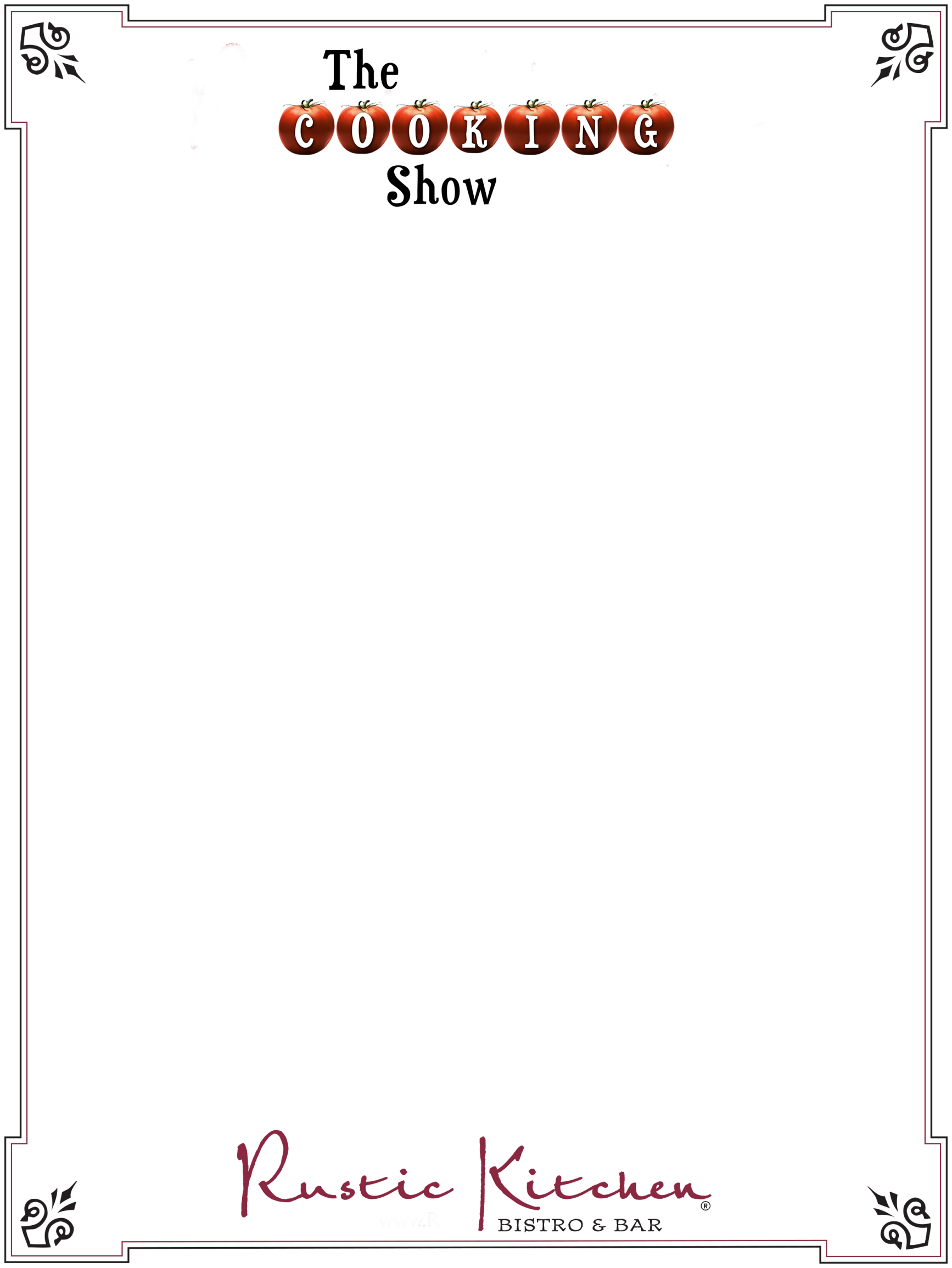
Honey

Ketchup

Worcestershire

Lemon Juice

Salt & Pepper



Lobster Thermidor

2 Lemons, halved

1 Onion, quartered

1 Bouquet Garnet (1 Bay leaf, 1 sprig thyme,3 sprig parsley, ½ tsp black peppercorns)

2 1 ½ # Lobsters 2 Tbsp Butter, unsalted

2 Tbsp Shallots, minced ½ tsp Garlic, minced

2 Tbsp AP Flour 2 Tbsp Cognac

¾ cup Milk ¼ cup Heavy Cream

¼ tsp Salt 1/8 tsp White Pepper, ground

½ cup Parmesan Cheese, freshly grated

1 Tbsp Dry Mustard Powder

1 Tbsp Tarragon, finely chopped

2 tsp Parsley, finely chopped

Method of Preparation:

Cook lobsters in a pot of boiling, salted water with the lemons, quartered onions & bouquet garnet for 8 minutes. Shock the lobsters in an ice bath.

When the lobsters are cooled cut them in half, length wise and remove innards from the head portion of the lobster. Remove the meat from the tail, slice the meat into 1/2” pieces and place them back into the tail in reverse so that the red side of the meat is on top.

Remove the meat from the claws and knuckles. Dice the meat and reserve for later.

Melt butter in a sauce pan over medium heat. Add the shallots & garlic and cook for about 30 seconds. Add the flour and whisk to combine. Cook, stirring constantly with a heavy wooden spoon to make a light roux. This should take about 2 minutes. Add the cognac and cook for 10 to 20 seconds. Slowly add the milk, stirring constantly to incorporate. Bring the mixture to a boil, reduce to a simmer and reduce until the sauce coats the back of a spoon (Napier). Slowly add the cream, stirring constantly until incorporated. Cook over medium heat for 2 minutes, stirring constantly. Season with salt & pepper.

Remove from heat and stir in ½ cup of cheese, dry mustard, tarragon & parsley. Gently fold in the reserved lobster meat. Divide the mixture between the two lobsters and place the mixture in the head cavity. Sprinkle remaining Parmesan cheese over the top of the lobsters. Bake in a 375°oven until the sauce on the lobster is golden brown and bubbly, about 4-5 minutes. Plate and garnish.