



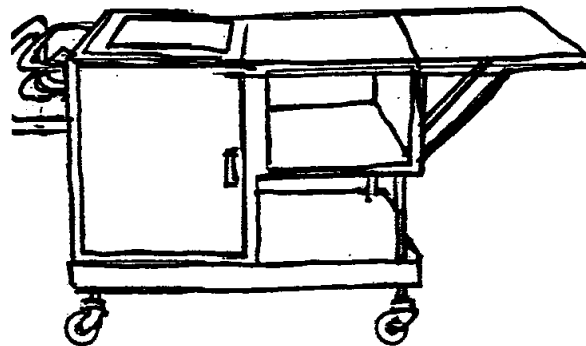
Quinlan's Hospitality
& Tourism
Training Centre

***Tourism, Hospitality & Events Training Package
SIT07***

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Provide Gueridon Service



REFERENCE NOTES

STUDENT NAME: _____ ***DAY:*** _____

LECTURER: _____



GUERIDON SERVICE.

“A Gueridon” was a piece of furniture that was found in French homes, similar to what we might call a sideboard. This would be positioned in the dining room of a home and would hold most of the equipment used at the table, ie crockery, cutlery, glassware etc.

Gueridon service was originally known as ‘Russian Service’ and involved serving large joints of meat, poultry, game and fish. This food would be displayed on a sideboard or side table, then carved or portioned by service staff allowing guest to have as much or little as they wished.

During the nineteenth century Gueridon service became more popular especially in the more ‘up-market’ establishments. By the turn of the century Gueridon was an established part of fine dining.

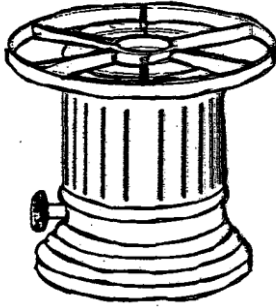
Dating back to the Edwardian era, Gueridon (pronounced gerradon) is a specially designed service trolley from which food may be carved, filleted, flambéed, or prepared and silver served to the guest. This form of service in Australia is normally found in higher class establishments, yet throughout Europe and parts of the United States varying forms of gueridon service can be found in all types of restaurants and hotels.

Gueridon service is distinguished by the fact that the food is cooked or completed tableside in front of the guests. The service is quite formal and very elegant. The food is brought from the kitchen on heavy silver platters or chargers and placed on a tableside cart called a ‘gueridon’. The food is prepared on the gueridon, which has a small burner for sautéing and tabletop space for finishing the food. Some familiar items prepared in this manner are

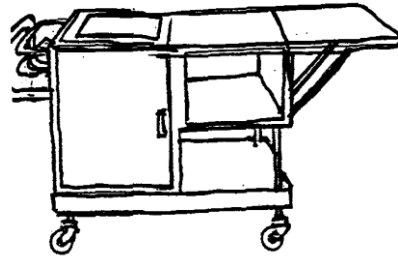
- Steak au Poivre (Pepper Steak),
- Caesar Salad and
- Flambéed desserts.

Once the food is prepared, it is served to the guests on heated plates from the gueridon. This type of service is quite labour intensive and at times can require two servers, however, guests usually love the show and it allows the server to spend much more time one-on-one with each table. Usually, the greater the skill level of the server providing the service, the greater the appreciation of the guest, and the better the tip.

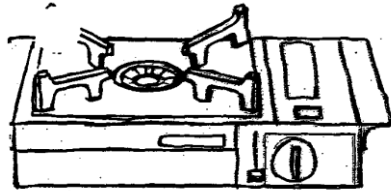
The gueridon comes in various forms from gas trolley to plain trolley using methylated spirit.



Spirit Burner



Flambe Trolley



Portable Gas burner lamp

The top and under shelf of the gueridon should be covered with a folded tablecloth.

Preparation and serving of dishes at the table is “seen service” and one which markets the establishment and the food extremely well. The demand for cooking to be done in the sight of the customer is increasing rapidly - from the small hamburger, chicken rotisserie operations to the more exclusive flambé gueridon service, restaurants offer.

During the preparation of the dish at the table, the waiter/waitress can always give some background comment on what he/she is actually doing, the ingredients he/she is using and, the proposed end results.

Selling the dish has already been achieved, but it will only be continued if the dishes are tasty and deftly prepared, as well as pleasantly served.

When table-cooking, the waiter/waitress must look as efficient and capable as a chef. Cold preparations tend to be the simplest form of tableside preparation because they require little more than the assembly of ingredients.

It has been proven that visual and dramatic presentations are powerful aids in promoting business. Guests are impressed by the skills shown in gueridon performances. Flaming, in particular, is a reliable means of attracting the attention of other tables in the restaurant and has the effect promoting repeat orders. The flickering lamp and the misc-en-place on the gueridon add substantially to the restaurant atmosphere, helping to create the ambience the customers expect.

More than anything else, individual service and cooking/preparation at the gueridon hinges upon the personality and, appearance of the waiter/waitress who performs the task.



Gueridon Service is where a dish is prepared, portioned, carved or cooked on a trolley or small table (gueridon) close to the customer's table.

This is a specialised form of service which is generally only used in formal or fine dining rooms. It involves a disciplined skill which comes from practice and experience. Careful mis-en-place is essential.

This type of service has many uses including:

- Lamp work
Flambe work is the cooking or finishing of dishes, by adding a spirit and setting it alight, doing this in front of the customer and usually serving it whilst it is still alight.
- Carving
The carving of a piece of meat, fish or poultry is portioned at the table.
NOTE: Portion size is very important and if not sure to check with the Chef or Manager/Supervisor.
- Mixing the Dish
There are a number of items arranged on a trolley and the staff member then selects the items to mix together ie Salads.
- Serving the Dish
Soup from the tureen. Hors d'ouvres from Hors d'oeuvre trolley.
- Wine Decanting
This task may be carried out at the table. The transferring of the wine from the bottle to a decanter.
- Liqueur Service
A trolley with a selection of liqueurs and glasses taken to the table and served.
- Flambe Coffees
The making and lighting of special coffees at the table.

Successful and Safe Gueridon Work

- 1 Mise en place
Talk with the kitchen to ensure all mise en place (preparation of ingredients) for each gueridon menu item is complete.
- 2 Equipment
 - Make sure all items of equipment are clean and ready for service. Make sure Gueridon/Trolley and all equipment is stable. Check level of lamp before cooking
 - Don't refill gueridon lamps whilst hot.
 - Pan handles should not stick out over edge of trolley or table
 - Space tables/sideboard/restaurant decor and displays for easy (and safe) movement of trolleys/table around the restaurant.
 - Push; never pull a trolley (you can't see where you are going).



- Get help from another waiter to manoeuvre trolleys applying the brake when in position.
- 3 Knives
- Use the right knife for the right job.
 - Always use sharp knives and never cut on silver or stainless steel platter; use
 - a cutting board or plate. .
 - Carry knives with point to the floor.
 - Position knives safely on Gueridon when not in use.
- 4 Flaming and Service
- When flaming spirits or liqueurs always pour into the pan from a port glass.
 - Pouring directly from a bottle is not recommended as the bottle might explode.
 - Use service cloths to protect your hands from heat eg plates pan handles
 - Don't flambé beneath a heat sensor or fire sprinkler.
 - Clean up spills immediately
 - Work as a team (of at least two)
- 5 Personal
- Hair should be kept tied back (hair gel, hair spray is very flammable)
 - Wear long sleeved cotton/woollen clothing (less flammable than synthetic)
 - Wear bow tie - not a standard tie (which could catch alight)
 - Avoid inhaling cooking fumes (eg vinegar/lemon juice reduction)
 - Cold liquids into hot pans cause splatters and spits.
- 6 Customer Safety
- Position Gueridon a safe distance from customers.
 - Be aware that butter and oil can burn and splatter customers.
 - Warn customers when about to flame.

Gueridon service of Salads

Salads can be served in simple form of only one or two ingredients such as lettuce, endive, chicory, tomato, cucumber, watercress, beetroot etc. The more elaborate, composed salads usually consist of lettuce garnished with a selection of raw or cooked vegetables, fruits. Nuts, fish or cooked meats.

Types of Salad

Simple Salads:

These salads are composed of a green vegetable or a single item alone. Lettuce is typical of simple salads. Other examples of simple or single salads are tomato, potato or shredded cabbage for coleslaw, cucumber and beetroot.

Compound Salads:

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These are blended or combined with a variety of ingredients often featuring shellfish, fish, chicken, meat, fungi, cheese or fruits and are invariably blended with an appropriate dressing, often a mayonnaise.

Fruit Salads:

Fruit is used mainly in dessert salads. Also fruit is often an ingredient in compound salads and used in single salads, e.g., watermelon, orange.

In gueridon service, simple salads are mainly prepared within the room itself before the guest. Compound salads require much more preparation and are sometime prepared in behind the scenes. The most important salad work from the gueridon or in the restaurant consists of the preparation of dressings and the incorporating or blending of the ingredients. Visual preparation of salads and the dressing is all-important to the guest as it allows the guest to decide how much of an ingredient goes into the salad.

NOTE: Preparation Points

- All raw vegetables should be washed and drained thoroughly.
- Attention should be given to careful decoration and garnishing of all salads.
- Where a number of items are used in the composition of a salad, some thought should be given to the balance of flavours and to the possible duplication of items elsewhere on the menu.
- Salt and pepper
Good quality table salt should be used. Pepper should be ground through a pepper mill. White and black may be used. Cayenne pepper and paprika should also be on hand.

Types of Lettuce

1. Romaine or Cos lettuce — elongated coarse leaves
2. Crisp head — most popular = Iceberg
3. Butter head or Cabbage Lettuce — mellow, tender
4. Brown Mignonette — like butter head, but brownish and slightly bitter

Garnishing Salads

Elaborate garnishes for simple salads are not required but decorative use may be made of ingredients such as chopped chives, mint, parsley, oregano, tarragon, etc. A touch of colour can be achieved by using a slice of lemon or pineapple, dipped in chopped parsley and paprika as a topping.

The Service of Cheese

1. Present the cheese board
2. Use a different board for carving
3. Cut firm cheeses first, blue vein cheeses last
4. Remove inedible rinds



5. Produce clean cuts of regular shapes
6. Arrange the cuts in a pleasant form on an entrée plate
7. Serve with greens and crackers and/or bread and butter.

The cutting and portioning of Cakes, Flans and Gateaus etc.

1. Score the cake into equal portions (wedges) depending of the size, e.g. 4X2 or 4X3 or 4X4
2. Cut the cake in half (2), using the full length of the knife blade. (a firm, clean cut is needed here).
3. If the cake is square or rectangular cut it into squares.
4. Cut odd shaped cakes into squares or rectangles.
5. Serve onto dessert/entrée plates from trolley.

Speciality Coffees

As a specialty, various spirits and liqueurs can, when combined with hot coffee and fresh double cream floated on top, be served in a goblet glass, and presented attractively on a small doily covered plate. The sugar if required should be put into the glass first, and then the measure of the appropriate spirit or liqueur added. Place a teaspoon in the glass to act as a conductor and prevent the glass from cracking. Pour in the coffee and stir to dissolve the sugar and mix in the spirit. The addition of sugar helps the cream to float. The cream should be poured slowly over the back of a spoon held over the surface of the coffee or it can be poured slowly down the side of glass. An even layer of cream should float on top of the hot liquid without mixing into it.

This specialty should be done at a side table in front of the customer so that they can appreciate the skills in the process. Techniques such as this are a great aid to sales promotion. Listed below are some specialty coffees:

Specialty coffee	Liquor base
Gaelic coffee	Scotch whisky
Irish coffee	Irish whiskey
Dutch coffee	Holland's Gin
Russian coffee	Vodka
Caribbean coffee	Rum
Normandy coffee	Calvados
German coffee	Kirsch
Calypso coffee	Tia Maria
Coffee Royale	(French) Cognac
Witch's coffee	Strega
Aquavit coffee	Aquavit
Mexican coffee	Kahlua
Roman coffee	Galliano

Hot black coffee is added in each case and fresh double cream floated on top of the drink.



Basic Method

1. Heat the empty glass by turning it above the flame
(pour a small amount of hot coffee in glass with a spoon and then discard)
2. Pour the spirit into the glass and turn at an angle so that the whiskey spreads over the inner wall of the glass
3. Ignite the whiskey by holding the glass to the flame
4. Put 1-2 teaspoons of brown sugar into the glass, depending on its size and immediately add the coffee to 1-1/2 finger width below the top.
5. Stir until sugar is dissolved.
6. Hold the spoon with the back downwards into the coffee, so that the spoon is level with the surface.
7. Carefully pour the cream into the spoon, so that it floats on the coffee when leaving the spoon.
8. The cream should be about 1 finger width high.
9. Serve on a doyley plate without spoon.

Liqueur Trolley

At the moment the customers finish their last course, the liqueur trolley comes into action. In a profit-orientated restaurant, the liqueur trolley should be presented to every table, whether coffee is ordered or not. It is one of the best selling aids in a restaurant.

The basic types of spirits for a liqueur trolley are:

Cognac

Armagnac

Calvados

Liqueurs

Port

The following equipment is needed on the trolley:

Cognac snifters

Cognac balloons

Liqueur glasses

Port glasses

Cognac Warmer

Coffee beans (for Sambuca)

Method

1. Present the trolley to the customer and explain the different spirits and liqueurs available.
2. Pour the selected digestive (after dinner drink) into the correct glass using a measuring glass (jigger)
3. If the customers wish to smoke they most directed to the outside area.



How to Flambé (flahm-BAY)

Executive Chef Dave Lynch and Kelly Schweitzer of [The Rutherglen Mansion](#) in Longview, Washington demonstrate how to flambé.

The term flambé [flahm-BAY] is a French word meaning "flaming" or "flamed." Flambé means to ignite foods that have liquor or liqueur added. This is done for a dramatic effect and to develop a rich flavor of the liqueur to the foods without adding the alcohol.

CAUTION: Please remember to use extreme caution here, you will be dealing with a liquid that is on fire; do not carry the dish while flaming, this is best done on a serving cart slightly away from your table. Keep a large metal lid on hand, to cover the dish in case your flambé gets out of hand.

LIQUOR: Use a brandy or 80-proof liquor or liqueur. Liquors that are higher proof are too volatile when lit. Choose liquors or liqueurs that are complimentary to the food being cooked, such as fruit flavored brandies for fruits and desserts and whiskey or cognac for meats.

HOW TO FLAMBE:

- Heat the brandy or liquor in a saucepan, with high sides, just until bubbles begin to form around the edges. The boiling point of alcohol is 175 degrees F. (much lower than water). The liquor can also be heated in a microwave oven by heating 30 to 45 seconds in a microwave-proof dish at 100 percent power.
- Use a flambé pan with rounded, deep sides and a long handle. Never pour liquor from a bottle into a pan that is near an open flame (the flame can follow the stream of alcohol into the bottle and cause it to explode). NOTE: If the dish doesn't light, it's probably not hot enough. The food to be flambéed must also be warm. Cold foods may cool down the warm liquor where it will not light.



- Once you add the liquor to the pan, do not delay lighting. You don't want the food to absorb the raw alcohol and retain a harsh flavor. Ignite with a long match (such as fireplace matches or a long barbecue lighter). Always ignite



the fumes at the edge of the pan and not the liquid itself. Never lean over the dish or pan as you light the fumes.

- Let cook until flame disappears (at this point all alcohol has burned off). If you want to retain some of the alcohol flavor, cover flaming dish to extinguish flames or add additional wine or stock.
- Serve the dish as soon as the flame disappears.

HINTS: If you want the flames, but do not want the liquor in a dessert, soak sugar cubes in a flavored extract. Place the cubes around the perimeter of the dish and light.



Practical class recipes

CARRIBEAN PINEAPPLE

INGREDIENTS

2 portions

pineapple rings	2
caster sugar	30 gm
butter	30 gms
pineapple juice	90 mls
orange juice	50mls
cointreau liqueur	20 mls (for flavouring)
Jamaican rum	15 mls (flaming)

METHOD

1. Heat pan over flame.
2. Add sugar to pan and allow to commence caramelization.
3. Add butter to pan and mix with sugar.
4. Add half pineapple juice and half the orange juice. Stir juices to mix a consistent sauce with the sugar and butter.
5. Add pineapple rings to pan. Turn pineapple and continue to stir sauce.
6. Add cointreau to sauce. Check consistency of sauce by addition of more juice.
7. Continue to stir sauce and turn pineapple rings to ensure they have heated through properly and have a coating of sauce.
8. Tilt pan back and heat front edge in preparation for adding the rum.
9. Add rum and flambe.
10. Turn down heat, remove pineapple rings from pan and place on service dish.
11. Mask pineapple rings with some of the sauce from the pan.
12. Serve to customer immediately.

N.B. Maybe served with ice cream. Ensure ice cream is available for immediate service to the customer.



CHERRIES JUBILEE



INGREDIENTS	2 portions
Cherries	180 gms
Cherries Juice	50 mls
Port	50 mls
Corn Starch	20 mls
Kirsch	50 mls
Caster Sugar	20 gms
Vanilla Ice Cream	2 scoops

METHOD

1. Heat pan
2. Add the juice and port to the pan and allow to reduce to a syrup. A little cornstarch maybe added to thicken the juice.
3. Add the cherries to the pan.
4. Sprinkle the cherries with sugar and allow the cherries to warm up in the syrup.
5. Heat the front edge of the pan, add the kirsch and flambe the cherries.
6. Spoon the cherries over the scoop of ice cream. Napee the juice from the pan over the cherries and ice cream.
7. Serve at once.

Cherries Jubilee

WHO COOKED THAT UP?

J.J. Schnebel wonders



It didn't really occur to me that Cherries Jubilee might have been a specially created recipe until the word "jubilee" kept recurring with regard to Queen Elizabeth II's celebration in 2002 of her 50th year as reigning monarch. A little investigation revealed that the great French chef Auguste Escoffier has indeed been held responsible for creating Cherries Jubilee in honor of Queen Victoria. There is some question, however, as to whether the dish was created to celebrate Victoria's Golden Jubilee in 1887 or to celebrate her Diamond Jubilee in 1897. A recent English language edition of Escoffier's "Memories of My Life" bears the footnote that it was created to celebrate the fiftieth year of her reign, or Golden Jubilee, which was in 1887, and I tend to go along with that date.



In 1882 Victoria paid her first of nine visits to the French Riviera when she stayed in the town of Menton and took a drive to nearby Monte Carlo, where Escoffier was the reigning chef de cuisine at the Grand Hotel. Her son, the Prince of Wales, was a famous visitor to the area and well-known to Escoffier as a notable gourmand. It was also a well-known fact that Victoria was extremely fond of cherries and when the dish was created it was to be ignited at the table as a grand gesture of celebration. Escoffier's original recipe in French can be found in his massive Guide Culinaire, originally published in 1903. The English version from the Larousse Gastronomique (1961) goes like this:

CHERRIES JUBILEE (Original Version)

Simmer some fine stoned cherries in syrup. Drain them, put them into little silver, fireproof porcelain or glass ovenproof dishes. Pour the syrup into which they have cooked over them, after boiling it down and adding to it a little cornstarch or arrowroot diluted with cold water. Then pour into each dish a tablespoon of warmed kirsch and set flame to it at the moment of serving."

Notice something odd? There is no ice cream in Escoffier's version! Most people today associate the flaming dessert with cherries and vanilla ice cream. I believe that is the influence of another of Escoffier's popular creations, Peach Melba, created in 1894 while he was chef de cuisine at the Savoy Hotel in London. It seems to me that, had Escoffier created Cherries Jubilee in 1897, he



might well have included ice cream which eventually became a main ingredient in the dish as we know it today.

CHERRIES JUBILEE (Modern Version)

Pour the juice from a pint jar of pitted Bing cherries into the top pan, or blazer, of a chafing dish. Place the pan directly over the flame and bring the juice to the boil. Thicken it with 1/2 teaspoon arrowroot dissolved in a little cold water and then add the cherries. Stir the cherries in the sauce until they are heated through. Pour over the cherries 2 ounces of kirsch and set aflame. Serve the flaming cherries and sauce over a scoop of vanilla ice cream.

There are many other versions of the recipe today, most of which add brandy to the mixture, and few requiring a chafing dish. If you'd like to follow (or just read) a step-by-step recipe of the process, I refer you to [Tante Marie's Cherries Jubilee](#) which is an adaptation of the current "Joy of Cooking" version of Cherries Jubilee.

Finally, if you'd like to try a cherry dessert without the flames, there's a [Basque version](#) of the dish which claims to pre-date Escoffier's creation by about 200 years and uses almond flavoring instead of the kirsch or brandy.

CHERRIES IN SYRUP (Basque Version)

Drain the juice from a one pound can of sour cherries. Add 3/4 cup of corn syrup and enough water to make 1 1/2 cups of syrup. Boil syrup for one minute. Stir in 2 tablespoons of arrowroot or 1 tablespoon of cornstarch diluted in a little water. Cook until slightly thickened. Let cool and add 1/2 teaspoon of almond flavoring. Serve alone or over vanilla ice cream.

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CAESAR SALAD

INGREDIENTS

	Per Portion
Garlic clove	1
Egg (coddled or raw)	1
Olive oil	20 mls
Anchovy fillets	2
Salt and pepper	pinch
Parmesan cheese	10 gms
Mustard powder	pinch
Worcestershire sauce	5 mls
Lemon juice	20 mls
Bread cubes (sippets croutons)	10 gms
Lettuce (broken up)	1 leaf

METHOD

1. Rub garlic clove around bowl. Crush clove with the back of your fork. Rub around bowl again then remove remains of clove.
2. Add anchovy fillets and break up with the back of your fork.
3. Add mustard powder to bowl
4. Break egg and add contents to bowl. Mix egg mustard powder and anchovy fillet to make a paste.
5. Add lemon juice, oil and Worcestershire sauce to bowl and mix with the paste to make the dressing.
6. Pour the dressing over the broken up lettuce leaf in another bowl. Toss lettuce until it is well coated with the dressing.
7. Add Parmesan cheese and bread cubes and lightly toss again.
8. Place coated lettuce in service bowl/dish and serve immediately. N.B. You may add a sprinkle of Parmesan cheese prior to serving

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History of Crepes Suzette



Probably the most famous crepe dish in the world. In a restaurant, a crepe suzette is often prepared in a chafing dish in full view of the guests. They are served hot with a sauce of sugar, orange juice, and liqueur (usually Grand Marnier). Brandy is poured over the crepes and then lit.

The dish was created out of a mistake made by a fourteen year-old assistant waiter Henri Carpentier (1880-1961) in 1895 at the Maitre at Monte Carlo's Café de Paris. He was preparing a dessert for the Prince of Wales, the future King Edward VII (1841-1910) of England.

According to Henri Charpentier, in own words from Life A La Henri – Being The Memories of Henri Charpentier:

“It was quite by accident as I worked in front of a chafing dish that the cordials caught fire. I thought I was ruined. The Prince and his friends were waiting. How could I begin all over? I tasted it. It was, I thought, the most delicious melody of sweet flavors I had every tasted. I still think so. That accident of the flame was precisely what was needed to bring all those various instruments into one harmony of taste . . . He ate the pancakes with a fork; but he used a spoon to capture the remaining syrup. He asked me the name of that which he had eaten with so much relish. I told him it was to be called Crepes Princesse. He recognized that the pancake controlled the gender and that this was a compliment designed for him; but he protested with mock ferocity that there was a lady present. She was alert and rose to her feet and holding her little shirt wide with her hands she made him a curtsy. ‘Will you,’ said His Majesty, ‘change Crepes Princesse to Crepes Suzette?’ Thus was born and baptized this



Challenger

confection, one taste of which, I really believe, would reform a cannibal into a civilized gentleman. The next day I received a present from the Prince, a jeweled ring, a panama hat and a cane.”

SOURCE:

Life A La Henri - Being The Memories of Henri Charpentier, by Henri Charpentier and Boyden Sparkes, The Modern Library, New York, 2001 Paperback Edition. Originally published in 1934 by Simon & Schuster, Inc.



Crepe Suzette

Ingredients

2 portions

Thin Crepes	4
Castor Sugar	25gs
Sugar Cubes	8 (rubbed on the skin of an orange)
Lemon	1 (Quartered)
Butter	25gs
Orange Juice	100ml
Lemon juice	50ml
Grand Marnier	30ml
Brandy	30ml

Method

- Turn on lamp and heat pan.
- Cover the centre of the Suzette pan with a layer of sugar and allow it to caramelize.
- When golden brown add the butter.
- Mix well using the lemon wedge on the end of the fork. The lemon adds flavour and prevents the pan from being scratched.
- Add the orange juice
- Add the lemon juice
- Mix well with the end of the lemon
- Add the sugar cubes and allow the cubes to soften in the liquid before crushing them with the end of the lemon.
- Turn down the flame and without flaming add the Grand Marnier.
- Blend the liquids together and allow the sauce to reduce. Check the consistency by dragging the end of the lemon across the pan. When the sauce becomes transparent it is ready.
- Roll the crepes singularly on to a service fork, unroll them into the pan.
- Turn the crepes over to ensure they are coated with the sauce.
- Fold the crepes into quarters and arrange them in the centre of the pan.
- Add the brandy and flame. Sprinkle with caster sugar while flaming for effect.
- Serve onto the hot Sweets Plate and serve the ice cream onto the plate just prior to service.

You may drizzle some remaining sauce over the crepes and ice cream. with the Ice cream.



Fettuccini Carbonara

Carbonara is a traditional Italian pasta sauce. Its name comes from *carbone*, which is Italian for coal, and many believe the dish derives its name because it was popular among charcoal makers. Others believe, however, that the dish is called carbonara simply because of the black, freshly milled pepper that is used. The original Roman recipe is made from eggs, parmigiano reggiano, pecorino romano, guanciale, black pepper, and either strutto, olive oil or butter.^[1] Cream is not an ingredient in the original recipe, and is not generally used with pasta in central Italy.

The Anglo-American carbonara recipe is made from cream,^[2] ^[3] eggs, parmesan cheese (sometimes with pecorino romano cheese), and pancetta (or some other type of bacon). Some American recipes add salt, pepper (white or black), and/or garlic to taste; with peas added for color.^[3]

In both versions of the recipe, the eggs are added to the sauce raw, and cook with the heat of the pasta itself.

Parmigiano-Reggiano is a grana, a hard, granular cheese, cooked but not pressed, named after the producing areas of Parma and Reggio Emilia, in Emilia-Romagna, Italy.

Parmigiano is simply the Italian adjective for Parma; the French version, *parmesan*, is used in English. The term 'parmesan' is also loosely used as a common term for cheeses imitating true Parmesan cheese, especially outside Europe; it is a protected name in Europe. More precisely, such cheeses are known as grana

Pecorino Romano is a hard, salty Italian cheese, suitable primarily for grating, made out of sheep's milk (the word *pecora*, from which the name derives, means in fact *sheep*). The Pecorino Romano was produced in Latium up to 1884 when, due to the prohibition issued by the city council of salting the cheese inside their shops in Rome, many producers moved to Sardinia ^[1]. Most of the Cheese is now produced in the island, especially in Gavoi.

Pecorino Romano is most often used on pasta dishes, like the better-known Parmigiano Reggiano (parmesan). Its distinctive strong, very salty flavour means that in Italian cuisine, it is preferred for some pasta dishes with highly-flavoured sauces, especially those of Roman origin, such as bucatini all'amatriciana.

Pecorino Romano should not be confused with Pecorino Toscano (from Tuscany) or Pecorino Sardo (from Sardinia). Unlike Pecorino Romano, these cheeses (which are not particularly salty) are generally eaten by themselves or in sandwiches.



Although Pecorino Romano cheese, whose method of production was first described by Latin authors like Varro and Pliny the Elder about 2000 years ago, was first created in the countryside around Rome, nowadays most of it is produced in Sardinia. Pecorino Romano cheese is used mostly in Central and Southern Italy.

Fettuccini Carbonara

INGREDIENTS

2 Portions

Fettuccini (Cooked)	300 gms
Bacon (Strips)	50 gms
Red Capsicum (Strips)	50 gms
Pesto (Basil Puree)	30 gms
Cream	60 mls
Parmesian Cheese	40 gms
Butter	30 gms
Paprika	10 gms
Parsley	5 gms

METHOD

1. Saute bacon and capsicum for 2 - 3 Minutes in a little butter.
2. Add pesto, cream, cheese and paprika.
3. Add cooked fettuccini and toss with the above sauce until heated through.
4. Season with pepper mill.
5. Serve immediately onto hot entrée plate.
6. Sprinkle with chopped parsley.



MADRAS CHICKEN SALAD

INGREDIENTS

	Per Portion
Chicken cooked diced	60 gms
Celery chopped	10 gms
Onion diced	10 gms
Apple diced	30gms
Cucumber diced	10 gms
Sultanas	10 gms
Madras curry paste	5 gms
Yoghurt plain	60 mls
Lettuce (Mignonette)	1 leaf
Watercress	1 sprig

METHOD

1. Combine chicken, apple, cucumber, onions, sultans and celery in a bowl.
2. Mix curry paste and yoghurt in a separate bowl.
3. Add the yoghurt to the dry ingredients and fold in the dry ingredients to ensure they are well coated with the dressing.
4. Place Mignonette lettuce leaf in the service bowl to form a basket for the chicken mixture.
5. Add chicken mixture to basket.
6. Garnish with the sprig of watercress.
7. Serve salad bowl on an entree liner plate.



CAJUN PORK FILLET

INGREDIENTS	10 portions
Pork Fillet	10 X 120gms
Butter	100gms
Onion (finely sliced)	100gms
Cajun Spices	100gms
Cream	500mls
Chicken Veloute (optional)	500mls
White Wine	500mls

METHOD

1. Clean the fillets and cut into medallions of approximately 30gms each.
2. Coat each side of the medallions with the Cajun Spices.
3. Heat pan and saute the onions very lightly in the butter.
4. Add the pork medallions and allow to colour lightly on both sides.
5. Deglaze the pan with the wine.
6. Add the chicken veloute (if use) and the cream. Stir to make a sauce from the liquids.
7. Simmer for two to three minutes and allow the sauce to thicken slightly.

Plate onto a hot plate and mask with a little of the sauce. Serve to the customer immediately.



PRAWNS CASSOLETTE

INGREDIENTS

	2 portions
green prawns	110 gms
mixed julienne of vegetables	
celery	
leek	
carrot	
capsicum	50 gms ea
Sauce Nantua	100 mls
cream	50 mls
brandy	15 mls
butter	15 gms
oil	20 mls
Pernod	30 mls

METHOD

- 1 Heat pan
- 2 Add butter and oil
- 3 Add prawn flesh and allow to cook in the oil and butter but do not over cook.
- 4 Heat front edge of pan and flambe with brandy. N.B. The pan will not need much heating and the brandy will flame very easily. BE CAREFUL
- 5 Add Sauce Nantua, cream and pernod
- 6 Add drained vegetables to sauce and heat through.
- 7 Remove prawns and vegetables and dress in scallop shells.
- 8 Return sauce to heat and adjust consistency.
- 9 Nappe sauce over prawns and serve immediately.



Garlic Prawns with Pernod and Tomato Concasse (2 Portions)

INGREDIENTS

green prawns	110 gms
spring onions	20 gms
onions (diced)	20 gms
ginger (fine diced)	5 gms
garlic (crushed)	15 gms
cayenne pepper	5 gms
lemon juice	15 mls
cream	50 mls
Pernod	15 mls
Brandy	15 mls
Butter	15 gms
Oil	20 mls
White wine	20 mls
Rice Pilaff	300gms

METHOD

- Turn on lamp and heat gueridon pan.
- Add the oil and butter to the pan.
- Add the garlic, onion, and ginger but do not let them burn.
- Add the prawn flesh to the pan.
- Add lemon juice to the pan.
- Season with the cayenne pepper.
- Add the pernod to the pan but do not allow to flame.
- Heat the front edge of pan and add brandy and flambé.
- Add spring onions.
- Add cream and reduce the liquid to thicken to a sauce.

OPTIONAL

- Add tomato concasse.
- Serve immediately to service plate with Rice Pilaff

Note : If incorporating the options then do not cook prawn flesh for too long at the start as the flesh will continue to cook whilst making the sauce and this may lead to over cooking of the prawns.



PEACH FLAMBE

INGREDIENTS

2 portions

peach halves	4
caster sugar	60 gms
butter	60 gms
peach juice	90 mls
orange juice	50mls
peachtree liqueur or apy	20 mls (for flavouring)
Southern Comfort	15 mls (for flaming)
toasted almond flakes	50 gms
vanilla icecream	2 scoops
fresh cream	100mls

METHOD

1. Heat pan over flame.
2. Add sugar to pan and allow to commence caramelization.
3. Add butter to pan and mix with sugar.
4. Add half the peach juice and half the orange juice. Stir juices to mix a consistent sauce with the sugar and butttter.
5. Add peach halves to pan. Turn peach halves and continue to stir sauce.
6. Add peach liqueur to sauce. Check consistency of sauce by addition of more juice.
7. Continue to stir sauce and turn pears to ensure they have heated through properly and have a coating of sauce.
8. Tilt pan back and heat front edge in preparation of adding the Southern Comfort.
9. Add Southern Comfort and flambe.
10. Commi to get service plate with scoop of ice cream from kitchen.
11. Turn down heat, remove peach halves from pan and place on service dish.
12. Mask peach halves with some of the sauce from the pan.
13. Garnish with roasted almond flakes.
14. Serve to customer immediately.



PEPPERED STEAK

INGREDIENTS	PER PORTION
Sirloin Steak	200 gms
Chopped Parsley	5 gms
Black Peppercorns (crushed)	50 gms
Oil	15 mls
Butter	15 gms
Brandy	15 mls
Cream	50 mls
Red Wine	60 mls
Demi-Glaze	75 mls

METHOD

1. Coat steak (both sides) with crushed black peppercorns. Use a pepper mill or dish with crushed peppercorns.
2. Heat pan, add butter and oil.
3. When the pan is hot, add the steak and seal on both sides and reduce flame to cook to degree required.(The most well done steak is cooked first)
4. Add the red wine to deglace the pan.
5. Flambe with the brandy. No need to heat the pan any extra.
6. Add cream, reduce to sauce consistency.
7. Demi-glaze maybe added if a thicker less creamy sauce is required.
8. Serve on a HOT plate, coat with the sauce from the pan and garnish with the chopped parsley.



Steak au Poivre Recipe Yield: 2 servings

A classic restaurant dish, steak au poivre is French for steak with peppercorns. It is served with a flamed cognac pan sauce. If you must, bourbon or red wine may be substituted for the cognac.

INGREDIENTS:

1 thick-cut well-marbled strip steak, about 1 pound total weight, and 1-1/2 inches thick

2 tablespoons mixed whole peppercorns, including black, white, green, Szechuan and Jamaican (whole allspice)

Salt

1 teaspoon vegetable oil

1 tablespoon butter

Pan sauce:

2 tablespoons minced shallots

2 tablespoons cognac (or bourbon or red wine)

1/2 cup flavorful dark stock

1 tablespoon unsalted butter, at room temperature

Garnish:

Chopped parsley

Watercress

PREPARATION:

Trim the steak of all the surrounding fat and cartilage. Cut the meat into 2 pieces and crush the peppercorns using the bottom of a heavy skillet.

Sprinkle salt to taste on the top and bottom of the steaks; then press each side into the cracked peppercorns, encrusting the steaks lightly or heavily, as you prefer.

Heat the oil and the butter in a heavy saute or frying pan over high heat.

When the pan is quite hot, lay the peppered steaks in. Fry for about 1-1/2 to 2 minutes, until the undersides are well seared. Turn the meat and cook the second side for about a minute. Press with a finger to test for the slight springiness that indicates rare. Cook to desired doneness and remove to a warm platter.

Making the pan sauce:

Add the shallots to the pan and saute briefly, stirring with a spoon to scrape up the drippings. Lean away from the stove (averting your face) and pour the cognac into the pan; tilt the edge of the pan slightly, over the burner flame, to ignite the alcohol. The cognac will flame for a few seconds as the alcohol burns off. Cook for a few moments more and then add the stock. Bring the liquid back to the boil, and cook about 1 minute to thicken the sauce, stirring occasionally. Taste and adjust seasoning. Finally, add the soft butter, swirling the pan until it melts and incorporates with the juices.

When blended, pour the sauce over the steaks. Sprinkle liberally with chopped parsley and garnish each plate with sprigs of parsley or watercress.

History of Strawberries Romanoff

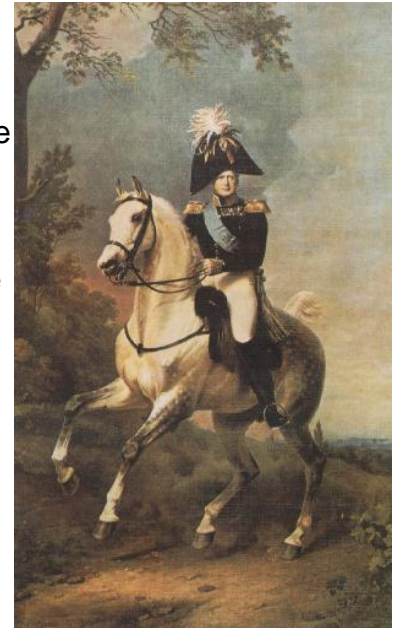


STRAWBERRIES ROMANOFF

WHO COOKED THAT UP?

J.J. Schnebel wonders

Although there are many variations of the recipe for Strawberries Romanoff and more than one legend about its origin, it seems to me that this concoction of whipped cream and strawberries soaked in orange-flavored liqueur did in fact originate when the great French pastry chef, Marie Antoine Careme (1784-1833), was providing spectacular desserts for the Russian Tsar Nicholas I, an early and great member of the Romanoff dynasty. Careme is often revered as the developer of what may be the first cookbook as well as for being a great chef to such international figures as the French statesman Talleyrand, the Baron Rothschild, and the British Prince Regent who later became King George IV. It is not surprising, therefore, to see that there are distinct variations on the recipe, obviously influenced by French and Russian preferences. A further variation is thought to have originated in America, possibly at Romanoff's restaurant in Beverly Hills, California, where a flamboyant restaurateur assumed the name of Prince Michael Romanoff, although he knew no Russian and was unrelated to any actual Russian aristocracy.



It is the addition of a citrus flavor to the berries that makes it "Romanoff." In the 19th century French distilleries were experimenting with triple sec Curacao, a brandy combined with the bitter flavor from the peel of oranges transplanted from Spain to the Caribbean island of Curacao. Citrus-flavored liqueurs called Curacao, Cointreau and Grand Marnier are offshoots of the generic term "triple sec Curacao," which apparently originated on the island as early as the 16th century. The use of the various liqueurs often indicates whether the recipe is in the earliest French tradition (Curacao), or later Russian (Cointreau) or finally modern American (Grand Marnier). Furthermore, the Russians like the addition of sour cream to the recipe, while the Americans enjoy adding vanilla ice cream.

Here then are some recipes for you to experiment with and enjoy when fresh strawberries are in season. For best results use medium to small berries, rather than the large ones often featured in supermarkets. If you omit the alcohol, the recipes are delicious, but not authentic.

Strawberries Romanoff (French version)



2 pints perfectly ripe strawberries, washed and hulled
Juice of 1 orange (about 1/2 cup)
1/4 cup Curacao liqueur
1 cup heavy cream, well chilled
4 Tablespoons of sugar, (superfine or confectioners)
1/2 teaspoon vanilla extract

Soak the strawberries in the orange juice and liqueur and place, covered, in the refrigerator for an hour or more. Whip the cream, gradually adding the sugar and vanilla. Spoon the berries into dishes (preferably chilled silver ones) and decorate with the sweetened whipped cream on top.

Strawberries Romanoff (Zemlyanika Po Romanovski) (Russian version)

2 pints ripe strawberries
1/4 cup Cointreau liqueur or orange juice
1/4 cup sugar

1 cup heavy whipping cream, chilled
1/2 teaspoon vanilla extract
1/2 cup sour cream, chilled

Hull, wash and dry berries. Cut them in quarters, reserving several whole for garnish. Gently combine quartered berries, sugar and liqueur (or orange juice) in a bowl and refrigerate 4 hours.

Add vanilla to whipping cream and beat until soft peaks form. Fold in sour cream and beat until mixture firmly holds its shape.

Spoon quartered berries and juice into individual serving dishes. Top with whipped cream mixture and reserved whole berries.

Strawberries Romanoff (American version)

2 pints ripe strawberries, halved
1 pint vanilla bean ice cream
1 cup whipping cream
2 Tablespoons vanilla
4 Tablespoons superfine or confectioners sugar
1/4 cup Grand Marnier

Wash, hull and dry berries. Cut them in half. Add Grand Marnier to ice cream and gently mix until soft. Whip cream with vanilla and sugar. Fold into ice cream. Fold in strawberries and serve.



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(STRAWBERRIES) ROMANOFF

INGREDIENTS

2 PORTIONS

STRAWBERRIES	100 GMS
CURACAO ORANGE	15 MLS
OR	
GRAND MARNIER	
CREAM (CHANTILLY)	100 MLS
CASTOR SUGAR	2 teaspoons

METHOD

1. Add strawberries to a mixing bowl.
2. Add Curacao or Grand Marnier.
3. Allow to marinate for a minute or two.
4. Remove 2/3 rds of strawberries to another bowl with some of the liqueur.
5. Macerate the strawberries into the liqueur.
6. Add the cream a little at a time and fold in the macerated strawberries.
7. Spoon out the mixture into two champagne saucers or coups.
8. Decorate with the remaining 1/3 rd of strawberries and sprinkle with a teaspoon of caster sugar and a fresh mint leaf.
9. Serve on a liner plate.



PORK FILLET CALVADOS

INGREDIENTS

per portion

Pork Fillet (3 medallions)	180 gms
Pie Apple	75 gms
Granny Smith Apple (thin slices)	30 gms
Spring Onions	50 gms
Parsley	5 gms
Oil	30 mls
Calvados	20 mls
Apple Cider	75 mls
Crushed Black Peppercorns	30 gms

METHOD

- 1 Heat pan
- 2 Add oil to pan.
- 3 Add spring onion and crushed black peppercorns and saute for 1 minute.
- 4 Add medallions of pork fillet to pan and sear on both sides.
- 5 Add a little apple cider to pan and deglaze.
- 6 Heat front edge of pan and add Calvados, Flambe.
- 7 Add Pie Apple to make sauce with pan juices.
- 8 Serve onto a hot plate immediately and garnish with two thin slices of the Granny Smith Apple and mask the medallions with the sauce from the pan.
- 9 Serve to the customer and offer additional seasoning with the aid of the pepper mill.



Steak Diane

Steak Diane is a classical meat dish that to properly be served must be prepared at tableside. This presentation is a great way to impress your guests. Recipe adapted from a recipe by Chef John J. Vyhnanek.



Ingredients

- 4 (3-ounce) center-cut beef tenderloin medallions, trimmed of all fat
- 4 tablespoons butter, divided
- Salt and pepper to taste
- 1 teaspoon Worcestershire sauce
- 2 tablespoons finely chopped shallots or green onions
- 1/8 teaspoon garlic, minced
- 1/4 cup mushroom caps, sliced 1/8-inch thick
- 1 tablespoon fresh lemon juice
- 1 teaspoon dry mustard powder
- 1/2 teaspoon fresh thyme leaves
- 1/4 cup heavy cream
- 1 ounce (2 tablespoons) brandy or cognac
- 1 tablespoon chopped fresh parsley leaves
- 1 tablespoon chopped fresh chives



1/2 teaspoon salt or to taste
Coarsely ground black pepper to taste

Method

Working with one piece of steak at a time, place each between two pieces of plastic wrap. Working from the center to the edges, gently pound each piece of steak with a meat mallet to 1/2-inch thick.

In a small frying pan (8- or 10-inch) over medium heat, heat 1 tablespoon butter for 1 minute. Add the tenderloin steaks, sprinkle with a little salt and pepper; increase heat to medium-high and sauté exactly 2 minutes on each side. Remove them to a plate and chill in the refrigerator for 5 minutes.

In a large frying pan over medium heat, melt remaining 3 tablespoons butter; stir in Worcestershire sauce. Place the shallots or green onions, garlic, and mushrooms in the center of the pan with the tenderloin steaks around the edges. Using a spoon, stir and toss the mushroom mixture approximately 2 minutes. Add lemon juice, salt, and pepper. Turn the steaks and add the thyme, chopped parsley, and dried mustard powder.

Now cook the steaks to the doneness you like. Note: You may want to slightly undercook the steaks prior to adding the cream and brandy so that the reduction process of making the sauce doesn't overcook them. Use a meat thermometer to test for doneness:

Rare - 120°F
Medium Rare - 125°F
Medium - 130°F

Leave the cooked steak in the frying pan; add the heavy cream and chives. Tilt the pan slightly, and pour the brandy or cognac into the front edge of the pan; turn the heat to high and let the flame (or if electric, light with a match) catch the brandy's vapors and ignite it. Swirl slightly, turn off the heat and let the flame go out.

Place steak medallions on individual serving plates and top with the sauce from the pan.

Makes 2 servings.



The Legacy of the Huntress

Diana was the Roman Goddess of wild animals and the hunt. The sister of Apollo, she was praised for her strength, beauty, athletic prowess, and hunting skills. She was also deemed a protectorate of woman and became associated with chastity, marriage, and fertility.

Diana considered her body sacred. According to Roman mythology, one day she was bathing when a hunter happened to come upon her. Diana was outraged and turned the hapless hunter into a stag. This fable may explain why in many artistic depictions of Diana she is accompanied by a deer. And that my fellow gastronomes, brings us to Steak Diane.

In the 19th century sauces made “a la Diane” were dedicated to Diana and appropriately enough, originated as an accompaniment to venison. Sauce a la Diane was composed of cream, truffles, and ample amounts of black pepper. The first mention of Sauce Diane, (as opposed to a la Diane), comes from the culinary icon Auguste Escoffier in 1907. He added hard cooked egg white to the a la Diane formula.

When and where Steak Diane actually evolved has as many viewpoints as the United Nations. Although there is some consensus that it is American in origin, Brazil, Australia and Belgium are cited by other pundits. There’s an even wider array of recipes for Steak Diane. Perform an Internet search and you won’t find two recipes alike.

New York City appears to be the best candidate for the source of Steak Diane’s genesis. But even if we could conclusively identify New York as the birthplace, contrariety exists as to which Big Apple establishment is the actual mother. The Drake Hotel, the Sherry-Netherland Hotel, and the Colony restaurant are all possible contenders according to a 1950’s New York Times article.

One thing is for sure. Steak Diane was the rage in the 50’s and early 60’s, especially in New York. A hot culinary trend at the time in upscale restaurants was dishes that could be flamboyantly prepared tableside. Steak Diane was traditionally done so; its theatrics arising from the flambéing of the cognac used to make the sauce.

Flambéing by the way is not just for show. Igniting the alcohol in a recipe intensifies the flavor of the finished sauce. How? Well, our old friend caramelization is at work. Caramelization is a type of browning reaction, similar to the kind that takes place when you sear a piece of meat on a grill or a hot sauté pan. During caramelization, the intense heat causes the sugars in the dish to undergo a series of chemical changes. The most important of these for the cook is the intensification of flavor. Caramelization requires temperatures in excess of 300 degrees. If you were to pour the alcohol in the pan and reduce it without igniting it, the liquid will never go beyond the boiling point, i.e. 212 degrees. Thus, igniting it ensures that the necessary degree of heat is generated to elevate your sauce into another flavor dimension.



STEAK DIANE

The type of steak utilized varies but fillet mignon, a.k.a. tenderloin, and strip steak are the two most common. Stick with a tender piece of meat no more than a half inch in thickness. Pound the meat with a mallet down to a half inch if need be.

2 (8 – 12 oz.) tenderloin or strip steaks
Olive or vegetable oil as needed
Salt and pepper to taste
1 large shallot, minced
2 oz. cognac or brandy
Half cup veal or beef stock
1 teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
2 tablespoons cold butter
Chopped chives as needed

Brush the steaks on both sides with some oil and season with salt and pepper. Heat a heavy bottomed 12-inch skillet over high heat and add enough oil to cover the bottom. When the oil just starts to smoke add the steaks and sear until the first side is browned. About 2 minutes. Flip and sear the other side. Remove the steaks and cover with foil or place in a 200 degree oven to keep warm. Add more oil to the pan if necessary and sauté the shallot. Remove the pan from the heat and add the cognac. Either tilt the pan so the flame ignites the alcohol or use a match. When the flames subside add the stock and mustard, bring to a boil, and then simmer until reduced by at least half. Whisk in the Worcestershire and then the butter. Taste and season with additional salt and pepper if need be. Add the steaks back to the skillet and cook briefly on each side to heat up and become coated with the sauce. Sprinkle with the chives and serve.

Steak Diane

Recipe courtesy Emeril Lagasse

Show: [The Essence of Emeril](#)

Episode: [Entertaining the Delmonico Way](#)

When planning the Delmonico reopening, we wanted to bring back the tableside service that was so popular in dining rooms long ago. Steak Diane is one of those dishes we were proud to include in this tableside repertoire. Supposedly named for the Roman goddess of the hunt, Diana (or Diane) style was originally a way of serving venison. Through the years, though, the preparation has come to mean sauteing thinly sliced or pounded filet mignon in butter and then flambeing and basting it in a rich Cognac sauce. Steak Diane takes me back to my Commander's Palace days, when this was a favorite lunch dish of proprietor Dick Brennan. Once we put it on the menu at Delmonico, it quickly became a favorite of a new generation of New Orleanians, including one of our regular diners, Glenn Vesch. These filets are cooked to medium-rare. If you want your meat more done, slightly

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increase the initial cooking times.
4 (3-ounce) filet mignon medallions
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 tablespoon unsalted butter
4 teaspoons minced shallots
1 teaspoon minced garlic
1 cup sliced white mushroom caps
1/4 cup Cognac or brandy
2 teaspoons Dijon mustard
1/4 cup heavy cream
1/4 cup reduced veal stock, recipe follows
2 teaspoons Worcestershire sauce
2 drops hot red pepper sauce
1 tablespoon finely chopped green onions
1 teaspoon minced parsley leaves

Season the beef medallions on both sides with the salt and pepper.

Melt the butter in a large skillet over medium-high heat. Add the meat and cook for 45 seconds on the first side. Turn and cook for 30 seconds on the second side. Add the shallots and garlic to the side of the pan and cook, stirring, for 20 seconds. Add the mushrooms and cook, stirring, until soft, 2 minutes. Place the meat on a plate and cover to keep warm.

Tilt the pan towards you and add the brandy. Tip the pan away from yourself and ignite the brandy with a match. (Alternatively, remove the pan from the heat to ignite, and then return to the heat.) When the flame has burned out, add the mustard and cream, mix thoroughly and cook, stirring, for 1 minute. Add the veal stock and simmer for 1 minute. Add the Worcestershire and hot sauce and stir to combine. Return the meat and any accumulated juices to the pan and turn the meat to coat with the sauce.

Remove from the heat and stir in the green onions and parsley. Divide the medallions and sauce between 2 large plates and serve immediately.



Recipe name: Steak Diane



Recipe by: Chef John V., Good Cooking, Inc.

History: This is a Classical preparation of Steak Diane. Normally it would be prepared tableside by a Captain in a grand hotel dining room. I had the opportunity to see this dish being prepared many times and learned to do the preparation myself. I have only changed the location of the cooking---now it is at your stove top, not tableside in a hotel dining room.

Description: Thin tenderloin steak sautéed with shallots, thyme, mustard, mushrooms and cream.

Note: You may want to slightly undercook the steaks prior to adding the cream and brandy so that the reduction process of making the sauce doesn't overcook them. With practice making this dish over and over, you will soon get it as you like it cooked--be patient!

Serving size: 4

Preparation time: about 15-20 minutes

Amount/Measure/Ingredient:

4 - 3 ounce center cut beef tenderloin medallions, trimmed of all fat and pounded to 1/2 inch thick, chilled
1 1/2 oz. clarified butter
1 tsp. Worcestershire sauce



2 tbsp. shallots, chopped fine
1/8 tsp. garlic, minced
1/4 cup mushroom caps, sliced 1/8 inch thick
1 tbsp. lemon juice, fresh squeezed
1 tsp. dry mustard powder
1/2 tsp. thyme leaves, fresh if possible
2 oz. heavy cream
1 oz. brandy
1 tbsp. parsley, chopped
1 tbsp. chives, chopped
salt, about 1/2 teaspoon or to taste
ground black pepper, fresh ground, 1/8 teaspoon or to taste

Preparation:

Whether you want to impress your guest or just make it for yourself, there is a sequence to be followed to make a perfect Steak Diane. For this dish you will need a heavy bottom fry/sauté pan 12 inches in diameter. All ingredients will be cooked together, so a big pan is needed.

First in a small sauté pan, 8 or 10 inches, heat 1 tbsp. butter over medium heat for 1 minute. Add the tenderloin steaks, sprinkle with a little salt and pepper, increase heat to medium-high and sauté exactly 2 minutes on each side. Remove them to a plate and chill in a refrigerator for 5 minutes.

Pre-heat the large sauté pan over medium heat for 1 minute. Add Clarified butter, then add the Worcestershire sauce to the butter. Place the shallots, garlic and mushrooms in the center of the pan with the tenderloin steaks around the edges. With a spoon, stir and toss the mushroom mixture. After 2 minutes add the lemon juice and season the ingredients with salt and fresh ground black pepper. Turn the steaks and add the thyme, chopped parsley and dried mustard powder. Now cook the steaks to the doneness you like. Leave them in the pan and add the heavy cream and chives. Tilt the pan slightly, and pour the brandy into the front edge of the pan, turn the heat to high and let the flame (or if electric, light with a match) catch the brandy's vapors and ignite it. Swirl slightly, turn off the heat and let the flame go out.

Voila! Your Steak Diane is done and ready to serve. Place medallions on plates and top with the sauce from the pan---enjoy this classic preparation and envision yourself sitting in a grand hotel dining room in Vienna or Paris while you enjoy!



MONKEY GLAND STEAK

INGREDIENTS

	per portion
fillet steak	175 gms
french mustard	5 gms
spring onions	50 gms
parsley (chopped)	5 gms
butter	30 gms
oil	30 mls
worcestershire sauce	20 mls
crushed black pepper (mill)	5 gms
brandy	15 mls
cream	30 mls

METHOD

- 1 Heat pan
- 2 Add butter and oil to pan.
- 3 Add steak to pan,(may season using the pepper mill) and sear both sides.
- 4 Add spring onions to pan.
- 5 Add french mustard.
- 6 Add worcestershire sauce.
- 7 Heat front edge of pan and add brandy,Flambe.
- 8 Add cream to make sauce from pan juices.
- 9 Serve onto a hot plate immediately and garnish with a chopped of parsley.
- 10 Serve to the customer and offer additional seasoning with the aid of the pepper mill.

A little bit of Trivia:

This dish was popular during the 1930's when Voronoff, a celebrated Russian physiologist, recommended grafting monkey glands into human beings as a means of prolonging human life.



CAESAR SALAD

INGREDIENTS

	Per Portion
Garlic clove	1
Egg (coddled or raw)	1
Olive oil	20 mls
Anchovy fillets	2
Salt and pepper	pinch
Parmesan cheese	10 gms
Mustard powder	pinch
Worcestershire sauce	5 mls
Lemon juice	20 mls
Bread cubes (sippets croutons)	10 gms
Lettuce (broken up)	1 leaf

METHOD

1. Rub garlic clove around bowl. Crush clove with the back of your fork. Rub around bowl again then remove remains of clove.
2. Add anchovy fillets and break up with the back of your fork.
3. Add mustard powder to bowl
4. Break egg and add contents to bowl. Mix egg mustard powder and anchovy fillet to make a paste.
5. Add lemon juice, oil and Worcestershire sauce to bowl and mix with the paste to make the dressing.
6. Pour the dressing over the broken up lettuce leaf in another bowl. Toss lettuce until it is well coated with the dressing.
7. Add Parmesan cheese and bread cubes and lightly toss again.
8. Place coated lettuce in service bowl/dish and serve immediately. N.B. You may add a sprinkle of Parmesan cheese prior to serving

=====



Caesar salad

Caesar salad is a traditional salad often prepared tableside. It is sometimes termed the "king" of salads.



A Caesar salad topped with grilled chicken.

History



 Hotel Caesars in Tijuana where Caesar salad was invented

Caesar salad was invented in 1924 by Caesar Cardini. Cardini was an Italian restaurateur and chef in Tijuana, Mexico. He was living in San Diego but working in Tijuana to avoid the restrictions of Prohibition. There are several stories about the specifics of the salad's creation. The most common is that it resulted from a Fourth of July rush depleting the kitchen's supplies, and Cardini made do with what he had, adding the dramatic flair of a table-side tossing. Another is that it was created for a group of Hollywood stars after a long weekend party. Most stories say that Cardini had to whip something up from what he had left in his kitchen, and the Caesar salad was the result. The Hotel César still exists in downtown Tijuana, where the original dish is still served.

Recipes



A Caesar salad is generally made from the following ingredients:

romaine lettuce

croutons

lemon juice

olive oil

Parmesan cheese

raw, coddled or hard-boiled egg yolks

fresh-ground black pepper

Worcestershire sauce

The original Caesar salad recipe did not contain anchovies; the slight anchovy flavor came from Worcestershire sauce. Cardini was actually opposed to using anchovies in his salad. Most modern recipes now include anchovies as chopped fillets or in paste form.

Julia Child, in her book, *From Julia Child's Kitchen*, describes how she ate a Caesar's salad at Cardini's restaurant as a child in 1924, and many years later she sought out Cardini's daughter, Rosa Cardini, in order to discover the original recipe. Rosa Cardini's recipe differs from those that appear in the links below. In particular, the lettuce is served whole on the plate. It is meant to be lifted by the stem and eaten with the fingers. It calls for coddled eggs but no anchovies. Some recipes include one or more of mustard, avocado, tomato, bacon bits, garlic cloves, or anchovies. Many restaurants offer a more substantial salad by topping a Caesar salad with grilled chicken, grilled salmon or shrimp. The salad today is served at several Italian and some Mexican restaurants, with certain Mexican restaurants improvising on occasional items such as substituting tortilla strips for croutons and Cotija cheese for the Parmesan.

The Cardini family licensed the original recipe early on, and bottled Cardini Caesar salad dressing is still available, sans anchovies. Many other bottled versions are sold now, as well, including Morgan's and Newman's Own.

Raw egg and salmonella

Many people are concerned about the safety of Caesar salads due to the potential risk of infection by salmonella bacteria occasionally found in raw eggs. This is a concern with many similar dressings like mayonnaise, though in most cases, the pH level is thought to be acidic enough to kill the bacteria. Nevertheless, later versions of the recipe call for briefly-cooked coddled eggs or pasteurized eggs. Even a switch to chopped, hard-boiled eggs has not prevented sporadic outbreaks of salmonella from restaurant-made Caesar salads. Today, many recipes omit the egg and produce a Caesar vinaigrette.

Caesar salad humor

Riffing on the popular idea that Caesar salad was invented by or for Julius Caesar, the Canadian comedy duo of Johnny Wayne and Frank Shuster (both now deceased) did at least two versions of a sketch in which Caesar's chef (played by Shuster) prepares the ingredients of a modern Caesar salad, and says, "You shall name this salad, Caesar". After a moment of pondering, Caesar



(played by Wayne) replies (in one version of the sketch), "I name it... coleslaw." Brutus offers his knife to the cook when the cook disparages the new name. Another joke, an atrocious pun, is set up by bandits invading Julius Caesar's birthday party seeking lettuce. Caesar shows them a truly beautiful salad. The bandit chief replies, "We come to seize your salad, not to praise it!" In the video game Civilization IV, Julius Caesar greets the player with the statement "Welcome to Rome, (player name). Care for some salad? I made it myself."

In an episode of the television series Bewitched, Esmeralda (played by Alice Ghostley) attempts to use magic to make a Caesar salad and accidentally conjures Julius Caesar.

In the movie Bill & Ted's Excellent Adventure, the eponymous characters' history teacher claims that the only thing they've learned in his class is that "Caesar... was a salad dressing dude."



Some Flambe Recipes that you may find on the Internet.

- [Apple Beignets](#)
- [Banana Flambé](#)
- [Beef Tenderloin in Cherry Sauce](#)
- [Bourbon Corn Chowder](#)
- [Bourbon Shrimp Flambé](#)
- [Brochette Dijon Flambe](#)
- [Chicken Flambe](#)
- [Chicken Flambé with Brandied Cherry Sauce](#)
- [Chicken Liver and Apple Spread](#)
- [Crepes Flambé a l'Orange](#)
- [Emeril's Bananas Foster Ice Cream Pie](#)
- [Fillet of Beef Flambé](#)
- [Flaming Fajitas](#)
- [Flaming Fish](#)
- [Flaming Greek Cheese](#)
- [Flaming Sherried Rock Cornish Game Hens](#)
- [Flaming Turtle Chocolate Fondue](#)
- [Lamb Chops in a Hazelnut Crust with Rosemary Cream](#)
- [Lobster Flambe With Pernod](#)
- [Lobster Fra Diavolo](#)
- [Peppercorn Beef Flambe](#)
- [Pineapple Rum Flambe](#)
- [Plum Pudding For Christmas](#)
- [Poppyseed Biscuits with Balsamic Strawberry Flambe](#)
- [Pork Medallions with Apple and Pear](#)
- [Prawns Sambuca](#)
- [Spinach Salad Flambe](#)
- [Strawberry Flambe with Green Peppercorns](#)
- [Swedish Glogg](#)
- [Steak au Poivre](#)
- [Veal Marsala](#)



Banana Flambé Recipe

Ingredients

2 bananas

2 tablespoons sunflower oil

4 tablespoons sugar

1/2 cup white rum

1 lime, squeezed

Instructions

Peel and halve the bananas lengthwise. Heat the oil in a frying pan over medium heat. Brown the bananas 5 minutes on each side. Add the sugar and pour in the rum. Cook for 2 minutes. Flambé. Sprinkle with lime juice and serve at once.

Yield: 4 servings

Beef Tenderloin in Cherry Sauce Recipe

It's well worth the time to make this beef tenderloin sauce using kirsch cherry brandy and grenadine syrup.

Ingredients:

1 can (16 ounces) pitted dark sweet cherries with juice

1/4 cup ruby port

1/2 cup beef broth

1 teaspoon (drained) bottled horseradish

1 teaspoon tomato paste

1 shallot, thinly sliced

1 large bay leaf

1/2 teaspoon whole black peppercorns

1 teaspoon arrowroot or cornstarch

1 tablespoon mild olive oil

4 beef tenderloin steaks (6 ounces each)

Salt and freshly ground black pepper

1/4 cup kirsch (cherry brandy)

1 tablespoon unsalted butter, at room temperature

1 tablespoon grenadine syrup

PREPARATION:

Drain the cherry juice into a large saucepan and set the cherries aside. Add the port, beef broth, horseradish, tomato paste, shallot, bay leaf, and peppercorns. Bring to a boil over medium heat and cook until the mixture is reduced to about 2/3 cup, 12 to 15 minutes. Dissolve the arrowroot in 1 teaspoon water and stir into the sauce. Simmer until the sauce is shiny and slightly thickened, 1 minute longer. Strain, cover, and set aside. (This can be prepared a few hours ahead. If you refrigerate the sauce, bring it to room temperature before proceeding.)

Heat the olive oil in a large, heavy skillet over high heat. Sprinkle the steaks with salt and pepper and add them to the hot oil. Brown the steaks on both sides and



cook until medium-rare (about 6 minutes total) or to your liking. Transfer the steaks to a large platter.

Add the cherries and kirsch to the skillet and flambé. When the flames die out, reduce the heat to low and add the cherry sauce. With a wooden spoon, scrape up any browned bits from the bottom of the pan. Stir in the butter and grenadine syrup. The sauce should be bright red. Return the beef to the pan and turn to coat with the sauce. Cook until the beef is heated through, about 2 minutes longer. Season the sauce to taste with salt and pepper, if necessary.

Transfer the beef tenderloin steaks to warmed dinner plates. Spoon the cherry sauce over them and serve at once.

Yield: 4 servings

Chicken Flambe Recipe

Ingredients

1 lb boneless skinless chicken breasts
salt and pepper
2 Tbsp vegetable oil
1/2 medium onion cut in quarters
2 portobello mushroom caps, sliced
1/3 cup orange liqueur (Grand Marnier)
1 cup dry white wine
2 tsp butter or margarine
4 tsp flour
2 Tbsp whipping cream

Instructions

Preheat oven to 350 degrees F.

Lightly season the chicken breasts with salt and pepper. In a large skillet over medium heat, brown chicken breasts on both sides. Add onions and mushrooms and stir cook until the onions soften. Transfer mixture to a shallow casserole dish and bake, uncovered, for 15 minutes.

In a small sauce pan warm the orange liqueur over low heat (should be lukewarm, not hot). Take the casserole out of the oven. Pour the liqueur over the chicken and vegetables and ignite it. When the flames die out, add the wine and return the casserole to the oven for another 15 minutes or until chicken breasts are no longer pink inside.

Remove the casserole from the oven. Arrange the chicken and vegetables on a warm platter and keep hot. Mix butter and flour to make a paste. Stir this into the pan juices, add cream and simmer over low heat for 5 minutes until thickened. Pour sauce over chicken. Serve with wild rice and vegetables.

Yield: 4 servings



Pork Medallions with Apple and Pear Recipe

Ingredients

4 (3-ounce) pork medallions
All-purpose flour for dredging
Salt and pepper to taste
2 tablespoons butter
2 tablespoons finely minced onion
1/4 cup apple, pear or plain brandy
1 unpeeled apple, cored and finely chopped
1 unpeeled pear, cored and finely chopped
1/4 cup heavy cream
4 ounces cream cheese

Instructions

Dredge the medallions in flour and season with salt and pepper to taste. Saute the medallions in the butter for approximately 2 to 3 minutes per side. Remove from the skillet and set in a warm place.

Add the onion to the skillet and caramelize slightly. Flambé with the brandy.

Add the apple, pear and heavy cream. Bring to a boil. Stir in the cream cheese and heat thoroughly; do not boil.

Arrange the medallions on a plate and spoon the sauce over top.

Yield: 4 servings



Prawns Sambuca Recipe

Ingredients

4 ounces olive oil
1 Tbsp fresh garlic, chopped
1 Tbsp fresh shallots, chopped
16 fresh Monterey Bay prawns
3 ounces Chardonnay or dry white wine
2 ounces Sambuca liqueur
1/4 cup fresh tomato, diced
1 Tbsp fresh tarragon, finely chopped
2 tsp salt and pepper
4 ounces sweet butter
16 ounces angel hair pasta, cooked
Fresh tarragon leaves
2 chives

Instructions

Heat oil in saute pan, add garlic, shallots and prawns. Cook for 1 or 2 minutes.

Add wine and Sambuca. Flambé.

Add tomatoes, tarragon, salt and pepper, and cook for 2 more minutes. Add butter and reduce.

Place over individual servings of pasta. Garnish with tarragon leaves and chives.

Yield: 4 servings

Credits



Strawberry Flambe with Green Peppercorns Recipe

Ingredients

12 ounces strawberries, cut in half

2 ounces butter (cold)

2 ounces granulated sugar

1 tsp green peppercorns

3 ounces orange juice

1 ounce lemon juice

1 ounce Grand Marnier

1-1/2 ounces Pernod

Instructions

Heat pan, add sugar and caramelize until gold. Add cold butter, stir well. Quickly add orange juice and lemon juice and stir. Add Grand Marnier and reduce until sauce has viscosity. Add strawberries and cook gently for maximum 2 minutes. Add green peppercorns, do not crush them. Cook for another half a minute. Overheat one side of the pan by tilting the handle down. Move the pan away from the flame. Add Pernod, put quickly back to the flame and by tilting the pan upwards, let the Pernod ignite and flame.

To serve, place a round piece of genoise in the middle of the plate. Lay the strawberries around and sprinkle with vanilla-flavored powder sugar.

Yield: 1 serving



Veal Marsala Recipe

Ingredients

- 12 veal scallops, pounded out thin
- 1/4 cup Parmesan cheese, grated
- 1 ounce butter cut into small pieces
- 1/2 medium lemon, squeezed for juice
- 1/3 cup dry Marsala
- 1 teaspoon parsley, chopped

Instructions

In the kitchen place veal medallions between two sheets of heavy plastic wrap and flatten to 1/4-inch thickness. Coat veal lightly with Parmesan cheese, remove veal and place on a plate.

Light the burner and adjust the control to moderate heat. Place the flambe pan on the burner and add butter. When butter melts, saute veal medallions and brown lightly on both sides. Squeeze the lemon juice through a clean white napkin, over the veal. Add Marsala, ignite and cook for 1 minute, turning veal several times, mixing the sauce thoroughly. Arrange 4 veal medallions on each plate. Cover with sauce. Sprinkle with chopped parsley and serve.

Prearrange your favorite starch and vegetables on dinner table family style before putting on a show.

Yield: 2 servings



Traditional Chateaubriand

From the time of Napoleon comes this recipe for a great meal. Chateaubriand is not a cut of beef, like many think, but a recipe for a grilled beef tenderloin. The story goes that back in the days of Napoleon, Chef Montmireil created a special dish for author and statesman, Francois Chateaubriand. He took a cut of beef from the tenderloin, just down from the filet mignon, coated it in butter, seasoned it with black pepper and grilled it. This cut, now synonymous with the recipe, is a thick steak, large enough to serve at least two people.

INGREDIENTS:

- 2 pounds beef tenderloin
- 1/2 cup plus 2 tablespoons butter
- 1/2 cup watercress
- 2 tablespoons minced parsley
- 1 tablespoon lemon juice
- salt and pepper

PREPARATION:

Trim beef tenderloin of unnecessary fat. The tenderloin should be about 1 inch thick, so if it's too thick, pound to flatten. Melt 2 tablespoons of butter and coat over the surface of the meat. Season with black pepper.

Preheat grill. Meanwhile melt remaining 1/2 cup of butter in a sauce pan. Add parsley, lemon juice and season with salt and pepper. Pour into a small container and refrigerate.

Place the tenderloin on hot grill and sear on each side for about 4 minutes. Reduce heat and continue grilling until it reaches the desired doneness. Remove from grill and slice into 1/2 inch thick slices. Serve garnished with watercress and butter mixture (called Maitre d'hotel butter).

Chateaubriand is traditionally served with Béarnaise Sauce. (See below)

To finish off this dish, the meat is sliced into thin strips, topped with a butter and parsley mixture and served with béarnaise sauce. The traditional side dish is chateau potatoes. (See Below) These small potatoes are roasted in a heavy pan, covered in butter. Not a recipe for the dieter, but well worth the extra calories.

Of course the beef tenderloin steak is one of the more expensive cuts, but if you want to make a meal that is sure to impress, this is a good one to choose.



Remember that I said that Chateaubriand is a recipe and not a cut of meat. This recipe has been adapted by a great number of cooks to use almost anything from fish to artichokes. A quick search of the Internet will find you dozens of variations.

Béarnaise Sauce

This is a classic sauce that goes well over most grilled dishes. This is one of the most versatile sauces in the world.

INGREDIENTS:

- 1 cup butter, melted and hot
- 3 egg yolks
- 3 tablespoons white wine vinegar
- 1 tablespoon onion, finely chopped
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dry tarragon

PREPARATION:

Put onions, vinegar, tarragon and pepper in a sauce pan and bring to a boil. Reduce to about 1-2 teaspoons of liquid. Stir constantly. Remove from stove and let cool. Put egg yolks and cooled mixture in a blender.

Process for about 1 minute or until completely blended. Melt butter. Turn blender to high and slowly add the butter. Start out very slow. Serve immediately. This can be a tricky sauce so go slow and watch it very carefully. The sauce will get thick as you add the butter. Do not let it cool after it is mixed because it will separate.

Chateau Potatoes

This potato recipe is the traditional side dish for Chateaubriand; a particular favorite of Napoleon.

INGREDIENTS:

- 1 pound russet potatoes, peeled
- 2 tablespoon butter
- 2 teaspoons minced parsley
- salt and pepper to taste

PREPARATION:



Cut the potatoes into about 1 inch ovals. They should look like large olives. Uniformity in size will help them cook evenly. Melt butter in a large saute pan. Add potatoes and saute for about 15 minutes or until they are golden brown and cooked through. Season with salt and pepper and toss with the parsley. Keep warm until you are ready to serve.

Beef Tenderloin or Long Fillet

