



Entrée Recipe List

Blond Roux #14

Brown Roux #13

Champignons aux Fines Herbes #4026

Croûtons #308

Fillets, Suprêmes, and Cutlets of Chicken #3130

Fine Forcemeat with Cream #288

Fonds d'Artichauts Sautés #3973

Glazed Carrots for Garnishing #4005

Gratin de Pommes de Terre à la Dauphinoise

Langue De Bœuf #2394

Ordinary White Stock #2

Pickling Brine for Tongues #268

Pointes d'Asperges au Beurre – Buttered Asparagus Tips #3985

Quenelles #301

Sauce Suprême #24

Suprême de Volaille à l'Ecarlate #3144

Suprême de Volaille à la Dreux #3143

Velouté #20

Velouté de Volaille #21

White Chicken Stock #3

Portion Control: 1 Plate

1 ea	Chicken Suprême
2 oz	Sauce Suprême
1 oz	Fine Force meat with Cream
1 ea	Croûton
1 ea	Gratin de Pommes de Terre à la Dauphinoise
3 ea	Buttered Asparagus Tips
2 ea	Glazed Carrots for Garnishing
1 ea	Champignons aux Fines Herbes
2 ea	Fonds D'Artichauts Sautés

SUPREME DE VOLAILLE A L'ECARLATE #3144

ESCOFFIER PRESENTATION GUIDELINES

1. Inset the suprêmes with round slices only of salt ox tongue as in the preceding recipe.
2. Season and cook under cover with butter in a moderate oven, keeping them white.
3. Place each on a Crouton of bread fried in butter and between them place an oval Quenelle made from a Mousseline forcemeat of chicken and sprinkled with chopped salt ox tongue before being cooked.
4. Coat with clear Sauce Suprême so that the red colour of the tongue can be seen.
(Escoffier, 378)

ORDINARY WHITE STOCK #2

Yield: 2.75 gal

INGREDIENTS

352 oz	Shin of veal, veal trimmings and veal bones
4 ea	Chicken giblets or carcasses, <i>raw</i>
28 oz	Carrots, <i>rough chopped</i>
15 oz	Onion, <i>rough chopped</i>
11 oz	Leek, <i>rough chopped</i>
3.5 oz	Celery
4 ea	Cloves

1 ea Bouquet Garnish
 3.5 oz Parsley Stalks
 .5 oz Thyme
 1 ea. Bay Leaves
3.25 gal Water
2 oz Salt

PROCEDURE

1. Bone out the shin and chop the bones very small; tie the meat. Place all the bones and meat into a stockpot, cover with the water and add the salt.
 2. Bring to a boil. Skim carefully and add the vegetables and flavouring.
 3. Allow to simmer very gently and evenly for 3 hours. Pass through a strainer and reserve for use.
- (Escoffier, 3)

WHITE CHICKEN STOCK #3

Yield: 2.75 gal

INGREDIENTS

352 oz Shin of veal, veal trimmings and veal bones
6 ea Chicken giblets or carcasses, *raw*
3 ea Boiling Fowls
28 oz Carrots, *rough chopped*
15 oz Onion, *rough chopped*
11 oz Leek, *rough chopped*
3.5 oz Celery
4 ea Cloves
1 ea Bouquet Garnish
 3.5 oz Parsley Stalks
 .5 oz Thyme
 1 ea. Bay Leaves
3.25 gal Water
2 oz Salt

PROCEDURE

1. This stock is prepared in the same way and with the same ingredients as basic white stock but with the addition of extra chicken giblets and carcasses and three boiling fowls.

BROWN ROUX #13

Yield: 2 oz

INGREDIENTS

1 oz Butter, *clarified*

1 oz Flour, *all purpose, sifted*

PROCEDURE

1. Mix the butter and flour together in a heavy pan and place in a moderate oven to cook, stirring frequently until an even, light brown colour is obtained.
2. When cooked, the Roux should have a smell resembling that of hazelnuts or baked flour and be without grains. (Escoffier, 7)

BLONDE ROUX #14

Yield: 2 oz

INGREDIENTS

1 oz Butter, *clarified*

1 oz Flour, *all purpose, sifted*

PROCEDURE

1. Using the same amount of ingredients as for brown Roux, cook the Roux very slowly until it takes on a light straw colour.
(Escoffier, 7)

VELOUTÉ #20

Yield: 1 c

INGREDIENTS

16 oz White Veal Stock

1 oz Butter, *clarified*

1 oz Flour, *all purpose, sifted*

PROCEDURE

1. Make the Roux in the usual manner and gradually mix in the hot or cold stock making sure that a smooth consistency is obtained.
 2. Bring to the boil stirring continuously and allow to simmer very gently and evenly for 1 ½ hours skimming carefully from time to time.
 3. Pass through a fine strainer. Stir occasionally until completely cold and use as required.
- (Escoffier, 8)

VELOUTÉ DE VOLAILLE #21

Yield: 1 c

INGREDIENTS

16 oz White Chicken Stock
1 oz Butter, *clarified*
1 oz Flour, *all purpose, sifted*

PROCEDURE

1. This is prepared in the same way and with the same proportion of ingredients as Ordinary Velouté using white chicken stock instead of veal stock.
- (Escoffier, 8)

SAUCE SUPRÊME #24

Yield: 1 c

INGREDIENTS

8 oz Velouté de Volaille
4 oz White Chicken Stock
.5 oz Mushroom Cooking Liquor
1.5 oz Heavy Cream
.25 oz Butter

PROCEDURE

1. Place the Velouté, stock and mushroom liquor in a heavy shallow pan; bring to the boil and reduce quickly adding 2 ½ dl (9 fl oz or 1 1/8 U.S. cups) of the cream in small quantities during the process, working the sauce continuously with a metal spatula.
2. When the sauce has been reduced by one third, pass it through a fine strainer or tammy cloth.
3. Finish the sauce with the remainder of the cream and the butter.

(Escoffier, 9)

PICKLING BRINE FOR TONGUES #268

Yield: 1.25 gal

INGREDIENTS

1.375 gal	Water
80 oz	Salt, <i>Kosher</i>
5 oz	Saltpetre
11 oz	Sugar, <i>brown</i>
12 ea	Peppercorns
12 ea	Juniper Berries
1 ea	Thyme, <i>sprig</i>
1 ea	Bayleaf

PROCEDURE

1. Place all the ingredients into a suitable pan and bring to the boil.
2. Allow to cool completely and pour over the tongues which have previously been pierced in several places with a needle and rubbed well with salt and saltpeter.
3. The time required to pickle a medium-sized tongue is 8 days in winter and 6 days in the summer.

(Escoffier, 38)

FINE FORCEMEAT WITH CREAM #288

Yield: 8 oz

INGREDIENTS

3 ea	Chicken, <i>thighs, skin and sinew removed</i>
1 ea	Egg White
4 oz	Heavy Cream

TT Salt, *Kosher*
TT Pepper, *white*

PROCEDURE

1. Pound the flesh finely with the seasoning adding the whites a little at a time; pass through a fine sieve.
2. Place the mixture in a shallow and sloping sided pan and work well until smooth, using a wooden spatula, then place on ice for 2 hours.
3. Add the cream little by little, taking care to work well with the spatula without removing the pan from the ice.

(Escoffier, 44)

QUENELLES #301

Yield: 4 portions

INGREDIENTS

8 oz Fine Force meat with Cream
1 oz Salt Ox Tongue, *chopped*
As needed Egg White
.33 oz Salt
4.5 c Water

PROCEDURE

1. Quenelles may be prepared from various forcemeats such as the Mousseline (288), the Godiveau (289 or 290) and Veal Force meat (292) etc. and may be prepared in various shapes and sizes as follows:
 - 1) by rolling with the hand or on a floured table in the shape of small cylinders,
 - 2) by piping the mixture on to a buttered tray,
 - 3) by moulding with spoons,
 - 4) by moulding with the finger in the shape of a cockscomb.
2. These preparations are too well known to require fuller explanations except on how to poach them.
3. It is only necessary to state that Quenelles for ordinary garnishes such as Financière, Toulouse etc. should be moulded with teaspoons or piped out using a plain or star tube.

4. The average weight of these Quenelles would be in the region of 12-15 g (1/3 – 1/2 oz) each. Quenelles for large garnishes such as Godard, Régence and Chambord should be moulded with tablespoons and should be 20-22 g (3/4 oz) in weight.
5. Decorated Quenelles which are Quenelles featured in large garnishes should be approximately 40-50 g (1 ½ - 2 oz) in weight and should be moulded in round, oval, or elongated oval shapes.
6. Truffle or red salted ox tongue is almost always used to decorate these Quenelles, often both together. These items of decoration should be fixed on with raw egg white.
7. Excepting Quenelles of Godiveau which should preferably be poached dry, all Quenelles should be poached in salted water using 10 g (1/3 oz) salt per 1 litre (1 ¾ pt or 4 ½ U.S. cups) water. This water should be boiling and poured gently into the pans or trays containing the quenelles and then kept at just below boiling point until they are cooked.

(Escoffier, 47-48)

CROÛTONS #308

Yield: 4 portions

INGREDIENTS

2 oz Bread, *white*
As needed Butter, *clarified*

PROCEDURE

1. Croûtons are cut from white bread into shapes and sizes as determined by the requirements of the dish with which they are to be served.
2. They are fried in clarified butter and should always be prepared at the last minute.

(Escoffier, 49)

LANGUE DE BOEUF #2394

Yield: 1 tongue

INGREDIENTS

1 ea Ox Tongue, *brined*
As needed Water

PROCEDURE

1. Ox tongue may be used either salted or fresh but even if used fresh it gains somewhat in quality if just lightly salted for a few days in advance. Fully salted ox tongues are cooked in gently boiling water; if fresh or just lightly salted they are best if braised in the usual manner.
2. Salted tongues should always be soaked for a few hours in cold running water before being cooked.
3. When boiled the skin should be immediately removed, the root trimmed and the small bones near the root removed. The tongue should then be replaced in the cooking liquor until required; this will prevent the outside of the tongue from drying and becoming tough.
4. When required for braising the tongue should first be boiled in water for approximately 30 minutes then trimmed and the skin removed.

(Escoffier, 288)

FONDS D'ARTICHAUTS SAUTES #3973

Yield: 4 portions

INGREDIENTS

1 ea	Artichokes Hearts, <i>in eighths</i>
TT	Salt, <i>Kosher</i>
TT	Pepper, <i>black</i>
.5 oz	Butter, <i>unsalted</i>
2.5 t	<i>Fines Herbs</i>
	.5 t Chervil, <i>chopped</i>
	.5 t Tarragon, <i>chopped</i>
	.5 t Chives, <i>chopped</i>
	1 t Parsley, <i>American, chopped</i>

PROCEDURE

1. Remove the leaves and chokes from the artichokes, trim the bottoms and cut in slices.
2. Season with salt and pepper, sauté in butter until cooked then place in a vegetable dish and sprinkle with chopped Fines Herbes.

(Escoffier, 478)

Fines Herbs - A combination of parsley, chervil, tarragon, and chives.

POINTS D'ASPERGES AU BEURRE – BUTTERED ASPARAGUS TIPS #3985

Yield: 4 portions

INGREDIENTS

8 ea Asparagus, *stalks, peeled*
.5 oz Butter
TT Salt, *Kosher*

PROCEDURE

1. The main use for asparagus tips is as a garnish or as part of a garnish, but they can be served as a vegetable in their own right.
2. Cut off the tips into approximately 5 cm (2 in) long pieces and tie them in bundles; cut the remaining tender parts into pieces the size of a pea. Wash them all well and cook quickly in boiled salted water so as to keep them very green.
3. As soon as they are cooked, drain them but do not refresh. Place in a pan on the stove and toss over to evaporate the rest of the mixture; remove from the heat, add a little butter and toss over to mix. Place the small pieces in a deep dish and arrange the tips on top.
4. Asparagus tips are often served in Bouchée cases or tartlet cases placing the small pieces inside and a few tips on top.
(Escoffier, 478-480)

GLAZED CARROTS FOR GARNISHING #4005

Yield: 4 portions

INGREDIENTS

8 ea Carrot, *tourneed*
As needed Water
.25 oz Salt, *Kosher*
1 oz Sugar, *granulated*
2 oz Butter, *unsalted*

PROCEDURE

1. It is not necessary to blanch young carrots, they can be left whole or cut into two or four pieces according to size, then trimmed. If the carrots are old ones they are trimmed to the shape of an elongated olive then blanched well before being cooked.

2. Place the prepared carrots in a pan with sufficient water to barely cover them, add 6 g (1/4 oz) salt, 30 g (1 oz) sugar and 60 g (2 oz) butter per 5 dl (18 fl oz or 2 1/4 U.S. cups) water. Cook until almost all of the moisture has evaporated leaving a syrupy reduction; toss the carrots over in this to coat them with a brilliant gloss.

(Escoffier, 481)

CHAMPIGNONS AUX FINES HERBS #4026

Yield: 4 portions

INGREDIENTS

4 ea Mushrooms, *button*
1 t Parsley, *American, chopped*

PROCEDURE

1. Wash, slice, season and sauté the mushrooms in butter using a frying pan on a very hot stove.
2. Place in a suitable dish and sprinkle with chopped parsley at the last moment.

(Escoffier, 483)

GRATIN DE POMMES DE TERRE A LA DAUPHINOISE #4200

Yield: 4 portions

INGREDIENTS

1 ea Potato, *russet, 1 lb*
.25 ea Egg
6.5 oz Milk, *whole*
1.125 oz Gruyère Cheese, *grated*
1 ea Garlic Clove, *smashed*
As needed Nutmeg
As needed Butter
TT Salt, *Kosher*
TT Pepper, *white*

PROCEDURE

1. Thinly slice 1 kg (2 ¼ lb) Dutch potatoes. Place in a basin, season with salt, pepper, and grated nutmeg and add 1 beaten egg, 7 ½ dl (1 ½ pt or 3 ¼ U.S. cups) boiled milk, and 125 g (4 ½ oz) grated fresh Gruyère cheese.
2. Mix well together then fill into well-buttered dishes which have been rubbed with garlic. Sprinkle the surface liberally with more cheese and butter and cook in a moderate oven for 40-45 minutes.
(Escoffier, 500)

Works Cited

Escoffier, A. The Complete Guide to the Art of Modern Cookery, 1907-2007. Trans. H. L. Cracknell and R. J. Kaufmann. New Jersey: John Wiley & Sons, Inc., 2008.