

STILL LIFE

Shredded Duck Parmentier

6 servings

700 g (1 ½ lb) Idaho or ratte potatoes, coarsely cubed
125 ml (½ cup) milk
2 tbsp butter
Pinch of nutmeg
2 Brome Lake confit duck legs
1 tbsp duck fat
1 onion, finely chopped
2 garlic cloves, chopped
2 tbsp chopped parsley
125 ml (½ cup) grated Saint-Benoît-du-Lac fontina or other firm cheese
Salt and pepper

PURÉE

In a saucepan, place the potatoes in enough cold water to cover them. Bring to a boil, add the salt and cook for at least 20 minutes until tender. Drain the potatoes. Return them to the pan, add the milk and butter. Using a potato masher, turn into a smooth mashed potato. Season with salt, pepper and nutmeg.

SHREDDED DUCK

In a saucepan over low heat, allow the duck legs to heat up for 15 minutes. Remove the legs. Deglaze the cooking liquid and set aside. Remove the skin from the legs, debone and shred the meat. (ou pull the meat apart)

In a pan, heat the duck fat over medium heat and sauté the onion and garlic for 4 to 5 minutes. Add the shredded duck, parsley and 80 ml (⅓ cup) of the reserved cooking liquid. Let simmer until the liquid evaporates.

Preheat oven to 190 °C (375 °F).

ASSEMBLING

Cover the bottom of a baking dish with the duck, reserving a few pieces for the top of the Parmentier. Spread the mashed potatoes. Sprinkle with cheese, arrange reserved duck pieces and bake for 30 minutes, until top is gratinated.

A FATAL GRACE

Gamache's Ham and Brie, Apple and Endive Garnish

4 sandwiches

4 pieces of baguette bread*, 18 cm (7 in) long

2 tbsp butter

8 slices ham

145 g (5 oz) Quebec Brie cheese

GARNISH

1 endive, cut into 1 cm ($\frac{3}{8}$ in) pieces

$\frac{1}{2}$ apple, peeled and diced

1 tbsp mayonnaise

Salt and pepper

Combine the ingredients for the filling.

Split baguette pieces in half. Spread butter on the inside and place ham and cheese on one of the 2 pieces of baguette.

Add the garnish, close and bite.

* There are many artisanal bakeries in the region: Mansonville, Eastman, Sutton, Cowansville...

THE CRUELEST MONTH

Eggs Benedict

4 servings

POACHED EGGS

1 tbsp white wine vinegar

8 eggs

4 English muffins, halved

1 tbsp butter

8 slices back bacon or smoked ham

HOLLANDAISE SAUCE

2 egg yolks

3 tbsp water

250 g (½ lb) melted butter

Juice of ½ lemon

Salt and pepper

POACHED EGGS

In a saucepan, pour 1 L (4 cups) of water and the vinegar. Heat over medium heat and, as soon as the water simmers (it should never boil), break the eggs one by one into a ramekin and make them slide into the water. After 2 minutes, turn the eggs over and continue cooking for 2 minutes. The eggs are ready when they are soft to the touch. Drain and place on a cloth. Cut off any excess egg white strands.

HOLLANDAISE SAUCE

In a heatproof bowl, put the egg yolks and water. Place the bowl in a double boiler and heat over medium heat. Whisk vigorously until creamy and smooth. Gradually whisk in the butter. While continuing to whisk, add lemon juice, salt and pepper. It is preferable to prepare the sauce at the last minute. Keep warm.

ASSEMBLING

Preheat oven to 180 °C (350 °F).

Toast the English muffin halves in a toaster, then spread butter over each half. Place on a baking sheet and cover with ham. Heat in the oven for 2 minutes. Place 2 muffin halves on each plate, place an egg on the ham and top with hollandaise sauce. Serve immediately.

A RULE AGAINST MURDER

Pear Clafoutis

4 to 6 servings

3 eggs
60 ml (¼ cup) sugar
250 ml (1 cup) milk
60 ml (¼ cup) flour
Pinch of salt
Pinch of cinnamon
1 tbsp melted butter
3 ripe pears, peeled, cut in pieces
125 ml (½ cup) sliced almonds
Coaticook vanilla ice cream

In a bowl, whisk together the eggs and sugar. Stir in the milk, then flour, salt and cinnamon.

Preheat the oven to 190 °C (375 °F).

Brush a 20 cm (8 inch) pan with butter. Arrange the pear pieces in a single layer. Pour in the egg mixture, sprinkle with almonds and bake for 40 minutes or until golden brown.

Let cool and serve with vanilla ice cream.

THE BRUTAL TELLING

Fettuccine with Tomato and Cheese

4 servings

3 tbsp olive oil

2 garlic cloves, chopped

4 salted anchovy fillets

500 g (1 lb.) tomatoes, peeled, seeded and chopped

30 black olives, pitted

2 tbsp capers

500 g (1 lb) fettuccine

2 tbsp chopped parsley

120 g (4 oz) Comtomme cheese from La Station de Compton or another semi-soft cheese, grated

Salt and pepper

In a frying pan, heat the oil over medium-low heat and sauté the garlic for 2 minutes. Add the anchovies and crush with a fork.

Add the tomatoes, olives and capers. Add pepper and simmer over medium heat for 20 minutes.

Meanwhile, cook the fettuccine al dente. Drain and transfer it to the sauce.

Stir well until warm. Adjust the seasoning, if needed. Sprinkle with parsley and serve immediately with the grated cheese.

BURY YOUR DEAD

Château Frontenac Pea Soup

10 servings

500 g (1 lb) dry white beans (navy beans)
1 piece of 120 g (4 oz) salt pork
1 carrot, diced
1 celery stalk, diced
1 onion, chopped
1 bouquet garni (bay leaf, thyme, parsley, leek)
Salt and pepper

The day before, put the beans in a large bowl and cover them with cold water. In another bowl, also soak the piece of salt pork. After 12 hours, drain the peas and salt pork.

In a saucepan, blanch the beans in boiling water over medium heat for 3 to 4 minutes. Drain. In another saucepan, blanch the salt pork in boiling water for 4 minutes to desalinate. Drain.

In a large saucepan, put the beans, carrot, celery, onion, bouquet garni and salt pork. Pour in enough cold water to cover and cook over low heat. The soup should not boil, just barely simmer. (Do not add salt, otherwise the beans will harden during cooking). Add more water, if necessary.

When the beans are tender, after about an hour and a half, remove the piece of salt pork and cut it into small cubes. Put them back into the soup, adjust the seasoning and serve with bread croutons.

A TRICK OF THE LIGHT

Around the Barbecue: Cold Cucumber Soup and Grilled Salmon

4 servings

Cold Cucumber Soup

600 g (1 ½ lb) cucumbers, peeled, seeded and cut into pieces

3 tbsp yogurt

250 ml (1 cup) milk

½ garlic clove, minced

Juice of ½ lemon

2 tbsp chopped green onion

1 tsp chopped mint, (optional)

Salt and pepper

Place the cucumber, yogurt, milk, garlic, lemon juice and green onion in a blender and blend to a smooth texture. Season with salt and pepper. Refrigerate. Serve in a small bowl and, if desired, sprinkle with mint.

Grilled Salmon

1 salmon fillet, 600 g (1 ½ lb)

2 tbsp olive oil

Juice of 1 lemon

2 garlic cloves, minced

4 sprigs of thyme, leaves removed

1 tbsp Dijon mustard

Salt and pepper

In a dish large enough for the salmon fillet, combine the oil, lemon juice, garlic, thyme, salt and pepper. Let marinate. After 1 hour, remove salmon and reserve marinade.

Preheat barbecue to medium and oil the grill.

Brush the salmon with the mustard and place it on the grill. Cook for 4 to 5 minutes on each side, depending on the thickness of the fish, while brushing with the reserved marinade. Serve with grilled vegetables and seasonal greens.

THE BEAUTIFUL MYSTERY

Very Crispy Leek Gratin

4 servings

2 sausages, 120 g (4 oz) each

1 tbsp butter

800 g (1 ¾ lb) leeks (2 medium) cut into 2,5 cm (1 inch) pieces

500 g (1 lb) potatoes cut into 2,5 cm (1 inch) pieces

125 ml (½ cup) dry white wine

250 ml (1 cup) 35 % cream

3 tbsp chopped parsley

120 g (4 oz) Saint-Benoît-du-Lac smoked blue cheese or a blue cheese of your choice, thinly sliced

Salt and pepper

In a saucepan, poach the sausages in simmering water for 15 minutes. Remove the sausages and slice them. Set aside.

In a saucepan, heat the butter over medium-low heat and sauté the leeks for 5 minutes. Add the potato and continue cooking for 3 minutes. Deglaze with wine. Reduce for 2 minutes and stir in the cream. Remove from heat, add the sausage and season.

Preheat oven to 190 °C (375 °F).

Transfer the mixture to a baking dish. Sprinkle with parsley and add the cheese on top. Bake for 25 to 30 minutes, until the crust is crisp.

Serve with a salad and a refreshing local beer such as Knowlton Co.

HOW THE LIGHT GETS IN

Pastry Cream and Blueberry Stuffed Pancakes

6 servings

12 pancakes 25 cm (10 in) in diameter

PASTRY CREAM

500 ml (2 cups) milk

A few drops of vanilla

6 egg yolks

160 ml ($\frac{2}{3}$ cup) sugar

125 ml ($\frac{1}{2}$ cup) flour

TOPPING

250 ml (1 cup) blueberries

2 heaping tablespoons of sugar

Strawberry, raspberry or other coulis (optional)

PASTRY CREAM

In a saucepan, bring the milk and the vanilla to a boil.

In a bowl, whisk the egg yolks and the sugar until the mixture becomes smooth. While continuing to whisk, gradually stir in the flour, then, little by little, the hot milk.

Pour the mixture back into the saucepan. Heat over medium heat, whisking until the cream begins to boil. Remove from heat. Transfer to a bowl. Place plastic wrap directly on top of the cream. Let cool.

Preheat oven to 200 °C (400 °F).

TOPPING

Spread the pastry cream in the center of the pancakes and scatter blueberries. Roll up pancakes and place on a parchment paper-lined baking sheet. Sprinkle with sugar and bake for 15 minutes. Serve, if desired, with strawberry coulis and serve immediately.

THE LONG WAY HOME

Chocolate and Raspberry Mousse

4 servings

180 ml ($\frac{3}{4}$ cup) semi-sweet chocolate chips

2 tbsp butter

3 egg yolks

3 egg whites

60 ml ($\frac{1}{4}$ cup) sugar

250 ml (1 cup) raspberries

In a double boiler, over low heat, melt the chocolate with the butter. Allow to cool down. Transfer the melted chocolate to a bowl and, using a wooden spoon, stir in the 3 egg yolks.

Using a whisk, beat the 3 egg whites until stiff and add the sugar. Continue to whisk until sugar is dissolved and the mixture takes on the consistency of a meringue.

Using a spatula, gently fold meringue into chocolate mixture.

Fill glass cups using a piping bag or simply a spoon. Decorate with raspberries. Serve at room temperature.

THE NATURE OF THE BEAST

Stuffed Cornish Hens, Apple Sauce, Roasted Root Vegetables

4 servings

2 tbsp softened butter
2 tbsp chopped dried cranberries
1 garlic clove, chopped
1 tbsp chopped basil
2 Cornish hens
2 tbsp olive oil
2 parsnips
2 carrots
2 turnips
250 ml (1 cup) dry white wine
2 Cortland apples, peeled and diced
Salt and pepper

In a bowl, combine the butter, cranberries, garlic and basil. Season with salt and pepper.

Preheat oven to 190 °C (375 °F).

Using your fingertips, gently lift the skin of the hens breasts and thighs to spread the butter mixture evenly. Tie up the hens and place in a roasting pan. Brush with oil. Season with salt and pepper. Place in oven.

Cut the parsnips and carrots in half lengthwise and the turnips into sticks. (The vegetables should be the same size.)

After 25 minutes, arrange the vegetables around the hens and continue cooking for 20 minutes until the vegetables and the hens are cooked.

Transfer the hens and vegetables to a plate and keep warm.

Place the roasting pan over medium heat and deglaze with wine. Reduce by half. Add the apple and cook for 2 minutes. (The apple should remain crisp.) Adjust the seasoning of the sauce.

Cut the hens in half and serve with roasted vegetables and sauce.

A GREAT RECKONING

Chocolate Chip Cookies

24 to 30 cookies

180 ml ($\frac{3}{4}$ cup) softened butter

250 ml (1 cup) brown sugar

2 tbsp sugar

1 egg

1 tsp vanilla

375 ml (1 $\frac{1}{2}$ cup) flour

Pinch of salt

$\frac{1}{2}$ tsp baking powder

$\frac{1}{2}$ tsp baking soda

300 g (10 $\frac{1}{2}$ oz) semi-sweet dark chocolate chips

In a bowl, using an electric mixer, mix the butter, brown sugar and sugar until creamy. Beat in the egg and vanilla.

In another bowl, combine the flour, salt, baking powder and baking soda. Transfer to the bowl of the first mixture and beat until the dough comes together.

Using a wooden spoon, stir in the chocolate chips.

Cover with plastic wrap and let rest in the refrigerator for 1 hour.

Preheat oven to 190 °C (375 °F) and line a baking sheet with parchment paper.

Using an ice cream scoop, form 2 tablespoons of dough into balls. Place them on the baking sheet, spacing them out.

Bake for 10 minutes or until golden around the edges and the center is still soft.

Let the cookies cool on a rack.

GLASS HOUSES

Fall Beef Stew

4 servings

2 tbsp butter
2 tbsp olive oil
145 g (5 oz) fresh thick bacon, cut into lardons
1 large carrot, sliced
1 large onion, diced
2 garlic cloves, chopped
1 kg (2 lb) beef braise, cut into 5 cm (2 in) cubes
1 sprig thyme
1 bay leaf
2 ½ tbsp flour
3 tbsp brandy
500 ml (2 cups) red wine
375 ml (1 ½ cup) lager
12 baby potatoes
Salt and pepper

TOPPING

1 tbsp butter
200 g (7 oz.) mixed mushrooms, quartered
20 very small pearl onions
1 tbsp chopped parsley

In a large skillet, heat the butter and oil over medium heat and sauté the lardons, carrot, onion and garlic 5 minutes. Transfer to a casserole dish.

In the same pan, over high heat, brown the beef evenly. Place in the casserole. Add the thyme, bay leaf and sprinkle with flour. Stir to combine.

Deglaze the pan with brandy, pour in the wine and beer. Simmer for 5 minutes and transfer to the casserole. Season with salt and pepper.

Cover, lower the heat and simmer for 1 hour and 10 minutes. Add the potatoes and continue cooking for 20 minutes until tender. Adjust the seasoning.

Prepare the garnish. In a large skillet, heat the butter over high heat and sauté the mushrooms until golden. Add the pearl onions and reheat for 2 minutes.

Transfer the beef stew to a large serving dish. Top with the mushroom and onion mixture. Sprinkle with parsley.