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AT WALNUT HILL COLLEGE

SEPT
POISSONS



Walnut Hill College Community:

The feast of the seven fishes is widely considered to be an Italian-American Christmas Eve tradition. Anyone who has had the pleasure of partaking in this feast knows it is about coming together at the table and celebrating family, friends and great food.

As we are all contemplating how we are going to spend our, very different, holiday this year I thought I would share what I may have cooked for you at Bistro Perrier had we been able to celebrate together. I have included some personal family favorites like the Chilled Shrimp Mousse which in my family was simply called Shrimp Mold. My grandmother and great-aunts all seemed to have the same fish shaped tin molds in which they prepared it. No one ever seemed to know where they came from or where they even got the recipe but there it was on the holiday table. We usually served it with tiny loaves of marble rye bread and believe it or not, potato chips.

For the Lobster Americane, Parisienne Gnocchi I took inspiration from Chef Perrier's famous Bisque de Homard. A powerfully rich lobster bisque that we have served at Bistro Perrier a number of times in his honor. Coincidentally I am writing this greeting on Chef Perrier's 77th Birthday, an additionally special tribute to the great chef and our inaugural Master-in-Residence at Walnut Hill College. The version I have included is simplified to a degree to better suit home cooking.

Foie Gras, and fish - you ask? While it may not be the first paring you think of, it works quite well with scallops and meaty fish like wild striped bass and halibut. In France a preparation of foie gras on the holiday table is as common as salt and pepper shakers. Cooking a whole fish in a salt crust might seem like a bit of an undertaking but it is rather simple actually and is quite the center piece for a holiday feast. Garnish your presentation platter generously to really add some dramatic and festive flair. I am so much looking forward to cooking together again.

Wishing you and your families a wonderful, safe and happy holiday season.
Bonne année et bonne santé en 2021.

Chef Todd Braley
EXECUTIVE CHEF &

DIRECTOR OF CULINARY OPERATIONS

Le Pen

SALMON RILLETES

CHILLED SHRIMP MOUSSE

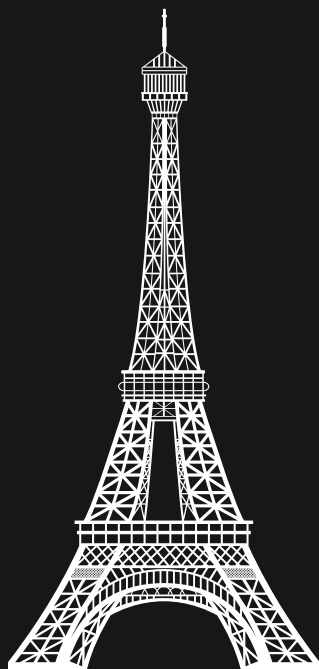
CALAMARI, SAFFRON AIOLI

OCTOPUS SALAD
ORANGE, FENNEL, PIMENT D'ESPELETTE

LOBSTER AMIERCAINE, PARISIENNE GNOCCHI

SCALLOPS, FOIE GRAS SAUCE

SALT BAKED BLACK BASS



Salmon Rillettes

INGREDIENTS

1 pound salmon, skin off
2 cups white wine
1 shallot, sliced thin
3 oz. smoked salmon, minced
½ cup mayonnaise
3 tbsp. lemon juice
2 tbsp. fine herbs



TECHNIQUE

1. Place salmon in a pan or pot just big enough to fit in a single layer. Add shallots and wine and bring to a gentle simmer. Cover pan with lid or foil and poach 5-7 mins. Salmon should be rare to medium rare.
2. Remove salmon from the poaching liquid and let cool just enough to handle. Discard the wine and shallot or save for another use. Flake poached salmon while still warm, this will carry over the cooking to the more rare parts without drying out the fish.
3. Add the remaining ingredients and mix well. Taste and adjust seasoning. Serve on toasted brioche, pumpernickel or rye bread.

Shrimp Pousse

INGREDIENTS

¼ oz. powdered gelatin
1 can tomato soup
8 oz. cream cheese
1 cup mayonnaise
¼ cup onion, brunoise
¾ cup celery, brunoise
12 oz. shrimp, chopped
1 tbsp. lemon juice



TECHNIQUE

1. Soften 1 envelope (¼ oz) powdered gelatin in ¼ cup water.
2. Heat tomato soup to a boil.
3. Add the bloomed gelatin and cream cheese to the soup and stir to combine.
4. Add the mayo, onions, celery and lemon juice.
5. Pour into greased decorative molds or loaf pan.
6. Chill overnight.
7. To unmold carefully run a small knife around the edges of the mold. If it does not unmold set the mold in a pan of warm water briefly. Pat the mold dry before inverting on the plate.

Serve with rye bread, crackers, crostini or chips

Fried Calamari with Saffron Aioli

INGREDIENTS

for the aioli:

1 pinch saffron
juice of one lemon
3 large egg yolks
2 tbsp. dijon mustard
pinch kosher salt
1 cup grapeseed, canola or any neutral oil

for the calamari:

1 lb. cleaned baby squid or calamari, tentacles left whole and bodies sliced into ½-inch-thick rings
½ cup all-purpose flour
½ cup rice flour
canola oil, for frying
salt
lemon wedge, for squeezing



TECHNIQUE

1. To make the saffron aioli: in a small bowl combine the saffron and lemon juice and let steep while gathering the other ingredients. Stabilize a medium bowl by nesting its base in a kitchen towel so it won't move. Add the egg yolks, mustard, and a pinch of salt and whisk well to combine. Add the lemon-saffron.
2. Slowly stream in the oil, whisking constantly and rapidly, until all of the oil has been added and the mixture is thickened and emulsified. Taste and adjust seasoning. Aioli can be made up to 2 days ahead; cover the surface with plastic wrap and refrigerate.
3. When ready to serve, fry the squid: In a medium pot or high-sided pan, add enough canola oil so it reaches at least 3 inches up the sides of the pan. Heat over medium-high heat until the oil registers 350°F on a deep-fat thermometer.
4. Meanwhile, set a large plate next to the stove and line with multiple layers of paper towels. Combine the all-purpose and rice flours. Dredge the squid in the flour mixture, shaking off as much excess flour as possible. When the oil is ready, add the squid, working in batches as needed to not overcrowd the pan. Cook, turning as needed, until golden brown, 3–4 minutes. Transfer the fried squid to the prepared plate, and season with salt and a little lemon juice right when it comes out of the oil. Continue cooking the remainder of the squid. Serve with lemon wedges and aioli.

Octopus Salad

INGREDIENTS

1 octopus 4-5 pounds, cleaned
1 cup olive oil
½ tsp piment d'espelette
1 orange, segmented and juice reserved
16 oz. arugula
1 bulb fennel, stalks removed, shaved
banyuls, sherry or champagne vinegar
salt and pepper, to taste



TECHNIQUE

1. Place octopus in a large pot and cover with water. Bring to a boil and skim. Reduce heat to barely a simmer and cook gently 1-3 hrs until tender.
2. Remove from liquid and let cool slightly. Clean tentacles while still warm.
3. Let cool, marinate with enough olive oil to coat and piment d'espelette, may be done two days ahead.
4. Slice tentacles on a bias, make a vinaigrette with the reserved orange juice and olive oil adding vinegar to taste.
5. Toss the lettuce, orange segments, fennel and octopus together gently, seasoning with salt and pepper. Lightly dress the rim of the bowl and continue to toss everything together. Serve immediately.

Lobster Américaine Parisienne Gnocchi

INGREDIENTS

for the lobster sauce:

1 ½ pound lobster
1 tbsp. canola oil
¼ cup sliced shallots
1 tbsp. black peppercorns
2 tbsp. tomato paste
¼ cup brandy
¼ cup vermouth
2 cups stock, shellfish or vegetable
¼ cup heavy cream
2 sprigs tarragon
1 sprig thyme
1 sprig parsley

gnocchi recipe follows on the next
page



TECHNIQUE

1. Plunge a heavy chef's knife through the head just above the eyes and push downwards. Twist off claws and tail where they join the bodies. Cut body in half and remove tomalley and roe sack, reserving the later.
2. Bring a large saucepan of water to a boil. Add claws to boiling water; cook 5 mins. Remove claws from pan, and cool. Separate knuckles from claws. Remove meat from knuckles and claws reserving the shells for the sauce.
3. Add tail to pot and cook 3 mins. Remove the tail, when cool enough to handle place on cutting board. Spread the tail out and cut in half. Remove the tail meat and discard the vein. Reserve the shell for the sauce.
4. Chop lobster meat in roughly uniform ¼-1/2" pieces. Heat canola oil in a large saucepan over medium-high heat. Add lobster bodies, and reserved shells to pan; cook for 5 minutes, stirring occasionally.
5. Add shallots; sauté 1 minute. Add peppercorns and tomato paste; reduce heat to medium, and cook 1 minute, stirring constantly. Stir in brandy and vermouth; cook until liquid is reduced by half (about 5 minutes). Add stock; bring to a boil. Reduce heat to low, and simmer 10 minutes.
6. Add cream, tarragon, thyme, parsley and reserved roe if any; simmer for 5 minutes. Strain mixture through a fine sieve over a bowl. Discard solids. Keep warm.

Lobster Américaine Parisienne Gnocchi

INGREDIENTS

for the gnocchi:

1 ½ cups water
6 oz. butter
1 tbsp + 1 tsp. salt
2 cups all purpose flour
5 eggs
2 tbsp. dijon
2 tbsp. fine herbs (tarragon, chives,
parsley and chervil or any mix)
1 cup grated gruyere or comté



TECHNIQUE

1. Bring a large pot of water to a simmer for blanching. In a separate large sauce pan combine the water, butter, salt together and bring to a boil. Add the flour all at once and mix vigorously with a wooden spoon. Add the eggs one at a time, combining completely before adding the next. Fold in the mustard, herbs and cheese and fill a large pastry bag with the mix.
2. Fold a clean kitchen towel and rest it on the rim of the blanching pot. Cut the tip of the piping bag so there is about a ½" opening. Resting the piping bag on the towel use the back of a paring knife dipped in the simmering water to cut off ½-¾" sections of the dough as you apply pressure to the piping bag.
3. Allow the gnocchi to float and cook an additional 1-2 mins. Remove from water with a spider and place on a lightly oiled tray in a single layer allowing them to cool. Gnocchi once cooled may be wrapped and held refrigerated or frozen for later use.

Scallops with Foie Gras Sauce

INGREDIENTS

2-3 scallops per person, u10 dry pac
¼ cup dry white wine
1 shallot, minced
cold butter, 1 tbsp. per batch of scallops
3-4 oz. foie gras butter, recipe follows
or available at specialty stores (keep cold)



TECHNIQUE

1. Place scallops on paper towel while gathering ingredients. Heat large sauté pan over med-high heat. Working in batches season the scallops on both sides with salt and pepper, only seasoning enough for the batch. Salting the scallops ahead may cause them to emit liquid and become more likely to stick.
2. Lightly coat the pan with canola oil, sear scallops allowing rich crust to form 3-4 mins, flip scallops and add a tablespoon of butter. Baste continuously 1-2 mins more. Remove to warm plate, pour out fat from pan and continue with the additional batches. When done with all the scallops drain most of the fat from the pan.
3. Place the pan on low heat and add the shallots. Cook briefly until translucent but do not brown. Add the wine to the pan to deglaze, stir up fond with wooden spoon or rubber spatula. Let reduce slightly.
4. Cut foie butter into pieces the size of a grape and add one or two pieces at a time whisking constantly. Do not allow to boil or the sauce will separate. Taste and adjust seasoning. Serve scallops on warmed plate with sauce spooned over immediately before serving.

Foie Gras Sauce

INGREDIENTS

4 oz. foie gras, cubes or scraps
4 oz. unsalted butter, diced
1 shallot, sliced thinly
1 oz. brandy, cognac or armagnac



TECHNIQUE

1. Have a food processor, rubber spatula and fine strainer or chinois and bowl set over an ice bath ready.
2. Heat sauté pan just big enough for the foie gras on medium high heat until just smoking. Season foie gras heavily, pull pan away from heat and add foie gras, carefully return to heat and manage the flame as to not catch the pan on fire.
3. Cook for 1-2 mins without flipping. Add shallots and toss the pan turning all the pieces over. Be careful not to overcook the foie gras. Remove pan from heat again and add the brandy. Let boil down a moment to cook off some of the alcohol then return to the stove and flambé.

Salt Baked Black Bass

INGREDIENTS

3 pounds kosher salt
10 sprigs thyme
4 bay leaves
1/2 lemon, sliced
1 shallot, sliced
1 whole black bass, gutted, fins removed, scales left on
2 tbsp. olive oil
flaky sea salt (such as maldon)



TECHNIQUE

1. Preheat the oven to 400°. Line a large rimmed baking sheet with foil or parchment paper.
2. Rinse and dry the fish inside and out. Place the sliced lemon and shallot sliced inside the cavity.
3. In a large bowl, mix the kosher salt with 1/2 cup of water until it resembles moist sand.
4. Strip the leaves from half of the thyme sprigs and mix into the bowl along with 2 of the bay leaves.
5. Spread half of the salt mixture in the center of the baking sheet and place the remaining thyme sprigs and bay leaves on top. Lay the fish on the mound, then cover with the remaining salt mixture, lightly packing it to completely cover the fish.
6. Bake the fish for 35 minutes, until an instant-read thermometer inserted into it registers 135°. Remove from the oven and let stand for 5 minutes.

To serve: crack the top salt crust and discard it. Remove and discard the skin from the top of the fish and, using a fish spatula, carefully transfer the top fillet to a platter. Flip the fish over and repeat the process. Drizzle with the olive oil and sprinkle with flaky sea salt. Serve.

Chef Georges Perrier

At age 12, Perrier created his first entrée, "Sweetbreads with Mushrooms and Madeira", and after this experience, he decided on his career which he began two years later at age 14. He trained with chefs at various restaurants of France, including Michel Lorrain of Casino de Charbonnières near Lyon, Jacques Picard of L'Oustau de Baumanière in Provence, and Guy Thivard of La Pyramide in Vienne, owned by Ferdinand Point.

Chef Perrier immigrated to the United States of America in November 1967. In 1970, he opened Le Bec-Fin, a luxury French restaurant. Le Bec-Fin was awarded as one of the best restaurants in the United States several times. The guest list of his renowned restaurant included renowned actors and actresses, famous athletes, political leaders and royalty from around the world.



1996: Georges Perrier helps Julia Child with a helping of couscous at a Book and the Cook dinner. Photo from the Philadelphia Inquirer.

Achievements

In 1981, at the age of 38, Chef Perrier was honored into the prestigious Maitres Cuisiniers de France.

Georges Perrier earned a 5 star award for his renowned restaurant Le Bec-Fin

In 1994, Condé Nast Traveler magazine chose Le Bec-Fin as the No. 1 restaurant in the United States of America.

In 1997, Chef Perrier's award-winning cookbook, Georges Perrier Le Bec-Fin Recipes

In 1998, Chef Perrier was honored by America's leading culinary organization when he was awarded Best Mid-Atlantic Chef by the James Beard Foundation.

In 2003 Le Bec Fin was chosen as "The Best French Restaurant in America" by John Mariani, and Esquire Magazine.

In 2009, the French government awarded Perrier its highest honor, the Legion d'Honneur.

In 2010, Chef Perrier received the Academiciens de l'Annee, the highest honor presented by the Academie Culinaire de France.

In 2012, he received the "Medaille de la ville de Roanne" from the Mayor of the Roanne

The City of Philadelphia named a street in his honor "Georges Perrier Way"

Chef Perrier has appeared on network TV in the United States and throughout Europe

Chef Georges Perrier was the subject of the award-winning biography film "Kings Georges"

Chef Georges Perrier is now a Master-in-Residence at Walnut Hill College in Philadelphia. He began his role with a very special dinner; "Le Bec-Fin Redux" a one-night-only reprisal of his menu in the restaurant that would later become Bistro Perrier. Georges Perrier helps guide the careers of students at Walnut Hill College. He teaches, hosts special dinners, and leads workshops for professional chefs on the WHC campus.





Happy
Holidays!

