

Restaurant Service Competition

Dishes Explanations



On each competition day 2 dishes listed as “technical skills” will be ordered by the guests to be prepared and served by competitors (starters, main courses or desserts).

* = Dishes listed as technical skills

STARTERS

1. SHRIMP COCKTAIL & AVOCADO *



Ingredients (for 2) :

- Fresh Mayonnaise (delivered by kitchen)
- Ketchup
- Cognac
- Worcestershire sauce
- 1 Lemon
- Paprika
- Tabasco
- 200 gr Shrimps

- 1 Avocados
- Lettuce leaves (cleaned & dried)
- Fresh dill

Preparation (for exemple) : use your own method and ingredients available above)

Prepare the cocktail sauce

Peel 2 avocados, cut them into cubes or slices, lemon them to prevent them from blackening.

Mix the shrimps with the cocktail sauce.

Spread the lettuce leaves at the bottom of 2 glasses.

Top with diced avocado and prawns.

Cover with more cocktail sauce if necessary.

Decorate with a few sprigs of dill and half a slice of lemon. Pepper.

2. LOCAL STARTER : BEETROOT CARPACCIO WITH WHIPPED GOAT CHEESE AND BIRCH SAP BALSAMIC



Ingredients:

- 4-6 small (5 cm in diameter) oven-baked beets
- goat cheese
- arugula
- Pine nuts
- a slice of lemon

- olive oil
- pumpkin oil
- Birch sap balsamic cream (not vinegar!)

Recipe:

1. Beetroot loses its natural sweet taste when boiled, so it is better to bake it. Cut several small beets baked in the oven into large pieces.
2. Bake beets the night before, wrapped in foil, without additives and fats. The baking process can take from one and a half to two and a half hours, depending on the size of the beet.
3. if it comes out easily, the beets are ready.
4. Once cooled, cut into pieces, sprinkled with lemon juice.
5. Scatter the arugula in a bowl or on a flat plate, arrange or lay out the beet pieces freely, sprinkle with crumbled goat cheese or goat's curd, also with arugula and pine nuts, lightly drizzle with good olive oil (you can use a mixture of pumpkin and olive oil), Birch balsamic cream , top it up). Garnish with mint sprigs and leaves

3. FRESH BALTIC SEA SALMON TARTARE *



Ingredients for 4

- 400 gr sushi grade salmon fillet (diced by kitchen)
- Salt, pepper
- 2 Shallots (chopped by kitchen)

- Olive Oil
- 1 egg yolk, at room temperature
- 1 tsp Dijon mustard
- 1 tbsp (15 ml) fresh lemon juice
- 1 lemon
- 1 lime
- 4 tbsp (40 g) finely chopped shallot
- 2 tbsp (20 g) finely chopped capers
- 2 tbsp (10 g) finely chopped fresh dill
- 2 tbsp (10 g) finely chopped fresh chives
- 2 tbsp (10 g) finely chopped fresh coriander leaves
- 2 tbsp (10 g) finely chopped fresh parsley
- Worcestershire sauce
- Tabasco
- Toasts

This tartare is a fun, unique way to eat healthy fish, and provides a considerable portion of valuable nutrients, including vitamins C and D as well as plenty of unsaturated fatty acids.

Prepare the salmon tartare your own way in front of the guests, use only the products you want.

4. FRESHLY SLICED SMOKED SALMON WITH CONDIMENTS & SEASONINGS

Ingredients

- Filet of smoked salmon (approx. 1,8 kg), origin / label to be precised
- Onions
- Capers
- Horseradish sauce
- Fresh cream whipped with herbs
- Lemon
- Fresh dill
- Toasts
- Black pepper



Slice the salmon filet in front of the guests, plate & dress with condiments & seasonings

MAIN COURSES

5. STEAK DIANE AND SEASONAL GARNISH *



Ingredients for 4

- 4 tournedos 200 gr
- 6 tablespoons of crushed black pepper (mignonette)
- 40 cl of Dry white wine or fortified wine
- 5 cl of brandy spirit (Cognac)
- 30 g of butter
- 1 tbsp of Dijon mustard
- 1 tbsp. oil
- 20 cl of cream
- 50 cl of veal stock
- 100 gr Chopped Shallots
- Worcestershire sauce

Steak consists of a steak cooked according to guests wishes (rare, medium, well done).

Preparation:

- 1- The steak is cooked by the chef. The waiter gets it in a pan and will finish preparation in the very same pan.
- 2- The maitre d'hôtel do the "flambé" with a wine spirit like cognac in front of the guests
- 3- Once flambé, the steak is kept apart (hot plate or dish) and the "maitre d'hôtel" prepares the Diane sauce in the same pan : shallots and butter, dry white wine ,Dijon mustard , veal stock (demi glace), mignonette, Worcestershire sauce (option), cream, butter, salt.
- 4- Once the Diane sauce is finished and tasted, the Maitre d'hôtel plates the steak and sauce before serving it. Common side dishes are various forms of mashed potatoes, french fries, grilled vegetables...

6. SOLE MEUNIÈRE *

(for 1 or 2 guests according to the size)

- 1 whole sole
- 100 gr flour
- Coarse salt and freshly ground white pepper
- 3 tablespoons clarified butter
- 50 gr unsalted butter
- 1 lemon, halved
- 1 tablespoon chopped fresh flat-leaf parsley
- 250 gr Potatoes



Preparation:

1. Place the fish, gray side up, on work surface. Using a paring knife, make an incision
2. Place flour onto a large shallow dish and season with salt and pepper. Press both sides of the fish into the flour, making sure it is fully coated. Shake off any excess flour. Heat the clarified butter in large saute pan over medium heat.
3. Set the fish, gray side down, in the pan and saute until golden brown, about 3 to 4 minutes. Use a fish spatula to carefully flip the fish and saute until golden brown and cooked throughout about 3 minutes more.
4. Drop the butter pieces into the hot pan, around the fish, let it melt and spoon it over the fish as it finishes cooking. When butter is frothy, squeeze the lemon over it (so the juice runs into the butter) and immediately spoon this over the fish. Sprinkle parsley over fish. (Alternatively, transfer fish to a platter and sprinkle with parsley before adding butter and lemon juice to the pan, swirling to combine.)
5. Fillet fish and serve immediately topped with sauce.
6. The restaurant staff may prepare the fish for the guests : (gueridon service) : remove the 4 filets from bones, transfer in guest plate, prepare extra « Meunière » butter (butter, fresh lemon juice) on the work station.

7. PEARL BARLEY ORZOTTO WITH WILD MUSHROOMS



Ingredients :

- 200 g of groats
 - 1½ l broth, hot
 - 125 ml of white wine
 - 1 stalk of celery
 - 1 onion, finely chopped
 - 40 g freshly grated parmesan
 - 100 g of butter
 - 2 tbsp. olive oil
 - 4 thyme sprigs
 - salt, pepper
 - Mushrooms
1. In a large pan, heat olive oil with 1 tsp. butter, add onion and celery, a little salt and fry for about 5 minutes until the vegetables are soft.
 2. Clean the mushrooms in a water bath, dry. Cut into large pieces and fry on a pan where the butter has been melted before.
 3. Add the groats, fry for a minute, stirring occasionally. Add wine, stir. Wait for the wine to soak into the wine. Pour about 1/5 of the broth, add thyme, stir and let everything simmer slowly.
 4. As soon as the broth is absorbed, add the same amount, stir so that the liquid spreads evenly throughout the pan, leave to simmer.

5. Continue until the broth is gone and the groats are almost soft.
6. . When the groats are ready (the liquid is almost absorbed), stir in the parmesan and the remaining butter, chopped into small pieces. Put the lid on and let it rest for a minute.
7. Serve with freshly cracked pepper. And grilled mushrooms on top.

8. GRILLED CHICKEN

Ingredients (4 portions)

- 4 boneless, skinless chicken breasts
 - 2 batch chicken marinade spices
 - Chopped fresh herbs crumbled feta cheese, a squeeze of lemon juice
 - Oil for grilling
1. Place the breasts on a cutting board
 2. With fork, poke holes all over chicken
 3. In a large zip-top bag, combine the marinade ingredients, then add the chicken.
 4. Seal the bag to evenly coat the chicken with the marinade. Place in a pan or bowl to catch any drips. Let the chicken marinate at room temperature for at least 30 minutes, or refrigerate it up to 12 hours .
 5. When ready to grill, preheat the grill to high (475 degrees F). Clean and oil the grates.
 6. Place the chicken on the grill presentation (smooth) side down, shaking off any excess marinade. Cover the grill and let cook for 4 to 5 minutes on the first side, then flip. The chicken should lift easily off the grill; if it sticks, allow it to cook another minute or two.
 7. Recover the grill and cook for an additional 4 to 8 minutes. Chicken is considered done at 165 degrees F. I like to remove chicken from the grill around the 155-160 degree F mark and allow it to finish cooking while resting.
 8. Place the chicken on a plate and let rest for at least 5 minutes then serve.



CHEESES AND DESSERTS

9. LATVIAN CHEESEBOARD: A SELECTION OF OUR BEST LOCAL CHEESES AND ACCOMPANIMENTS (see document for details)

10. CHERRY JUBILEE FLAMBEE WITH VANILLA ICE CREAM *

Prepare this classic dessert using the ingredients and method you want.



Ingredients (for 2 portions)

- Caster Sugar
- Cherries (dark sweet cherries frozen)
- Unsalted butter
- Red fortified wine (Port or similar)
- Lemon juice
- Orange juice
- ½ medium lemon
- ½ medium orange
- Vanilla ice cream
- Slivered almonds
- Chantilly
- **For flambe** : Kirsch (cherry spirit)

The Jubilee cherries was created by French chef Georges Auguste Escoffier crea as a tribute to Queen Victoria for her Diamond Jubilee celebration in 1897.

11. BANANA FLAMBE *

Ingredients

- Banana cut in halves,
- Caster brown or white sugar
- Unsalted butter
- ½ lemon
- Fresh orange juice
- Dark rum
- Vanilla ice-cream
- Chantilly



Preparation : you may use the method and ingredients you want

For exemple : Peel the bananas and cut them in half lengthwise. In a pan, put the sugar and wait for it to caramelize, use lemon juice or/and orange juice to prevent from burning. Add the butter, add bananas and brown them for 2 minutes. Then add the rum, then flambé. Turn off the heat and let it cook for a few seconds.

On a plate, place 2 half-slices of banana and accompany them with vanilla ice cream ball and Chantilly.

12. LOCAL DESSERT : DEBESMANNA



- 200 g of berries (cranberries, currants, blackcurrants, or raspberries)
- 200 g of sugar
- 100 g of semolina
- 1 l of water
- 1 l milk for serving.

1. Pick and rinse the berries
2. Pour a little water over it (so that the water covers the berries) and grind it into a homogeneous mass with a blender
3. Dilute with water, strain through a sieve, add sugar and all remaining water. Bring to a boil. While boiling on low heat, stir in the semolina and, stirring constantly, cook for another 3 minutes.
4. The resulting berry semolina porridge is cooled to approximately 30-39C. If you need to cook “debessmanna “quickly, place the pot in a bath of cold water. If there is time, let the mass cool down on its own.
5. Threshing. Start with slow mixer revolutions and gradually increase the speed. The longer it is cultivated, the more airy, chewy, bright, and tasty the “debessmanna” will become.
6. Serve with cold milk.

13. OVEN FRIED APPLE WITH HONEY



- 6 apples
- Honey
- Pistachios
- Walnuts

Preparation:

1. Choose sour apples for baking, preferably Antonovka. Apples are washed, the cap is cut off and the seed is removed.
2. Put a teaspoon of honey in the middle and put it in the chosen container for baking. Pour a little water at the bottom of the dish.
3. Bake in a heated oven at 200 degrees for ~ 20 minutes (it all depends on the size and degree of hardness of the apples).
4. In the meantime, chop the pistachios and walnuts. Pour them into the apple cores when they are ready.