



Southwest Molecular

Melon “Caviar”

Cantaloupe Juice

700 g cut melon
50 g sugar
250 ml water

Calcium Chloride Solution

1 L water
5 g calcium chloride

Sodium Alginate Solution

500 g cantaloupe juice
4 g sodium alginate

Blinis

50 g all-purpose flour
30 g buckwheat flour
1 g baking soda
Pinch salt
0.5 cup milk
2 eggs
40 g melted or softened butter

Cantaloupe Juice

- Blend the melon with water and sugar and press through a fine mesh sieve or conical strainer to remove pulp

Calcium Chloride Solution

- Whisk calcium chloride into water until dissolved and refrigerate until ready to use

Sodium Alginate Solution

- With an immersion blender, fully hydrate the sodium alginate in the juice. The liquid will begin to gel.
- Let the solution rest so that the air bubbles diminish
- With a syringe, pipe the solution into the calcium chloride solution. Allow the caviar to “cook” for about a minute.
- Remove the caviar to a clean water bath. Serve immediately, as the caviar will continue to gel over time.
- Goes well with prosciutto and mint on a blini

Blinis

- Mix together dry ingredients in a bowl
- Add milk, eggs, and butter to a blender, and blend dry ingredients together with the wet.

Scrape any clumps of flour on the side of the jar back into the batter and blend completely.

- Using a squeeze bottle or small ladle, pour a 2-inch diameter dollop of batter into a greased hot skillet or griddle and cook like a pancake

Magret de Canard

With Green Peppercorn Sauce

Moulard duck breast
Green peppercorns in brine
Diced shallot
Cognac
Chicken stock
Red wine
Heavy cream
Butter

- Score the skin of the duck breasts by slicing with a sharp knife in a crossing pattern through the skin only
- Prepare the duck breasts to 135 F internally. Sous vide is a great option for precision
- Sear the duck, skin side first, in a heavy skillet – finish in the oven to medium rare, if it is not cooked sous vide. This is the only appropriate doneness for duck breast.
- In the rendered duck fat in the skillet, saute the shallots. Add a splash of cognac and light it on fire. This is a good time to sip the brandy and check your homeowners insurance policy
- Add the wine, stock, and peppercorns and allow it to reduce. Add cream and allow it to boil
- Finish with a swirl of butter and season with salt. This is a pan sauce. You don't need specific quantities to make it delicious. Taste as you go and it'll be great. If it's not great, it probably needs more salt or butter

Duck Fat Frites

Duck fat
Peanut oil
Russet potatoes
Salt
Parsley

For Aioli:

2 cloves garlic, pasted
1 TBSP Dijon mustard

- Cut the potatoes into a French fry shape
- Fry 'em twice. First round is at 300 F. The first step is to par-cook and blister the skin of the fries. They should be fairly translucent. The first fry should take about four or five minutes
- Fry them the second time at 375-400 F. Fry them until they are golden, brown, and delicious
- Salt and parsley. They're fries, you know

1 TBSP white wine vinegar
1 cup grapeseed oil
Salt
Pepper

Aoili:

- Combine the garlic paste, mustard, and vinegar with salt and pepper. Whisk the oil in **slowly** to emulsify. Season to taste

Panna Cotta

With Armagnac Plums

500 ml heavy cream
5 g agar agar powder
1 TBSP vanilla
50 g sugar

Plums

Armagnac

Brown sugar

Butter

- Blend agar into cold cream to hydrate
- Add vanilla and sugar, and bring to a boil, whisking constantly
- Pour liquid into molds and allow it to set for at least an hour

- Slice plums and cook in butter and brown sugar
- Crank up the heat, pour in the Armagnac, and light it on fire!