

## BOATHOUSE Traverse City



### Cauliflower Risotto

2 quarts | 1 cup

#### Ingredients:    Cooking instructions:

1 head Cauliflower Leaves *trimmed, bottom core trimmed*  
 1 cup Heavy Cream  
 2 Shallots *Minced*  
 2 cloves Garlic *Minced*  
 ¼ cup Parmesan Cheese *Grated*  
 2 Tbsps. Butter  
 1 Tbsp. Dijon Mustard  
 1 Tbsp. Chives *Chopped*  
 Kosher Salt *to taste*  
 Fresh Ground Black Pepper *to taste*  
 Fresh Grated Nutmeg *to taste*

1. Remove the florets of cauliflower from stem using paring knife or chef's knife.
2. Chop core into ½ inch pieces and place in saucepan.
3. Cover core pieces with cream and bring to gentle simmer.
4. Meanwhile, using paring knife or your fingers to break cauliflower florets into very small pieces resembling grains of Arborio rice, reserve.
5. Cook core pieces in cream until tender and thickened slightly, puree until smooth, reserve.
6. In clean saucepan, melt butter over medium heat, add minced shallot and sweat 2-3 minutes.
7. Add garlic and sweat 1 minute more.
8. Add floret pieces and increase heat to medium high, stirring often to begin cooking the cauliflower.
9. Be sure to not burn shallots or garlic; if needed, reduce heat slightly. After the cauliflower becomes translucent and is aromatic, add half of the reserved cauliflower cream and bring to simmer.
10. Cook, stirring often, until mixture is thick and cauliflower florets are tender, but still retain some texture. Add more cauliflower cream if needed; adjust consistency with chicken stock or water.
11. Remove from heat, add Parmesan cheese, Dijon mustard and chives. Stir until creamy.
12. Season to taste with kosher salt, fresh ground black pepper and fresh grated nutmeg.
13. Can be served on its own or as an accompaniment to other vegetables or proteins.



#### Chef Jim Morse

Jim Morse is a 4th generation Northern Michigan native and attended culinary school at the Great Lakes Culinary Institute. He started working at the Boathouse as Sous Chef in 2000, moving to Executive Chef in 2002. Jim then moved to Siren Hall in Elk Rapids in 2008. He returned to the Boathouse as Executive Chef in 2013.

Chef Jim's menus reflect the growing demand for seasonal and locally sourced foods including fruits, vegetables, and herbs grown on the Boathouse Farm. Meats, fish, cheeses and wild foods are sourced from some of the best farmers, foragers and artisans in the area. Jim lives in Traverse City with his wife, Casey, and their baby, Gwen. Jim loves gardening, good movies, old cookbooks and fresh food made with love.

### Duck Consommé

3 quarts | 12 servings

#### Ingredients:

4 quarts Brown Duck Stock *Chilled*  
 8 oz. Duck Breast  
 Fat removed (reserved for another use)  
 2 Egg Whites  
 8 oz. Yellow Onion *Julienne*  
 4 oz. Celery *Julienne*  
 4 oz. Carrot *Julienne*  
 4 oz. Leeks *Julienne*  
 4 oz. Mushrooms *sliced*  
 4 sprigs Flat Leaf Parsley  
 4 sprigs Fresh Thyme  
 2 Bay Leaves  
 8 Black Peppercorns  
 Kosher Salt *to taste*  
 2 Tbsp. Clarified Butter  
 or Rendered Duck Fat

#### Cooking instructions:

1. Brown onion, carrot and mushrooms in butter or duck fat in large sauté pan until caramelized. Chill.
2. Meanwhile, finely chop or grind duck breast.
3. In large mixing bowl, combine ground duck, egg whites, celery, leeks, parsley, thyme, bay leaf and chilled, caramelized vegetables and mix well. This will become the "raft."
4. Remove any fat from top of duck stock and reserve for another use. Mix cold duck stock with raft ingredients and stir well to combine. Place all in large stockpot and place over low heat.
5. While stock is gently heating up, stir constantly until raft begins to form a solid mass on top of stock. At this point, a gentle stir is all that is needed to prevent the egg whites from cooking to the bottom of the pot.
6. Once the stock reaches a simmer, do not stir any longer. Allow raft to form a solid mass that floats on surface of the stock. Break a small hole in center of the raft by pushing solids to the edges and forming a ring.
7. At this point, a very gentle simmer is all that is needed to allow the raft to work its magic. The proteins in the egg white and ground duck will grab ahold of any impurities in the stock and pull them into the raft.
8. Simmer for 2-3 hours or until the stock is crystal clear and has reduced in volume to about 3 quarts. Add peppercorns about 15 minutes before straining.
9. Gently strain consommé through cheesecloth without disturbing the raft. If you break the raft it will cloud your consommé. Once strained, season to taste with kosher salt.



**BOATHOUSE**  
RESTAURANT

*Pure Views,  
Pure Food, Pure Michigan*

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in Traverse City*

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