

Marz Bistro

Course one

Steak and shrimp rolls with citrus cilantro mayonnaise

For the rolls

1 lb. beef tenderloin
4 large prawns
½ small red pepper
½ small yellow red bell pepper
2 tablespoons brown sugar
2 Tablespoons coriander
2 tablespoons paprika
Salt and pepper taste

1. Skewer shrimp head to tail and place in a pot of boiling water until cooked through. Remove and cool.
2. Cut the tenderloin into 4 filets and place on board covering with plastic wrap. Using a mallet pound the filets until very thin.
3. Julienne the bell peppers and place a few strips of red and yellow pepper on each filet. Place the shrimp on top of the peppers and roll tight.
4. Mix the sugar, paprika, and ground coriander in small shallow bowl, season the rolls liberally with salt and pepper and then roll in sugar mixture.
5. Heat 2 tablespoons oil in nonstick skillet and sear the rolls on all sides. Place in hot oven until cooked to preference. Remove from oven and allow to rest for 2 minutes. Slice crosswise into desired portions.

For the mayonnaise

½ c. best quality mayonnaise
Juice of 2 mandarin oranges and 1 lime
2 tablespoons finely chopped cilantro
1 tablespoon orange zest
1 teaspoon lime zest
Salt and pepper to taste

Combine all ingredients in small bowl

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Course two

White miso, wild mushroom, and jalapeno soup

- 1 lb. fresh mushrooms
- 2 Tablespoons sesame oil
- ¼ diced white onion
- ¼ cup thinly sliced scallions
- 1 quart vegetable stock
- ¼ white miso
- 1 medium jalapeno sliced

1. Clean and slice mushrooms
2. Heat oil in medium sauce pan; add jalapeno and onion and sauté for 2-3 minutes. Add scallions and mushrooms and continue cooking 20-30 seconds.
3. Add stock and bring to a simmer. Add miso and stir until dissolved.

Serve immediately

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Course three

Ginger soy braised pork shanks

1 cup seasoned all purpose flour
1 cup peeled and thinly sliced ginger
1 cup chopped yellow onion
1 cup chopped peeled carrot
1 cup chopped celery
1 cup sliced green onion
½ cup whole garlic
2 cups soy sauce
2 cups brown sugar
¼ cup mirin

Preheat oven to 275 degrees

1. Heat oil in large skillet. Coat shanks with seasoned flour and brown on all sides. Remove the shanks from the skillet and place in a roasting pan. Add carrots, onion, celery, ginger, and garlic and sauté for 5 minutes.
2. Add the mirin, soy, and brown sugar and bring to a simmer stirring to dissolve sugar. Pour sauce over pork shanks in a roasting pan. Sprinkle scallions over the top. Cover and braise in 275 degree oven for 3 hours.
3. Skim fat from sauce and serve immediately