

TO DO BEFORE COOKING CLASS

- Soak the lentils in water in the morning or the day before. It will shorten the cooking time.
- Roughly dice (½ inch) carrots, onions, garlic, and celery
- Peel and cut the potatoes into big chunks. (keep in water to prevent browning)

Cookware

- 2 x stockpots (8 qt) for lentils and mashed potatoes
- 1 x sauce pot (4 qt) for the cream corn
- 1 x casserole baking dish (12"x 9")
- Potato masher or ricer
- Hand mixer or blender

Shopping list

- French lentils or Beluga lentils
- Frozen corn
- Yukon gold potatoes
- Onions
- Carrots
- Celery
- Garlic
- Fresh Poultry herb mix (sage, thyme, rosemary)
- Vegetable stock (powder or tetra pack)
- Butter
- Olive oil
- Heavy cream
- Milk
- Tomato paste
- Worcestershire sauce
- Nutritional yeast
- Smoked paprika
- Salt, black pepper, white pepper
- Chili flakes or hot sauce of your choice
- Nutmeg
- Ketchup

(serves 6 to 8 people)

There are three steps before assembling the “pâté chinois” in a deep dish:

- 1) Cook the lentils (begin soaking 8 to 24 hours **BEFORE** cooking)
- 2) Prepare cream corn (while lentils cook)
- 3) Prepare mashed potatoes.

1 - Lentil ragout:

- 2 cups French lentils (or beluga lentils)
- 1 cup onions (small diced)
- 1 cup carrots (small diced)
- 1 cup celery (small diced)
- 8 garlic cloves (chopped)
- Thyme, sage, rosemary (poultry fresh herb mix at the grocery store)
- 1 tablespoon of chili flakes
- ½ stick of butter
- 2 tablespoons of olive oil
- 7 cups water (or vegetable stock)
- 3 tablespoons of nutritional yeast
- 2 tablespoons of Worcestershire sauce
- 2 tablespoons of tomato paste
- Salt & pepper to taste



Preparation instructions

- Soak lentils in water 8 hours up to 24 hours before cooking
- Cook the onions, carrots, celery, and garlic in the stockpot with butter and olive oil until all vegetables are soft and translucent
- Add lentils and mix
- Add water or vegetable stock. The lentils should be covered with about 1 inch of water

- Add chilli flakes, nutritional yeast, Worcestershire sauce, tomato paste, salt, pepper, and chopped herb mix

- Bring to a simmer. Cover with lid and let it cook for 30-40 min and set aside

2 - Cream Corn

- 1 ½ lbs of frozen corn
- 1 cup onion (small diced)
- 3 cloves of garlic (chopped)
- 3 branches of thyme
- 1 ½ cups of heavy cream
- 1/2 cup of water (or vegetable stock)
- 3 tablespoons of butter
- 1 tablespoons of olive oil
- 1 pinch of nutmeg
- Salt & pepper to taste



Preparation instructions

- Cook onion and garlic with butter and olive oil in a sauce pot (4 qt)

- Add frozen corn to onion and garlic and then mix

- Add thyme, nutmeg, water (or vegetable stock), heavy cream and bring to a simmer

- Let cook for 5 to 10 minutes

- With a hand mixer, roughly blend the cream corn mixture to give it a thicker and smoother consistency. (if you do not have a hand mixer, puree half of the cream corn in a blender and mix it with the rest of the corn)

- Set aside

3-Mashed potatoes

- 2 ½ lbs to 3 lbs of Yukon gold potatoes (peeled and quartered)
- 1 stick of butter
- 1 cup of milk
- 1 pinch of nutmeg
- Salt and white pepper
- 1 tablespoon of smoked paprika



Preparation instructions

- Bring a stockpot of salted water to a boil with potatoes and cook until tender but still firm, about 15 minutes; drain.
- Using a potato masher, slowly blend milk and butter into potatoes until smooth and creamy. Season with salt and pepper to taste (if needed).
- Set aside (you will need the smoked paprika later)

- Assembly & Baking

Layer the lentils mixture, cream corn, and mashed potatoes in a casserole dish

Preheat oven to 400°F.

In a 9x12 casserole, spread the cooked lentil ragout in an even layer. Then spread the corn over the lentils.

Spread the mashed potatoes over the top of the corn. Rough-up the surface of the mashed potatoes with a fork so that there are peaks that will get well-browned.

Sprinkle smoked paprika on the top of mashed potatoes.

Place in oven and cook until browned and bubbling, about 30 minutes at 400°F. If necessary, broil for the last few minutes, to help brown the surface of the mashed potatoes.

- How to serve

- Let dish cool for 5-10 minutes.
- Serve with ketchup.

- What to drink with a “Pâté chinois”?

Beer: La Fin du Monde or La Maudite ([Unibroue](#)) – Belgian style

Wine: Beaujolais, Bourgogne

- Dessert

For a quick and super easy dessert appreciated by the Chef, you need: maple syrup, classic plain Bear Paws molasses cookies or ginger snap cookies, strawberries, and vanilla ice cream.

Ground beef mix (to replace lentil – please note the vegetarian version will be made during the demonstration)

- 1 – **ground beef mix:**
 - 2 lbs ground beef
 - 4 tbs flour
 - 1 cup onions (small dice)
 - 1 cup carrots (small dice)
 - 1 cup celery (small dice)
 - 8 garlic cloves (chopped)
 - Thyme, sage, rosemary (poultry fresh herb mix at the grocery store)
 - 1 tbsp Chili flakes
 - ½ stick butter
 - 2 Tbs Olive oil
 - 1 cups broth
 - 1 cup tomatoe puree
 - 2 Tbs Worcestershire sauce
 - 2 Tbs Tomato paste
 - Salt & pepper

Preparation-Instructions

- Cook the onions, carrots, celery and garlic in the stockpot with the butter and olive oil until all vegetables are soft and translucent

- Turn heat up to high. Add beef and cook, breaking it up as you go, until browned.

-Add the flour, mix well and cook for a couple minute to cook the flour.

- Add tomato puree and broth and bring to a slow simmer.

- Add chilli flakes, nutritional yeast, Worcestershire sauce, tomato paste, salt, pepper and the chopped herb mix

- let it cook for 20 min. Until it reduces down to a gravy consistency.

-keep aside