



The Embassy of Haiti in Washington, DC

Presents:

*The eighth class of the cooking series, Manje Lakay
Haiti Week in DC Kick Off!*

With Chef Dimitri Lilavois



*Saturday, May 13, 2017
2:30 pm - 5:30pm*

#HaitiWeekinDC #GastroDiplomacy #EOHEvents

Menu

Cocktail

Rhum Sour

Appetizer

Cod Croquettes served with Fresh Herb Mix Salad and spicy aioli

Entree

*Stewed Creole Conch served Djon djon rice and chayote au gratin garnished with microgreens
and fried plantains*

Dessert

Gâteau au beurre and rhum caramel served with fresh fruits

Cocktail

Rhum Sour

Ingredients :

2 oz rum
1 oz lime juice
1 oz simple syrup
Lime/cherry (garnish)

Directions:

Pour everything in a shaker with ice, shake very well and pour in a short glass.

Appetizer

Cod Croquettes served with Fresh Herb Mix Salad (10 pp.)

Ingredients	Qty
Salted Cod Breadfruit (or potatoes) Eggs Heavy cream Butter Flour Breadcrumbs Parsley Cilantro Lemon zest Garlic, sautéed Shallots, sautéed Salt/Pepper Frying oil	2 lbs 4 lbs 4 ½ cup ½ cup, melted 2 cup 1 cup ½ cup, chopped ½ cup, chopped 2 tbsp ¼ cup, diced 1 cup, diced Salt/Pepper 4 cups
Directions: <ol style="list-style-type: none">1. Peel and cut breadfruit (or potatoes) in large cubes and place them in a boiling pot of lightly salted water. Remove from water when cooked through.2. In a separate pot of water, place salted cod and bring water up to a boil for about 10 mins. Strain the cod and repeat the process a second time.3. Mash the breadfruit while adding heavy cream and melted butter. Chop the cod fish and add it to the breadfruit mix, along with the parsley, cilantro, lemon zest, garlic, and shallot and 2 whole eggs. Add salt and pepper as needed.4. In bowl, mix flour, breadcrumbs, salt and pepper and set aside5. In another bowl, put beat 2 eggs and set aside.6. Take a spoon full of the cod mixture and roll it into a ball, dip it in the eggs, then into the flour mix. Shake off any excess flour and place them on a dish. Let them sit in the fridge for a 10 minutes.7. Meanwhile heat up your oil. Take the croquettes out of the fridge and into the hot oil pan, fry until golden brown. Remove from oil and strain.	

Aioli

Ingredients	qty
Egg yolks Garlic Oil Salt Lime juice White vinegar	12 ½ cup 6 cups To taste ½ cup ½ cup
Directions: <ol style="list-style-type: none">1. Add egg yolks, garlic into a food processor and blend until smooth.2. Slowly add oil until emulsified. Add lime juice and vinegar slowly.3. Season with salt to taste	

Herb Salad - 10 ppl

Ingredients	Qty
Frisé lettuce Mint Cilantro Fresh Basil Arugula Baby butter lettuce Baby romaine lettuce	4 cups 1 cup 1 cup 1 cup 3 cups 4 heads 4 heads
Directions <ol style="list-style-type: none">1. Pull all the leaves from the herbes.2. Wash and rinse all your lettuces.3. Cut lettuces to desire size and mix them with herb leaves.	

Entrée

Stewed Creole Conch served with Djon djon rice, chayote au gratin garnished with microgreens and fried plantains

Ingredients	Qty
Conch, julienne Brown sugar Baking soda Carrot Onions Tomato paste Tomato sauce Bouquet garni (thyme, parsley, cilantro) Garlic Epices Conch stock lime/lemon juice Sour orange White Vinegar White wine Butter Flour	5 lbs 1 cup 3 tbsp 2 large, chopped 1 large 4 tbsp 3 cups ¼ bunch of each ¼ cup ¼ cup 1 cup ¼ cup ¼ cup ¼ cup ¼ cup 4 tbsp ½ cup
Directions <ol style="list-style-type: none">1. Cut the conch into thick julienne strips. Place in pot with carrots, onions, baking soda and bring to a boil. Cover it. Cook until tender.2. In a large sauce pan, heat up 3 tbsp of butter, spice blend (epices) and tomato paste. After it starts to brown, add the garlic and let it cook for 3 minutes. Then add some flour.3. Deglaze with wine, then add conch stock, tomato sauce, bouquet, and bring it up to a quick boil.4. Next add the conch, and let it simmer. Adjust seasoning with salt, pepper, lime juice, sour orange and vinegar.	

Riz djon djon

Ingredients	Qty
Jasmine rice Djon djon Vegetable stock Epices Butter Bouquet garni Cloves Scotch bonnet Chicken base Frozen Green peas Vegetable oil Water	3 cups 2 cups 1 cup ½ cup 2 tbsp Bouquet garni Cloves - 6 1 1 tbsp 2 cups ½ cup 5 cups
Directions: <ol style="list-style-type: none"><li data-bbox="298 884 1084 947">1. Boil djon djon in 2 cups of water for 7 minutes. Let it cool. Then purée in a blender, strain and set aside.<li data-bbox="298 953 1105 1058">2. In a large pot, heat up oil, spice blend, and chicken base. Stir constantly for 2 minutes. Then add djon djon water, bouquet, and bring it up to a boil.<li data-bbox="298 1064 1078 1169">3. When it starts to boil, taste and adjust seasoning. Add rice. Lower to a medium heat and wait for two thirds of liquid to evaporate. Then cover the rice and bring down to low heat.<li data-bbox="345 1176 985 1203">4. Cook until rice is tender and fully cooked through.	

Chayote au gratin - 10 ppl

Ingredients	Qty
Chayote (mirliton), cubed Epices Butter Garlic paste Heavy cream Evaporated milk Worcestershire Mustard Bay leaves Nutmeg, grated White american cheese Parmesan cheese Flour	4 lbs ½ cup ½ cup 2 tbsp 1 cup 1 cup 1 tbsp 2 tbsp 2 1 tsp 1 lb 1 lb Flour 1 cup
Directions: <ol style="list-style-type: none">1. Peel chayote and cut into medium sized cubes. Boil it in salted water for about 6 minutes. Don't cook it all the way through. Strain and set aside.2. Grate Parmesan and American cheese. Set aside.3. In a large sauce pan on medium heat, add butter, spice blend (epices), garlic and stir. Don't let burn or color.4. Add flour and stir for 5 minutes to cook it through. Then whisk in milk and heavy cream, mustard and Worcestershire sauce.5. Add ¾ of the Parmesan and white cheese, and the chayote.6. Pre heat your oven to 375 degrees. Grease your baking pan.7. Add the chayote mix to the pan, add the remainder of the cheeses on top and bake in the oven until golden brown on top. Remove and let it cool and set before serving.	

Microgreens and plantain garnish

Ingredients	Qty
Microgreen Red onions, thin julienne Shallots - julienne Vinegar Lime juice/lemon juice Olive oil Salt/peppe Plantains Vegetable oil	2 cups 2 cups 1 cup ½ cup ½ cup ¼ cup To taste 3 lbs Vegetable oil - for frying
Directions <ol style="list-style-type: none">1. Peel the plantains and shave them with a mandolin. Then cut into thin strips and soak into cold salted water.2. Mix all the ingredients together except micro greens.3. Fry plantain strips in oil until crispy and golden brown. Take it out of the oil and set on paper towel to let oil drop.	

Dessert

Gâteau au beurre, rhum caramel, fresh fruits,

Ingredients	Qty
all-purpose flour sugar butter evaporated milk rum eggs salt baking powder vanilla essence lime zest	4 cups 2 cups 2 cups 1 cup 1 tbsp 6 large 1 pinch 4 tsp 1 tsp 1 tsp
<p>Directions:</p> <ol style="list-style-type: none">1. Beat the butter using the back of a wooden spoon. Slowly add sugar and keep beating until sugar blends into the mix2. Leave the mix to rest at room temperature. The mixture should not be oily nor should it be heavy. You can also let it rest inside of a container with cold water. This will help.3. Separate white of egg from yolk. Save the white for step 5. Beat the yolk until it gives you a semi-clear appearance. Add vanilla essence, rum & lime zest. Add the mixture slowly to the butter + sugar one. Beat heavily to obtain a smooth and creamy paste4. Sift (Put the powdery substance through a sieve so as to remove lumps or large particles.) the flour 2 to 3 times with the baking powder. Add it to the creamy mixture, alternating with the milk. As you do so, do not beat the mixture heavily as you did previously. Mix slowly and smoothly.5. Beat the white of the eggs until it looks like snow. (For this step, raise your spatula frequently to allow as much air as possible to come in). Add it to the mix in step 4.6. The mix should be soft now so that it falls as a ribbon into your cake mold.	

Chef Dimitri Lilavois

Biography



Chef Dimitri Lilavois began his culinary career as a student at Le Cordon Bleu School of Culinary Arts in Miami. While attending school, Dimitri joined Caneel Bay Beach Resorts in the Virgin Islands as a seasonal chef where he further refined his skills, cooking an eclectic array of dishes using local and fusion flavors. Following graduation, Chef Dimitri returned to his home country Haiti to take the position of Executive Chef of the newly remodeled Kanel Restaurant and La Terrasse at Le Plaza Hotel. He also flexed his entrepreneurial muscles as a consultant, lending his expertise to local restaurants. Smokey's Bar and Grill Restaurants, one of his clients since the restaurant first opened in June 2014, is well known for the Smoked BBQ ribs and eclectic menu Chef Dimitri created. In December 2013, Chef Dimitri also cofounded Aztec Mexican Fusion restaurant, designing a menu that offered the first Mexican dining experience of its kind in Haiti. Chef Dimitri

has participated in many culinary festivals including Taste of the Caribbean in Montreal, Canada in May 2015, Gout et Saveurs in Haiti, Farm to Table and Sea to Table off the coast of Cap-Haitian with Chef David Destinoble. Chef Dimitri also had the privilege of being the guest Chef for the Haiti Cultural Weekend Dinner in South Africa in May 2016 where he had the opportunity to cook for the Haitian Embassy, the Mandela family and many other dignitaries. It is a perfect combination of passion and innovation that continue to drive Chef Dimitri to not just pursue challenging ventures, but also to deliver exquisite creations.