



*Les Marmitons*  
SANDY SPRINGS

***Sunday, October 14, 2018***

***Cooking Event***

***5:00 pm to 10:00 pm***

***with***

***Chef Jeff Gomez***

***of***

***Anis Café and Bistro***

***of Buckhead***

**Location: Team Building with Taste, 2715 Peachtree Square, Atlanta, Georgia 30360**

**1<sup>st</sup> Course: *Moules Mariniere au Crème***

- *Camina la Mancha Verdejo*

**2<sup>nd</sup> Course: *Endive, Citrus, Manchego, and Candied Pecan Salad, Shallot Dressing***

**3<sup>rd</sup> Course: *Boeuf au Poivre et Thon Poêlé: beef au poivre, rare tuna, fingerling potato confit, melted leeks, beurre rouge***

- *Chilcas Pinot Noir Riserva*

**4<sup>th</sup> Course: *Brandied Apple Mousse, with Ginger and Vanilla***

- *Eiswein Gunther Schlink Desire*

## **1<sup>st</sup> Course: Moules Marinières**

*Yield: 8 servings*

### **Ingredients**

2 lbs Icy Blue Mussels

10 cloves garlic, chopped

Pinch of cayenne pepper

½ quart heavy cream

½ bottle chardonnay

½ bunch Italian parsley, chopped

¼ lb unsalted butter

Salt and pepper

### **Method**

In a large saucepan, combine mussels, wine, cream, garlic, parsley, butter, cayenne, salt and pepper. Cover pan and cook over high heat for 2 minutes. Remove lid and toss everything. Cook, covered, for 2 more minutes, or until all mussels have opened. Serve immediately.

## **2<sup>nd</sup> Course: Endive, Citrus, Manchego, and Candied Pecan Salad, Shallot Dressing**

*Yield: 8 servings*

### **Ingredients**

5 Belgian endive  
1 pink grapefruit  
1 orange  
1 lemon  
2 oz shelled pistachios  
1 lb baby arugula  
½ head radicchio  
¼ lb 90 day aged Manchego

### **Dressing**

1 shallot, peeled  
¼ cup white balsamic vinegar  
2 oz Dijon mustard (¼ cup)  
5 oz EVOO (>¼ cup)  
Salt and pepper

### **Method**

Cut endive.  
Segment grapefruit, orange, and lemon.  
Grate Manchego.  
Toast pistachios in dry pan or oven.  
Mix all ingredients in a bowl with dressing.

### **Dressing**

Blend shallots, vinegar, Dijon, salt and pepper until smooth.  
Finish with EVOO.

**3<sup>rd</sup> Course: Boeuf au Poivre et Thon Poêlé: beef au poivre, rare tuna, fingerling potato confit, melted leeks, beurre rouge**

*Yield: 8 servings*

**Ingredients**

½ whole beef tenderloin (choice)  
2 lb tuna (number 2 grade)  
8 fingerling potatoes  
2 leeks  
2 cups EVOO  
4 oz unsalted butter (1 stick)  
1 oz cracked black pepper  
2 oz kosher salt  
1 sprig thyme  
1 sprig rosemary  
1 sprig tarragon  
6 oz Cabernet Sauvignon (~¼ bottle)  
1 oz port wine  
Pinch of sugar

**Method**

Clean and portion beef and tuna.  
Cut fingerling potatoes. Cook on low for one hour in olive oil and herbs.  
Cut leeks. Wash them, then slow cook and finish with butter and salt and pepper.

**Sauce**

Reduce wine, port, and sugar until nappé.  
Remove from heat stir in butter.

## **4<sup>th</sup> Course: Brandied Apple Mousse, with Ginger and Vanilla**

*Yield: 8 servings*

### **Ingredients**

½ quart heavy cream (40%)

3 Honey Crisp Apples, peeled and diced

2 oz sugar

¼ of a vanilla bean

1 tsp chopped fresh ginger

Pinch cinnamon

Pinch nutmeg

5 eggs

2 oz brandy (cheap)

2 oz white chocolate pistoles

### **Method**

Separate eggs.

Whip egg white, yolk and cream separately.

Melt chocolate.

Sauté apples with brandy, sugar and spices.

Fold all together.

# LES MARMITONS OF SANDY SPRING

OCTOBER 14, 2018

FRENCH GASTRONOMY

## Sipping Wine

**Bootstrap Red Blend 86 pts.**

**Lodi, CA**

This wine is a beautiful shade of ruby red and features aromas of crushed red berry, dried herb, cranberry, and subtle earthiness. The palate begins with juicy fruit notes, while the mid-palate reflects the earthy aromas. On the finish, black pepper and strawberry notes linger. Light but pleasing and an excellent value.

*Grilled and smoked meats*

## Moules Mariniere au Crème

**Camina la Mancha Verdejo 85 pts.**

Light, clean apple aromas lead to a basic palate with skin-driven texture. Airy green fruit and citrus peel flavors finish mild and fresh. At 11.5% ABV, this is about as light as good wine gets. Virtually begs to be paired with fresh shellfish. Adequate acidity to pair with creamy or buttery sauces.

*Seafoods; delicate white fish, shellfish*

## Steak au Poivre et Thon Poele

**Chilcas Pinot Noir Riserva 85 pts.**

**Casablanca Valley, Chile**

Medium-bodied, juicy with soft tannins, rich cherry fruit and a touch of spicy oak. Aromas of fresh red fruits such as raspberries and plums complement with a spicy character of black pepper and rosemary. A pleasing touch of oak melds with the fruity notes and lends complexity to the blend.

*Grilled red meat and hearty fishes like tuna*

## Brandied Apple Mousse

**Eiswein Gunther Schlink Desire 2012**

**Nahe, Germany**

Made from very ripe bunches of Spatburgunder (pinot noir) grapes harvested and pressed while frozen. Has an irresistible balance of noble sweetness and fruity acidity with a very nice rose color. There are aromas of full ripened black fruits and cherry on the nose. A delicious wine with notes of dried wild berries, honey and marzipan.

*Sweet desserts, dried fruits, or just after dinner sipping. Intense and elegant.*

## ***Chef Gomez – ANIS / Team Building with Taste***

### **Team 1**

*Jeff Colbath - Captian*  
Steve Stoll - Guest Dave McCoy  
Rick Conable  
Doug Knowles  
Joe Ferris - Guest Jeff Colbath

### **Team 2**

*Robert Rigsby- Captain*  
Michael Lord  
Brian Savory  
George Tibaldi  
Dave McIntosh

### **Wine**

JP Jobin

### **Raffle**

### **Kitchen Mgr.**

Tom Rotroff  
Richard Finn

### **Advanced Prep**

### **Dining and Serving**

Joe Dinardo  
Dave McCoy  
Jim Sullivan  
Lee Cross  
Winston Whitlock

### **New Members**

Willis Lanier

### **Team 3**

*Patrick Berry - Captain*  
Glenn Kaas - Guest Patrick Berry  
Paul Daigler  
Dick Derrick  
James Davis  
Mark Ford  
Darren Casey

### **Team 4**

*Joe Sisto - Captain*  
Terry Adams  
Scott McGough  
Bill Barnes  
Craig McIntosh



## WINE &amp; DINE

## Gomez is always cooking

BY JOANN VITELLI  
jvitelli@bizjournals.com



**Jeff Gomez** grew up in a family that loves to cook and eat. He recalls Sunday dinners at his grandmother's and a warm bacon dressing

she put over an endive salad that she taught him to make. Gomez has found a way to incorporate some of his childhood memories into his recipes as executive chef at **Anis Bistro** in Buckhead. The dressing recipe has evolved a bit, using really good bacon and a good vinegar and mustard.

"We had it on the menu here and served it with duck confit," said Gomez. "And we made the salad with endive."

He makes a version of his dad's chicken and yellow rice, a take on traditional paella, adding mussels, shrimp and merguez, a spicy lamb sausage.

"I made a gigantic pan of it here at the restaurant every day for the World Cup," he said.

And he still marinates pork the way his grandmother used to, with four ounces of olive oil, garlic, lime, and soy sauce, which caramelizes the pork.

With a family of six, Gomez is almost always preparing food for someone. "Our household revolves around food: when we're eating, who's making what, when's dad gonna get it ready?"

On a typical day he will get to the restaurant before 11 a.m. and start butchering fish for the day before lunch service begins. After lunch he has free time to get things together for the dinner specials. Then from 2:30-6 p.m. he will run errands and come back for dinner service before finishing and getting home by 10:30. Once home, he will pack lunches for his four kids, catch up and maybe watch a little TV before texting orders for the restaurant the next day. Often Gomez will prep for the next night's family dinner, maybe soaking black beans or simmering rice.

"Even when we are doing just hamburgers and hot dogs, I will still make homemade fries and onion rings and we'll have three different mustards and maybe avocado. They love it," he said.

**Q: You left culinary school after one year. Why?** After the first year in culinary school the real cooking starts. The teacher is the chef and you work a station and put out food. I was already where the chef would have been. I was working at Provino's (Italian Restaurant) on 78 and living in Snellville and I would drive to Atlanta to go to school. I met some guys and they worked at the Buckhead Diner. That was 1994. The diner was a hot spot. Elton John ate there once a week. I worked there through the Olympics. We broke records for sales. Back then it was unique. They served homemade gourmet food. It was a great experience. I loved working there.



## JEFF GOMEZ

**Age:** 40 • **Born in:** Virginia Beach, Va.

**Lives in:** Suwanee, Ga.

**Education:** Attended Art Institute of Atlanta culinary program

**Current job:** Executive chef, Anis Bistro

**Previous jobs:** Buckhead Diner, line cook, 1994-1996; Paul's & Paul's, line cook, 1996-1998; sous chef, Corner Cafe, 1998-2000, sous chef, Paul's & Paul's, 2000-2001, executive chef, Corner Cafe, 2001-2005

**Family:** Wife, Roxanna; daughter, Lyla, 15; sons Evan, 10; Tristan, 9; Ashton, 8

**Q: How do you go about developing new recipes?** I like to combine simple complimentary combinations, keeping in mind how to execute it consistently.

**Q: What is your favorite dish or type of food to cook at home?** I like cooking Cuban food at home: black beans, yellow rice, etc.

**Q: What is the biggest misconception people have about French cooking?** I would say they think it's all expensive. It's always been that way.

**Q: Do any of your kids cook?** My oldest daughter, Lyla, has started a pie business. She made pies for her grandma's church and people really liked them. Now she has business cards, pie boxes and stickers. I had her make the desserts for Bastille Day here at the restaurant last July. They were key lime tarts and the owner ordered a couple of pies for his wife.



PHOTOS/JOANN VITELLI

Tartare de tomate served at Anis Bistro.

**Q: You have been at Anis for 10 years. What is the best part of your job?** The owner, Arnaud Michel, is from Montpellier, France. It's in an old house and it's like a small, tight-knit family you see everyday.

**Q: Who were some of your most influential mentors in the business?** Chef Peter Kaiser, chef Paul Albrecht, and my grandmother.

**Q: Tell us about one of your most memorable meals.** We went to Per Se in New York, a Thomas Keller restaurant, when we were up there doing a cooking demo for Condé Nast in 2005. We had the chef's tasting menu and it was no-holds-barred. It was roasted foie gras with six different salts from all over the world and Japanese Kobe beef.

AWARD  
WINNING  
CUISINE.  
MEMORABLE  
DINING.



ATLANTA FISH MARKET®  
*Seafood*

BISTRO NIKO®  
*Neighborhood French Bistro*

BUCKHEAD BREAD CO.  
*European Bakery*

BUCKHEAD DINER  
*New American*

CHOPS® LOBSTER BAR®  
*Prime Steaks & Seafood*

CORNER CAFÉ®  
*European Style Café & Bakery*

KYMA  
*Mediterranean Seafood*

PRICCI®  
*Contemporary Italian*

103 WEST®  
*Private Events*

BOCA RATON  
CHOPS® LOBSTER BAR®  
*Prime Steaks & Seafood*

CITY FISH MARKET  
*Seafood*

FORT LAUDERDALE  
LOBSTER BAR SEA GRILLE  
*Whole Fish, Live Lobsters & Prime Steaks*



BUCKHEADLife  
Restaurant Group

404.237.2060  
buckheadrestaurants.com

Publication: The Atlanta Journal-Constitution; Date: Sep 15, 2011; Section: Food; Page: F1

## From the menu of ...

Anis Cafe & Bistro, 2974 Grandview Ave., Atlanta. 404-233-9889, www.anisbistro.com

By **C.W. Cameron**  
For the AJC

**Q:** My granddaughter enjoyed a most delicious hors d'oeuvre at Anis Cafe & Bistro in Buckhead. It was a heaping platter of mussels in shells served in a most delicious sauce. She ate all of it with gusto! Is there any possibility of obtaining this recipe so that I might be able to make it at home for her?

— *Teresa Gagnier, Sandy Springs*

**A:** Arnaud Michel, owner of Anis Cafe & Bistro, shared this recipe, a re-creation of a childhood favorite from his home in Montpellier, France. In 1995, Michel added his version of Moules Marinières to the menu, and the dish has been a signature item ever since. The addition of cream is not traditional but enriches the recipe. The mussels are served with baskets of sliced ciabatta and baguette rolls so diners can mop up the sauce. You'll want to do the same.

### Anis Bistro's Moules Marinières

**Hands on:** 10 minutes  
**Total time:** 10 minutes  
**Serves:** 1 as an entree

This recipe makes a very generous amount of "sauce," perfect for mopping up with your favorite bread. The nutritional analysis assumes you'll be soaking up every drop. The restaurant recommends using Prince Edward Island mussels, which are smaller and sweeter than the Maine mussels you may also find at the seafood market. For the white wine, it recommends a dry French-style chardonnay, one with no oak or butter overtones. If any mussels do not open after cooking, discard them.

In a large saucepan, combine mussels, wine, cream, garlic, parsley, butter and cayenne. Cover pan and cook over high heat for 2 minutes. Remove lid and toss everything. Cook, covered, for 2 more minutes or until all mussels have opened. Serve immediately.



Mark Petko

**20 cleaned mussels (about ¾ pound)**  
**¾ cup white wine**  
**½ cup heavy cream**

**1 tablespoon chopped garlic**  
**1 tablespoon chopped parsley**  
**1 tablespoon unsalted butter**  
**Pinch cayenne**

Per serving: 859 calories (percent of calories from fat, 69), 44 grams protein, 19 grams carbohydrates, trace fiber, 63 grams fat (36 grams saturated), 290 milligrams cholesterol, 1,023 milligrams sodium.

Is there a restaurant recipe you'd like to make at home? Tell us and we'll try to get it. We'll also test it and adapt it for the home kitchen. Because of volume, we can't answer all inquiries. Send your request, your address and phone number to [fromthemenue@gmail.com](mailto:fromthemenue@gmail.com) and put "From the menu of" and the name of the restaurant in the subject line.