



Chapter Eight

GRILLED BABY LEEKS, MISO BROTH, AND CAVIAR VINAIGRETTE



Gordon Ramsay Teaches Cooking II: Restaurant Recipes at Home

GRILLED BABY LEEKS, MISO BROTH, AND CAVIAR VINAIGRETTE

“

What [poaching in miso] does for the flavor is mindblowing. Literally takes these leeks to a different league.

Chapter Review

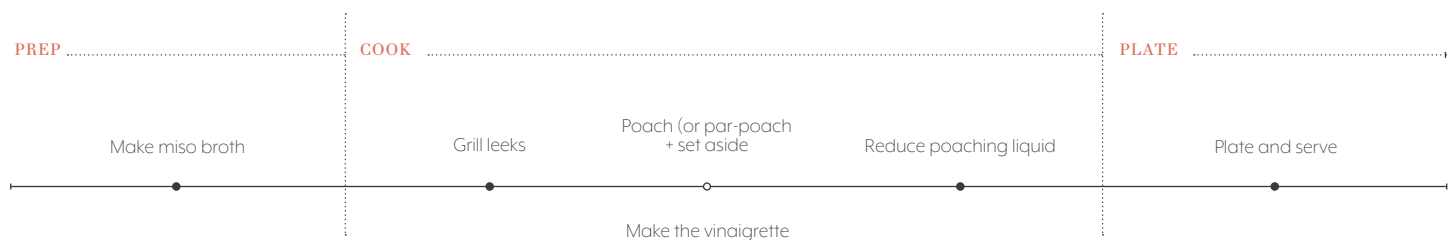
Leeks have a tough skin, but underneath is a delicate vegetable. Gordon grills the leeks to cook the tougher outside leaves and then poaches the leeks to delicately cook the centers. Whether you use a grill or a grill pan on your cooktop, lightly oil the ingredients and don't oil the grill. If there is too much oil, the excess will burn and give whatever you are grilling an unpleasant flavor.

Miso is a fermented paste common in Japanese cooking, full of umami. Gordon uses white miso, which is sweeter and more mellow than darker misos. As you bring the broth up to a boil, taste it and season if needed. When you begin to reduce the miso broth, watch how the thickness of the broth changes. When it's reduced to the right consistency, the broth should coat the back of the spoon and the miso flavor should taste more powerful than when you started the broth.

Poaching is a gentle process similar to the process of confiting. It's all about the control you have over the pan and. Poaching with the lid on helps poach the leeks evenly from the top and bottom. To par-poach, cook for half the time, take off the heat, and set aside in the poaching liquid. The tougher outside leaves will protect the centers from getting too soft. When you're ready to serve, bring them back up to a simmer and finish cooking. Test for doneness with the tip of your knife—there should be no resistance. You can also complete the dish ahead of time and serve at room temperature.

The miso poaching broth becomes the base for the vinaigrette. The vinaigrette should be rich and luscious, bordering on the texture of a sauce. Gordon sees chives as the baby of the leek family with an even more gentle onion-y flavor much like the difference between a shallot and an onion. The chives will provide sharpness to play against the naturally sweet miso. The caviar gives the vinaigrette a restaurant-level finish but the vinaigrette is equally delicious if made without the caviar.

RECIPE TIMELINE



GRILLED BABY LEEKS, MISO BROTH, AND CAVIAR VINAIGRETTE

*Prep*

- The miso broth can be made three days in advance.
- The vinaigrette can be made three to four days in advance leaving out the eggs and caviar until ready to plate and serve.

Ingredient Notes

- If you are looking to substitute the baby leeks you can use spring onions, thick scallions, or two regular sized leeks. Trim this leek the same as you would the baby leek and wash off any of the dirt that is visible between the layers. Cut the leeks in quarters or sixths depending on the size. Since these leeks interiors are exposed they will become a little more difficult to handle the more they are cooked. Start with the cut sides down on the grill first.
- Miso is a paste of soybeans and grains fermented with a mold called “koji” used in Japanese cooking. Sweet miso and dark miso are the two main types. Sweet miso is white or yellow and dark miso is deep brown or red with a strong earthiness. Both are salty with layered umami flavor that results from the fermentation process. Be sure to use a sweet miso for this recipe, dark miso would overpower the leeks and
- If you can’t find microgreens use fresh herbs like parsley and chives and cut into batons, or simply omit.

Dietary Restrictions

- This dish can be made gluten-free using gluten-free miso and omitting the caviar will make this dish vegetarian.

Grilled Baby Leeks, Warm Miso Broth, and Citrus Caviar Vinaigrette

Serves 4

Grilled Baby Leeks

16-20 baby leeks

1½ tablespoons olive oil

1 lemon for zest

Salt and fresh cracked black pepper to taste

Preheat a grill pan over medium-high heat. Trim up to ¼ inch off the ends of the leeks to remove the roots are off but leave the stalks intact so the leeks won't fall apart when grilling. Trim off a few inches of the thick green tops leaving the leeks about half white and light green bottoms and half dark green tops. The scraps can be saved for vegetable stock.

Place the trimmed leeks all facing the same direction onto a sheet tray. Season with salt and pepper and drizzle with olive oil. Use your hands to toss the leeks to get an even coating of oil and seasoning.

When the grill starts to smoke, place the leeks on perpendicular to the grill lines. Put two large plates on top to press the leeks to the grill for about 30 seconds. The weight of the plates and the pressure from your hands will help the leeks char along the grill lines. Cook for 2 more minutes or until the grill marks on the leeks are prominent. Take the plates off, flip the leeks over and repeat.

Once both sides of the leeks are nicely marked, transfer to a sheet tray. Drizzle with a few teaspoons of olive oil and season with more salt and pepper since the leeks will have left some of their flavor stuck to the grill pan. Zest lemon over the leeks.

Warm Miso Broth

2 cups vegetable stock

4 tablespoons white miso

In a large stainless steel sauté pan, bring the vegetable stock to a boil over medium heat. Whisk in a spoonful of miso paste and bring back to a boil. Season to taste with salt and pepper. When the miso broth has reduced enough to thinly coat the back of a spoon, it is ready to use for poaching. Add the grilled leeks to the pan and turn the heat low heat to simmer, covered. Poach the leeks in the miso broth for 8 to 10 minutes.

Grilled Baby Leeks, Warm Miso Broth, and Citrus Caviar Vinaigrette

Serves 4

Warm Miso Broth *continued*

When the leeks give no resistance to the tip of your knife, remove from the broth to a tray. Bring the broth back to a boil and reduce for a few minutes or until the broth is twice as thick as the poaching liquid. Taste for seasoning and adjust as needed.

Citrus Caviar Vinaigrette

2 tablespoons warm miso broth
4 tablespoons extra virgin olive oil
2 tablespoons fresh lemon juice
1 large lemon or 2 small lemons for zest
2 tablespoons chives, thin sliced
2 tablespoons Osetra caviar
2 tablespoons grated egg whites*
2 tablespoons grated egg yolks*
Salt and pepper to taste

*Push through a sieve or tamis with a rubber spatula.

Add four tablespoons of the reduced miso broth to a medium bowl. Add in a pinch of salt and a twist of fresh cracked pepper. Slowly whisk in olive oil, lemon juice, and lemon zest. Stir in chives, grated egg whites, and grated yolks. Finish by folding in the caviar. The end result should be a thin paste. Taste and add salt and pepper if necessary.

Plate + Garnish

Micro mustard greens

Fan the poached leeks in a layer on a platter all laying the same direction widthwise on a rectangle platter. Use a pastry brush to brush a liberal amount of miso broth onto the leeks. Add a second layer of fanned leeks and brush with miso broth. Pour a heaping spoonful of vinaigrette on the empty spaces on both sides of the leeks. Finish with a large pinch of micro mustard greens on top of the leeks.

GRILLED BABY LEEKS, MISO BROTH, AND CAVIAR VINAIGRETTE

**INGREDIENTS**

3½ tablespoons Bombay Sapphire Gin

2 teaspoons apple shrub

1 tablespoon lime juice

1 tablespoon Green tea liquor

5 mint leaves

Fever-Tree Mediterranean tonic

Apple slices, mint sprig and lime or orange peel, to garnish

METHOD

1. Build ingredients into a Balloon glass, add tonic to top and stir
2. Add garnish, and serve in true Wimbledon style

Take It Further

- If you like the flavor profile of this dish, try the recipe for Miso Cod en Papillote from *Gordon Ramsay's Healthy, Lean, & Fit* on the following page.

Beverage Pairing

- Gordon recommends you pair this dish with his unique version of the classic gin and tonic, following his recipe on the left.

GRILLED BABY LEEKS, MISO BROTH, AND CAVIAR VINAIGRETTE

MISO COD EN PAPILLOTE

Additional recipe

From *Gordon Ramsay's Healthy, Lean, & Fit*,

reproduced courtesy of the author and Hachette Book Group, USA.

Serves 4

¼ cup mirin

2 tablespoons white miso paste

1 tablespoon maple syrup

2 teaspoons soy sauce

4 cod fillets (approximately 4½ ounces each),
skinned and pinbones removed

Olive oil, for drizzling

4 heads bok choy, leaves separated from the stem

1½ inch piece of fresh ginger, peeled and
cut into matchsticks

4 spring onions, trimmed and thinly sliced

1. Mix together the mirin, miso paste, maple syrup, and soy sauce in a shallow dish. Add the fish fillets and turn to coat them in the marinade. Cover and leave to marinate in the fridge for at least 4 hours, or up to two days.
2. Preheat the oven to 350°F.
3. Drizzle four large pieces of foil or parchment paper with a little olive oil and place a pile of bok choy leaves in the middle of each square. Top with a layer of ginger and spring onions, then place the cod fillets on top, spooning over any remaining marinade.
4. Draw the edges of the foil or paper together, fold over to make a parcel, and seal tightly, leaving room for steam to circulate. Place the parcels on a baking sheet.
5. Bake in the oven for 10 to 12 minutes, until the fish is just cooked through.
6. Remove and leave to rest for a few minutes before putting each parcel onto a plate for your guests to open themselves.