

Created by: Debra C. Argen

Jeffrey Thompson Recipes - The Dining Room at Wheatleigh, Lenox, Massachusetts

[The Dining Room at Wheatleigh](#) in [Lenox, Massachusetts](#) in [The Berkshires](#) is sumptuous elegance set in an Italian villa that perfectly complements the contemporary American interpretation of French cuisine expertly prepared by **Chef Jeffrey Thompson**. Passionately creative, Chef Jeffrey Thompson shares a delectable taste of the restaurant with his recipes for ***Pan Seared Foie Gras, Puy Lentils, Baby Turnips, Green Apple Mustard Sorbet,*** and ***Sablefish, Parmesan Gnocchi, Cauliflower,*** and ***Shellfish Boudin.***

Some chefs grow up with a dream of a culinary future, for **Chef Jeffrey Thompson** it was a happy coincidence. Growing up more interested in sports than in food or cooking, the thought of a culinary career never occurred to him until he "fell into cooking" when he accepted a job in his hometown working as a dishwasher at the distinguished hotel, **The Broadmoor** in Colorado Springs, Colorado. It was not long before Austrian Executive Chef Siegfried "Sigi" Eisenberger saw that Jeffrey not only had a good attitude, he was also a quick learner, and someone who was never afraid to help out as needed. Under the tutelage of Chef Eisenberger he began what he describes as an informal 3-year apprenticeship, moving from station to station in the kitchen, and ultimately working as the Sous Chef for 4 years. From Colorado, he broadened his culinary skills working in the state of Washington where he worked for 18 months and had the opportunity to be near farms, vineyards, and closer to the ocean, which opened up a new world of products for him. Next on his career path, was working for 1 year on a restaurant reopening in Williamsburg, before joining the luxurious 19-room hotel, **Wheatleigh**, 7 years ago, beginning as the Sous Chef for 4 years, and has held the position of Executive Chef for the past 3 years of the **American Automobile Association Five Diamond restaurant.**



For Chef Jeffrey Thompson, the recipient of numerous accolades and awards, inspiration comes from the season, and he tries to use products that speak of the season. Being in the culinary heart of The Berkshires is certainly an asset, and having stayed at the Wheatleigh in November 2009, I had the opportunity to experience his culinary genius and approach to seasonality. When asked about the process behind his intriguing menus, he replied that he thinks about what he feels like cooking, what is available, and what Wheatleigh's style is. His vision is to always change and tweak his recipes so that the same recipes do not come back season after season, which keeps him thinking and enthusiastic, and the result is sensational.

When not working in the kitchen creating new menus, he enjoys spending time with his wife and two young sons, ages 8 and 2. When he does manage some free time for himself, he is the ultimate passionate foodie and enjoys visiting and eating in fine dining restaurants, and like the rest of us foodies, travels with a list of restaurants that he wants to visit.

Chef Jeffrey Thompson graciously shares his recipes for Pan Seared Foie Gras, Puy Lentils, Baby Turnips,

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Green Apple Mustard Sorbet; and Sablefish, Parmesan Gnocchi, Cauliflower, and Shellfish Boudin, to provide a delicious taste of The Dining Room at Wheatleigh.

The Menu

Pan Seared Foie Gras, Puy Lentils, Baby Turnips,
and Green Apple Mustard Sorbet

Sablefish, Parmesan Gnocchi, Cauliflower, and Shellfish Boudin



Pan Seared Foie Gras, Puy Lentils, Baby Turnips, and Green Apple Mustard Sorbet

Yield: 4 Servings

Green Apple Mustard Sorbet

Ingredients:

1.8

Pounds (850 grams)

Apples, peeled and chopped

3.5

Ounces (100 grams)

Sugar

2

Small cans

Apple Juice

8.8

Ounces (250 grams)

Water

8

Teaspoons (40 grams)

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Lemon Juice

1

Each

Thyme Sprig, Bay Leaf

Method: Place all ingredients in a saucepot and cook until apples are tender. Puree and pass through a sieve.

Ingredients:

44

Ounces (1250 grams)

Sorbet base

1+

Teaspoon (6 grams)

Sorbet Stabilizer

2

Teaspoons (10 grams)

Sugar

½

Jar

Green Apple Mustard

Method: Mix sugar and stabilizer, then cook with sorbet base until it reaches 185° F (85° C). Add the mustard and chill overnight. Process in machine.

Pan Seared Foie Gras, Puy Lentils, Baby Turnips, and Green Apple Mustard Sorbet

Ingredients:

4

2.5 ounce (71 grams)

Canadian Foie Gras, Grade A

3

Each

Baby Turnips

6

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Tablespoons

Puy Lentils, cooked

4

Teaspoons

Squash Puree

4

Each

Quenelles of Apple Sorbet

Duck Jus

Fleur de Sel

Method for the Foie Gras: In a hot cast iron pan, quickly sear the foie gras until golden brown on all sides. Remove the foie gras from the pan and finish in a 350° F (177° C) oven for 2 - 3 minutes. The foie gras should just barely be warm on the inside. Drain on a paper towel. Season with fleur de sel.

Method for the Turnips: Peel the turnips and blanch whole in simmering water that has been seasoned with salt and sugar. When al dente, shock in ice water. Cut them into quarters. To warm, gently steam the turnips.

Lentil Ingredients:

$\frac{3}{4}$

Cup

Puy Lentils, rinsed

Sachet of

Carrot, Leek, Celery, Garlic, Thyme, Bay Leaf

3

Cups (710 ml)

Duck Stock

Method for the Lentils: Place the stock and sachet in a pot with the seasoning. Simmer a few minutes to build flavor. Add the lentils and cook at a low simmer until tender so as not to reduce the liquid. When cooked, cool lentils in the liquid.

Method for the Heating Lentils: Warm cooked lentils with a little butter and some of the cooking liquid. Season to taste.

Presentation: At the top of the plate, place 3 dots of squash puree and top each one with a piece of turnip. In the bottom left, place a spoon of lentils and top with the foie gras, drizzle the duck jus around the foie gras. Place the sorbet in the bottom right of the plate and serve immediately.

Sablefish, Parmesan Gnocchi, Cauliflower, and Shellfish Boudin

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Yield: 4 Servings

Ingredients:

4

4.5 Ounces (128 grams each)

Sablefish fillets (also called Black Cod)

20

Parmesan Gnocchi

12

Butternut cylinders

4

Tablespoons

Cauliflower Puree

4

Each

Shellfish Boudin

Codfish Emulsion

Method for the Cod: Rub cod with oil and mark on the grill. Place in a vacuum bag and seal with a little olive oil. Cook sous-vide in combi oven for 6 minutes. Remove fish from the bag and drain on a towel, and season.

Gnocchi Ingredients:

18

Ounces (500 grams)

Potato, cooked

3.5

(100 grams)

All-Purpose Flour

1

Egg Yolk

4

Teaspoons (20 grams)

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Butter, soft

5

Teaspoons (25 grams)

Parmesan, use microplane

Salt and Pepper

Method for the Gnocchi: Bake the potatoes to dry out. When cooked, put the potato "meat" through a food mill and mix with the other ingredients. Roll out cylinders of dough. Cut and roll into gnocchi shapes. Cook in boiling salted water until the gnocchi float. Drain and place in a pan to cool.

Method for Finishing the Gnocchi: Pan-sear the gnocchi in canola oil until golden brown.

Shellfish Boudin Ingredients:

8

Ounces (227 grams)

Shrimp, cleaned

1

Egg White

1

Cup (237 ml)

Heavy Cream

¼

Cup

Clams, cooked and chopped

1/8

Teaspoon

Piment Espelette (Basque chili pepper)

1

Tablespoon

Sliced Chives and Parsley

1

Tablespoon

Cured Lemon, brunoise

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Method: In a robot coupe, blend the shrimp, cream, and egg white until well mixed. Pass through a tamis into a bowl. Fold in the other items and season to taste. Pipe into strips of caul fat and roll to close.

Cod Emulsion Ingredients:

4

Shallots, sliced

1

Thyme Sprig and Bay Leaf

1/8

Teaspoon

Caraway Seeds, Cubeb Pepper, and Coriander

¼

Cured Lemon

1.5

Tablespoons

Dijon Mustard

½

Cup (118 ml)

Viognier Wine

4

Cups (1 liter)

Fish Stock

1

Cup (237 ml)

Fat Free Milk

1

Teaspoon

Lecithin

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Method: Sweat the shallots, thyme, bay leaf, and spices in canola oil. Deglaze with the wine and reduce until dry. Add the stock and mustard, simmer and reduce to 3 cups. Blend in milk and lecithin. Strain.

Wheatleigh serves lighter fare in The Library with lunch served in summer and winter, Monday through Saturday from 12:00 pm until 2:00 pm, and dinner in the summer, Sunday through Thursday from 5:00 pm - 9:00 pm, on Friday and Saturday from 5:00 pm until 9:30 pm. During winter, dinner is served Sunday through Thursday from 6:00 pm until 8:30 pm, and on Friday and Saturday from 6:00 pm until 9:00 pm. Sunday Brunch is served from 9:30 am until 1:00 pm.

Dinner is served in The Dining Room during the summer from Sunday through Thursday from 5:00 pm until 9:00 pm, and on Friday and Saturday from 5:00 pm until 9:30 pm. During winter, dinner is served Sunday through Thursday from 6:00 pm until 8:30 pm, and Friday and Saturday from 6:00 pm until 9:00 pm.



Read about **Wheatleigh** in the **Hotels and Resorts** and **Restaurants** sections.



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For more information on **The Berkshires**, please visit the **Berkshire Visitors Bureau** website: www.Berkshires.org.



For more information on **Massachusetts**, please visit the website: www.MassVacation.com.

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