



# MARKET



## YOUR MENU

**STIR-MINUTE VEAL, VEGETABLES  
PROVENCAL, OLIVES AND CAPERS**

**“CALISSON” CONTEMPORARY PIE WITH  
SEASONAL POACHED FRUITS AND  
FRENCH CARAMELIZED MERINGUE.**

MENU

MAIN COURSE

DESSERT



## STIR-MINUTE VEAL, VEGETABLES PROVENCAL, OLIVES AND CAPERS

Veal: 600gr • Olive oil: 6 cl • Sage: ¼ bunch • White Wine : 200 cl •  
Butter : 30 gr • Tomato Comfit Puree : 20 gr • Eggplant : 2 • Red pepper :  
1 • Yellow pepper : 1 • Tomatoes : 2 • Onion : 1 • Green Olive : 50 gr •  
Capers : 30 gr • Rosemary : 2 branches

Peel the eggplant and cut into small cubes. Peel and diced the bell peppers and the tomatoes. Cut the veal into cubes about 40 g. Peel and chop the onion into small cubes. Remove the leaves and chop the sage.

In a casserole with a drizzle of olive oil, sweat the onion with a pinch of salt, add the bell peppers, garlic and rosemary. Cook 3 min and add the eggplant. Add salt and pepper, and then the water. Cook covered over high heat for 5 to 6 minutes. Add the tomatoes; salt and cook 2 more min. Add the capers and olives. Leave for 3 to 4 minutes and check the seasoning.

Preheat a thick bottom pan with a drizzle of olive oil. When it is very hot, sear the veal on all sides for 2-3 min. Season with salt and pepper, remove the meat from the pan and let it rest. Deglaze the pan with the white wine, Reduce for ¾ of the volume then add the tomato puree. Thicken the sauce with 30g butter and finish by adding the chopped sage

Serve the vegetables in the bottom of the plate, put the meat over it and sprinkle with the sauce





## "CALISSON" CONTEMPORARY PIE WITH SEASONAL POACHED FRUITS AND FRENCH CARAMELIZED MERINGUE.



**Step 1:** egg yolk: 4 • sugar: 160 g • chemical yeast: 7gr • Salt flower: 2 gr • butter: 140 • flour: 210 g • orange: 1 • lemon: 1  
**Step 2:** water 400 g • sugar: 100 • Seasonal fruits: pm  
**Step 3 :** Pâte de Calisson d'Aix en Provence 180 gr • Milk 75gr • Gélatine 3 g  
**Step 4:** egg white: 1 • sugar: 62 gr • Icing sugar: 20gr

### Step 1. For the biscuit

Preheat the oven to 200°C. Mix together the flour, butter, sugar, salt flower, chemical yeast, lemon zest, orange zest and the egg yolks. Roll the mixture to a thickness of 3mm and place on a lined baking sheet. Cover with a second sheet of baking parchment, transfer to the oven and cook for 15-20 minutes. Remove from the oven and then cut the biscuits to size.

### Step 2: The poached fruits

Bring to boil the water and let it boil for about 3 min. Then, cut in 4 the orange and the lemon left from the biscuit preparation and put them into the boiling water as well as the sugar. Simmer the syrup for 15 min. Then, allow to cook the fruits in the syrup.

### Step 3: The calisson curd:

Put the gelatins leaves to rehydrate in cold water. Warm up the milk and the calisson past then add the gelatin and allow cooling

### Step 4: The French meringue

Wipe the eggs white in a bowl and add the sugar so the egg becomes very fluffy. Put your preparation in a piping bag and pipe some tiny decoration on a baking sheet. Sprinkle some icing sugar over your meringue and cook them in the oven at 110°C for about 30min



# MENU



## **Glazed asparagus with basil sabayon, Parmesan tuiles and rocket**

Asparagus topped with hazelnut and basil breadcrumbs and cooked under the grill before being served with a basil

## **Risotto with red mullet and basil oil**

A simple risotto served with a crisp fillet of red mullet and fresh basil oil.

## **Double chocolate moelleux with caramel sauce**

A classic French dessert with a melting center - dark chocolate moelleux with white chocolate pieces served with caramel sauce.





## GLAZED ASPARAGUS WITH BASIL SABAYON, PARMESAN TUILES AND ROCKET



**Step 1 :** Green asparagus : 1 bunch • Unsalted butter : 40 g • Shallot : 1 whole • Fine salt : 6 pinches • Piment d'Espelette : 6 pinches • Chive : ¼ bunch • Olive oil : 10 cl • Xeres vinegar : 3 cl • Rocket : 100 g

**Step 2:** Parmesan: 80 g

**Step 3:** Egg yolks: 3 whole • Dry white wine: 6 cl • Fine salt: 3 pinches • Piment d'Espelette : 3 pinches • Basil : ¼ bunch • Lemon : ½ whole

**Step 1:** Peel and finely dice the shallots. Snip the chives into small pieces. Wash the asparagus, break off the tough base and then use a vegetable peeler to trim the wider end. Cut the asparagus tips from the rest of the stem and set aside. Thinly slice the stems. Heat a drizzle of olive oil in a frying pan or wok. Add the asparagus tips to the pan along with a pinch of salt, the sugar, butter and enough water to come halfway up the height of the asparagus in the pan. Cover and cook until all of the liquid has evaporated. Place the thinly sliced asparagus in a bowl with the shallot, Xeres vinegar, chives, salt, pepper and a drizzle of olive oil.

**Step 2:** Preheat the oven to 210 °C. Arrange 6 serving rings on a baking sheet. Add grated parmesan to each ring, ensuring you have an even layer in the base of each one. Transfer to the oven and bake for 10 minutes or until golden brown. Remove from the oven and allow cooling.

**Step 3:** Heat a saucepan of water to use as a bain-marie. Pick and chop the basil leaves. In a round-based bowl, beat the egg yolks with the white wine until you have a fluffy sabayon. Place the bowl over the bain-marie and keep whisking until the sabayon is thick. Remove from the heat and keep whisking until cool. Add a few drops of lemon juice, the basil leaves, salt and piment d'Espelette.

**To serve:** Neatly plate the asparagus tips and then add a spoonful of the crunchy asparagus and shallot salad. Finish with the parmesan tuile to serve.



## RISOTTO WITH RED MULLET AND BASIL OIL



Risotto rice : 300 gram(s) Garlic clove(s) : 2 Whole Onion(s) : 1 Whole  
Vegetable stock : 1000 milliliter(s) Dry white wine : 200 milliliter(s)  
Unsalted butter : 100 gram(s) Maldon salt : 6 pinch(es) Freshly ground  
black pepper : 6 Turn(s) Red mullet fillet(s) 140g : 6 Whole Basil : 1  
bunch(es) Olive oil : 80 milliliter(s)

**For the risotto:** Peel and finely dice the onion and the garlic. Add to a large saucepan along with half of the butter. Add the rice and fry for a couple of minutes, ensuring the rice is coated in butter. Add the white wine and stir until absorbed. Add the stock a ladleful at a time and keep stirring until the rice is soft but with a firm center. This should take about 18 to 20 minutes.

**For the fish and to serve** Pick the basil leaves from their stalks, retaining some of the smaller ones for garnish. Blanch the larger leaves in boiling water for 10 seconds and then plunge into ice water. Dry and blitz together with a generous amount of olive oil. Pass through a fine sieve. Heat a frying pan, add olive oil and then add the red mullets to the pan skin-side down. Cook until the skin is crisp and golden and then turn and remove from the heat to finish cooking. Spoon some risotto in a bowl and then lay a fillet of red mullet on top and garnish with basil leaves and oil.



## DOUBLE CHOCOLATE MOELLEUX WITH CARAMEL SAUCE



Whole egg(s) : 3 Whole Caster sugar : 110 gram(s) Dark chocolate : 90 gram(s) Plain flour : 35 gram(s) White chocolate : 50 gram(s) Unsalted butter : 85 gram(s) For the sauce : Caster sugar : 100 gram(s) Lightly salted butter : 20 gram(s) Double cream : 150 milliliter(s)

For the fondants Preheat the oven to 200°C. Place the dark chocolate and the butter in a bowl and melt over a pan of simmering water. Beat together the eggs and the sugar until thick. Stir in the melted chocolate and then sift in the flour. Line stainless steel serving rings with baking parchment. Pour a little of the dark chocolate mixture into each mould and then add two squares of white chocolate. Top with the dark chocolate mixture so that the moulds are 3 quarters full. Transfer to the oven and bake for 6 minutes.

For the caramel Heat a frying pan and then add the sugar. Melt, without stirring, to form a caramel. Over a low heat, mix in the butter. Once the butter has melted, stir in the cream. Remove the serving rings from the moelleux and serve with the caramel sauce. This dessert can be served hot or cold.