

## FIRST COURSE

### *Mackerel ``Escabeche``*

#### Sequence:

- 1 Marinate the fish
- 2 Prepare the grapefruit gel
- 3 Prepare vegetables brunoise
- 4 Making the bread crisp
- 5 Blend the gel
- 6 Cut the marinated fish
- 7 Plating

Make a marinade with 1/3 water, 1/3 white wine 1/3 olive oil Add white wine vinegar to adjust the acidity. Add sliced onion and fennel, bay leave, thyme, whole pepper corn boil all together and let it infuse for 20 minutes.

Put salt on the mackerel fillet, place them in a pan and pour the boiling marinade over, cover with plastic wrap, let it cool down and keep in the fridge (ideally It should marinate for 24 hours.)

#### Grapefruit gel

- 150 ml grapefruit juice
- 50 ml lemon juice
- 150 ml water
- 50 g sugar

Boil all together and add

- 4 g of Agar agar
- Boil for 1 minute
- Add 2 gelatin sheets

Cool down, once it is stiff, put in the Thermomix or a blender and keep it in a squeeze bottle

Cut the young fennel and shallots in brunoise, sautéed them in olive oil (keep it crispy) add the tomato brunoise cook a few seconds and add the black olive brunoise. Seasoned and marinated with some lemon juice. Before plating add the chopped, flat parsley, chervil, chive and dill

Use a slicer to cut the baguette in very thin pieces, dry it for 6 minutes in an oven at 350

**Plating:**

Place some dots of gel on the plate

Remove the mackerel from the marinate, arrange on the plate and sprinkle with fennel mixture

Place the crispy bread slices and decorate with some micro greens

## SECOND COURSE

### *Scallops and Foie Gras with Artichokes*

#### Sequence

- 1 Turn and cook the artichokes
- 2 Reducing the stock and making the sauce
- 3 Preparing the leek
- 4 Portioning the scallops and foie gras
- 5 Reheat the artichokes
- 6 Sauté the leek with butter and chopped truffle
- 7 Pan fry the scallops
- 8 Pan fry the foie gras
- 9 Plating

Take the fresh artichoke and turn them, cut the artichoke bottom in wedges and keep them in lemon water.

Sautéed the diced onion and carrots in olive oil, add the artichoke and coriander seed, deglaze with white wine, reduce add some vegetable stock (or chicken stock) cook until the artichokes are tender, remove them from the liquid and keep aside for the plating.

Reduce the stock, strain and add some demi glace.

Blanch the young leek and cut them in 1 inch long pieces.

Put some micryo (cacao butter) on the scallop and panfry them.

Panfry the foie gras in a pan (no oil)

Reheat the artichoke and the leek with the chopped truffle, arrange them on a plate, dispose the scallop between the wedges and at last put the foie gras.

Deglaze the fry pans with white wine and add the reduction to the demi glace.

Sprinkle the demi glace on the plate.

## THIRD COURSE

### *Halibut Cooked in Papillote*

#### Sequence

- 1 Cook the potatoes
- 2 Prepare the vegetables & mushroom
- 3 Portion the fish
- 4 Producing the papillote
- 5 Hollandaise sauce
- 6 Cooking the fish
- 7 Plating

Sautéed the carrot, tomatoes and the bell pepper julienne in olive oil, and the green onion cut in 1.5 inch. Sautéed the chanterelles mushrooms with the shallots. Don't cook too much all the ingredients as they will be cooked again in the papillote.

Cook the potato in water

Put the vegetables julienne in the middle of the papillote add the chopped chervil, and tarragon. Dispose a seasoned portion of halibut on the top. Put some basil leaves on the fish. Top all with 3-4 small potatoes and the chanterelles mushrooms. Seal the papillote and cook in the preheated oven at 320 during 10 minutes

Meanwhile make the hollandaise.

Whisk the egg yolk and white wine to a foam texture in a bowl over the bain marie. Make sure the yolks are cooked. Add the olive oil and season with salt and cayenne pepper.

Plate the papillote in the plate and served with the sauce on the side.

## CHEESE COURSE

### *Blue Cheese*

#### Sequence

- 1 Cook beet root
- 2 Make the syrup
- 3 Make the dough for the tuile
- 4 Process the beet root mousse
- 5 Cook the balsamic tuile
- 6 Portion the cheese
- 7 Plating

#### Beetroot Mousse

350 g cooked beetroot

350 ml de syrup (300 ml water 80 g sugar)

with spices (2 bay leaf, 2 cinnamon stick, 3 g cardamom, 3 g whole pepper, 2 cloves, 2 star anise, 3 g coriander seed)

2 gelatin sheet

1. Make the syrup
2. With all the ingredient
3. Add the gelatin to the warm syrup
4. Mix the beet in the thermomix, add the syrup
5. Blend on # 10 until a very smooth coulis
6. Pour in the siphon and add 2 cartridges
7. Reserved in the fridge

### **Balsamic Tuile**

80 soft butter

200 g icing sugar

100g balsamic reduction

50 g flour

Mix all the ingredient together, let it rest for 30 minutes

Bake the tuile on a baking sheet with parchemin paper or better on Silpat at 350 for 4-5 minutes, shape the tuile while they are warm

Display the cheese on the plate, fill the mousse in the tuile

## DESSERT COURSE

### *Berry Mille Feuille*

#### Sequence

- 1 Strawberry gelee to be made
- 2 Strawberry infusion to start
- 3 Cook the pastry cream
- 4 Lemon verbena foam
- 5 Bake the puff pastry and cut
- 6 Berries to clean and strawberry dices
- 7 Portion strawberry gelee
- 8 Strain strawberry infusion
- 9 Arrange berries on gel
- 10 Plating

#### Make Strawberry Gelee

1200g strawberry coulis,  
200 g sugar,  
10 ml lemon juice,  
16 sheet of gelatin

Soak the gelatin in cold water, boil all the ingredient add the gelatin. Poor in a 2 inch pan, put on ice to cool down faster

Once set cut the gel in 3.5 inch x 2 inch rectangle

#### Strawberry Infusion

Mix 1.5 kg of strawberries and 200 g sugar in a bowl, cover with plastic wrap, let it infuse at 60c for one hour. Strain through a fine sieve

### **Pastry Cream**

3 egg yolk

2 eggs

125g sugar

60g corn starch (can be replaced by 80 custard cream or 80 g flour )

1lt milk

Vanilla bean

Mix the egg with sugar and starch, boil the milk with the vanilla. Pour milk on top of the egg mixture and boil the cream for 3 minutes. Cool down

Bake the puff pastry in a thin layer between two baking sheets, and then cut in rectangle (same size as strawberry gel)

### **Lemon Verbena Foam**

1 lt Milk

200g Sugar

50 Lemon verbena

8 g Agar agar.

Siphon

Boil the milk with the sugar and the agar agar boil again for one minute let the lemon verbena infuse for 7 minutes cool it down an put in a siphon.

### **Plating**

Arrange the gel on a plate, with a piping bag add the some dot of pastry cream, place raspberries, blackberries and strawberries on the top. Put some verbena foam between the berries covers with puff pastry (spay icing sugar on the top)

Pour the strawberry infusion in a sherry or shooter glass, add small dices of strawberry and top it up with champagne. Serve it with the dessert.