

MENUS Recipes

Christmas Special



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MENU



APPETIZER

SCALLOPS WITH BLACK CHANTERELLES

ENTRÉE

CHESTNUT SOUP

MAIN DISH

ROASTED TURBOT, SWEET POTATO PUREE, SQUASH CHIPS WITH ESPELETTE PEPPER

DESSERT

BLACK FOREST VERRINES



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SCALLOPS WITH BLACK CHANTERELLES

INGREDIENTS FOR 4 PEOPLE

- 8 scallops, fresh or frozen
- 6.5 0z (185g) black chanterelle mushrooms
- 1 zucchini
- 4 asparagus spears
- 2 shallots, peeled and chopped
- Olive oil
- Salt, and black pepper



DIRECTIONS

- Rinse the zucchini and asparagus. Thinly slice the zucchini, and cut the asparagus into pieces a little larger than bite-size. Steam the zucchini and asparagus for 5 to 10 minutes.
- Gently rinse the chanterelle mushrooms and pat dry.
 Slice the largest mushrooms in half.
- Heat 1 tbsp olive oil in a pan. Add the shallots and mushrooms and sauté over high heat, stirring very gently from time to time. Cook for about 3 minutes until the mushrooms begin to release their juices. Season with a pinch of salt and some black pepper. Remove from heat and set aside.
- Rinse the scallops and dry with paper towel.
- Heat a nonstick pan and sear the scallops over high heat for 1 minute on each side. Season with salt and pepper.
 Using a spatula, transfer the scallops to a plate.
- Spoon some chanterelles onto 4 individual serving plate.
 Arrange 2 scallops per plate and top each one with zucchini slices, a few more mushrooms, and asparagus.
- Serve immediately!





Recipes

Entrée

CHESTNUT SOUP

INGREDIENTS FOR 6 PEOPLE

- 1.6 lbs (750g) whole cooked chestnuts
- 1 lb (500g) car3 tablespoons of honey
- 4 cups of milk skim, soy, rice or almond
- 8 cardamom pods
- ½ cinnamon stick
- ¼ teaspoon ground cloves
- 6 prunes, pitted and soaked in tea for 30 minutes.
- 6 slices of gingerbread
- 6 thin slices of foie gras

DIRECTIONS

- Roughly chop the chestnuts.
- Bring the milk to a boil and add the cinnamon, honey, the cardamom seeds, and ground cloves.
- Then add the chestnuts.
- Reduce heat and mix frequently so that the mixture doesn't stick.
- Cook over low heat for about 30 min.
- During cooking, shred the carrots.
- After cooking, remove the cinnamon stick and add the shredded carrots to the pot. Then blend the soup well to achieve a very creamy consistency.
- Add the prunes and let the soup cool off slightly.
- Serve each bowl of chestnut soup with a slice of gingerbread topped with foie gras.





ROASTED TURBOT, SWEET POTATO PUREE, SQUASH CHIPS WITH ESPELETTE PEPPER WHIPPED CREAM

INGREDIENTS FOR 4 PEOPLE

Roasted Turbot Fillets: 4 pieces

- 4 turbot fillets
- Salt
- Pepper
- Olive oil
- 1 clove of garlic
- 2 sprigs of thyme
- 2 tbsp apple cider vinegar
- Zup chicken stock
- 1 large sweet potato
- 2 potatoes
- 1 cup of soy cream
- 1 tsp non-hydrogenated margarine
- Nutmeg

For the squash chips:

- 1.7 oz (50g) butternut squash
- Curcuma
- Cumin seeds
- 1 tbsp olive oil
- Salt

For the Espelette pepper whipped cream:

- 1.5 cups soy cream
- Salt
- Piment d'Espelette
- Whipping siphon





DIRECTIONS

Step 1

- Preheat the oven to 248°F (120°C).
- In a bowl, combine the turmeric, cumin seeds and olive oil.
- Peel and halve the squash.
- Slice thinly, with a mandoline slicer if possible.
- Place squash slices on a baking tray (or two) lined with parchment paper. Using a basting brush, brush both sides with the olive oil mixture.
- Bake for 1.5 hours.

Step 2

- Prepare your cream in a whipping siphon.
- Put the soy cream, a little salt, and a bit of Espelette pepper in the whipping siphon. Seal and place it in the refrigerator for 1 hour minimum

Step 3

- Peel the sweet potato and potatoes. Cut into pieces and steam for 20 minutes.
- Gently heat the soy cream in a small pot. Then puree all
 the potatoes in a blender or mash with a fork while
 adding the warm soy cream. Stir in the 1 tsp of margarine
 and sprinkle with nutmeg. Keep warm.

Step 4

 Remove the squash chips from the oven and season with salt right away.

Step 5

- Heat some olive oil in a frying pan, and add the turbot fillets over high heat for 5 mins. Season with salt and then carefully turn them over and continue cooking over low heat. Add the crushed garlic and thyme.
- Baste the turbot with water as necessary.
- Deglaze the pan with the apple cider vinegar and leave to reduce, then add the chicken stock. Let reduce again until the sauce is thick and creamy.
 Season with pepper at the end of cooking.

Presentation

Present all the elements in a circle on your dinner plate.
 The turbot fillet, sweet potato puree, and the pumpkin chips with a dollop of whipped cream - a mix of textures that will surprise the palate and your guests! Serve right away.





BLACK FOREST VERRINES

INGREDIENTS FOR 4

- 16 ladyfinger biscuits
- 4 tbsp unsweetened cocoa powder
- 1 jar of pitted cherries in syrup
 9oz (250g) mascarpone cheese
- 1/3 cup icing sugar
- 1 tbsp cinnamon
- 1 tbsp Kirsch
- 4 glasses or verrines for serving



DIRECTIONS

- Drain the cherries and reserve the syrup.
- Heat the syrup and cinnamon over medium-low heat for 15 minutes. Stir regularly, and do not bring to a boil.
- Set syrup aside and let cool for about 1 hour at room temperature.
- Soak the ladyfinger biscuits in the syrup and distribute equally between the 4 verrines. Sprinkle each glass with a tablespoon of cocoa. Keep the remaining syrup for later.
- Place a layer of cherries on top of the biscuits.
- Beat the mascarpone with the icing sugar and Kirsch.
- Top the cherries with the mascarpone mixture.
- Create a coulis by mixing a few cherries with the rest of the syrup over low heat. If the coulis is too runny, reduce to simmer and then let cool again. Set aside.
- Refrigerate the verrines for at least 3 hours before serving.
- When ready to serve, pour a little cherry coulis over each one and sprinkle with some cocoa for a gourmet look!





THE ENTIRE TEAM

Bootcamp Wishes

> you * a very *

happy holidays!



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