

Bisque de langoustine

(Classic shellfish soup)

Ingredients

Live Langoustines with shells on
Coarsely chopped carrot
Finely chopped garlic
Coarsely chopped fennel
Coarsely chopped onion
Diced celery
Chopped tomatoes
Fish stock
Red fish like Snapper/Gurnard/Red Mullet etc
Salt/Pepper
Turmeric
White wine
Parsley
Double cream
Bay leaf
Thyme

Method

Add a good quantity of olive oil to a large pot and warm
Throw in the chopped carrot, celery, onion and fennel and sweat gently until soft and slightly brown
Add peeled cloves of garlic (these can be added whole)
Clean the fish and cut into chunks - bones and all
Cut up the langoustine into chunks (keep claws and shell on etc)
Add the fish and langoustine to the vegetables and olive oil, stir well then add fish stock to cover
Add a little turmeric for colour and again stir well
Add chopped tomatoes, parsley, bay leaf and thyme and stir well
Add white wine, put lid on and bring to the boil
Reduce the heat and simmer for about 20-30 minutes or until the fish and shellfish are cooked
Pour the fish and stock into a magimix or blender and blend until smooth
Pass the blended mixture through a sieve to remove any bones
Pour into a pan to gently reheat
Season if necessary and add a swirl of cream to serve

Lapin aux pruneaux

(Sauté of wild rabbit with prunes and Armagnac)

Ingredients

Rabbit - jointed
Stoned prunes
Finely diced shallots
Finely crushed garlic
Diced bacon
Peeled small onions or shallots
Chicken stock
Armagnac or Brandy
Thyme
Oil for frying
Flour for dusting
Salt/Pepper
Butter for frying
Parsley
Butter
Double cream

Method

Lightly flour the rabbit pieces with seasoned flour
Heat some butter and oil in a pan and gently fry the rabbit until browned on all sides
In another pan, fry the bacon, stirring all the time to brown and release its fat
Add the onions and fry
Add the shallots and chopped garlic, stir and fry gently until softened
Flame the rabbit pieces in the brandy - when the flames have subsided add the prunes and white wine and then allow to simmer
Add the tomato purée to the bacon, onions, shallots and garlic
Add the chicken stock and bring to the simmer
Add all the rabbit pieces to the vegetables, add thyme and simmer gently for about 40 minutes or until it is tender
If the sauce becomes too thick add a little water to the gravy to stop it from sticking or becoming claggy
Just before serving add some cream
Season as necessary and serve sprinkled with parsley

Jambon a la moutarde

(Ham with chanterelles and mustard and cream sauce)

Ingredients

Cooked ham
Chanterelles
Button mushrooms
Butter
Shallots
Dijon mustard
Parsley
Chicken stock
Salt/Pepper
Double cream
Olive oil
White wine

Method

In a pan, heat some butter and olive oil
Add some finely chopped shallots
Add some sliced button mushrooms and sweat down until soft
Add the chanterelle and continue to sweat down
Add a little flour to make a roux
Add stock and cook until slightly thickened
Stir well
In a frying pan, heat some olive oil, add the thickly sliced ham and sear on each side to lightly colour and heat through
Add a splash of white wine to the ham and allow to reduce
Meanwhile, stir the cream sauce and season as necessary
Add Dijon mustard to the sauce, a little at a time to taste (more or less, as you prefer)
Serve the ham hot, pour over the sauce
Sprinkle over parsley to serve

Rognons de veau sauce Madere

(Veal kidneys in Maderia sauce)

Ingredients

Brandy
Madeira
Demi glaze
Veal kidneys
Tomato purée
Finley chopped shallots
Finely chopped garlic
Butter
Parsley
Olive oil
Salt/Pepper

Method

Heat some butter and olive oil in a sauté pan
Dredge the kidneys in seasoned flour - shake off the excess and quickly fry off the kidneys in the oil and butter
Add garlic and shallots
Season with salt and pepper
Turn the kidneys to brown on both sides - do not overcook!
Add brandy and flame
Immediately remove the kidneys from the pan and set aside in a warm place
Deglaze the pan with Madeira
Add demi glaze (beef stock)
Add a little tomato purée
Bubble well - siring all the time
Allow the sauce to reduce until it is thickened and rich
Season as necessary and serve

Petit pois au lettue

(Peas braised with lettuce, mint, lardons of smoked bacon and baby onions)

Ingredients

Peas
Fresh mint leaves
Baby onions
Lardons of bacon
Butter
Little gem lettuce or cos
Salt/Pepper

Method

Heat some butter in a big pan and throw in the lardons to cook out, soften and colour
Roughly chop the lettuce
Add the onions to the lardons and fry gently
Add the lettuce and mint leaves and a little salt
Stir well and tip in the peas
Stir round well to mix
Cover and simmer until tender, stirring from time to time
Keep all the steam in the braise
Add a little butter from time to time
Season as necessary

This dish can be made ahead of time and heated up in a microwave!

Gratin dauphinoise

(Sliced potatoes baked with cream and garlic)

Ingredients

Slightly waxy potatoes
Crushed garlic
Double cream
Salt/Pepper
Butter

Method

Finley slice the potatoes on a mandolin or food processor
Rinse well about 3 times to remove much of the starch
Pat dry thoroughly and place a layer in a shallow, well buttered dish
On top of that layer, sprinkle finely chopped garlic and dot with butter
Season with salt and pepper
Add another layer of potato, garlic, salt and pepper and dot with butter
Repeat the process until the dish is full; the final layer is just potato
Pour over some double cream - be generous
Leave to stand for about 15 minutes
Cover with tin foil, place in the oven at about 160 degrees
for about an hour
Remove the foil from the dish and allow to brown