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## HALF-COOKED CHOCOLATE CAKE ; SALTED BUTTER CARAMEL SAUCE

170 g dark chocolat  
135 g salted butter  
4 eggs  
110 g white sugar  
135 g all-purpose flour

### Salted caramel sauce :

90 g white sugar  
15 cl liquid cream 30% fat  
25 g salted butter

**Preparation time** : 50 minutes

**Cooking Time** : 11 to 14 minutes

**Servings** : 4



**1/** Cut the chocolate into squares and melt it in a double-boiler with the salted butter cut into pieces while mixing regularly. Preheat the oven to 180 ° C during this time.



**2/** Beat the eggs with the sugar using a hand whisk. Then add the flour and mix again. Finally, pour in the melted chocolate little by little while continuing to mix with the whisk.

**3/ Garnish the ramekins:** Butter then flour the ramekins. Fill them to 3/4.

**4/ Cooking:** Bake for 11 to 14 minutes at 180 ° C then unmold once cooled down. Pass a thin knife around the cake to unmold faster.



#### **Prepare the salted butter caramel sauce:**

Make a dry caramel: Place the sugar in a saucepan; melt it on a strong fire without mixing at the beginning (75% in firepower); meanwhile, heat the cream in another saucepan, bringing it to a boil. Once the simmering is reached on the cream, turn off the heat.

For the caramel, as soon as it begins to boil on the sides of the pan and to color, lower the heat to medium and mix gently with a wooden spatula / spoon.

If you mix too quickly, it will incorporate air and cause it to crystallize. Once the sugar has melted (light caramel color), turn off the heat.

Gradually pour in the cream while mixing; this will cause a thermal shock (Big boil) but you must continue to mix gently. If it forms blocks / lumps of sugar, don't panic. Mix until the boil is finishing.

Then put back on low heat and heat the caramel sauce again for a longer or shorter time depending on the amount of sugar cubes you have; 5 to 15 minutes, stirring occasionally.

Once all the sugar has melted, turn off the heat. Add the salted butter and a pinch of fleur de sel, mix one last time and set aside.

This salted butter caramel sauce can be kept in the refrigerator, the cream cuts off the cooking of the sugar, so it will not get hard on cooling.

### **Caramelized nuts :**

100 g walnuts kernels  
80 g white sugar  
30 g water  
8 g salted butter  
A pinch of fleur de sel

Combine the water and sugar in a small skillet; put on a high heat without mixing as for the caramel.

As soon as it begins to color, add the nuts, lower the heat to medium heat and mix everything gently until the caramel envelops all the nuts.

If it crystallizes (turns white and hard), don't panic, reheat until the sugar melts and re-caramelizes.

Once the nuts are caramelized, turn off the heat; add the butter and a pinch of fleur de sel; mix then pour onto a sheet of baking paper or silicone tray previously placed on a plate or tray who does not fear the heat.

Leave to harden at room temperature. Then keep in an airtight box at room temperature.



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## HAZELNUT-CRUSTED SALMON STEAK; PROVENCAL TOMATOES ; COLD SAUCE WITH COTTAGE CHEESE AND TAHINI; QUINOA PILAF WITH ASPARAGUS

**Hazelnut-crusted salmon steak:** 2 eggs / Salt / pepper / 60g butter / 5 cl of neutral oil / 4 salmon steaks / 40g flour / 100g breadcrumbs / 100g shelled whole hazelnuts / 2 lemons (To accommodate)

**Provençal tomatoes:** 4 large tomatoes / 1 bunch of fresh parsley / 50g breadcrumbs / 4 to 5 garlic cloves / 5 cl of olive oil / Salt pepper

**Cottage cheese and tahini sauce:** 280g cottage cheese / 1 to 2 lemons / 1 bunch of fresh cilantro / Salt / Pepper / 30 to 50 g homemade tahini (50 g sesame seeds + olive oil) / Sweet paprika powder (To accommodate)

**Quinoa pilaf:** 1 bunch of asparagus / 5 cl of olive oil / 1 yellow onion / 250 g of quinoa / 50 cl of water / 1 vegetable stock cube / Salt / Pepper

**Preparation time:** 1h30 / **Cooking time:** 50 minutes / **Servings:** 4

**Prepare the Provençal tomatoes:** Preheat the oven to 180°C.

Rinse the tomatoes and remove the stem. Cut them in half on the surface. Arrange them on the baking sheet covered with parchment paper. Remove the stems from the fresh parsley and finely chop the leaves using a knife or electric chopper. Peel and degerm the garlic cloves; finely chop them with a knife or a garlic press.

In a bowl, mix the breadcrumbs with the garlic and chopped parsley. Add olive oil, about 4 to 5 tablespoons, salt and pepper. Spread this mixture over the tomatoes and bake for 40 to 50 minutes until the tomatoes are tender and the breadcrumbs golden.

**Cook the quinoa:** Bring the volume of water to a boil. Add the bouillon cube and mix them with a whisk to dilute them.

**Prepare the asparagus:** Cut the base (hard part) then cut the tips (green part) that you will keep aside.

Peel the asparagus and chop them. Peel and chop the onion.

In a saucepan, heat the olive oil and sauté the onion until tender. Add the minced asparagus then mix for 2 to 3 minutes.

Pour in the quinoa, mix and pour in the broth. Mix well, cover and cook covered for 15 to 20 minutes, stirring occasionally to check that it does not stick.

Check for doneness by tasting the quinoa. If it needs more cooking but there is no more broth, simply add a little water. Season with salt and pepper.

For the asparagus tips, cook them in a pan of salted boiling water until they become tender. Then remove them to a bowl of ice water to stop the cooking.

**For the sauce:**

Make the homemade tahini: Toast the sesame seeds in a frying pan without fat, stirring them regularly. Then leave to cool. Place them in an electric chopper with a little olive oil and blend until you obtain a creamy paste. Add more olive oil if needed. Allow the tahini to cool thoroughly before using as the chopper blades can heat it up.

Mix the cottage cheese with more or less lemon juice according to your taste, tahini, chopped cilantro, salt and pepper. Taste and adjust the seasoning.

**Bread the salmon steaks:** Remove the skin from the salmon steaks and remove the bones if necessary.

Prepare the breadcrumbs by coarsely chopping the hazelnuts with a knife or an electric chopper. Mix the chopped hazelnuts with the breadcrumbs in the same quantity with a little salt and pepper.

Place flour on a flat plate. Beat the eggs into an omelette in a deep plate.

Roll the salmon fillets in the flour then dip them in the egg. Then roll them in the breadcrumbs.

Make a double crust by dipping them again in the egg and then again in the breadcrumbs.

10 minutes before serving, heat a frying pan with a good chunk of butter and a drizzle of oil over medium heat. Add the salmon steaks and cook them for about 4-5 minutes on each side.

**Serve:** Arrange the quinoa pilaf with asparagus tips on top, form quenelles of cottage cheese sauce then sprinkle with paprika; accompany with a half of lemon and arrange the Provençal tomatoes. To serve. Sprinkle with chopped chives.



## ZUCCHINI SPAGHETTI WITH PESTO SAUCE AND CHERRY TOMATOES; PARMESAN CRISPS



5 cl olive oil / 4 big zucchini / Salt / Pepper / Chili powder / 40 g sunflower dried tomatoes in olive oil / 1 clove of garlic / 200 g feta cheese / 100 g cherry tomatoes

**Parmesan Crisps** : 50 g grated parmesan cheese

**Pesto sauce** : 25 - 30 g fresh basil leaves / 30 g grated parmesan cheese / 1 tablespoon pine nuts / 1 clove of garlic / 15 cl olive oil / Salt

**Finishing** : 100 g cherry tomatoes / Fresh chive / 1 citrus / 1 tablespoon sesame seeds

**Preparation Time** : 45 minutes / **Cook Time** : 15 minutes / **Servings** : 2

**Parmesan Crisps :** Preheat the oven at a temperature of 180°C (Convection). Cover a baking tray with parchment paper. Realize small circles directly on the paper of grated parmesan chips. Flat them with your hand to get 2-3 millimeters of thickness. Don't make the circles too closed because the cheese will melt.

Cook for 6 to 8 minutes until the cheese get melted and brown a little bit on the sides. Take out the tray from the oven and let cool down at room temperature. Wait before unsticking the crisps.

**Prepare all the ingredients for the zucchini tagliatelles :**

- Toast the pine nuts in a frying pan without fat, stirring regularly to prevent them from burning. Keep in a bowl / plate.
- Roast the sesame seeds in the same way. Keep aside.
- Cut the sun-dried tomatoes into cubes.
- Cut the cherry tomatoes in half crosswise.
- Cut the feta into small cubes.
- Peel and chop the garlic cloves. Half will be used for pesto, the other half for cooking tagliatelle.
- Rinse the zucchinis, dry them, cut them into slices not too thin nor too thick, then cut each slice of zucchinis into sticks to form the tagliatelle.
- Finely chop the chives.
- Grate the lime zest.

**Prepare the pesto sauce :** Mix the basil leaves in an electric mixer or using a mortar with the grated Parmesan, grilled pine nuts, half the chopped garlic, pinch of salt and 8 tablespoons of olive oil.

If it is too thick, add more oil and blend again until you obtain a creamy but not liquid pesto. So be careful not to add too much oil from the beginning.

**Final cooking:** Heat a drizzle of olive oil in a wok / large pan. Add the zucchini tagliatelle then cook for 4 to 5 minutes while stirring.

Season with salt, pepper, chili powder. Add the other half of the chopped garlic, the sundried tomatoes, half the cherry tomatoes and cook over high heat, 3 to 4 minutes, until the zucchini becomes tender but still keeping a little crunchy texture.

If the zucchini give too much water during cooking, you can drain it. Adjust the cooking time according to the desired texture, longer or shorter for more or less crunchy zucchinis.

**Finishing :**

Arrange the tagliatelle in the center of a plate, sprinkle with cubes of feta, cherry tomatoes, chopped chives and sesame seeds.

Add a few lime zest and the Parmesan chips. It can be enjoyed cold, warm or a little bit hot.