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FRIED EGG WITH ALMONDS; BEET HUMMUS; CARROT AND BEETS SALAD; BEETS CRISPS

Fried eggs: 1 liter of water / White vinegar / 4 eggs / 50g flour / 2 egg whites / 100 g almonds / 50 cl of sunflower-frying oil

Beet Hummus: 1 jar of cooked chickpeas / 2 cooked red beets / 3 tablespoons of olive oil / 150g tahini (150 g sesame seeds + a little of olive oil) / 2 cloves garlic / Cumin powder / Salt pepper / Lemon juice

Beets crisps: 1 raw red beet / Olive oil / Salt / Pepper

Carrot and beets salad: 1 organic orange (zest + juice) / 1 organic lime (zest + juice) / 2 tablespoons cider vinegar / 20 cl of olive oil / Salt pepper / 200 g raw beet (Chiogga or red) / 2 carrots / 2 zucchini

Preparation time: 60 minutes / **Cooking time:** 60 minutes / **Servings:** 2

Prepare the beet hummus: Start by making the homemade Tahini: Toast the sesame seeds in a frying pan without fat for 4 to 5 minutes, stirring them regularly. Leave them to cool then place them in an electric chopper. Mix while incorporating a little olive oil as you go to help mix; 4 to 5 tablespoons of olive oil will generally be sufficient. Blend long enough until you get a creamy puree.

In a large electric chopper, place all the ingredients for the hummus: the rinsed and well-drained chickpeas as well as the cooked beets, olive oil or not according to taste, tahini in more or less generous quantities according to taste, the peeled and degermed cloves of garlic then a seasoning composed of cumin (about 1 to 2 teaspoons), salt, pepper and lemon juice.

Start with the juice of half a lemon, taste and add more if necessary. Mix more or less finely according to appreciation. Taste and adjust the seasoning. Reserve in the refrigerator until tasting.

For the beet crisp: Preheat the oven to 160°C.

Peel the raw beet, rinse it then cut it into very thin slices about 1 mm thick. Mix them in a salad bowl with olive oil and season with salt and pepper.

Arrange the slices on a baking tray covered with parchment paper. Bake for 40 minutes to 1 hour, turning the slices halfway through cooking to dry them and grill them.

Keep an eye during cooking because depending on the oven, it may take more or less time. The crisps will soften a little as they cool, but this is normal.

Prepare the salad: For the dressing, rinse and grate the zest of an orange and a lime. Then squeeze the juice.

Mix the juice with the cider vinegar, salt and pepper in a bowl. Emulsify by pouring the olive oil little by little and more or less according to appreciation.

Cut all the vegetables into julienne strips (thin sticks): Start by cutting thin slices of zucchini / carrots and raw beets, then cut these slices into thin sticks.

Mix them with the dressing and set aside in the fridge until ready to serve.

Cook the eggs: Two methods:

Poached eggs: Bring a pot of water with vinegar (about 3 tablespoons of white vinegar) to a boil.

Crack the eggs into separate ramekins. Create a whirlpool in the pan using the back of a tablespoon then pour the egg gently and without waiting in the middle by removing the spoon.

If necessary, bring the white to the egg using a slotted spoon. Poach for 2 minutes then drain. Let cool.

For the easier soft-boiled egg version: Bring the pan to a boil, add the eggs and wait until it starts boiling again. Then count 6 minutes of cooking.

Refresh them immediately after cooking in a container of cold water to stop the cooking. Peel the eggs; carefully remove the shell.

Fry the eggs: Bread them delicately by rolling them first in the flour, then in the egg whites emulsified but not whipped.

Finally, finish by breading them with chopped almonds. Keep aside until cooking. At the last moment, fry the eggs in hot oil for about 2 minutes 30 seconds. Drain on paper towels.

Serve: Arrange two tablespoons of beet hummus; position the fried egg in the center of the plate; decorate harmoniously. Serve with salad and beet crisp.



PEAR TATIN TART; SALTED BUTTER CARAMEL SAUCE

Shortbread dough: 200g flour / 100g butter / 40g icing sugar / 15g egg yolk / 25g cold water / 1 pinch of salt

Pears: 8 firm pears / 80g sugar / 80g salted butter

Salted butter caramel sauce: 240g sugar / 40 cl of liquid whole cream 30% fat / 45g salted butter / A pinch of fleur de sel

Preparation time: 1 hour / **Cooking time:** 20 to 25 minutes / **Servings:** 4 individuals or 1 large

Prepare the shortbread dough: Mix the flour with the butter cut into cubes, crumbling it between your hands until you obtain a sand texture.

Add the icing sugar, yolk, water and salt. Knead the dough until a homogeneous ball of dough is obtained and form a large disk.

Wrap with cling film and refrigerate for at least 30 minutes.

Prepare the fruits: Peel the pears, cut into 8 wedges ; remove the heart.

Melt the salted butter in a saucepan then add the sugar. Keep boiling until a light caramel color is obtained.

Add the fruits on high heat; stir them regularly to brown and melt. The idea is to be able to prick them without difficulty with the tip of a knife. If they have too much juice, remove as much as possible.

Once tender but not reduced to compote / puree (to be absolutely avoided), flambé according to your taste: turn off the heat, pour a small glass of alcohol over medium heat and flambé immediately with a lighter or blowtorch; do not forget to turn off the kitchen hood.

Shake the pan until the flame goes out. Then let the alcohol reduce and turn off the heat. Let cool down.

Garnish the molds: Butter the molds generously. Drain the pear quarters well and place them in the mold, packing them tight enough.

Bake the tarts: Roll out the shortbread dough into a disc slightly larger than the mold, prick on each side then place the dough on the fruits, bringing the edges down on the sides, against the fruit.

Bake for 20 to 25 minutes in an oven preheated to 180°C or 200°C to speed up cooking. Unmold while the pie is still hot or warm by turning the mold over on a plate, be careful when unmolding because the juice will come out of the mold when turning the pie over.

Préparer la sauce caramel au beurre salé :

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.





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POLENTA FRIES; COD IN A BACON CRUST; CONFIT CHERRY TOMATOES; TOMATO CHUTNEY

Cod in a bacon crust: 4 cod fillets / Olive oil / Pepper / 12 large slices of smoked bacon / Chives

Garlic polenta fries: 100 g melted butter / 150g express polenta / 600g water / 4 g sweet paprika powder / 2 to 3 garlic cloves / 1 chicken bouillon cube / Salt / Pepper

Tomato chutney: 2 tablespoons oil / 1 teaspoon cumin seeds / A spoon of grated fresh ginger / 1 teaspoon garam masala / 400 g tomatoes, diced / 1 teaspoon turmeric / 1 teaspoon of curry / Salt / Pepper / 30 g of brown sugar / A bunch of fresh cilantro

Confit Cherry Tomatoes : 250 g of red cherry tomatoes or hodgepodge / 10 cl of olive oil / Salt / Pepper / 2 tablespoons of sugar / 2 tablespoons of Provençal herbs / 1 to 2 cloves of garlic

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

Confit Cherry Tomatoes : Rinse, dry and cut the cherry tomatoes in half.

Mix them in a salad bowl with all the ingredients and the minced garlic. Arrange the tomato halves on a baking tray covered with parchment paper; convex face below.

Bake at 120°C for about 1h-1h30 until they are well dried.

Cod in a bacon crust: Season the cod fillets with pepper (no salt) then surround them with the bacon (4 slices per fillet); tie them up. Heat a drizzle of olive oil in a frying pan and brown the backs on all sides.

When ready to serve, place them on a baking tray covered with parchment paper and bake for 10 minutes at 170°C.

Garlic polenta fries: Bring the volume of water to a boil.

Add the bouillon cubes and mix them with a whisk to dilute them. Add the polenta while mixing, then from the moment it thickens and the whole begins to boil (little boiling), cook for 5 to 7 minutes (According to the instructions on the packaging) to obtain a very thick polenta. Mix constantly.

Season (salt, pepper and spices), add the minced garlic; taste and adjust seasoning as desired. Arrange the polenta on a baking sheet or gratin dish covered with cling film and spread it out into a large rectangle. Also cover the top with cling film.

Keep aside at room temperature and then in the refrigerator for about 1 hour in total until the polenta has thickened. Then cut fries with a thin knife and melt a knob of butter in a pan.

Brown the polenta fries before serving.

Tomato chutney: Heat the oil in a saucepan then add the cumin, grated fresh ginger and garam masala. Sauté the whole thing for a few minutes.

Add the tomato cubes prepared beforehand: Tomatoes seeded then cut. Also add the turmeric, curry, salt, pepper and let stew for a few minutes, covered for 10 minutes.

Add the brown sugar, continue cooking for 5 minutes. Finally, add chopped fresh coriander at the end of cooking just before serving.

Serve: Serve them with polenta fries; two spoons of tomato chutney and a few confit cherry tomatoes; add some finely chopped chives.