



In 2012 I began my cooking journey in Brasil and studied at “Senac, Juiz de Fora”, in Minas Gerais, developing my basic culinary techniques.

Later I worked in a local restaurant, and rose to a role in management, helping to increase the clientele base. I then discovered a refined bistro called “Assunta” in Minas Gerais and cooked as a Chef de parti. In this place I became sure of what I wanted for my life. Learning an important chef’s culinary art at that time aroused my desire to live abroad; learn English and improve my culinary techniques.

Following this experience I traveled to Ireland in Europe and began working in an Irish restaurant as a Kitchen Porter and later working as a Chef de Parti.

Having met my girlfriend, I embarked on the third part of journey to Thailand in 2014 where I gained an Asian cooking experience and improved my International culinary techniques. In Bangkok I had the privilege of undertaking a course in one of the most prestigious international networks of French cuisine; “Le Cordon Bleu”.

Having completed the Advanced cooking level there I traveled to Italy and learnt more about Mediterranean cooking and then returned to Brasil, where I’m now based.



History of french Cuisine

In 1765 the world's first restaurant is claimed to have been founded by Mr Boulanger on the corner of Rue du Louvre in Paris. Below the sign he was said to have added the Latin invitation: „Venite ad me omnes qui stomacho laboratis et ego vos restauro,” („Come to me, those who are famished, and I will give you sustenance”). Mr Boulanger's most innovative dish was „sheep's feet in a white sauce”. Boulanger's usual menu, stated that „Boulanger served salted poultry and fresh eggs, all presented without a tablecloth on small marble tables”. Italy heavily influenced French cooking, until the French developed their unique style in the 17th century.

The most popular dish

Foie gras is one of the most popular and well-known delicacies in French cuisine and its flavour is described as rich, buttery, and delicate, unlike that of a regular duck or goose liver. This fattened liver is produced by using a traditional technique known as Gavage, this is the force feeding of ducks and geese to fatten their livers to produce ‚foie-gras-de-canard’ or ‚foie-gras-d'oie’.

History of french cuisine

The most popular alcoholic drink in France is Pastis; A popular aperitif. Leading brands include Ricard and Pernod. Champagne is also extremely

INTERNATIONAL

By Gustavo Pasquini

recipes

main course



How **healthy**
do you eat?

cooking
with
love

The most popular dishes

French cuisine

Easy and fast

BEEF FILLET WELLINGTON

LAMB LOIN CHOPS

BEEF FILLET BOUILLON

JOHN DOREY FILLETS

100%

DELICIOUS
RECIPES



MAIN COURSE 01

Lamb loin chops YUM!

INGREDIENTS

1. LAMB RACK

- Butter, oil, salt, pepper
- 20g butter
- 20g flour
- 100ml milk
- 1 egg yolk

2. Garnish

- 10g butter
- 30g cooked ham
- 30g mushrooms
- 1 truffle chopped
- ½ onion chopped
- 1 tsp. parsley

3. Chinese Cabbage Gratin

- 1 Cabbage
- 1 egg
- 2 slices smoked bacon
- 15g agar
- 35 ml cream
- 25g parmesan cheese powder
- 3 tarragon sprigs
- 40 ml balsamic vinegar, salt, sugar, butter

4. Sauce

- Lamb trimmings
- 30g shallot
- 30g carrots
- 30g onion
- 30g celery

5. Artichoke chips

- 3 pieces Jerusalem
- 2l oil for frying

6. Finish

- 4 thin slices of truffle
- 60g fresh breadcrumbs

PREPARATION

STEP 1

Cut the lamb sofyti bone inside the rib. Remove the back bone. Clean all the bones. Remove fat from the bottom of the bone and leave fat on top of the bone to make a rectangular shape. Cut all the trimmings to make the sauce and avoid adding too much fat. Add the lamb bone fat to the pan and fry the trimmings. Then add salt and pepper

STEP 2

Add Veal stock and water to the trimmings and vegetables on the pan and boil this mixture for 25-30 minutes. When done, filter the veal stock by removing the vegetables and retain the liquid. Simmer the stock until the liquid turns into a thick sauce.

STEP 3

Cut the mushrooms one by one into very small cubes (1cm x 1cm size). Chop the ham, truffle, herbs, and onions. Now fry the ham with butter and then add onions, mushroom, truffle, and the herbs.

STEP 4

Melt the butter, add flour and cold milk and mix them together to form a Bechamel sauce. Then add egg yolks and salt to this sauce.

STEP 5

In a separate saucepan add small cubes of bacon and fry in hazelnut butter. Fry this butter until a golden colour. Finally add cheese, fresh tarragon, salt and pepper to the hazelnut butter.

STEP 6

Remove the cabbage leaves and boil them with salt. Dry the cabbage leaves. Lay the cabbage leaves on cling film plastic. Add the fried ingredients onto the cabbage leaves and role everything together.



CALORIES : 425

YIELD : Makes 4 servings

ACTIVE TIME : 1 hour

TOTAL TIME : 1 hour

CATEGORY : Main Course

DIFFICULTY : Easy Serves 1



INTERNATIONAL RECIPES: MAIN COURSES



MAIN COURSE 02

Sea Bream

YUM!

INGREDIENTS

1. Sea bream sauce

- Sea bream bones
- 1 tomato
- 40g onions
- 30g fennel trimmings

2. Risotto

- 160g arborio rice
- 1/2 onions
- 10g clarified butter
- Chicken stock
- 30g butte

Sauce

- Lamb trimmings
- 30g shallots
- 30g carrots
- 30g onions
- 30g celery

PREPARATION

STEP 1

Clean the fish. Remove the fillet from the fish. Cut the fishin half. Separate the bigger part and freeze. Marinadethe smaller part with sugar and salt and then freeze. Cut all the trimmings into cubes. Cut the fennel and onions into slices to fry with olive oil, soya and water. Filter the liquid and remove the vegetables.

STEP 2

Chop the onions and then fry with olive oil. Boil the stock and then add the rice. Remove the rice from the saucepan and put it into a bowl. Insert the bowl into another bowl filled with ice-cubes.

STEP 3

Fry the fish with clarified butter, fry just the skin to get some colour and serve. Take the liquid from step 1 and whisk with butter to get consistency like a sauce. Add salt and serve.

STEP 4

To finish the rice, return to the pan and add cream and parmesan and serve.



CALORIES : 425
YIELD : Makes 4 servings
ACTIVE TIME : 1 hour
TOTAL TIME : 1 hour
CATEGORY : Main Course
DIFFICULTY : Easy Serves

03

INTERNATIONAL RECIPES: MAIN COURSES

04

MAIN COURSE 03

Miroton beef check YUM!

INGREDIENTS

Main Ingredients

- 800g Beef check with trimmings
- 1.5L Red wine
- 1L Veal stock reduced
- 120g Carrots
- 80g Onions
- 2 Garlic cloves
- 70g Celery
- 50g leek, thyme, bay leaf

Garnish

- 450g Carrots, turned and glazed with cumin
- 200g pearl onions, brown glazed
- 4 turnips, butter, sugar, salt

finish

- Glaze the meat

PREPARATION

STEP 1

Marinate the beef check with red wine, carrots, onions, and celery. Filter the marinade and keep the sauce. Separate the vegetables from the meat. Fry the vegetables with butter in a saucepan. After frying the vegetables, remove them from the saucepan and put the vegetables into another large pot

STEP 2

Remove the fat from the beef. Remove the tendon and retain some fat for frying. Cut the fat into small cubes. Add salt and pepper to the beef. Fry the beef in a saucepan with oil and fat until it gets some colour. Add the beef to the large pot with the vegetables. Then add the veal stock to the saucepan

STEP 3

Add wine from the marinade to the large pot with the vegetables and beef. Boil these ingredients in the large pot for two hours

STEP 4

Skim the fat from the sauce. After two hours you filter the sauce and separate the meat, cut the meat in 4 parts. Separate a small quantity of sauce from the big pot to add to a saucepan. Add the beef check to the saucepan and glaze the beef with the sauce as many times as possible.

Beef Check - 2 H
Temperature 200 °



CALORIES : 950
YIELD : Makes 4 servings
ACTIVE TIME : 02 hours
TOTAL TIME : 03 hours
CATEGORY : Main Course
DIFFICULTY : Easy Serves

MAIN COURSE 04

beef fillet wellington YUM!

INGREDIENTS

Main Ingredients

- 800g tenderloin
- Salt, pepper
- Egg wash Celestine crepes
- 75g flour
- 150ml Milk
- 2 eggs
- 10g butter
- Salt, pepper

Sauce

- 2 shallots
- 100ml veal stock and beef trimming
- 50g butter
- 50g carrots
- 50g onions
- 50g celery
- 50g garlic
- 1 bouquet of herbs

turned vegetables

- Carrots
- Turnips
- Butter
- Salt, sugar

Doll - Pastry

- Pastry to cover the meat.

PREPARATION

STEP 1

Sieve the flour and mix with the eggs. Slowly add milk to the mix. Melt the butter and chop in your herbs. Filter the liquid, add the melted butter and mix all together.

STEP 2

Tie string loosely around the meat. Cut and retain the trimmings. Fry the meat, then add salt and pepper and put the meat in the freezer for 10 minutes.

STEP 3

Cut the carrots, onions, celery and shallots into small cubes. Fry the vegetables, meat trimmings, garlic and butter in a pan for 3 minutes. Remove the vegetables and meat from the pan. Add the stock to the saucepan and start scratching the saucepan for 30 seconds. Filter the stock from the saucepan and reduce until it becomes a sauce. Add salt and serve.

STEP 4

Take the meat from the freezer. Cut the string around the meat. Cover the entire meat with doll pastry. There must be two lines of doll pastry, one on the top of the meat and the other at the bottom of the meat. Press very well around the meat with the fork. Add egg wash to the top of the pastry and cook in the oven for 20 minutes.

STEP 5

Peel the carrots and turnip and cut them into slices. Boil these for 10 minutes and fry with butter. Add salt and pepper to serve

Beef - 20m cook
Temperature 180 °



CALORIES : 800
YIELD : Makes 4 servings
ACTIVE TIME : 01hour
TOTAL TIME : 02 hours
CATEGORY : Main Course
DIFFICULTY : Easy Serves

MAIN COURSE 05

beef fillet bouillon

INGREDIENTS

Main Ingredients

- 1 Tender loin fillet of 800grams
- 1 Litre of beef stock for sauce
- 2 Litres of veal stock to cook the beef fillet

Vegetables for the stock pot

- 1 ½ Onion
- 1 Carrot
- 1 Leek
- 1 ½ Stalk of Celery
- Bouquet garni
- Water to cover the vegetable

turned vegetables

- Reduce the Veal stock
- 200ml of cream
- Grated horseradish, 2 spoons
- Mixed herbs

PREPARATION

STEP 1

Reduce 1 litre of Beef Stock for the Horseradish Sauce

STEP 2

Clean the tender loin and remove the tender parts from the loin. Remove the head of the loin and cut the loin in four pieces. Put string around the four pieces and tie it to make circular shapes. Take the 2 litres of beef stock and boil it with salt and black pepper. Peel the vegetables and add the bouquet garni. Add the boiling beef stock and water to the vegetables. Put each piece of meat into the boiling beef stock for 10 to 15 minutes.

STEP 3

Warm the cream with the horseradish sauce and add reduced boiling veal stock and mix until a sauce texture. Taste and then add salt and pepper.

STEP 4

Check the meat with a thermometer until a temperature of 54 degrees. If you don't have this wait for 15minutes until it tastes good.

STEP 5 (optional)

If you wish, you can add a mix of vegetables and cook them with the boiling beef stock with butter. Beef

Beef – 15 m / Over
Temperature – 52°
Boiling Sauce – 25 m
Veal Stock – 1 hour



PREPARED BY: Chef

RECIPE: Main Course

ACTIVE TIME : 01hour

TOTAL TIME : 02 hours

CATEGORY : Main Course

DIFFICULTY: Easy Serves

MAIN COURSE 05

beef fillet bouillon

YUM!

INGREDIENTS

Main Ingredients

- 1 Tender loin fillet of 800grams
- 1 Litre of beef stock for sauce
- 2 Litres of veal stock to cook the beef fillet

Vegetables for the stock pot

- 1 ½ Onion
- 1 Carrot
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- 1 ½ Stalk of Celery
- Bouquet garni
- Water to cover the vegetable

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- Reduce the Veal stock
- 200ml of cream
- Grated horseradish, 2 spoons
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PREPARATION

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If you wish, you can add a mix of vegetables and cook them with the boiling beef stock with butter. Beef

Beef - 15 m / Over
Temperature - 52°
Boiling Sauce - 25 m
Veal Stock - 1 hour



CALORIES : 800

YIELD : Makes 4 servings

ACTIVE TIME : 01hour

TOTAL TIME : 02 hours

CATEGORY : Main Course

DIFFICULTY: Easy Serves



MAIN COURSE 06

John Dorey fillets

YUM!

INGREDIENTS

Main Ingredients

- 1 John Dorey (Keep the bones for the sauce)
- 40grams of John Dorey spice

Sauce

- Olive oil 1 Onion
- 1 Chopped Onion
- 4 Garlic cloves
- Fish bones
- 10grams of John Dorey spice (optional)
- 5 gm of turmeric
- 1 bouquet garni
- 100ml of white wine
- Coriander
- Steamed root of 1 lime
- Papaya and Mango trimmings
- Juice of 2 lemons
- 500grams of fish stock

Garnish option

- ¼ Papaya cut into julienne
- 1 Mango cut into Julienne
- Coriander finely chopped

Garnish option

- 100gm of wild rice
- 50 gm butter
- 1 Toasted Baguette

PREPARATION

STEP 1

Clean the entire fish and remove the fillet, keep the backbone and the head. Remove the belly and separate the fish skin from the fillet. Cut the fillet into 2 or 3 parts into diagonal sizes.

Add olive oil to the pan and fry the fish bone trimmings. Cut the onion and garlic into small cubes. Add the garlic, onion, coriander, lemon juice, white wine, bouquet garni, and water to the bone trimmings. Cook these ingredients for exactly 25 minutes. After 25 minutes strain the fish from the liquid on the pan. Keep the liquid and not the fish. Slice some onions and fry them with olive oil. Add them to the fish liquid and boil these until they are a sauce texture.

STEP 4 (optional)

Clean the sprig leaves one by one and fry them with butter. Boil the black and red rice for 15 to 20 minutes until soft and dry. Fry the black and red rice with olive oil and add the water to boil for 15 to 20 minutes. Add salt and pepper until a good taste. Cut the baguette into slices and then fry with olive oil.

STEP 2

Cut the papaya and the mango into small pieces and fry them with butter and herbs until cooked.

STEP 3

Fry the fish until brown. Then put the fish in the oven to cook.

5 m / Over
Temperature 50 – 54°
Boiling Sauce



CALORIES : 800

FIELD : Malaya 4 servings

ACTIVE TIME : 01 hour

TOTAL TIME : 02 hours

CATEGORY : Main Course

DIFFICULTY : Easy Serves



INTERNATIONAL RECIPES: MAIN COURSES



MAIN COURSE 07

Herbs crusted supreme salmon

YUM!

INGREDIENTS

Main Ingredients

- 4 eggs 150 grams
- 4 Thick slices of fresh Salmon

Herbs Butter crust

- 150 grams of butter
- 50 grams of fresh bread crumbs
- 40grams of ground almonds
- 10grams of potatoes' starch
- 1 small egg
- ½ of bunch of chervil
- ½ of bunch of parsley
- ½ of bunch of coriander
- Salt
- 1 egg yolk for egg wash

Sauce

- 300ml of red wine
- 20ml of red port wine
- 2 grey shallots chopped
- 250ml Veal stock
- Salt, pepper, sugar and butter
- 200ml of cream, reduced
- 20grams of butter

PREPARATION

STEP 1

Clean the salmon and remove the black border of the salmon. Remove the skin and cut the backbone of the salmon. Cut the entire salmon into small pieces and put these into the fridge. Cut the trimmings into cubes to make the sauce.

STEP 4

Blend the herbs bread crumbs, potatoe starch, butter, egg salt and pepper. Spread this paste when blended on grease proof paper. Roll this pasted paper into a tube and then keep refrigerated.

STEP 2

Fry the trimmings with butter, shallots, red wine and reduce them.

STEP 5

Return to the sauce and add it into a pan. Whisk cream into this sauce until there is a good consistency.

STEP 6

Add salt to the salmon pieces and fry with olive oil on both sides. Put these salmon pieces in the oven for 5 minutes.

STEP 3

Take another pan and put mushroom trimmings and the veal stock to reduce.

STEP 7

Return to the fridge and cut the frozen herb crust into small circle pieces. Add these as a topping to the salmon.

Salmon - 5 m / Over
Temperature 40-42°
Boiling Sauce



CALORIES : 300
YIELD : Makes 4 servings
ACTIVE TIME : 30 minutes
TOTAL TIME : 02 hours
CATEGORY : Main Course
DIFFICULTY: Easy Serves



MAIN COURSE 08

Roasted pigeon with potatoes and beans

YUM!

INGREDIENTS

Main Ingredients

- 1 Squabe from Landes
- Oil, butter, salt

Juice

- 8 grams of Carrots
- 6 grams of Celery Stalk
- 8 grams of Onion
- 150ml of Chicken Stock
- Thyme

Finishing

- 1 thyme Sprig

Sauce

- 300grams of Baby Potatoes
- Oil and Butter
- 10 Thin Slices of Pancetta or Smoked Bacon
- 100grams of Fava (broad) beans
- 100grams of cut Mushroom
- 60grams of Chopped Shallo
- 20grams of Tarragon
- Scabe Giblets

PREPARATION

STEP 1

Take the potatoe to peel and boil with garlic pepper and rosemary.

STEP 2

Clean the Pigeon and take off its two fingers leaving the middle finger.

STEP 3

Burn off the legs of the pigeon if its possible. Remove the skin with paper quickly. Cut the head and open the neck to clean the inside. Cut the wings and remove the middle breast bone. Clean the inside of the pigeon and keep all the bits. Pull the pigeon breast skin over the head and tie tight with string. Cover the pigeon's legs with aluminium paper.

STEP 4

Gather all of the pigeon's interior organs and cut the parts with meat very well. Gather all the meat and pigeon blood on the chopping board and chop all these very fine. Finally, put all these ingredients in the fridge.

STEP 5

Prepare the sauce. Cut the separated wings in small cubes to fry on the pan. Remove the wings from the pan and store them to one side of the board. Peel the carrots, celery, onions, shallots and mushrooms. Cut these all in mirepoix. Fry all the vegetables with butter. Mix the bone with the vegetables and the wings. Add and mix veal stock. Wait until the juice becomes a brown colour and then filter the juice.

STEP 6

Take the pigeon from the fridge, add salt and pepper and fry the pigeon with oil until the skin is brown on all sides. Put the pigeon in the oven to cook for 8 minutes. Check the pigeon after 8minutes to see if it's cooked, if not cook for another 3 minutes. Separate the legs from the breasts. When the pigeon is cooked, separate the breasts from each other and try to keep the breast's top skin in place. Take the blood from the fridge and store behind your board. Take part of the juice you kept from previous steps and reduce to start boiling. Add the blood and mix quickly until the blood becomes a brown colour. Add salt and pepper and the meal is finally ready to serve.

Pigeon Squabe - 5 m
/ Over Temperature
40-42° Boiling Sauce
-25m-25m-25m Veal
Stock = 1 hour



CALORIES : 300
YIELD : Makes 4 servings
ACTIVE TIME : 30 minutes
TOTAL TIME : 02 hours
CATEGORY : Main Course
DIFFICULTY : Easy Serves



MAIN COURSE 09

Scallops with carrot butter

YUM!

INGREDIENTS

Scallop beard parmentier

- 4 Scallops
- Coral butter,
- Sea salt
- 30g Butter
- 150ml Wine

Carrot butter

- 1 Raw Carrots Slice
- 100ml Water
- 100ml Orange Juice
- 100g Butter

Decoration

- Ground mixed peppers fried
- 30g shallots
- 30g onions

PREPARATION

STEP 1

Cut the carrots into slices. Add milk and orange juice. Boil all the ingredients together.

STEP 2

Open the scallops with the knife. Remove the scallop meat from inside the shell with a spoon. Remove the tendon and remove the eyes. Wash the scallops and dry them with a towel. Remove the jelly from the scallops

STEP 3

Blend the carrot mix from Step 1 with butter. Sieve the carrot mix until all of the liquid has been removed. Put the carrot paste into a saucepan with another spoon of butter and mix until there is a puree consistency.

STEP 4

Add salt to the scallops and fry with butter on both sides. Take the orange coral from the scallop and sieve until it forms a powder. This powder can be used as decoration on the plate.

Scallops - 5 m / Fried
Temperature 46 - 48 °
Boiling Carrots-20m



CALORIES : 350
YIELD : Makes 2 servings
ACTIVE TIME : 30 minutes
TOTAL TIME : 01 hour
CATEGORY : Main Course
DIFFICULTY : Easy Serves

MAIN COURSE 10

Chicken breast with langoustines

YUM!

INGREDIENTS

Main ingredients

- 6 langoustines (scampi)
- 2 boneless chicken breasts
- 1 egg white
- 50 ml cream
- A handful of spinach leaves, blanched
- 15 g curry
- A pinch of salt and pepper
- Aluminium foil

Curry sauce

- 6 langoustines (scampi)
- 2 boneless chicken breasts
- 1 egg white
- 50 ml cream
- A handful of spinach leaves, blanched
- 15 g curry
- A pinch of salt and pepper
- Aluminium foil

PREPARATION

STEP 1

Cut the raw chicken wings from the breast and remove all of the skin. Remove the chicken breast from the bone. The breast will be thick so lay the breast on the cutting board. Take a cutting knife to butterfly cut the breast, i.e. cut the width of the breast until the knife reaches the centre without cutting the piece completely in half. The final piece can be opened to resemble a flat butterfly shape.

STEP 2

Remove the chicken meat from the chicken wings. Blend the chicken meat with the egg white and cream in a blender. Sieve the liquid into a bowl and add ice to keep it cool.

STEP 3

Blanche the spinach leaves in boiling water and dry them with kitchen paper. Clean out the langoustine insides completely. Insert the spinach leaves inside the langoustines.

STEP 4

Open the chicken breast and insert the stuffed langoustines with spinach inside the breast. Cover the chicken breast with the langoustines in plastic cling film.

STEP 5

Melt the fat on the pan, cut all the langoustine shells in half and add them to the fat to fry on the pan. Add the chicken bone and fry everything together. Remove all the shells and the bone and put them into a bowl to rest. Cut the onion, garlic and celery into slices and then add them to the bowl with the shells. After 2 minutes add all the shells and bone from the bowl into the pan and add the chicken stock, scratch the bottom of the pan very well and leave the food to boil for 40 minutes. Remove all the liquid from the pan into the sieve. Keep all the liquid and throw out the shells. Add coconut milk and curry powder and stir until it reduces into a sauce texture.

STEP 6

Remove the cling film plastic from the chicken and add salt and pepper. Then fry the chicken very well on the pan.

STEP 6

Put the chicken into the oven at 180 degrees for 5 minutes and then turn it over and leave it for 5 minutes more. When the chicken is cooked, cut it into slices and add the sauce to enjoy.

Cook chicken - 10 m /
Over Temperature 180°



CALORIES : 350

YIELD : Makes 2 servings

ACTIVE TIME : 30 minutes

TOTAL TIME : 01 hour

CATEGORY : Main Course

DIFFICULTY : Easy Serves

MAIN COURSE 11

Monkfish with saffron gnocchis

YUM!

INGREDIENTS

1. Main ingredient

- 1 Monkfish

2. Chervil butter

- 2 Bunches of Chervil
- 40g of Butter
- Salt and Pepper

3. Vegetables

- 150g of Carrots
- 150g of Onions
- 2 Celery sticks
- 2 Shallots
- 10 Peppercorns
- 2 Anise
- Salt

4. Garnish

- 60ml of chicken stock
- 60ml of milk
- Saffron
- 30g of Butter
- 65g of Flour
- 2 Eggs
- Salt and Pepper

PREPARATION

STEP 1

Slice the carrots, onions, celery, fennel and shallots. Boil all these vegetables with a pinch of pepper and stir. Clean the monkfish and remove the first layer of skin. Remove the belly from the fish. And then the second layer of skin from the fish.

STEP 4

Boil a litre of water with olive oil and an anise star in a saucepan. Take the pastry bag and press it so that the pastry forms a circular shape (approx. 1cm x 1cm). This needs to be done over the saucepan so that the shapes drop directly into the water. Repeat this step with the remaining pastry in the bag until it has all been used. Then leave the pastries to cook for 2 minutes. Remove the pastries from the boiling water and leave them to cool on an olive oil glazed tray. Place cling film on top of the tray of the pastries.

STEP 2

Cut the head bone from the fish. Then cut the fish in the centre separating the fish into two pieces. Tie string loosely around each piece of fish. Chop all the herbs and leave them to the side. Melt the butter with salt and pepper and add the chopped herb. Mix the chopped herbs and butter with salt and pepper. Place the mixed herbs on 30cm's of cling film. Roll all of the ingredients into a tube shape. Place the tube shape in the fridge to refrigerate.

STEP 5

Sieve the vegetable ingredients from STEP 1 and then add the fish to start cooking the fish in the oven for 5 minutes.

Monkfish - 25 m /
Over temperature 56°

STEP 3

Boil the milk with the Saffron in a saucepan. Add 30grams of butter and 60ml of chicken stock and stir all the ingredients in the saucepan comes to the boil. Remove the saucepan from the stove and add the flour. When the flour has been mixed in return the saucepan to the stove to cook the ingredients until the mixture is dry. Put the dry mixture into a medium sized bowl. Add two eggs one at a time to the mixture and stir each time. Insert the mixture into a pastry bag.

STEP 6

Cut the refrigerated butter into small pieces. Take the fish out from the oven and remove the fish from the sauce and place it on a separate plate to rest. Add butter to the sauce, mix altogether. Then add the Gnocchis to the sauce and cook for 2 minutes until ready to serve.



ACTIVE TIME : 1 hour
TOTAL TIME : 1 hour
CATEGORY : Main Course
DIFFICULTY : Easy Serves 1

MAIN COURSE 12

Red mullet fillet with crisp potato

YUM!

INGREDIENTS

1. Main ingredients

• 2 Red Mullet

2. Potatoe fish scales

• 200 g Potatoes

• 1 Egg Yolk

• 100 g Clarified Butter

3. Potatoe fish scales

• 20 ml Balsamic Vinegar

• 15 g Soy Sauce

• 1 Shallot

• 100 ml White Wine

• 100 ml Cream

• 125 g Butter

• 2 Oranges

PREPARATION

STEP 1

Clean the fish inside and outside. Remove the fillet from the fish very slowly. Remove the belly and the bones from the fillet. Cut all the fish trimmings into cubes. Slice the bread into small thin slices and then freeze the bread.

STEP 4

Slice the potato and cut a circle shape from the middle of the potato slice. Melt the potato shapes with clarified butter, salt and potato starch.

STEP 7

Add the clarified butter to the pan and fry the fish for 1 minute on each of its sides. When complete cook the fish in the oven for 3 minutes. Cook the fish until it reaches 130 degrees temperature.

STEP 2

Fry the bones with olive oil. Remove the bones from the olive oil. Glaze the bottom of the pan with balsamic vinegar and soya sauce. Scratch the pan with water and add back in the bones mixing all the ingredients together.

STEP 5

Add some potato starch onto the fish skin. Dry the oil from top of the potato over the fish with some kitchen paper. Mix all the yellow egg yolks together. Place the circular shaped potato slices into the egg yolk mix. Add each circle shaped potato on top of the fish fillet.

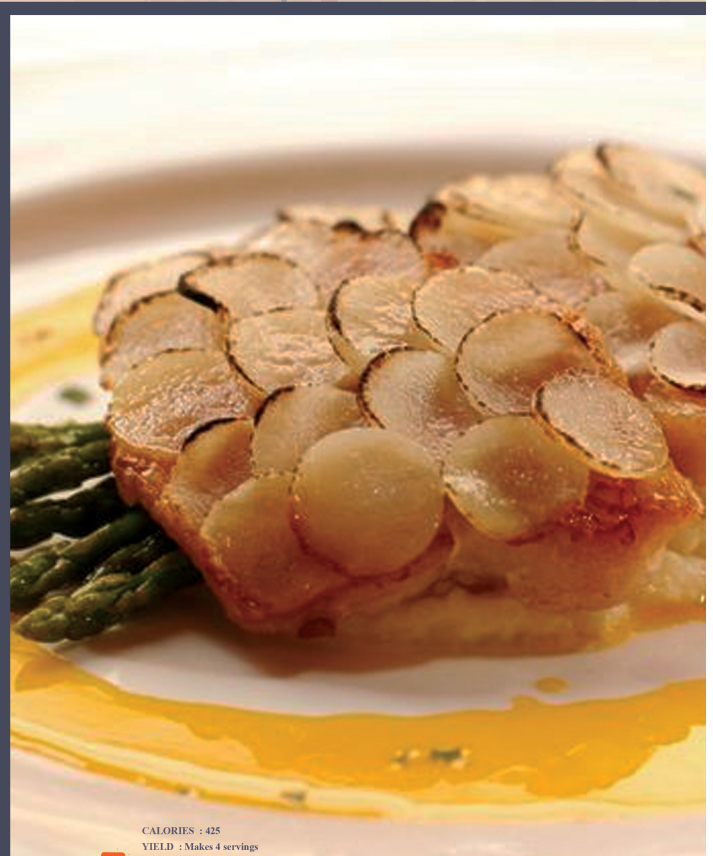
STEP 3

Boil the orange juice and leave it to simmer on the stove. Add the orange zest to the boiling water to simmer for three minutes. After three minutes add the zests to the orange juice and simmer again for five minutes.

STEP 6

Cut the shallots into small cubes. Fry the shallots for two minutes. Then add the wine and the cream. Reduce the mixture until it becomes a thick sauce. Turn off the heat and add the butter. Add the soya sauce to this sauce and mix altogether.

Fish - 3 m / Over
Temperature 130°



CALORIES : 425

YIELD : Makes 4 servings

ACTIVE TIME : 1 hour

TOTAL TIME : 1 hour

CATEGORY : Main Course

DIFFICULTY : Easy Serves 1



Recipes

01- Lamb Loin Chops	01
02- Sea Bream	03
03- Miroton Beef Check	05
04- Beef Fillet Willington	07
05- Beef Fillet Bouillant	09
06- John Dorey Fillers	11
07- Herbs Crusted Supreme Salamon	13
08- Roasted Pigeon with potatoes and Beans	15
09- Scallops with carrot butter	17
10- Chicken Breast with langostine	19
11- Monkfish fish with Safron Gnocchis	21
12- Red Mullet Fillet with Crisp potatoe scales	23

