



PAIRINGS

STARTERS

- Coriander and lime ceviche
- Scallop carpaccio with sesame oil and pink peppercorn
- Crab salad with crunchy vegetables
- Galician-style octopus

FISH

- Sole meunière
- Roasted blue lobster with citrus butter
- Cod tartare with lemon-infused olive oil
- Grilled cuttlefish

MEAT

- Roasted suckling pig
- Slow-cooked veal
- Grilled veal chop
- Frog legs with parsley and garlic

SIDES

- Green asparagus risotto with parmesan
- Zucchini and lemon tagliatelle with feta
- Ricotta and spinach cannelloni
- Fennel and orange salad

CHEESE

- Chaource
- Brie de Meaux
- Mozzarella
- Chavignol goat cheese

DESSERTS

- Lemon meringue tart
- Citrus panna cotta
- Frozen orange sorbet
- Watermelon tartare with mint and lime

SOLE MEUNIÈRE

TRADITIONAL RECIPE FOR 4 PEOPLE

INGRÉDIENTS

4 whole soles, cleaned and skinned
120 g (about 8 tbsp) unsalted butter
4 tbsp flour
2 lemons
Fine salt
White pepper
Flat-leaf parsley (optional)

PREPARATION

- 1 Remove the brown skin from the soles.
- 2 Season the soles with salt and white pepper on both sides.
- 3 Lightly dust the soles with flour and shake off any excess.
- 4 Melt 60 g of butter in a large pan over medium heat.
- 5 Place the soles in the pan once the butter is foaming.
- 6 Cook 4–5 minutes per side, depending on thickness, turning only once.
- 7 Remove the soles from the pan and keep warm.
- 8 Add the remaining butter to the pan and cook until golden brown (beurre noisette).
- 9 Remove from heat and add the lemon juice.
- 10 Pour the lemon butter over the soles and sprinkle with parsley, if desired.

SIDES

Serve with fresh tagliatelle or steamed, buttered potatoes.

PAIRINGS

STARTERS

- Lemon hummus, pickles and toast
- Thinly-sliced of half-cooked sea bream
- Lemon feta zucchini tartare
- Toast with avocado salmon

FISH

- Grilled octopus with candied lemon and sweet chili
- Roasted monkfish with verbena butter
- Steamed cod, pea coulis
- Waterzoi

MEAT

- Rabbit saddle stuffed with herbs
- Pork tenderloin and lime meat juice
- Farm chicken cutlets with fresh herbs and candied lemon
- Veal Milanese

SIDES

- Creamy polenta with lemon and peppery artichokes
- Crispy summer vegetable platter
- Eggplant ricotta and basil millefeuille
- Pan-fried chicken provençal

CHEESE

- Saint-Nectaire young
- Pelardon
- Roblochon
- Brillat savarin

DESSERTS

- Pavlova with exotic fruits
- Pineapple pie
- Mint melon salad
- Pineapple carpaccio with timut pepper

STEAMED COD, PEA COULIS

RECIPE FOR 4 PEOPLE

INGREDIENTS

4 pieces of cod (150 to 180 g each)

Fine salt

White pepper

A drizzle of olive oil

600g of fresh peas

1 shallot

30g of butter

10 to 15 cl of water

Fresh mint or basil (optional)

PREPARATION

- 1 Peel and finely chop the shallot.
- 2 Melt the butter in an a saucepan over low heat.
- 3 Add the shallot and sweat it without burning.
- 4 Add the peas and water.
- 5 Cook for 8 to 10 minutes, until the peas are tender and very green.
- 6 Mix thoroughly to obtain a smooth and homogeneous puree.
- 7 Season with salt and pepper, then keep warm.
- 8 Steam the cod for 6 to 8 minutes, depending on the thickness, until the flesh is opaque white; lightly press on the top of the paving; prick in the centre with the tip of a knife to ensure that the blade comes out hot and cleanly.
- 9 Immediately remove the fish.
- 10 Salt and pepper the cod then add a drizzle of olive oil if desired.

SIDES

Fine semolina or steamed potatoes.





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PAIRINGS

STARTERS

- Wild mushroom velouté
- Baked egg (œuf cocotte) with Parmesan cream
- Butternut squash and Comté thin tart
- French onion soup with melted cheese

FISH

- Pan-seared sea bass with morel sauce
- Roasted cod with brown butter
- Warm oysters with shallots
- Monkfish terrine

MEAT

- Traditional sweetbreads with morels
- Chicken with rice
- Chicken in white wine sauce
- Veal blanquette with vanilla

SIDES

- Leek gratin with aged Comté
- Winter vegetable tian (parsnip, pumpkin, red onion)
- Gnocchi with mushroom cream and sage
- Parsnip purée

CHEESE

- Truffle Brie
- Warm Mont d'Or
- Baked Chaource with herbs
- Raclette/Tartiflette

DESSERTS

- Pear and almond tart
- Dried fruit and spice cake
- Gingerbread
- Banana bread

WHITE WINE BRAISED ROOSTER RECIPE FOR 4 TO 6 PEOPLE

INGREDIENTS

1 rooster or large free-range chicken, cut into pieces (2 to 2.5 kg / 4.5–5.5 lb)
750 ml dry white wine
150 g smoked cubed bacon
250 g button mushrooms
2 onions
2 garlic cloves
2 carrots
1 bouquet garni
40 g butter
1 tbsp flour
Fine salt
White pepper
2 tbsp sunflower oil

PREPARATION

- 1 Season the chicken pieces with salt and white pepper.
- 2 Heat a mixture of butter and oil in a large Dutch oven (preferably cast iron).
- 3 Brown the rooster pieces on all sides, then remove and set aside.
- 4 Sauté the bacon lardons in the same pot until lightly golden.
- 5 Add the sliced onions, crushed garlic, and carrots cut into rounds. Cook until softened.
- 6 Sprinkle with flour and stir well to form a light roux.
- 7 Deglaze with the white wine, scraping up the browned bits from the bottom of the dutch oven.
- 8 Return the chicken to the pot, add the bouquet garni, and bring gently to a simmer.
- 9 Cover and cook over low heat for 1½ to 2 hours, depending on the firmness of the rooster.
- 10 Clean and slice the mushrooms, then add them 30 minutes before the end of cooking.
- 11 Adjust seasoning to taste and remove the bouquet garni before serving.

SIDES

Serve with steamed potatoes, fresh tagliatelle or rice pilaf.

PAIRINGS

STARTERS

- Salmon tartare with pomegranate and fresh mint
- Burrata with tomatoes confit and orange oil
- Cucumber stuffed with tuna and cream cheese
- Whitefish terrine with fine herbs

FISH

- Grilled red mullet fillet with sweet pepper coulis
- Sesame-crusted tuna tataki with raspberry sauce
- Lobster tartare with eggplant
- Spanish paella

MEAT

- Steak tartare with fresh fries
- Osso buco
- Provençal-style lamb chops
- Monkfish cheeks with chorizo

SIDES

- Summer salad with melon, cured ham and basil
- Beetroot millefeuille
- Tomato risotto (pastina-style)
- Grilled peaches

CHEESE

- Ossau-Iraty
- Cumin Gouda
- Bleu de Gex
- Gorgonzola

DESSERTS

- Shortbread red berry tart with lemon cream
- Rosé wine-poached peaches with mild spices
- Strawberry gazpacho with Champagne
- Mirabelle plum and pistachio crumble

OSSO BUCO ROSSO

RECIPE FOR 4 PEOPLE

INGREDIENTS

4 slices of veal shank with bone
4 to 5 ripe tomatoes (about 600 g)
1 onion
1 carrot
1 celery stalk
3 garlic cloves
40 g butter
2 tbsp olive oil
150 ml dry white wine
1 bouquet garni
Fine salt
Black pepper
Flour (for light dusting)
1 lemon (finely grated zest)
Flat-leaf parsley

PREPARATION

- 1 Lightly score the edges of the veal shank slices to prevent them from curling during cooking.
- 2 Season the meat with salt and pepper, then lightly dust with flour.
- 3 Heat the butter and olive oil in a large Dutch oven.
- 4 Brown the veal slices on each side without pressing them down, then remove and set aside.
- 5 Add the finely chopped onion, diced carrot and celery, and gently sweat until softened.
- 6 Add the chopped garlic and stir briefly.
- 7 Deglaze with the white wine, scraping up the browned bits from the bottom.
- 8 Peel the tomatoes (blanch and skin them), roughly chop, and add to the pot.
- 9 Add the bouquet garni, return the meat to the pot, partially cover, and bring to a gentle simmer.
- 10 Cook over low heat for 1½ to 2 hours, basting occasionally, until the meat is tender and the sauce has naturally thickened.
- 11 Adjust seasoning at the end of cooking.

PREPARE THE GREMOLATA

- 12 Finely chop the parsley and garlic, then mix in the lemon zest.
- 13 Combine gently without crushing.

SERVING SUGGESTION

Serve the osso buco piping hot, sprinkled with gremolata just before serving. Best accompanied by risotto alla Milanese, creamy polenta, or fresh pasta.

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PAIRINGS

STARTERS

- Thin tart with caramelized onions, smoked bacon and walnuts
- Comté cheese soufflé with nutmeg
- Goose rillettes with country bread
- Puff pastry stuffed with goat cheese, honey and walnut

FISH

- Sole or turbot with Champagne sauce
- Clam velouté
- Fish gratin with cream and Parmesan
- Small dogfish (rock salmon) with mild curry sauce

MEAT

- Bresse chicken with cream and mushrooms
- Pork tenderloin with dried apricots and mild spices
- Veal sweetbread pâté en croûte
- Foie gras and fig croque

SIDES

- Truffle risotto
- Fresh pasta with chanterelle cream
- Roasted sweet potatoes
- Brown butter mashed potatoes

CHEESE

- Époisses
- Aged Mimolette
- 24–30 month aged Comté
- Langres

DESSERTS

- Vanilla crème brûlée with orange zest
- White wine-poached pears with vanilla and cinnamon
- Chestnut and walnut crumble
- Chestnut soufflé

CHAMPAGNE

M-MARCOULT

BRESSE CHICKEN WITH CREAM, CHANTERELLES AND OYSTER MUSHROOMS

RECIPE FOR 4 PEOPLE

INGREDIENTS

1 Bresse chicken (1.8 to 2.2 kg / 4–5 lb), cut into pieces
 200 g chanterelles
 150–200 g oyster mushrooms
 2 shallots
 30 g butter
 1 table spoon neutral oil
 250 ml dry white wine
 300 ml thick heavy cream
 1 bouquet garni
 Fine salt
 White pepper

PREPARATION

- 1 Season the chicken pieces with salt and white pepper.
- 2 Heat the butter and oil in a large Dutch oven over medium heat.
- 3 Gently brown the chicken pieces on all sides without excessive coloring, then remove and set aside.
- 4 Add the finely chopped shallots to the pot and sweat them without browning.
- 5 Deglaze with the white wine, scraping up the browned bits from the bottom.
- 6 Return the chicken to the pot, add the bouquet garni, cover, and simmer gently over low heat for 45 to 50 minutes.
- 7 Clean the chanterelles, trim any earthy ends if necessary, and dry them carefully.
- 8 Tear the oyster mushrooms into strips by hand.
- 9 Sauté the oyster mushrooms over high heat in a pan with a little butter to release their moisture.
- 10 Add the chanterelles and continue cooking until lightly golden. Season very lightly and set aside.
- 11 Remove the chicken pieces and bouquet garni from the pot.
- 12 Add the mushrooms to the sauce, then stir in the cream.
- 13 Let reduce gently for a few minutes until the sauce becomes smooth and velvety, without boiling.
- 14 Adjust seasoning, add pepper, then return the chicken to the sauce and coat well.

SERVING SUGGESTIONS

Serve with crushed potatoes, fresh pasta, or steamed root vegetables.

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PAIRINGS

STARTERS

- Pan-seared foie gras with red berry reduction and brioche
- Gizzard salad
- Duck confit ravioli with reduced rosé ratafia jus
- Pork and myrtle terrine

FISH

- Grilled langoustines with beetroot coulis and pink peppercorns
- Grilled herring
- Semi-cooked salmon with cumin-carrot mousseline
- Roasted cod loin with red wine jus and shallots confit

MEAT

- Beef Bourguignon
- Venison fillet with lingonberries
- Toulouse sausage with blueberries and shallots
- Veal paupiettes with cranberries

SIDES

- Sweet potato gnocchi with red wine reduction
- Oven-roasted beets
- Warm bulgur with roasted vegetables and pomegranate
- Roasted carrots with thyme and honey

CHEESE

- Fourme d'Ambert
- Maroilles

DESSERTS

- Red berry crumble with toasted almonds
- Cherry, blackcurrant and violet pavlova
- Red wine-poached pear with mild spices
- Shortbread tart with roasted plums and long pepper

VEAL PAUPIETTES WITH CRANBERRIES AND APPLES

RECIPE FOR 4 PEOPLE

INGREDIENTS

4 veal paupiettes
1 onion
2 firm apples (Rennet or Boskoop)
2 tbsp neutral oil
30 g butter
150 ml dry white wine
250 ml veal stock
60 g dried cranberries
1 sprig thyme
1 bay leaf
Fine salt
Black pepper

PREPARATION

- 1 Season the paupiettes with salt and pepper.
- 2 Heat the oil and butter in a Dutch oven over medium heat.
- 3 Brown the paupiettes on all sides, then remove and set aside.
- 4 Add the finely chopped onion to the pot and sweat gently without browning.
- 5 Deglaze with the white wine, scraping up the browned bits from the bottom.
- 6 Add the veal stock, thyme, bay leaf, and cranberries.
- 7 Return the paupiettes to the pot, partially cover, and bring to a gentle simmer.
- 8 Cook over low heat for 30 minutes.
- 9 Peel the apples, cut large cubes and add them to the pot.
- 10 Continue cooking for 15 to 20 minutes, until the meat is tender and the apples are soft but still holding their shape.
- 11 Remove the paupiettes, reduce the sauce if necessary, and adjust seasoning to taste.
- 12 Return the paupiettes to the sauce to coat them thoroughly.

SERVING SUGGESTIONS

Serve with mashed potatoes, creamy polenta, or steamed potatoes.



PAIRINGS

STARTERS

- Fresh sea urchin crostini
- Sardine and clementine tartlet
- Curried lentil soup
- Sweet potato tempura with soy, honey and ginger sauce

FISH

- Ginger-marinated king prawns
- Coconut milk shrimp curry
- Teriyaki salmon
- Lobster and raspberry spring rolls

MEAT

- Honey and mustard rabbit
- Beef tataki
- Oriental couscous
- Honey-glazed pork tenderloin

SIDES

- Mild Thai vegetable curry
- Root vegetables glazed with acacia honey and pepper
- Lobster and fruit tabbouleh
- Cumin carrot purée

CHEESE

- Livarot
- Pecorino
- Flower-coated Tomme
- Feta

DESSERTS

- Brioche French toast with acacia honey
- Roasted apricots with long pepper and vanilla ice cream
- Carrot cake
- Mango tarte Tatin

LOBSTER AND RASPBERRY SPRING ROLLS

RECIPE FOR 4 PEOPLE

INGREDIENTS

2 cooked lobster tails (approx. 400 g / 14 oz meat)
 16 fresh raspberries
 8 rice paper sheets
 1 ripe avocado
 1 small handful of young salad leaves or finely shredded lettuce
 1 lime
 2 tbsp mild olive oil
 Fleur de sel, white pepper

PREPARATION

- 1 Remove the shell from the lobster tails and cut the meat into large pieces. Lightly drizzle with lime juice, add the olive oil, season delicately with salt and white pepper, and refrigerate.
- 2 Slice the avocado thinly and cut the raspberries in half.
- 3 Soak one rice paper sheet in lukewarm water until soft and pliable.
- 4 Place a few salad leaves in the center, then add avocado, lobster, and two raspberry halves.
- 5 Fold in the sides and roll tightly. Repeat with the remaining ingredients.
- 6 Cut each roll in half just before serving for a clean presentation.

SERVING SUGGESTION

Serve with a light sauce made from Greek yogurt, a few crushed raspberries, lime zest, and a pinch of salt.



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PAIRINGS

STARTERS

- Pan-seared foie gras with mirabelle plum chutney
- Poultry ballotine with foie gras and hazelnuts
- Parmesan crisps
- Bone marrow

MEAT

- Leg of lamb with grapes
- Duck breast with honey and spices
- Roasted guinea fowl with grapes and rosemary
- Lamb tagine with dried apricots

SIDES

- Sweet potato gratin
- Roasted onions with honey and balsamic vinegar
- Grilled pineapple with mild chili and lime
- Oven-roasted pear with thyme and hazelnuts

CHEESE

- Bleu d'Auvergne
- Chaource
- Goat cheese
- Sheep's milk Tomme

DESSERTS

- Vanilla and tonka bean crème brûlée
- Dark chocolate fondant with candied orange peel
- Apple tarte Tatin with salted butter caramel
- Baba with citrus and vanilla syrup

ROASTED GUINEA FOWL WITH GRAPES AND ROSEMARY

RECIPE FOR 4 TO 6 PEOPLE

INGREDIENTS

1 free-range guinea fowl (1.4 to 1.6 kg / 3–3.5 lb)
 400 g white or pink grapes
 2 sprigs fresh rosemary
 2 garlic cloves
 40 g butter
 2 tbs olive oil
 150 ml dry white wine
 Fine salt
 Black pepper

PREPARATION

- 1 Remove the guinea fowl from the refrigerator 30 minutes before cooking.
- 2 Season inside and out with salt and pepper.
- 3 Place one sprig of rosemary and one crushed garlic clove inside the cavity.
- 4 Heat the oil and butter in a Dutch oven over medium heat.
- 5 Brown the guinea fowl on all sides to color the skin evenly.
- 6 Add the white wine, cover, and place in a 150°C (300°F) oven.
- 7 Cook for 1 hour 20 minutes, basting regularly and turning halfway through.
- 8 Increase the oven temperature to 170°C (340°F), partially uncover, and cook for an additional 20–25 minutes.
- 9 Add the grapes and the remaining rosemary sprig 20 minutes before the end of cooking.
- 10 Check doneness by piercing the thigh: the juices should run clear and plentiful.
- 11 Remove from the pot and let rest, covered, for 10 minutes.
- 12 Reduce the cooking juices slightly if necessary.

SERVING SUGGESTION

Serve with mashed potatoes or roasted squash (butternut or kabocha).



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PAIRINGS

STARTERS

- Beef carpaccio with Parmesan shavings and hazelnut oil
- Thin tomato and onion tart with balsamic vinegar
- Game terrine with red berries
- Duck rillettes with red berry chutney

MEAT

- Dry-aged ribs of beef with full-bodied rosé ratafia jus
- Honey-glazed pork rack with soy sauce and pomegranate
- Fig and duck breast skewers
- Roast pork with apples, chestnuts and cranberries

SIDES

- Vegetables glazed with honey and orange zest
- Roquefort savory cake
- Kabocha squash crumble
- Black rice with rich jus

CHEESE

- Bleu d'Auvergne
- Roquefort

DESSERTS

- Black cherry clafoutis
- Kirsch and Morello cherry crème brûlée
- Damson plum crumble with toasted almonds
- Black Forest cake

HONEY-GLAZED PORK RACK WITH SOY SAUCE AND POMEGRANATE

RECIPE FOR 4 PEOPLE

INGREDIENTS

1 bone-in pork rack (1.2 to 1.4 kg / 2.5–3 lb)
 4 tbsp light soy sauce (no more)
 250 ml pure pomegranate juice
 3 tbsp mild honey (acacia or wildflower)
 1 tbsp maple syrup or light brown sugar
 1 tbsp rice vinegar (or orange juice for extra sweetness)
 1 garlic clove, finely grated
 A small piece of ginger, very finely grated (optional)
 2 tsp neutral oil
 Freshly ground pepper
 Pomegranate seeds (optional)

PREPARATION

- 1 Remove the pork rack from the refrigerator 30 minutes before cooking.
- 2 Mix the soy sauce, pomegranate juice, honey, maple syrup, vinegar (or orange juice), garlic, and ginger to create a mild, fruity sauce.
- 3 Season the pork with pepper only (do not salt).
- 4 Heat the oil in a Dutch oven or oven-safe pan.
- 5 Brown the pork rack on all sides over medium heat for even coloring.
- 6 Pour in the sauce, bring to a gentle simmer, cover, and place in a 150°C (300°F) oven.
- 7 Cook for 1 hour 20 minutes, basting regularly.
- 8 Remove the pork and keep warm.
- 9 Reduce the sauce gently over medium heat until glossy and slightly thickened.
- 10 Return the pork to the pot and coat generously with the sauce.
- 11 Roast at 190°C (375°F) for 10 to 15 minutes to achieve a shiny, golden glaze, watching carefully (to not burn it).
- 12 Let rest for 10 minutes before carving.

SERVING SUGGESTION

Serve with sweet potato puree, light coconut rice, roasted squash, or mild roasted vegetables (carrot, parsnip, butternut).