



© vrai studio @vrai.studio.paris

PAIRINGS

STARTERS

- Lemon hummus, pickles and toast
- Thin slices of half-cooked sea bream
- Lemona feta zucchini tartare
- Avocado salmon toast

FISH

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

MEAT

- Rabbit rable stuffed with herbs
- Pork fillet mignon and lime meat juice
- Farm poultry supreme with fresh herbs and candied lemon
- Milanese escalope

SIDES

- Creamy polenta with lemon and peppery artichokes
- Cruspy summer vegetable planter
- Eggplant ricotta and basil millefeuille
- Provençal pan-fried

CHEESE

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

DESSERTS

- Pavlova with exotics 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 coloring.
- 4 Add the peas and water.
- 5 Cook for 8 TO 10 minutes, until the peas are tender and very green.
- 6 Mix finely to obtain a smooth and homogeneous grout.
- 7 Season with salt and pepper, then reserve warm.
- 8 Steam the cod cobbles for 6 to 8 minutes, depending on the thickness, until you get a pearly flesh ; lightly press on the top of the paving to check prick in the centre with the tip of a knife to ensure that the blade comes out hot and without resistance.
- 9 Immediately remove the paving stones from the vapor.
- 10 Salt and pepper the cod at the exit of cooking, then add a drizzle of olive oil if desired.

SIDES

Fine semolina or new steamed potatoes.