



PAIRINGS

STARTERS

- Coriander and lime ceviche
- Scallop carpaccio with sesame oil and pink peppercorns
- 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
- 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 let it turn 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.