

Langoustines à la bordelaise

Ingredients (serve 4):

- . 24 langoustines (calibre 20/30)
- . 100g/352oz butter
- . 1 onion
- . 1 carrot
- . 2 shallots
- . 5 cl cognac
- . 1 dl white wine
- . 3 tomatoes, peeled and diced
- . Freshly chopped parsley
- . Salt and pepper

Preparation time + cooking: 10 minutes

Preparation

Peel and dice all the vegetables.

In a large pan, fry the vegetables gently in 40g/1.41oz of butter, add the langoustines. Sauté for 3 minutes over a high heat.

Flambé with the cognac, deglaze with the wine, add the diced tomatoes, salt and pepper. Cover and simmer for 8 minutes.

Remove from heat and take the langoustines from the pan.

Reduce the sauce by half, incorporate the rest of the butter and check the seasoning.

Return the langoustines to the pan and warm with the sauce.

Presentation

Sprinkle with freshly chopped parsley just before serving.



*«My favorite wine:
Bordeaux. White, crisp and fruity.»*

TASTING NOTES
Intense nose of tropical fruit. Lively and rich with long finish of citrus notes.



My cheese selection
ABONDANCE
FRANCE - SAVOIE COW

