

CULINARY LOVE LETTERS



B&G



*To all foodies
and wine
lovers*

Chef
FRÉDÉRIC PROUVOYEUR

BARTON & GUESTIER
DEPUIS 1725

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Chef
**FRÉDÉRIC
PROUVOYEUR**

*After graduating
from the Ecole
Hôtelière du
Touquet Paris
Plage in 1978,*

*Frédéric Prouvoyeur began
his career in such prestigious
restaurants as the Volkshaus Hotel
in Bern, Switzerland, l'Oustau de
Beaumanière in Baux-de-Provence
(5 forks and 2 stars in the Michelin
guide) with Chef Raymond Tuilier,
and the famous “Le Gamin
Restaurant” in London. He joined
the Barton & Guestier team in
1987. His refined and creative
cuisine has delighted tens of
thousands of guests over the years
at simple lunches or gastronomic
dinners at
Château Magnol.*



At Barton & Guestier,

we are guided by the pioneering spirit of our founder, Thomas Barton, embracing as he did every chance to discover new emotions. With our exclusive range of fine French wines, we are all ambassadors of the French terroirs, fulfilling our mission daily across France and around the world.

We are aware that each wine is unique, both intrinsically and within the given tasting environment. We believe in the importance of bringing out the specific characteristics of each wine; we are curious to discover new flavours, textures and sensations, to better taste, enjoy and share.

Both for our wines and the dishes chosen to accompany them, we do our best to enrich the experience they offer; to share and enjoy their taste, along with the emotions suscitated.

At Barton & Guestier, we believe in the importance of transmitting our knowledge, passed down over nearly 300 years of history. From vine to wine, from vinification to tasting, our teams make a point of honour of conveying their savoir-faire to those around them.

They are the best messengers of this patrimony, both through time, from one generation to the next, and through space, from one country to another, even from one culture to another.

Proud of our French heritage, we believe that wine is above all about pleasure, and we try to develop this philosophy throughout the various stages of production. Pleasure of discovery, transmission and tasting. Pleasure of possessing and sharing the knowledge.

We believe that knowledge and comprehension in wine tasting are all the richer if paired with the discovery of dishes chosen to perfectly match our wines. We try to create food pairings to delight our senses, for each moment, each wine tasting experience.

At Barton & Guestier, we have proclaimed the "Art de Vivre" (Art of Living), our company philosophy. Whether in Bordeaux, at Château Magnol, a magical place of French art of living indeed, or visiting other countries, we have a duty to share this heritage, to transmit and disperse it. Just as we believe in the excellence of wines in which winemakers have invested their passion, we believe the art of tasting is exalted by a certain Art de Vivre.

We are lucky enough to be able to share this philosophy, these rituals and traditions, with the guests we welcome into the heart of the Bordeaux vineyards and the people we meet around the world. Naturally we put a lot of effort into choosing our food pairings, into the "marriage" of gastronomy and wines. We create original alliances to bring out the best in our gastronomic heritage and culinary culture from around the world, with food and wine pairings adapted to each moment, each place, each state of mind.

Château Magnol, the heart of Barton & Guestier, boasts its own "Ecole du Vin". In this Wine School, our Chef, Frédéric Prouvoveur, teaches the magic of food and wine pairing in an informal, fun atmosphere. Today he offers you a gourmet experience, taking you on a virtual trip through the great French terroirs, creating dishes in perfect harmony with the Appellation d'Origine Contrôlée wines of our Barton & Guestier Appellations range. We hope you will enjoy sharing this original "made in France" experience in your homes with family or friends.

Bon appétit!



BARTON & GUESTIER

DEPUIS 1725

Cuvée Ramblaud

BORDEAUX

MERLOT - CABERNET SAUVIGNON

PRODUIT DE FRANCE

La Griffe Rouge B & G illustre le savoir-faire
et la singularité qui font la renommée de
la Maison Barton & Guestier depuis près de
300 ans.

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Entrecôtes à la bordelaise

Ingredients (serve 4):

- . 4 rib steaks (entrecôtes) of 180g/6.35oz each
- . 2 dl veal stock
- . ½ bottle of young Bordeaux red wine
- . 100g/3.52oz butter + 40g/1.41oz for cooking
- . 1 teaspoon sugar
- . 50g/1.76oz shallots
- . 30g/1.05oz duck fat or butter
- . Salt and pepper

Preparation time: 20 minutes

Cooking time: 15 minutes

Preparation

Sauce:

Bring the wine up to the boil with the sugar (to take off any acidity), let it reduce by half, add the veal stock, reduce by a third, season, keep warm in a bain-marie.

Just before serving, lightly whisk in the butter, check the seasoning.

Caramelised shallots:

Dice the shallots, caramelize gently in duck fat or in butter in a pan until translucent. Season to taste.

Fry the steaks in butter according to your guests' taste. Season.

Presentation

Serve the steaks on a bed of the sauce, sprinkled with a spoonful of shallots.

Delicious with sautéed potatoes (with garlic and parsley).



My cheese selection
BRÉBIS DES PYRÉNÉES
FRANCE - PYRÉNÉES EWE



*«My favorite wine:
Bordeaux Rouge, full-bodied and fruity.»*

TASTING NOTES

*Expressive nose of black berries.
Fruit driven on the palate with
a long and spicy aftertaste.*

Comments



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.

Comments



My cheese selection
ABONDANCE
FRANCE - SAVOIE COW



Duck breast fillets with pears in wine sauce

Ingredients: (serve 6)

- . 3 duck breast fillets (Magret) of 450g/15.84oz each
 - . 6 ripe William pears
 - . 3 dl veal stock
 - . 120g/4.23oz butter
 - . Salt and pepper
- ## Syrup for the pears:
- . 1 bottle Bordeaux red
 - . 150g/5.29oz sugar
 - . 5g/0.17oz cinnamon
 - . 1 orange
 - . 10 grains of peppercorn
 - . 2 cloves

Preparation time: 1 h

Cooking time: 1 h

Preparation

Peel and remove the stem from the pears.

Remove the core (from the base) and poach for 15 to 30 minutes (depending on ripeness) in the syrup, then leave to cool with the syrup.

Sauce:

Simmer 4 dl of the syrup in a saucepan until it has reduced by half. Add the veal stock and reduce again to the desired thickness. Season and sieve before whisking in the butter. Check the seasoning.

If the sauce is too thick, add a little more syrup.

Cooking the duck:

Remove a thin layer of fat on the skin side and any nerves on the fleshy side. Season the magret fillets and cook them to your taste in a boiling hot frying pan without adding any fat. Cook on the skin side first.

Warm the pears 10 minutes with the syrup in a dish on the hob or in the oven at 120°C (250°F).

Presentation

Pour the sauce in the centre. Place the pear at the top of the plate.

Lay half of a duck fillet at the bottom of each plate, sliced and fanned out.



My cheese selection

SAINT-NECTAIRE

FRANCE - AUVERGNE cow

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*«My favorite wine:
Médoc, full-bodied and spicy»*

TASTING NOTES

Intense nose of blackcurrant aromas. Concentrated on the palate with an oaky finish.



Tournedos of beef with Foie Gras in balsamic sauce

Ingredients (serve 6):

- . 6 tournedos of beef (filet mignon) of 130g/4.58oz to 150g/5.29oz each
- . 6 escalopes of Foie Gras of duck (uncooked)
- . 50g/1.76oz butter
- . 5 soupspoons of balsamic vinegar
- . 2 dl thick veal stock
- . 1 dl liquid cream (35% fat)
- . Salt and pepper

Preparation time: 5 minutes

Cooking time: 20 minutes

Preparation

Fry your tournedos to your personal taste in butter. Season.

Remove the tournedos from the pan and keep warm. Deglaze the frying pan with the vinegar, unsticking the meat juices with a wooden spoon. Add the stock and simmer for 5 minutes. Then add the cream and simmer for another 5 minutes.

Check the seasoning.

Fry the escalopes of Foie Gras for 2 minutes on each side. Season.

Presentation

Place the tournedos in the centre of the plate with an escalope on top and the sauce poured around it. Serve vegetables separately.

Comments



*«My favorite wine:
Margaux, complex and fruity»*

TASTING NOTES

Intense black fruit aromas on the nose. Round and fruity attack with a velvety aftertaste.



My cheese selection
BRILLAT-SAVARIN
FRANCE - NORMANDIE COW

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GRAND VIN DE BORDEAUX

Roi Chevalier

SAINT-EMILION

MERLOT - CABERNET FRANC

PRODUIT DE FRANCE

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300 ans

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Chicken suprêmes stuffed with Foie Gras

Ingredients (serve 8):

- . 8 chicken suprêmes (breasts)
- . 320g/11.28oz semi-cooked Foie Gras or 8 escalopes of uncooked Foie Gras
- . 32 slices of smoked streaky bacon
- . 1 dl dry white wine
- . ¼ litre veal stock
- . ¼ litre of cream
- . 200g/7.05oz butter
- . 30g/1.05oz diced shallots
- . Salt and pepper

Preparation time: 30 minutes

Cooking time: 20 minutes

Preparation

Sauce:

Put the white wine and shallots in a saucepan and reduce a little. Add the veal stock and reduce to thicken. Add the cream and simmer for another 5 minutes. Whisk in the butter, add salt and pepper, sieve and keep warm in a bain-marie.

Stuffed chicken breast:

Pre-heat the oven to 180°C (355°F).

Season the chicken (not too much salt as we will be adding bacon).

Cut out 8 rectangles of aluminium foil about the size of a sheet of A4 paper.

On each rectangle, place 4 slices of bacon, overlapping them lengthwise.

Place the chicken in the centre, then place the Foie Gras on top. Roll the aluminium up to make a sausage-shaped parcel, closing at the sides carefully.

Cook in the oven for 15 to 20 minutes.

Remove and allow to rest for 5 minutes on a plate.

Presentation

Remove the aluminium foil. Cut into three equal parts (cutting off the extremities if you wish).

Pour the sauce in the plate. Place the 3 medallions in the centre. Serve vegetables separately.

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*«My favorite wine:
Saint-Emilion, elegant and fruity»*

TASTING NOTES

*Seductive bouquet of black
and red fruits. Supple
texture and silky tannins.*

Comments


My cheese selection
CANTAL
FRANCE - AUVERGNE cow



Medallion of salmon and turbot, hollandaise sauce

Ingredients (serve 4):

- . 400g/14.11oz salmon fillet
- . 400g/14.11oz turbot fillet (or cod)
- . 50g/1.76oz butter
- . ½ litre fish stock
- . Salt and pepper

Hollandaise sauce:

- . 250g/8.81oz melted butter
- . 3 egg yolks
- . ½ lemon
- . 3 teaspoons water
- . Salt and pepper

Preparation time: 25 minutes

Cooking time: 5 minutes

Tools: 4 cookie cutters (8 cm/3 inches in diameter)

Preparation

Cut 4 fingers of 15g/0.52oz to 20g/0.70oz out of each fish.

Each finger should be 8 cm/3 inches long and 1cm/0,5 inches wide.

Fill up the cooking cutter with the fingers of each fish (alternately).

Place on a buttered, salted plaque.

Season the fish, pour over the fish stock and cover with aluminium foil.

Cook in an oven at 220°C (430°F) for 5 minutes.

Sauce :

Prepare the hollandaise sauce.

Put the egg yolks and water in a stainless steel (round-bottomed) mixing bowl and place this in a warm bain-marie. Whisk until the yolks emulsion.

Add the butter little by little, season, add the juice of half a lemon, then sieve the mixture.

Keep warm (in the bain-marie).

Presentation

Place the medallion in the centre of the plate, pour the hollandaise sauce around. Serve pilaf rice or steamed potatoes separately.

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*«My favorite wine:
Graves Blanc, lively and complex.»*

TASTING NOTES

*Intense nose dominated by
apricot and pear aromas.
Lively and rich on the palate.*

Comments



My cheese selection
COULOMMIERS
FRANCE - ILE DE FRANCE cow



Creamy Foie Gras terrine

Ingredients (serve 4):

- . 190g/6.70oz semi-cooked Foie Gras
+ 100g/3.52oz for decoration
- . 2 eggs
- . 250g/8.81oz liquid cream
(30% fat)
- . Salt and white pepper

Preparation time: 10 minutes

Cooking time: 30 minutes

Cooling time: 1h

Preparation

Warm the cream.

Mix the foie gras (190g/6.70oz) with the cream, then the eggs. Season with salt and white pepper.

Fill little shallow ramekins (appr. 7cm/3 inches diameter).

Cover with aluminium foil and cook in a pre-heated oven at 90°C (195°F) 15mn to 30mn or more (the cooking time will vary according to the depth of the mixture in each ramequin).

You can put a recipient full of water in the oven to help the cooking along. The terrines should be a little wobbly when you take them out of the oven.

Leave them to cool before placing them in the refrigerator.

Presentation

Cut thin strips of Foie Gras and place on each ramekin

Serve immediately.

Comments



«My favorite wine:
Sauternes, smooth and rich»

TASTING NOTES

Complex nose with pineapple and apricot aromas. Smooth, persistent and fruity on the palate.



My cheese selection
ROQUEFORT
FRANCE - MIDI-PYRÉNÉES EWE



Fillet of trout, Mantes butter sauce

Ingredients (serve 6):

- . 12 fillets of trout
- Court-bouillon:**
- . 2 litres water
- . 10 cl vinegar
- . 1 onion
- . 1 clove garlic
- . 1 carrot
- . 1 stick of celery
- . 1 bouquet garni (thyme, bay leaf, parsley)
- . Salt and white pepper

Sauce:

- . 4 small shallots
- . 10 cl wine vinegar
- . 180g/6.34oz butter
- . Salt and pepper

Preparation time: 1h10

Cooking time: 5 minutes

Preparation

Pre-heat the oven to 180°C (355°F).

Prepare the court-bouillon. In a large saucepan, place the thinly sliced vegetables, the bouquet garni, salt and pepper in the water. Leave to boil for 20 minutes. Add the vinegar and cook for a further 10 minutes. Leave to cool.

Sauce:

Dice the shallots and put in a saucepan with the wine vinegar. Allow to reduce for 5 to 10 minutes until the shallots are cooked.

Place the pan in a bain-marie. Whisk in the cold butter (in small cubes). The sauce should stay creamy.

Season with salt and white pepper.

Place the fish in an oven dish. Cover with the court-bouillon and cook gently for 4 minutes.

Presentation

Remove the trout from the court-bouillon and serve with the sauce and rice or potatoes.



My cheese selection
VALENÇAIS (DRY)
FRANCE - BERRY GOAT

B&G



*«My favorite wine:
Muscadet Sèvre-et-Maine,
lively and floral»*

TASTING NOTES

Delicate nose with white flowers aromas and grapefruit notes. Lively, mineral and refreshing on the palate.



Chicken curry

Ingredients [serve 6]:

- . 6 boned chicken legs
- . 1 apple
- . 60g/2.11oz thinly sliced onions
- . 20g/0.70oz flour
- . 5 cl olive oil
- . 15g/0.52oz curry
- . 80g/2.82oz coconut milk
- . ½ teaspoon green chilli pepper paste
- . 2.5 dl liquid cream (35% fat)
- . 100g/3.52oz veal stock
- . Juice of ½ lime
- . Curcuma powder: 5g/0.17oz
- . Salt and pepper

Preparation time: 45 minutes

Cooking time: 20 minutes

Preparation

Cut the legs into smallish pieces.

Season and flour.

Dice the apple.

Fry the chicken in olive oil.

Add the onions, veal stock, apple, coconut milk and cream to the pan.

Bring to the boil, add the curry, curcuma and chili paste.

Cook for 10 to 20 minutes (depending on the size of your pieces).

Add the juice of half a lime.

Check the seasoning.

Presentation

Place the chicken in the centre of the plate and pour the sauce around it.

Creole boiled rice is perfect with this.

Comments



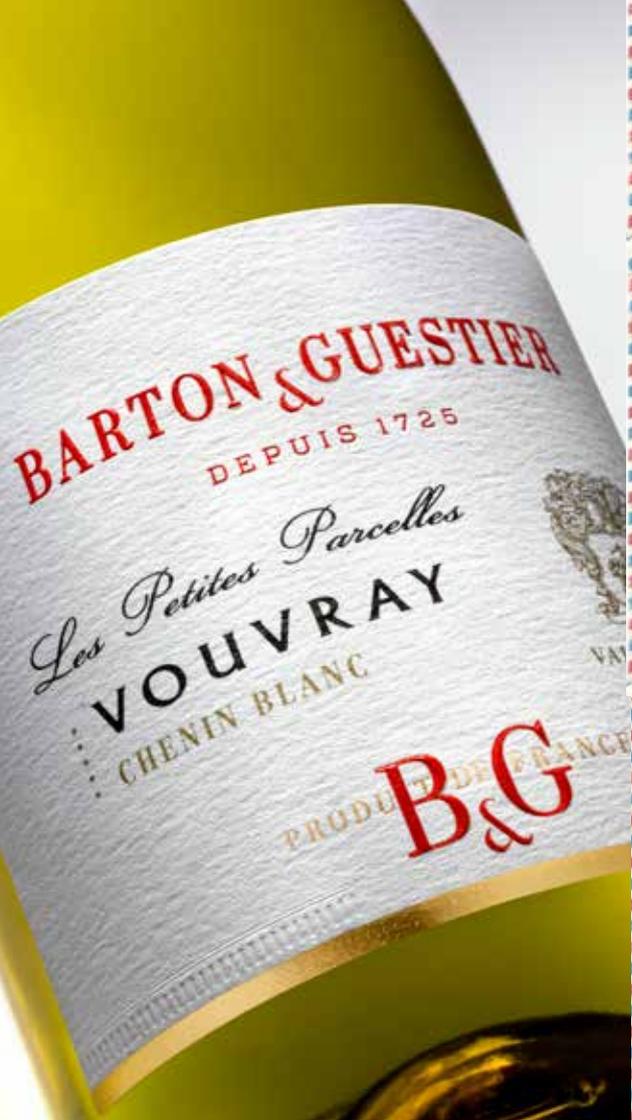
My cheese selection
CHABICHOU
FRANCE - POITOU GOAT

B&G



*«My favorite wine:
Rosé d'Anjou, smooth and fruity»*

TASTING NOTES
*Seductive nose of fresh red berries.
Soft and smooth on the palate.*



Pear and Roquefort tart

Ingredients (serve 8) :

- . 2 large or 3 medium pears
- . Puff pastry : 8 rectangles each 12cm/5 inches by 5cm/2 inches
- . 100g/3.52oz Roquefort

Preparation time: 10 minutes

Cooking time: 15 minutes

Preparation

Pre-heat the oven to 180°C (355°F).

Peel the pears.

Cut in two and remove the core.

Cut the halves into thin slices.

Place the slices on the pastry rectangles, leaving 5mm/0.2 inches on each side.

Bake for 8 minutes without the Roquefort, then add the cheese and cook for a further 5 minutes.

Remove from the oven and leave to rest for 5 minutes.

Presentation

Serve with aperitif, as a starter or as a dessert.

Comments



My cheese selection
PONT L'ÉVÊQUE
FRANCE - NORMANDIE COW

B&G



*«My favorite wine:
Vouvray, fresh and fruity»*

TASTING NOTES

Lovely white fruit aromas and floral notes on the nose. Smooth and refreshing on the palate.



Crab and green Charlotte

Ingredients (for 10 individual mini charlottes):

- . 90 green asparagus
- . 400g/14.11oz crab meat
- . 2 dl fish stock
- . 10 egg yolks
- . 10 sheets of gelatine
- . 3 dl cream
- . Salt and pepper

Preparation time + cooking: 2 h

Cooling time: 6 h

Tools: 10 cookie cutters (diam 7cm/3 inches - height 4cm/1,5 inches)

Preparation

Soak the gelatine in cold water. Cook the asparagus in boiling salted water. Drain as soon as they are cooked.

Cut the asparagus to leave only 5cm/2 inches at the tip. Then cut each in half lengthwise.

Start to make the charlottes, placing the asparagus tips inside the cookie cutters and reserve in a cool place.

Boil the fish stock, place in your mixer, adding egg yolks, and whisking until completely cold.

Cut up and mash the rest of the asparagus, add most of the crab (keeping some for decoration).

Whip the cream.

Melt the gelatine in a little hot fish stock. Mix it into the asparagus purée, then add the rest of the fish stock. When this mixture begins to set, add the whipped cream. Check the seasoning.

Fill the circles, decorating the tops with the remaining crab. Allow to set in the refrigerator for a few hours.

Presentation

Remove the cookie cutters at the last moment when the charlotte is on the plate.


My cheese selection
CROTTIN DE CHAVIGNOL
FRANCE - BERRY GOAT

B&G



*«My favorite wine:
Sancerre, crisp and lively»*

TASTING NOTES

Expressive nose with intense aromas of flowers and exotic fruits. Fresh and mineral on the palate.



Gougères

Ingredients (for 20 pieces):

- . 75g/2.64oz grated cheese
- . 75g/2.64oz butter
- . 150g/5.29oz flour
- . 25 cl water
- . 4 eggs
- . 1 pinch of salt

Preparation time: 30 minutes

Cooking time: 25 minutes

Preparation

Pastry:

Put the water, salt and butter in a pan and bring to the boil.

Remove the pan from the heat and fold in the flour with a spatula.

Place back on the heat and dry the pastry until it starts to detach itself from the pan.

Transfer the mixture to a bowl and incorporate the eggs, one at a time, mixing well with the spatula.

Gougères:

Warm the oven to 180°C (355°F).

Add the cheese to the mixture and pour into a piping bag. Shape little balls and place them on a buttered plate.

Bake for 20 to 25 minutes.

Presentation

Serve warm, with aperitif.

Comments



«My favorite wine:
Mâcon-Villages, elegant and fruity»

TASTING NOTES

White fruit aromas with white floral hints on the nose. Elegant and refreshing on the palate.


My cheese selection
COMTÉ
FRANCE - JURA COW



Monkfish with fennel seeds

Ingredients (serve 6):

- . 720g/25.3oz (net weight) monkfish fillet
- . 250g/8.81oz shallots
- . 500g/17.63oz tomatoes
- . 6 cloves of garlic
- . 20g/0.70oz fresh flat parsley
- . 1.5 dl olive oil
- . 10g/0.35oz fennel seeds
- . 1 dl dry white wine
- . Salt and pepper

Preparation time: 30 minutes

Cooking time: 15 minutes

Preparation

Dip the tomatoes for 10 to 15 seconds in boiling water then cool them immediately. Peel and dice.

Peel and finely chop the shallots and garlic separately.

Melt the shallots down in a pan with 5cl olive oil.

Season and put aside.

Slice 6 pieces of monkfish in the fillet. Cut in two and then flatten them. Season to taste.

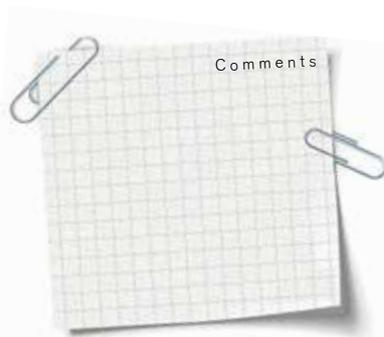
Brush the inside of an oven-dish with olive oil. Sprinkle fennel seeds and place the fish on top. Cover each piece with tomatoes, garlic and shallots.

Add the white wine to the dish and a little olive oil over the fish.

Cook in a pre-heated oven at 180°C (355°F) for about 15 minutes.

Presentation

Serve in the oven-dish with rice.



*«My favorite wine:
Chablis, mineral and lively»*

TASTING NOTES

*Seductive pear and apricot aromas
and mineral notes on the nose.
Fresh and lively on the palate.*



My cheese selection

EPOISSES

FRANCE - BOURGOGNE COW



Ingredients (serve 6):

- Total 900g/31.74oz veal meat :
- . 300g/10.58oz middle-cut breast
- . 300g/10.58oz brisket
- . 300g/10.58oz boned shoulder
- . 100g/3.52oz carrots
- . 150g/5.29oz onions
- . 150g/5.29oz leeks
- . 1 bouquet garni
- . 80g/2.51oz butter
- . 60g/2.11oz flour
- . 150g/5.29oz button mushrooms
- . 5g/0.17oz fresh tarragon
- . 2 egg yolks
- . 1 dl cream
- . Juice of ½ lemon
- . 2 cloves
- . Salt and pepper

Blanquette of veal with tarragon

Preparation time: 10 minutes

Cooking time: 1 h 40

Preparation

Bring 3 litres water to the boil. Plunge the meat into the boiling water and cook for 5 minutes after the water comes to the boil again. Drain and cool the meat with cold water.

Bring another 3 litres water to the boil in a saucepan. Then add the onion spiked with the cloves, the carrots and leeks chopped into large pieces. Add the bouquet garni and lastly the meat. Allow to simmer 1 hour 30 minutes, skimming the top regularly. Remove the meat from the stock.

Rinse and chop the mushrooms. Place them in a pan with the remaining butter, salt and white pepper. Cook for 2 minutes.

Sauce:

Make a roux by gently cooking 60g/2.11oz butter and 60g/2.11oz flour in a small saucepan for 3 minutes.

Simmer 1 l of the stock in a pan and add the roux to thicken.

Cook for 5 minutes. Add the cream and simmer for a further 3 minutes. Check the seasoning and then thicken with the egg yolks. Add the meat and the mushrooms mixing delicately and warming slowly (the sauce must not boil now).

Preparation

Add the lemon juice and tarragon.
Serve with pilaf rice.

My cheese selection

BANON

ALPES - HAUTE PROVENCE GOAT

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*«My favorite wine:
Pouilly-Fuissé, rich and floral»*

TASTING NOTES

*White flowers aromas on the nose
with flinty notes. Harmonious on
the palate with a floral finish.*

Comments



Chicken and fresh herb terrine

Ingredients (serve 8):

- . 6 chicken breasts
- . 250g/8.81oz belly pork
- . 300g/10.56oz round fillet of veal
- . 400g/14.11oz barding fat
- . ½ litre cream
- . 1 egg
- . 40g/1.41oz butter
- . 10 cl Cognac
- . 30g/1.05oz parsley
- . 30g/1.05oz chives
- . 30g/1.05oz tarragon
- . 45g/1.58oz shallots
- . Salt and pepper

Preparation time: 45 minutes + 3 hours resting

Cooking time: 1 h 15

Preparation

Line the terrine with the barding fat, keeping enough to bard the top. Chop the meats and any remaining fat into small pieces. Mince all the meat in a machine.

Fold in the cream, egg and cognac little by little with a spatula.

Weigh the mixture, then add 20g/0.70oz salt and 3g/0.10oz pepper per kilo/35.27oz.

Finely chop all the herbs. Finely chop the shallots.

Fry the shallots in 20g/0.70oz butter, add the herbs.

In your terrine, place the first half of the meat mixture, then a layer of the spicy shallot mixture. Cover with the rest of the meat mixture.

Finish with a layer of barding fat.

Cook in a bain-marie at 180°C (355°F) for 1 hour 15 minutes.

Remove from the oven and leave to cool a little. Then place a board covered in clingfilm on top, with a weight on top of that, until the terrine is completely cold and can be put in the refrigerator.

Presentation

Cut in slices and serve with fresh bread.



My cheese selection
SAINT-FÉLICIEN
FRANCE - RHÔNE-ALPES GOAT



*«My favorite wine:
Beaujolais, supple and fruity»*

TASTING NOTES

An explosion of red fruits on the nose with nice violet notes. Well-balanced and fresh on the palate.

Comments



Ingredients (serve 6):

For the pastry:

- . 250g/8.8oz flour
- . 125g/4.4oz butter at room temperature
- . 1 egg yolk
- . 5 cl water . Salt

For the filling:

- . 100g/3.52oz Tomme de Savoie
- . 100g/3.52oz Saint-Nectaire
- . 100g/3.52oz Emmenthal
- . 100g/3.52oz Comté
- . 100g/3.52oz smoked bacon cubes
- . 1 chopped onion
- . 3 eggs + 2 yolks
- . 15g/0.52oz butter
- . 15cl milk
- . 20 cl fresh cream
- . Salt and pepper

Four cheese tart

Preparation time: 30 minutes + 2 h 20 resting

Cooking time: 35 minutes

Preparation

Pastry:

In a large bowl, mix the flour and butter by hand.

Make a well in the centre and place the yolk, water and salt inside. Mix the yolk with the water and salt first and then gradually incorporate the flour and butter mixture.

Form a ball with the pastry and leave to rest for 2 hours in a cool place.

Filling:

Roll out the pastry and place in a floured tart mould. Leave to rest in a cool place again for 20 to 25 minutes.

Fry the bacon and onions with butter.

Leave to cool and reserve.

Remove the crusts from the cheeses and cut all of them except the Emmenthal into thin slices. Grate the Emmenthal.

Pre-heat the oven to 180 °C (355°F).

Beat the eggs with the cream and the milk. Season and add the bacon and onions.

Place the slices of the three cheeses on the pastry.

Cover with the egg and bacon mixture. Sprinkle the surface with grated Emmenthal.

Bake for 35 minutes.

Presentation

Serve warm or cold with green salad.



«My favorite wine:
Beaujolais-Villages, elegant and spicy»

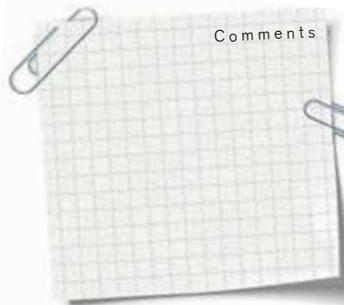
TASTING NOTES

Elegant, with fresh fig and ripe red berry aromas. Nice structure with a long licorice finish.



My cheese selection
BOURSAULT
FRANCE - LIMOUSIN COW

Comments





BARTON & GUESTIER

DEPUIS 1725

CÔTES-DU-RHÔNE

LES GALETS

SYRAH
GRENACHE
CARIGNAN

B&G



Chicken suprêmes roast with spices

Ingredients (serve 6):

- . 6 suprêmes (fine, chicken breasts)
- . 2 dl oil
- . Mixture of spices (curry, Herbes de Provence, Espelette pepper, cumin, salt, pepper)
- . 2 dl veal stock
- . 5 cl balsamic vinegar
- . 20g/0.70oz sugar
- . 80g/2.82oz butter

Preparation time: 15 minutes
+2 hours for marinade

Cooking time: 15 minutes

Preparation

Pre-heat the oven to 180°C (355°F).

Prepare a marinade with the mixed spices and the oil. Brush the suprêmes with this mixture. Place in an ovenproof dish and leave to marinate in a cool place for 2 hours if possible.

Sauce:

Caramelize the sugar with the vinegar, add the veal stock and simmer until thickened. Season and whisk in the butter. Keep warm in a bain-marie.

Cook the suprêmes in the oven for 10 to 15 minutes, depending on the thickness.

Presentation

Pour some sauce in the plate, place the chicken in the centre.

Serve with green vegetables.

Comments



*«My favorite wine:
Côtes-du-Rhône, intense and spicy»*

TASTING NOTES

*Intense nose of violet and black
fruits combined with peppery hints.
Full and spicy on the palate.*



My cheese selection
FOURMES D'AMBERT
FRANCE - AUVERGNE cow



Spicy caramelised lamb shanks

Ingredients (serve 6):

- . 6 lamb shanks
- . 120g/4.23oz onions
- . 3 soupspoons honey
- . 6 cloves of garlic
- . 1 soupspoon thyme
- . 1 ½ teaspoons powdered ginger
- . 1 ½ teaspoons powdered cardamom
- . 1 ½ teaspoons powdered cumin
- . 1 or 2 glasses of water
- . Olive oil
- . Salt and pepper

Preparation time: 25 minutes

Cooking time: 2h10

Preparation

Mix the spices together.

Peel and chop the onions.

Fry the onions in the olive oil in a big cooking pot.

Remove the onions then brown the meat. Season.

Brush the shanks with honey then sprinkle the spices so that they stick onto each of them.

Put the lamb back into the pot.

Pour in 2 glasses of water. Add the garlic and thyme. Cover and allow to simmer over a low heat for 1 hour 45 minutes or 2 hours.

Check from time to time that there is always a little water and add some if necessary.

Remove the cover and increase the heat for 10 minutes to reduce the sauce. Remember to stir regularly.

Presentation

Place the lamb in the centre of the plate.

Delicious with good home-made mashed potatoes.



My cheese selection
MAROILLES
FRANCE - NORD cow



*«My favorite wine:
Châteauneuf-Du-Pape, concentrated and
spicy»*

TASTING NOTES

*Ripe fruit aromas on the nose
with toasted and licorice hints.
Rich and spicy on the palate.*



Crespéou provençal

Ingredients (serve 6):

- . 13 eggs
- . 1 soupsoon tomato coulis
- . 1/2 green bell pepper, grilled
- . 1 teaspoon black olive tapenade
- . 100g/3.52oz spinach, cooked in butter and garlic
- . 1/2 red bell pepper, grilled
- . Parsley, chives
- . Salt and pepper

Preparation time: 20 minutes

Cooking time: 25 minutes

Cooling time: minimum 2 hours

Tool: non-stick frying pan 20 cm/8 inches diameter

Preparation

Mix the tomato coulis with 2 beaten eggs.

Mix the spinach with 2 beaten eggs.

Mix the green peppers with 2 beaten eggs.

Mix the red peppers with 2 beaten eggs.

Mix the tapenade with 2 beaten eggs.

Mix the parsley and chives with 2 beaten eggs.

Cook each omelette in non-stick frying pan in some olive oil.

Season with salt and pepper.

Pile them on top of each other, brushing a little beaten egg between layers.

Cook the omelette cake for 5 minutes in an oven at 160°C (320°F). Remove

from oven and leave to cool.

Keep in the refrigerator.

Presentation

When cold, this omelette can be sliced easily.

You can serve little cubes on a stick for an aperitif or party. This omelette cake also makes a nice starter when accompanied with a green salad and olive oil dressing.


My cheese selection
MUNSTER
FRANCE - ALSACE COW

B&G



*«My favorite wine:
Côte de Provence Rosé, seductive and
refreshing»*

TASTING NOTES

*Red berries notes on the nose. An
explosion of fruits on the palate
with a nice refreshing finish.*

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