



LAS KITCHEN

DEC 2020 | HOLIDAY SPECIAL



FRIED PARSNIP ACCOMPANIED WITH BLUE CHEESE AND PARMA

Servings
4 people

Prep
30 minutes

Cook
5 minutes

INGREDIENTS

1 parsnip

40g of parma ham

Toothpicks

1 lemon

1L of frying oil

120g of blue cheese

Salt

DIRECTIONS

- Peel the parsnip and squeeze lemon juice over it
- Cut 2mm thick slices lengthwise (mandoline recommended)
- Fry both sides in a deep frying pan* until golden and crispy
- Cut the cheese into cubes
- Roll up the dried meat slices and use your toothpicks to hold them in place
- Serve as shown in the picture

*Chef's tip: to know if the oil is hot enough, throw in a small piece of fresh bread. When it starts looking crispy, you can switch to low heat and start cooking the parsnip.





SCALLOPS 'À LA COQUE'

Servings
4 people

Prep
45 minutes

Cook
15 minutes

INGREDIENTS

8 large sea scallops

80g butter

200cl liquid cream

1 large carrot

1 large zucchini

2 blue-violet potatoes

Fleur de sel

Salt

Caster sugar

Herring roe or caviar

Lemon juice

Chopped chives

Ground pepper

Garnish:

2kg of coarse salt

100g of chia seed

100g of coral lentils

DIRECTIONS

- Have the scallops prepared by your fishmonger. Be careful, the scallops must be whole and clean and must remain in their shell. Keep the whole shell
- Peel your vegetables
- Using the smallest melon baller available, make balls of carrots, zucchini, and potato
- In a saucepan, place the carrot balls and cover them with water. Add to your water a pinch of fine salt and a pinch of caster sugar

SCALLOPS 'À LA COQUE'

DIRECTIONS

- Cook on low heat until half evaporation (uncovered). Add the zucchini balls and continue to cook until complete evaporation. In a separate pan, do the same with the blue-violet potatoes and add a drop of lemon juice
- Remove from the heat after cooking
- Preheat your oven to 220°C (430°F)
- On an oven tray, cover the scallops with a small slice of butter and fleur de sel on each side and place the shell on top
- Cook for 6 minutes
- During this time, heat 2dl (7 oz) of liquid cream until it boils. Add salt, pepper, chives, and the vegetable balls
- Take the scallops out of the oven and cover with the sauce and vegetable balls mixture. Place a mocha-sized spoon of herring roe or caviar on top
- Plate and serve

*Chef's tip: this dish pairs best with dry white wine or champagne.

Recommendation: Clos des Mennettes Grand Cru, Domaine Diserens - Les Moines.







PASSION FRUIT AND LYCHEE PANNA COTTA WITH ALMOND SACRISTINS

Servings
4 people

Prep
2 and 1/2 hours

Cook
15 minutes

INGREDIENTS

4dl liquid cream
Vanilla powder
140g icing sugar
5g gelatin sheet

1kg passion fruit
Lychee in syrup
1 roll of puff pastry
1 egg

Flaked almonds
Glasses or small jars

DIRECTIONS

- Soak 5g of gelatin in cold water. Once softened, drain and squeeze the gelatin to remove excess water
- Cut the passion fruits in half. Deseed the fruits into the jars. You should have a layer of about 3-4 mm in each
- Set in the freezer for 1 hour
- In a saucepan, heat (about 50 C) the liquid cream, add a pinch of vanilla powder and 40g of icing sugar. Let sit at room temperature for 30 min. Add the gelatin *



PASSION FRUIT AND LYCHEE PANNA COTTA WITH ALMOND SACRISTINS

DIRECTIONS

- Set in the fridge for 2 hours
- In the meantime, cut strips of puff pastry (15 cm long and 2 cm wide). Using a brush, cover the strips with a thin layer of beaten egg then cover with the flaked almonds
- Put in the fridge for 1 hour
- Twist the bands using your thumbs and forefingers. Be careful or they might tear
- Preheat the oven to 180 C
- Place the strips on a baking sheet lined with baking paper. Make sure they are well separated
- Bake for 15 minutes
- Once done, sprinkle with the rest of your icing sugar
- Plate and serve as shown in the picture

*Chef's tip: If the cream mixture is too warm, the gelatin won't take properly, so make sure it is room temperature.

