Mousse de Poisson Fumé

Smoked whitefish mousse with a sherry and soya dressing

Serves 8

INGREDIENTS

1 lightly smoked whitefish (approx. 700 g)
4 oz homemade mayonnaise
4 oz. sour cream
3 oz 35% cream
2 tsp lemon juice
½ tsp Tabasco
salt and pepper
Sherry soya dressing:
1 tbsp chopped shallots
1 tbsp chopped ginger
½ cup red wine vinegar
½ cup soya sauce
½ cup olive oil
2 tbsp Sherry wine
the juice and zest of one organic lemon
salt and pepper



PREPARATION

Mousse
Whip the 35% cream until stiff and reserve in the refrigerator.

Remove all the skin and bones from the fish. Place the remaining meat in a food processor. Blend lightly and add some of the mayonnaise until the fish is puréed.

Add the sour cream, lemon juice, and a dash of Tabasco. Mix together and then fold in the whipped cream. Season to taste.

Dressing
Chop the shallots, ginger and lemon zest finely. Measure out the liquid ingredients and add the chopped ingredients to it. Stir well but do not whip. Season with salt and pepper.

Presentation
Serve with several slices of grilled eggplant and grilled toast of Focaccia bread.

Place a scoop of the mousse on the inner leaves of a radicchio lettuce.

Drizzle the Sherry/soya dressing over the mousse and the eggplant.

Hint
It is very important to use a whitefish that is lightly cured, lightly smoked, and not too oily.

Soupe à l'Oignon Gratinée

French onion soup gratinée

Serves 4

Making a proper French onion soup necessitates patience. The onions must cook slowly until deeply caramelized, developing their natural sweetness and depth of flavour. There is no shortcut for this step.

INGREDIENTS

3 tbsp (45 g) unsalted butter or Indian ghee
6 medium yellow onions, peeled, halved and thinly sliced
½ cup (125 ml) dry white wine or dry red wine
4–5 cups (1–1.25 L) good quality beef stock
1 tbsp brandy (optional)
1 tsp coarse salt
12 slices baguette, about 2 cm thick
Clarified butter or melted ghee, for frying the bread
1½ cup (150 g) grated Emmenthal or Gruyère cheese

METHOD

Making the soup
In a large heavy pot, melt the butter or the ghee over medium heat. Add the onions and cook slowly for 25–30 minutes, stirring frequently, until they soften and begin to take on a gold colour. Add the salt.



Add the wine and cook for 2–3 minutes, scraping the bottom of the pot to dissolve any caramelized bits.

Add the beef stock. Bring to a gentle simmer and cook partially covered for 1½–2 hours.

Taste and adjust the seasoning as needed.

Croûtons
Heat a pan over medium heat with a small amount of clarified butter or ghee. Fry the baguette slices on both sides until light golden and crisp. Remove and rest on an absorbent paper towel. This technique will keep the croûtons crispy even when immersed.

TO SERVE

Preheat the oven to broil. Ladle the soup into ovenproof bowls. Place a couple of croûtons on the surface and cover generously with grated cheese.

Broil until the cheese melts, bubbles, and starts to brown for 2–4 mins.

Serve immediately. Offering guests a pair of scissors to snip the strands of cheese stretching from bowl to mouth is entirely optional—but reliably memorable.

Flourless Chocolate Cake

Serves 10–12

Dense and rich, closer to a baked chocolate custard than a cake. Best chilled before slicing.

INGREDIENTS

350 g dark chocolate (65–80%)
350 g butter, unsalted
350 g sugar
10 eggs
40 g cocoa powder
1 tsp good vanilla extract (ideally organic vanilla from Madagascar)



METHOD

Heat the oven to 350˚F.

Melt the chocolate, butter, and cocoa powder together over a water bath (or a double boiler) until smooth.

Whisk the eggs and sugar until slightly pale. Gradually fold in the chocolate mixture, then add the vanilla.

Pour into a parchment-lined cake pan so that the batter is about 1.5" high.

Bake for 7 minutes, then reduce the oven to 300˚F and bake for another 12 to 15 minutes. The centre should be just set but moist. Bake a little longer if needed.

Cool completely, then chill before slicing. Dust lightly with icing sugar and serve with an assortment of berries.