

Autumn Garden - Un iardin d'automne

Recipe description:

What do we have in our garden in France for Autumn? I have decided to create a dish that will juxtapose several textures and tastes, and picture my way of seing autumn in a plate. A balance dish between the acidity of lemon and complexity of squash, carrots and the french barley.

Number of portion Ingredients				
	4 Unit	Quantity for	Recipe steps	
				Purée of carrots with lemon
Carrots (could be yellow)	Kg	0,500	Peel and wash the carrots. Cut them in 1 cm dices (mirepoix); juice the lemon and cook the carrots with it, salt and pepper as well as a dash of water and olive oil. Mix very well and keep warm.	
Organic lemon	Pc	2		
Salt & Pepper	FM			
Virgin Olive oil	FM			
Black Lemon condiment			Black lemon condiment Peel the lemon and keep the segments. Blanch 3 times the peel (ziste +	
	Pc	5	zest) to remove some of the bitterness. From the beginning, add the black lemon in the water. Then, add the juice and cook the lemon peel and black lemon with the sugar. Mix well and keep aside.	
Organic lemon Black lemon	Pc	2		
Sugar	Kg	0,030		
Olive oil	FM	+	-	
Roasted Squash Condiment wash and cu the butternut in pieces. Roast in the oven at 200		Roasted Squash Condiment Wash and cu the butternut in pieces. Roast in the oven at 200°C for 35		
Squash	Kg	0,600	minutes with olive oil, salt and pepper. Add a little water before cooking. Keep nice slices for the plating and mix the rest for the condiment.	
Virgn Olive oil	FM			
Salt & Pepper	FM			
			Barley with herbs	
Barley with herbs Soak the barley to			Soak the barley for at least 12 hours before cooking. Cook them in a	
Dry barley	Kg	0,400	vegetable broth or water for around 30 minutes. Strain and keep aside. During the cooking time, in a mortar, crush the herbs with some mustard seeds and olive oil. Sauté in olive oil the barley, and add before serving the herbs condiment.	
Carrot leaves	FM			
Virgin Olive oil	FM			
Salt & Pepper	FM		1	
Mustard seed	Gr	10	Vegetables ravioles	
			Slices thinly the butternut and beetroot with a Japanese mandolin. Use a	
Vegetables ravioles			pastry cutter to shape how you want. Vacuum pack the vegetables and cook 9 minutes at 90°C with a dash of olive oil and 1% salt and pepper. Use when	
Butternut	Kg	0,300	cooked.	
Beetroot	Kg	0,300		
Salt & Pepper	FM		Carrots Sauce Reduce the carrot jus with a dash of lemon juice. Season and add some olive oil or butter. Serve hot.	
Carrots Sauce				
Carrots Jus (homemade or organic)	L	0,350		
Lemon	Pc	1		
Salt & Pepper	FM			
Virgin Olive oil				
		1		
		1	_	