

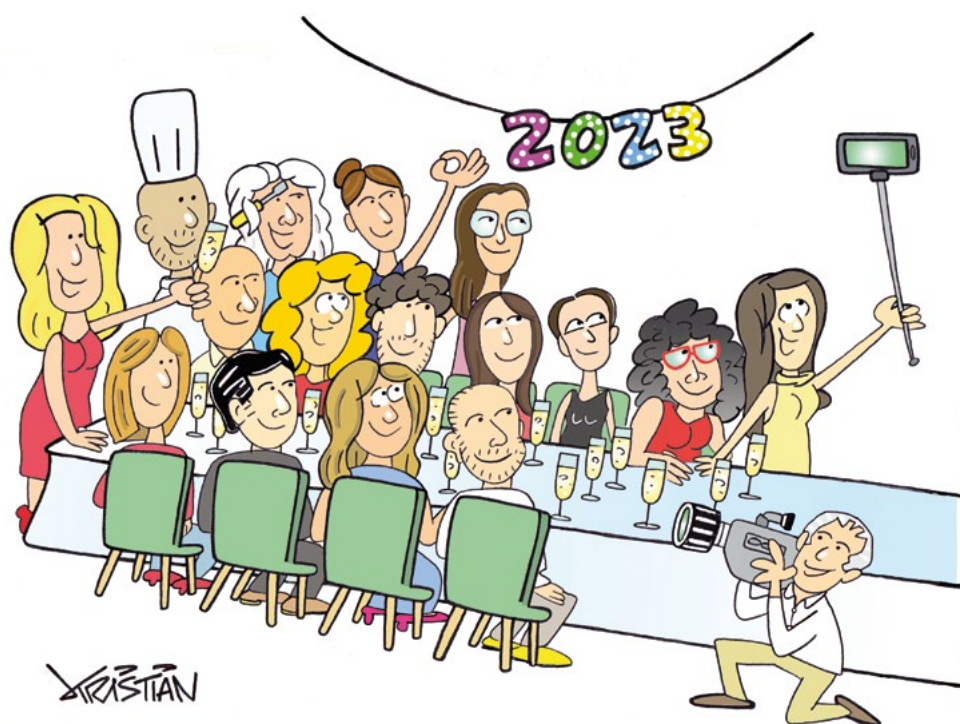


LA TRATTORIA

CATS

BUSINESS CENTER

EST. 1994, MONTE CARLO



KRISTIAN

The best of meals,
is the one we share with friends.

Henri-Frédéric Amiel

ÉDITO

In these happy times of sharing and joy, the banquet symbolizes the values of exchange and conviviality, embodied for more than 20 years by the CATS business centers.

You will find in this beautiful book, illustrated by the famous cartoonist Kristian, varied recipes, chosen by all CATS employees.

We also had the chance to be accompanied in our creative process by the great chef Joël Metony. The latter has honoured us by sharing a new recipe. The entire CATS team joins me in congratulating him and thanking him warmly for his participation in this unprecedented project.

Here is our joint gift, to thank you for your loyalty and your constantly renewed trust.

I hope that this sharing of a small part of intimacy will touch you and maybe encourage you to tell us about your favourite personal recipe!

Thank you to all my collaborators, for their fondness and their daily commitment.

Thank you to all our partners, for the fruitful exchanges and the regular mutual support.

Thank you to all the artists who share their works with us, within this book or through exhibitions in our premises.

Finally, thank you to all our loyal customers: they contribute every day to the growth of our activities and encourage us to follow the difficult, but instructive, path of excellence!

Odile Quéré

A handwritten signature in black ink, appearing to read 'Odile Quéré', with a long horizontal flourish extending to the left.

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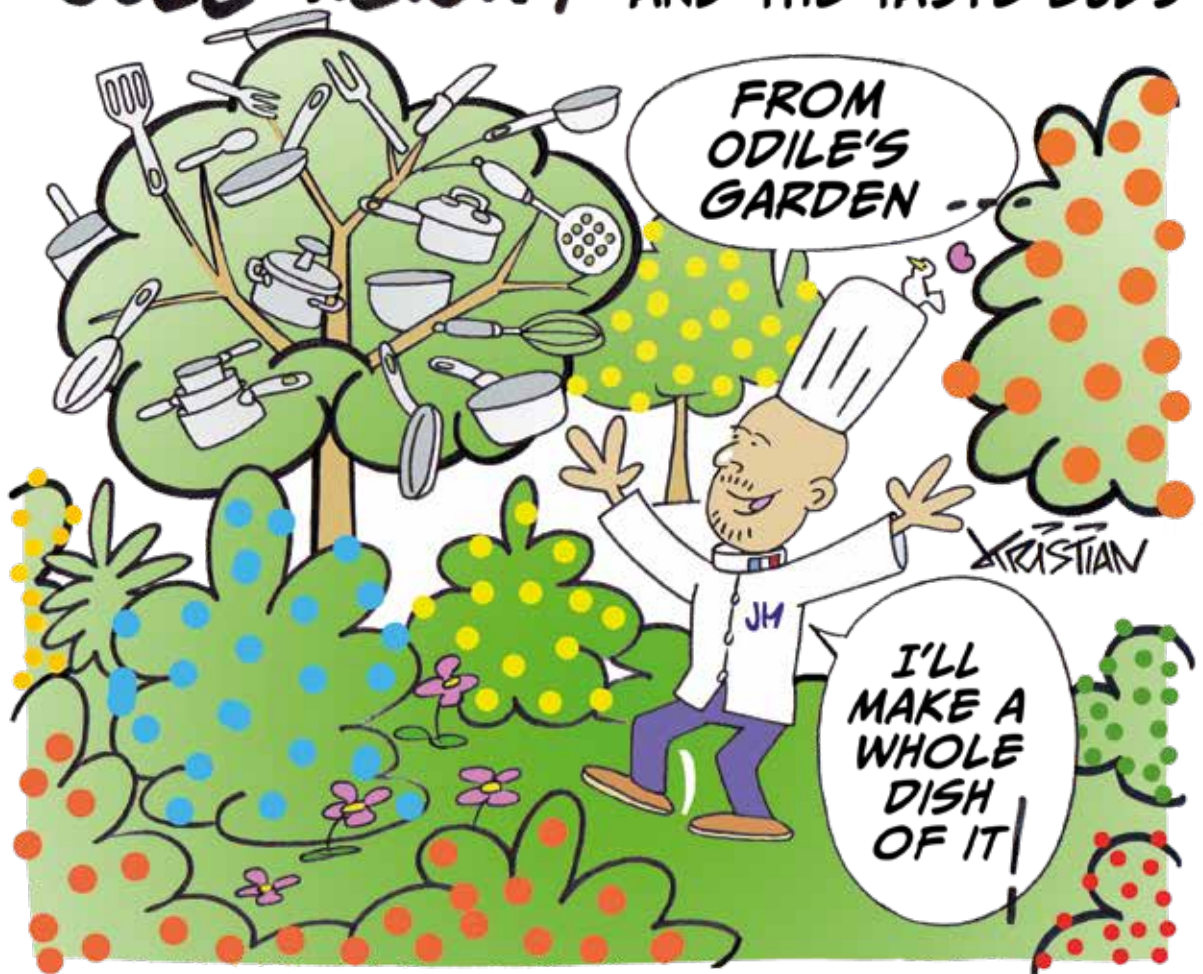
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CHEF'S RECIPE

JOËL METONY

JOËL METONY: AWAKENS THE SENSES AND THE TASTE BUDS





BLACK COD STEAK WITH PECAN CRUST BUTTERNUT CREAMINESS



SERVE 1

PREPARATION : 35 MINS

COOKING : 50 MINS

INGREDIENTS

For the cod fillet:

1 cod fillet

> 200 g

30 g of pecan nuts

10 g of spring onions

20 g of red onion

Olive oil

Salt & Pepper

For the butternut cream:

300 g of butternut

150 g of milk

½ litre of water

1 bouquet garni

1 onion

THE RECIPE, STEP BY STEP

Preparing the cod fillet:

Chop the pecans, spring onions, onions and mix together.

Place delicately on the skin side of the cod. Season with salt and pepper and put in the oven for 10 min at 180°.

Preparation of the butternut cream:

Cut the butternut into cubes - *not too small*.

Put the butternut in the stock and cook for 40 minutes.

Mix and add 50 g of butter to obtain a very smooth purée.

Season with salt and pepper and dress to your liking.

Enjoy!

TIPS AND HINTS

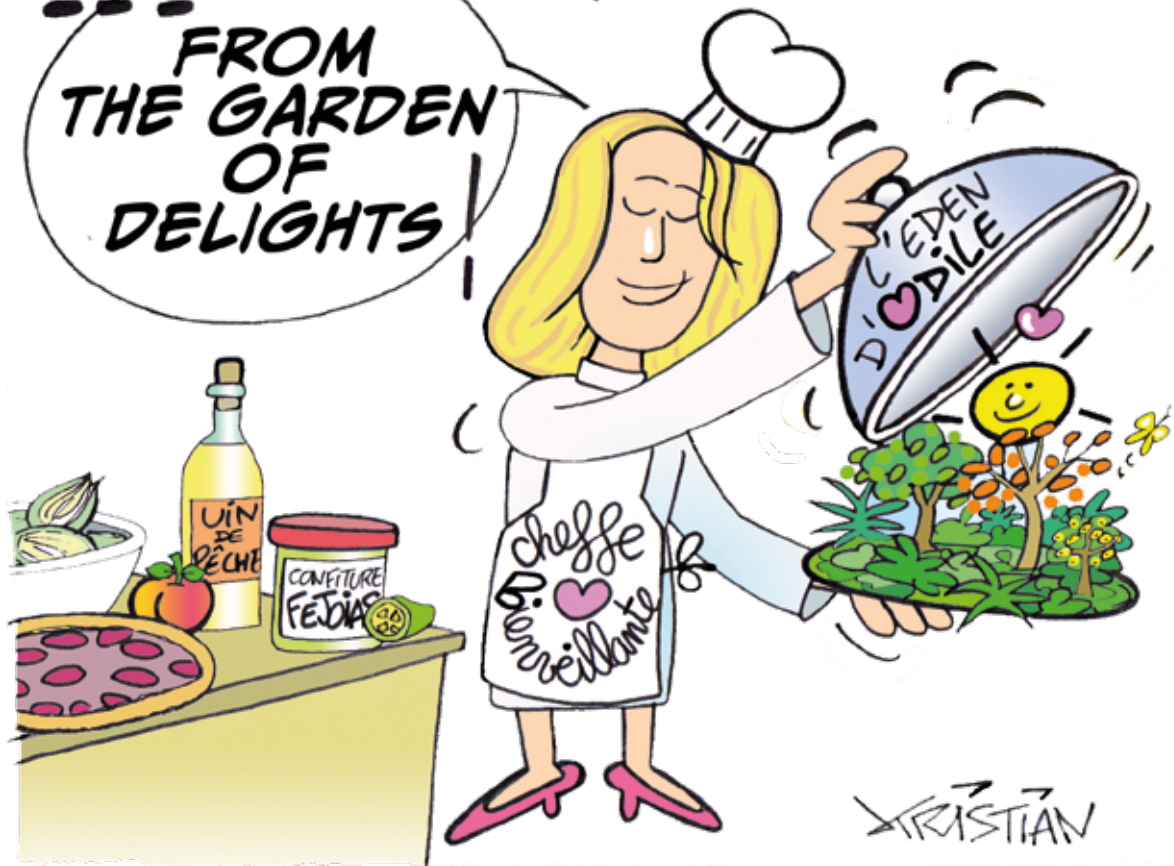
You can replace the pecans with previously roasted, chopped almonds.



RECIPES OF
ODILE

ODILE: MIXED SALAD, DAMSON PIE, PEACH WINE

FROM
THE GARDEN
OF
DELIGHTS!





MUM'S PEACH WINE



PEACH WINE

FOR 6 GUESTS

PREPARATION : 20 MINS

REPOS : 15 DAYS

INGREDIENTS

100 peach leaves

> *Well washed and picked*

after August 15

1 kg of white sugar

2 to 3 sachets of vanilla sugar

5 L of Corsican rosé wine from

sunny hillsides

1 L of 40° alcohol

> *Or possibly 45°*

THE RECIPE, STEP BY STEP

Put all the ingredients in a glass bowl, starting with the peach leaves.

Leave to macerate for 15 days, stirring at least once a day.

On the 15th day, filter and bottle.

Enjoy!

TIPS AND HINTS

Always keep a bottle well chilled in the fridge and serve in well chilled aperitif glasses. A feast for your taste buds!



FESTIVE FOIE GRAS



FOIE GRAS PATE IN SAUTERNES

FOR 4 GUESTS

PREPARATION : 20 MINS

INGREDIENTS

1 South-West duck liver
> *Already deveined at Picard*
400 g of Sauternes wine
1 teaspoon of fine salt
> *12 g of salt/kg of foie gras*
1 teaspoon of black pepper
1/4 teaspoon de 4 spices :
 nutmeg, ginger, cinnamon,
 clove
1/4 teaspoon of sweet paprika
1/4 teaspoon of ground ginger
1/2 teaspoon of Sichuan Pepper
> *Choose pepper which has been
 filtered through a sieve*
Crushed cardamon
> *To taste*

To seal the terrine:

100 g of flour
5 to 6 tablespoons of water

Equipment :

Terrine with a hole
> *No. 4 at Kitchen Basard*

TIPS AND HINTS

THE RECIPE, STEP BY STEP

Preparation of spices :

In a bowl, add the fine salt, black pepper, 4 spices, ground ginger and Sichuan pepper.

Preparation of the foie gras :

Halve the lobes of foie gras and place on a plate. Spread the spice mixture on top.

Place the lobes of foie gras in the terrine, rounded side, terrine side. Pour the Sauternes half way up the terrine.

Mix the flour and water until you get an elastic dough. Form a sausage out of the dough and place it on the edge of the terrine. Put the lid on top to push it together - *the terrine is sealed!*

Put the terrine in a bain-marie, and bake at 90° for 55 minutes over traditional heat.

Take out the terrine and put it in a paper towel to allow it to warm very slowly. After 5 hours, place it in the fridge in the tea towel and let it rest 3 days minimum before consumption.

Enjoy!

Remove from the mould before serving by dipping the bottom of the terrine for a few seconds in hot water.



PUMPKIN MOUSSE



SIPHON WHIPPED PUMPKIN MOUSSE

FOR 6 GUESTS

PREPARATION : 40 MINS

COOKING : 35 MINS

INGREDIENTS

1 Pumpkin
25 cl of almond milk
10 cl of single liquid cream
1 teaspoon of ground cumin
1 teaspoon of ground turmeric
Salt & Pepper

Equipment :

1 siphon
1 gas cartridge

THE RECIPE, STEP BY STEP

Clean and deseed the pumpkin. Cut the flesh in to pieces and place in a saucepan. Add the almond milk, ground cumin, turmeric, salt and pepper. Cook the pumpkin until cooked through - *about 25 to 35 min.*

Then put the pieces of pumpkin into the blender and add the single cream to obtain a smooth mixture.

Pour this mixture into the siphon.

Screw the head of the siphon back onto its tank then insert a gas cartridge and screw on the specific end piece on the head of the siphon until you hear a *"psst"* noise which means that the gas has been released into the tank.

Shake the siphon upside down, from top to bottom, then the right way up, to distribute the gas, and lay the siphon down on a shelf. Leave for at least 2 hours in the refrigerator before use.

To serve, shake the siphon vigorously again.

Test in a little shot glass over the sink to check the texture.

The mousse should be light and airy.

This beautiful orange coloured mousse is a real autumn delight!

TIPS AND HINTS

Serve in the desired glassware because the mousse in the siphon is light and airy and falls very quickly.



FRESHNESS SALAD



GARDEN FENNEL AND ORANGE SALAD

FOR 4 GUESTS

PREPARATION : 20 MINS

INGREDIENTS

For the salad :

2 to 3 lovely garden fennel

One beautiful orange

Mint

Basil

For the vinaigrette sauce :

1 teaspoon of mustard

Juice of one lemon

Menton mandarin oil

Salt & pepper

THE RECIPE, STEP BY STEP

Wash your fennel well before grating finely with a slicer.

Peel the orange and cut it into small pieces and keep back a few slices for decoration.

Prepare your vinaigrette sauce and mix in your finely grated fennel and your cut oranges.

Add the thinly sliced basil and mint.

Your salad is ready to eat.

Bon appétit !

TIPS AND HINTS

You can use any aromatic herbs which are in season (according to your tastes).



YAYA'S CHICKEN TAGINE



CHICKEN TAGINE WITH CANDIED LEMONS AND OLIVES

FOR 6 GUESTS

PREPARATION : THE DAY BEFORE + 35 MINS

COOKING : 35 MINS

INGREDIENTS

For the tagine:

1 kg of cubed chicken

4 onions

6 cloves of garlic

4 large tomatoes

1 thumb-size piece of fresh
ginger

Juice of 1 lemon

4 handfuls of purple olives

5 preserved lemons in salt

1 bunch of chopped coriander

1 30 cm diameter tagine

For the marinade :

1 glass of olive oil

1 tablespoon of turmeric

1 tablespoon of sweet paprika

1 pinch of Cayenne pepper

4 threads of saffron

Guerande sea salt

Freshly ground pepper

THE RECIPE, STEP BY STEP

The day before, prepare the marinade with olive oil, sweet paprika, turmeric, Cayenne pepper, salt and pepper.

Marinate the chicken legs overnight. The next day, fry the chicken pieces in the pan in the oil from the marinade until they are golden brown, then set aside.

In the same pan, brown the sliced onions, then add the crushed garlic and the seeded and crushed tomatoes. Add the ginger and saffron and simmer for 10 minutes over a low heat.

Pour into the tagine and then add the chicken pieces and sprinkle with lemon juice.

Cook covered for another 20 minutes over a low heat, add the coriander, olives and quartered preserved lemons.

Leave on the heat while the olives and lemons warm up.

This chicken tagine with oriental flavours, has been handed down from my Nanny Yaya from Morocco, who carried me through my childhood.

TIPS AND HINTS

Serve the tagine hot, accompanied by couscous and grilled vegetables.



SUMMER ESCAPE



MERINGUES & VANILLA ICE CREAM ON A STRAWBERRY COULIS

FOR 4 GUESTS

PREPARATION : 20 MINS

COOKING : 15 MINS

INGREDIENTS

500 g of seasonal strawberries

150 g of caster sugar

Juice of one lemon

Shop-bought meringues

Vanilla ice cream

A few mint leaves

A few flowers for decoration

THE RECIPE, STEP BY STEP

Preparation of the strawberry coulis:

Wash and hull the strawberries. Put them in a blender.

Add the juice of one lemon and 150 g of caster sugar.

Mix everything and keep cool in the fridge.

To prepare the plates:

Put the coulis in a deep dish.

Place the meringue in the centre of the plate and put a lovely scoop of vanilla ice cream in the middle.

Decorate your plate with mint and a flower.

All done, it looks magnificent and all you have to do is tuck in!

TIPS AND HINTS

Make the meringues yourself: beat the white of 2 eggs, add a little lemon juice and icing sugar! Bake for about 40 minutes at 100°.



GALETTE DES ROIS



MARZIPAN TART

FOR 4 GUESTS

PREPARATION : 20 MINS

INGREDIENTS

For the base:

500 g puff pastry

> Made the day before or shop bought

For the marzipan cream:

200 g ground almonds

100 g of caster sugar

75 g of butter

2 eggs

1 packet of vanilla powder

1 teaspoon of liquid vanilla extract

To decorate the galette:

1 egg

1 charm

1 figurine

1 crown for the Queen or the King

THE RECIPE, STEP BY STEP

Roll out the puff pastry with a rolling pin to a thickness of 5mm and cut out two circles (*rolled out*) of the same diameter, using a mould as a cutter. Cover a baking sheet with baking paper and place one of the sheets of rolled out pastry directly onto it.

In a salad bowl, mix the ground almond, the sugar and softened butter to make a smooth paste. Add the 2 eggs one by one, then the powdered vanilla and vanilla extract. Pour this cream over the pastry sheet placed on the baking sheet, leaving enough room to stick the two sheets together.

Separate the egg yolk and white. Brush the egg white on the free edge. Place the charm and the figurine into the cream by pushing it down well and cover with the second layer of pastry. Press down all around to let the pastry stick and make little incisions with a knife edge and little designs.

Press down the knife quite hard without actually tearing the pastry so that the designs are visible after cooking.

Glaze the galette with the egg yolk mixed with a touch of water with a brush. Bake for 40 mins at 180° then lower to 160° for 10 mins.

Enjoy!

TIPS AND HINTS

Arrange your galette on a pretty festive dish! How exciting : the person who wins the charm, gets the crown!



DAMSON PIE



PIE WITH FRESHLY PICKED DAMSONS FROM THE GARDEN

FOR 4 GUESTS

PREPARATION : 25 MINS

COOKING : 35 MINS

INGREDIENTS

For the filling :

500 g of damsons

3 tablespoons of brown sugar

2 tablespoons of ground

almonds

1 teaspoon of ground cinnamon

1 sachet of vanilla sugar

For the shortcrust pastry :

250 g of wheat flour

50 g of icing sugar

20 g of white sugar

125 g of softened butter

> *Cut into cubes*

1 egg yolk

1 pinch of salt

30 g lukewarm water

THE RECIPE, STEP BY STEP

Using your hands, rub the butter and flour together. When the butter has been totally absorbed by the flour, add the icing sugar. You want the dough to have the texture of a fondant and not be crumbly.

Add the egg yolk, the cold water and then a pinch of salt. Mix all the ingredients together. As soon as the pastry comes together, wrap it in cling film and leave to cool for 30 mins in the fridge.

Press the mixture evenly in your tart mould; sprinkle over a little white sugar and then cover with cooking paper. Put it in the oven for 10 mins at 180° until it starts to turn golden.

Meanwhile wash the fruit in cold water, cut into quarters removing the stones and put in a sieve.

Take your golden pastry out of the oven and sprinkle a little almond powder on the bottom with a little brown sugar. Then place your fruit evenly on the bottom of the tart. Sprinkle with brown sugar. Bake for 35 mins at 200°.

When the tart is cooked, take it out of the oven and sprinkle with cinnamon and icing sugar. A delight!

TIPS AND HINTS

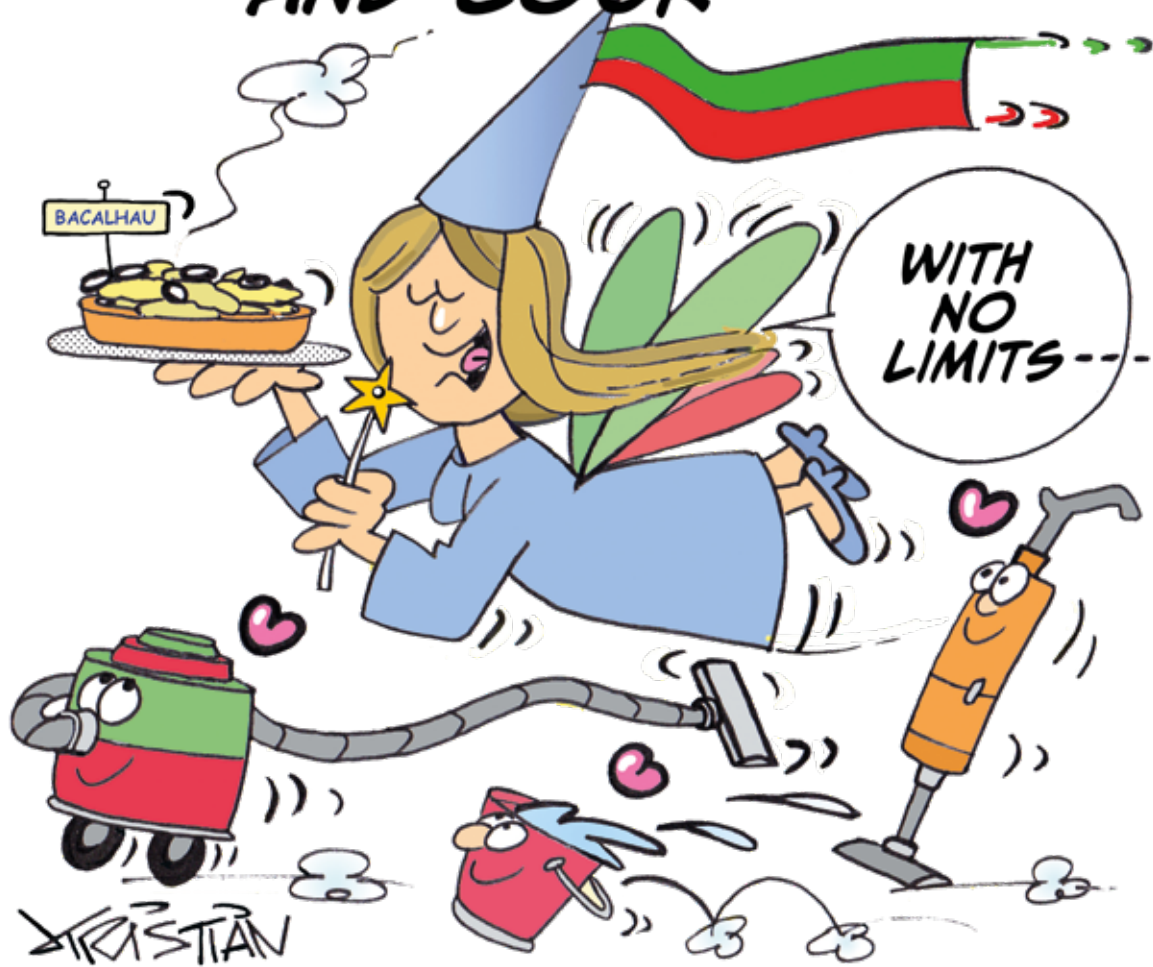
Remember to prick the pastry with a fork so that it doesn't swell during cooking.



RECIPES OF

ADÉLAÏDE

ADELAÏDE = THE PERFECT HOUSEWIFE --- AND COOK





BACALHAU TO MINHOTA



MINHO-STYLE FRIED COD

FOR 4 GUESTS

PREPARATION : 30 MINS

COOKING : 15 MINS

INGREDIENTS

4 desalted cod fillets
1 kg of potatoes
2 eggs
2 onions
1 pinch of paprika
6 cloves of garlic
50 ml of olive oil
1 bay leaf
White vinegar
1 tablespoon of parsley
1 tbsp of wheat flour
Frying oil
Salt & Pepper

THE RECIPE, STEP BY STEP

Add your eggs to a pan of water; add a splash of vinegar and bring to the boil. Once boiling, cook for 7 minutes. After cooking, run under cold water, peel and set aside.

Peel and cut the onions and garlic into rings. Sauté the olive oil, onion and garlic rings with a bay leaf, in a hot pan. Cook until the onion and garlic have browned. Add the vinegar, salt, pepper and the paprika. Mix and remove from the heat. Set aside.

Peel and cut the potatoes into disks. Fry them in hot oil, drain them and season with salt. Coat the cod fillets in flour and fry them on both sides. Drain and set aside.

Mix the eggs and add the chopped parsley. Set aside.

Start by plating the potatoes, then add the fish. Put the onion between the fish and the potatoes. Serve the egg and parsley mixture alongside the dish.

The Minho-style fried cod is ready!
Serve hot.

TIPS AND HINTS

Vous pouvez accompagner la morue frite de Minhota avec des légumes verts (épinards...) à adapter selon vos goûts.



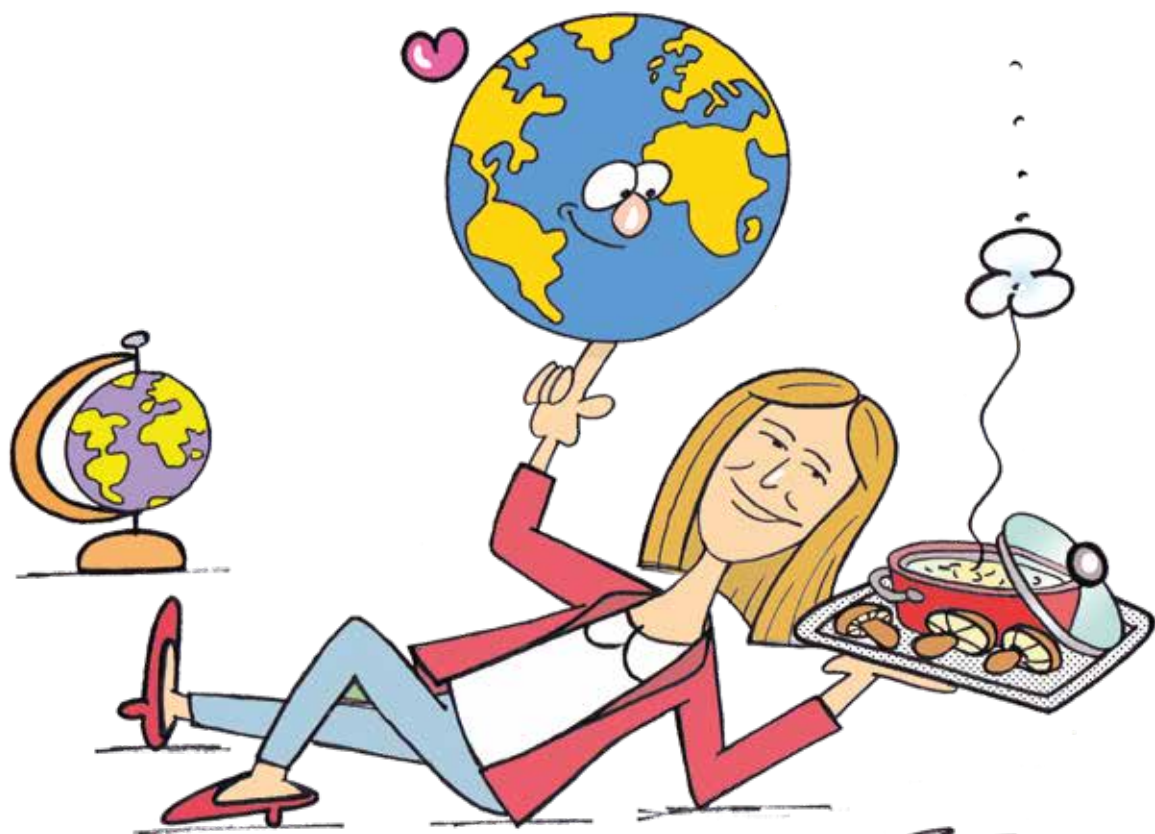
RECIPE OF

CÉLINE



CÉLINE: FUNGHI RISOTTO*

* OFFICIAL TRANSLATION: MUSHROOM RISOTTO



KRISTIAN



RISOTTO AI FUNGHI



MUSHROOM RISOTTO

FOR 4 GUESTS

PREPARATION : 20 MINS

COOKING : 50 MINS

INGREDIENTS

240 g Risotto rice

> *Carnaroli type*

200g of button mushrooms

1 onion

80 g of butter

50 g white wine

60 g of Parmigiano-Reggiano

1 handful of parsley

1 vegetable stock cube

1 L of water

Olive oil

Salt & Pepper

THE RECIPE, STEP BY STEP

Clean the mushrooms and remove the earthy stems.
Slice and set aside.

In a pot, melt half the butter - 40g.

Fry the previously chopped onion.

Add the mushrooms and leave to cook for about 5 mins over a medium heat.

Add the rice and mix occasionally until the rice is toasted.

Add the white wine and leave to simmer until all the alcohol has been evaporated.

Meanwhile boil 1 litre of water in a pan and add the vegetable stock cube following the instructions on the packet.

Gradually add the broth to the rice and mushrooms. The cooking lasts about 14 minutes.

When the risotto is ready, add the remaining butter, olive oil, salt, pepper and mix. Finish off with the parmesan and a handful of parsley.

Il risotto ai funghi è pronto !

Buon appetito !

TIPS AND HINTS

Risotto can be made with other types of vegetables, vary according to the seasons!



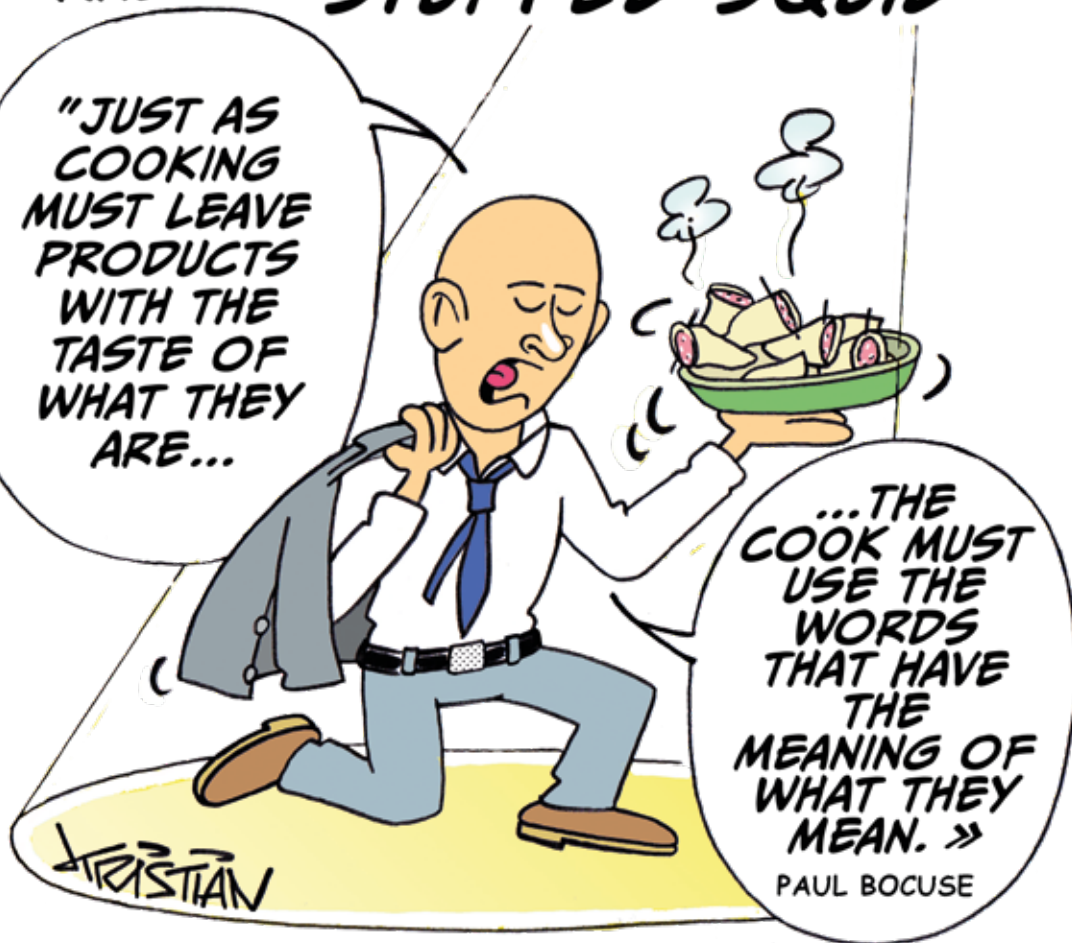
RECIPE OF

CHRISTIAN



CHRISTIAN: ELOQUENCE AND... STUFFED SQUID

"JUST AS
COOKING
MUST LEAVE
PRODUCTS
WITH THE
TASTE OF
WHAT THEY
ARE..."



...THE
COOK MUST
USE THE
WORDS
THAT HAVE
THE
MEANING OF
WHAT THEY
MEAN. »

PAUL BOCUSE

CHRISTIAN



SQUID A LA SÉTOISE



STUFFED SQUID À LA SÉTOISE

FOR 4 GUESTS

PREPARATION : 30 MINS

COOKING : 3 HOURS

INGREDIENTS

For the stuffing:

4 average sized cleaned squid

> Fresh if possible or frozen

400 g of sausage meat

1 slice of bread soaked in milk

2 eggs

Garlic, Parsley, Herbes de

Provence - *dried Mediterranean spices*

Salt & Pepper

For the sauce :

1 onion

20 cl of dry white wine

1 tin of crushed tomatoes

1 sugar,

1/4 glass of water

1 teaspoon of tomato puree

Bay leaf, Garlic, Chilli pepper

Salt & Pepper

Side dish:

Aioli

> Optional

TIPS AND HINTS

THE RECIPE, STEP BY STEP

Rinse and dry the squid well.

In a salad bowl, beat the eggs like an omelette and add the sausage meat, the breadcrumbs, garlic, parsley, pepper and herbes de Provence. Mix well and fill the squid tubes. Secure with a wooden cocktail stick.

Gently fry the squid in a pan with a little olive oil until golden and until the cooking water has evaporated.

Add the chopped onion and let it sweat.

Then the white wine, the crushed tomatoes, the tomato puree, the water and the aromatics (bay leaf and garlic) and season with salt and pepper.

The squid must be covered with the sauce - *if necessary, add more white wine and tomatoes.*

Simmer for about 3 hours.

When the sauce is sufficiently reduced, turn down the heat.

Add the aioli if desired, adjust the seasoning of the sauce and add a dash of chilli pepper.

Put the squid back into the covered pan to heat for a few minutes.

Serve the sauce-covered squid with spaghetti or white rice.

If you want to prepare the sauce quickly, remove the squid and simmer whilst covered for 30 minutes over a high flame.

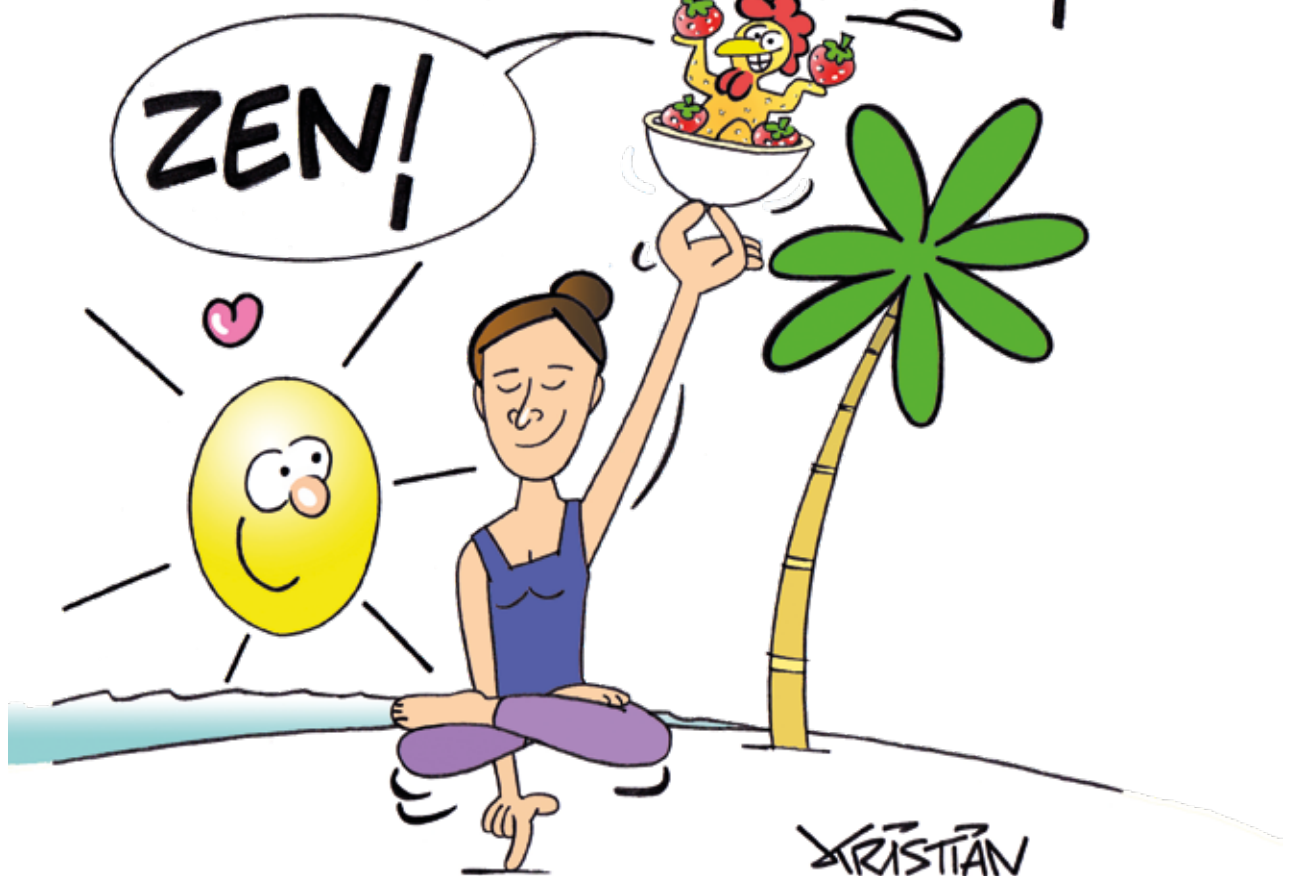


RECIPÉ OF

CONCETTA



CONCETTA: CHICKEN SALAD WITH STRAWBERRIES!





DETOX SALAD



CHICKEN, STRAWBERRIES, AVOCADOS & SPINACH SALAD

FOR 4 GUESTS

PREPARATION : 20 MINS

COOKING : 15 MINS

INGREDIENTS

400 g of chicken breast
200 g of fresh spinach
1 avocado
Juice of one lemon
2 tablespoons of olive oil
1 handful of sesame seeds
1 handful of whole almonds
Salt & Pepper

THE RECIPE, STEP BY STEP

First, grill the chicken breasts.

Meanwhile, place the fresh spinach(washed and dried) in a large bowl with the sliced strawberries.

Then add the grilled chicken, the peeled ripe, sliced avocado, a pinch of salt, ground black pepper and a drizzle of extra virgin olive oil.

Finally drizzle with lemon juice and mix all together.

Serve decorated with roughly chopped almonds and sesame seeds to taste.

**The chicken, strawberry, spinach and avocado salad is ready!
Enjoy!**

TIPS AND HINTS

Instead of lemon juice, you can use a little balsamic vinegar which goes well with the strawberries!
Your salad will be just as flavoursome.

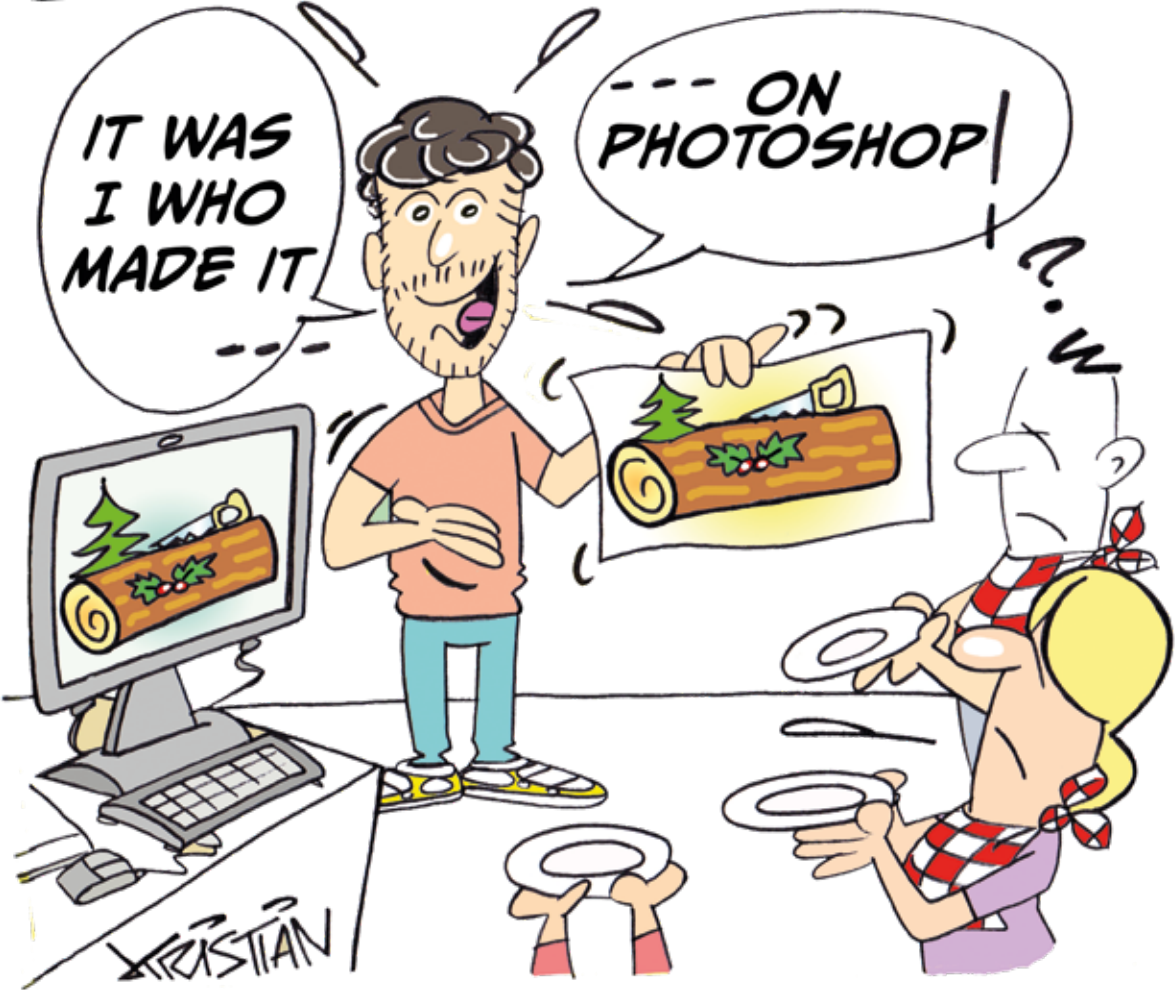


RECIPES OF

DORIAN



DORIAN: THE YULE LOG





MOZZARELLA IN CARROZZA



“LIGHT” FRIED MOZZARELLA - BAKED VERSION

FOR 4 GUESTS

PREPARATION : 15 MINS

COOKING : 15 MINS

INGREDIENTS

200 g of mozzarella
8 slices of sandwich bread
2 eggs
50 g of semi-skimmed milk
Breadcrumbs
Salt & Pepper

THE RECIPE, STEP BY STEP

Cut off the crusts of the sandwich bread.
Pat dry the mozzarella and cut into slices.

Lay out slices of the crustless bread and divide the mozzarella slices between them. Place another slice of bread on top (making 4 mozzarella sandwiches)

You need 2 bowls: one with the milk and one with the breadcrumbs. In another bowl, beat the eggs, add salt and pepper.

For the coating, soak the mozzarella sandwiches first in the milk, then in the eggs and finally coat in the breadcrumbs.

Place the sandwich on a baking tray covered with greaseproof paper. Cook in the oven for 15 min at 200°.

The Mozzarella in Carrozza are ready!
Serve warm and runny as an appetiser.

TIPS AND HINTS

To make even tastier, you can add cooked ham or vegetables for a vegetarian version.



TIRAMISÙ DELLA MAMMA



COFFEE TIRAMISU

FOR 8 GUESTS

PREPARATION : 40 MINS

COOKING : 15 MINS

INGREDIENTS

250 g of sponge fingers

750 g of mascarpone

300 g of coffee

> *Sugar to taste*

260 g of extra fresh organic eggs

> *About 5 medium sized eggs*

120 g of sugar

Bitter cocoa for sprinkling

THE RECIPE, STEP BY STEP

Start by making the coffee and letting it cool.

Separate the egg whites. Whip the egg whites, gradually incorporating half the sugar - 60g. The mixture must be clear and foam-like. Then add the mascarpone until you obtain a dense and compact mixture. Set aside.

Beat the egg whites until stiff and add them gently to the mixture using a spatula. The cream is ready.

Spread a generous spoonful across the base of the plate. Soak the sponge fingers in the coffee and then use them to cover the cream base. Add a new layer of mascarpone cream and repeat the operation.

Finish with a layer of cream. For the leftover cream, transfer into a 12 mm diameter piping bag and decorate. With a little sieve, sprinkle on the cocoa.

Tiramisu della Mamma is ready!

Leave to cool for an hour or so before serving.

TIPS AND HINTS

Make your own sponge fingers!

Mix 2 eggs, 50g of sugar, 50g of corn flour and icing sugar. Whip the egg whites and add the yolks and corn flour. Place on a baking tray and sprinkle with icing sugar. Cook for 11 minutes at 190° and it's ready!



PHOTOSHOPED LOG



NUTELLA CHRISTMAS YULE LOG

FOR 8 GUESTS

PREPARATION : 40 MINS

COOKING : 15 MINS

INGREDIENTS

For the rolled biscuit:

80 g of corn flour

½ sachet of baking powder

3 eggs

130 g of sugar

1 teaspoon of ground vanilla pod

300 g of Nutella

For the syrup:

25 g of sugar

50 g of water

For the glaze :

100 g of Nutella

10 cl of full fat liquid cream

20 cl of mascarpone

THE RECIPE, STEP BY STEP

Separate the yolks from the egg whites. Whisk the yolks with the sugar to whiten them, add the corn flour and baking powder. Beat the egg whites until stiff and fold them gently into the mixture using a spatula.

Cover a baking tray with baking paper and spread the mixture on it with the back of a spatula - *the thickness must be even*. Bake at 180°C for 15 minutes. Take the biscuit out of the oven and place on a clean tea towel, remove the cooking paper and roll the biscuit in the tea towel.

Heat the sugar and water in a pan for 5 mins. Leave to cool.

Whip the liquid cream firmly. Add the Nutella and the mascarpone. Keep cool for 30 minutes.

Remove the rolled biscuit from the tea towel and drench with syrup using a pastry brush. Spread the Nutella on the biscuit with the help of a spatula and roll. Using a spatula, cover with icing sugar and decorate with a fork to make it look like a log.

“Jealous people will say it’s been photoshopped”

Enjoy!

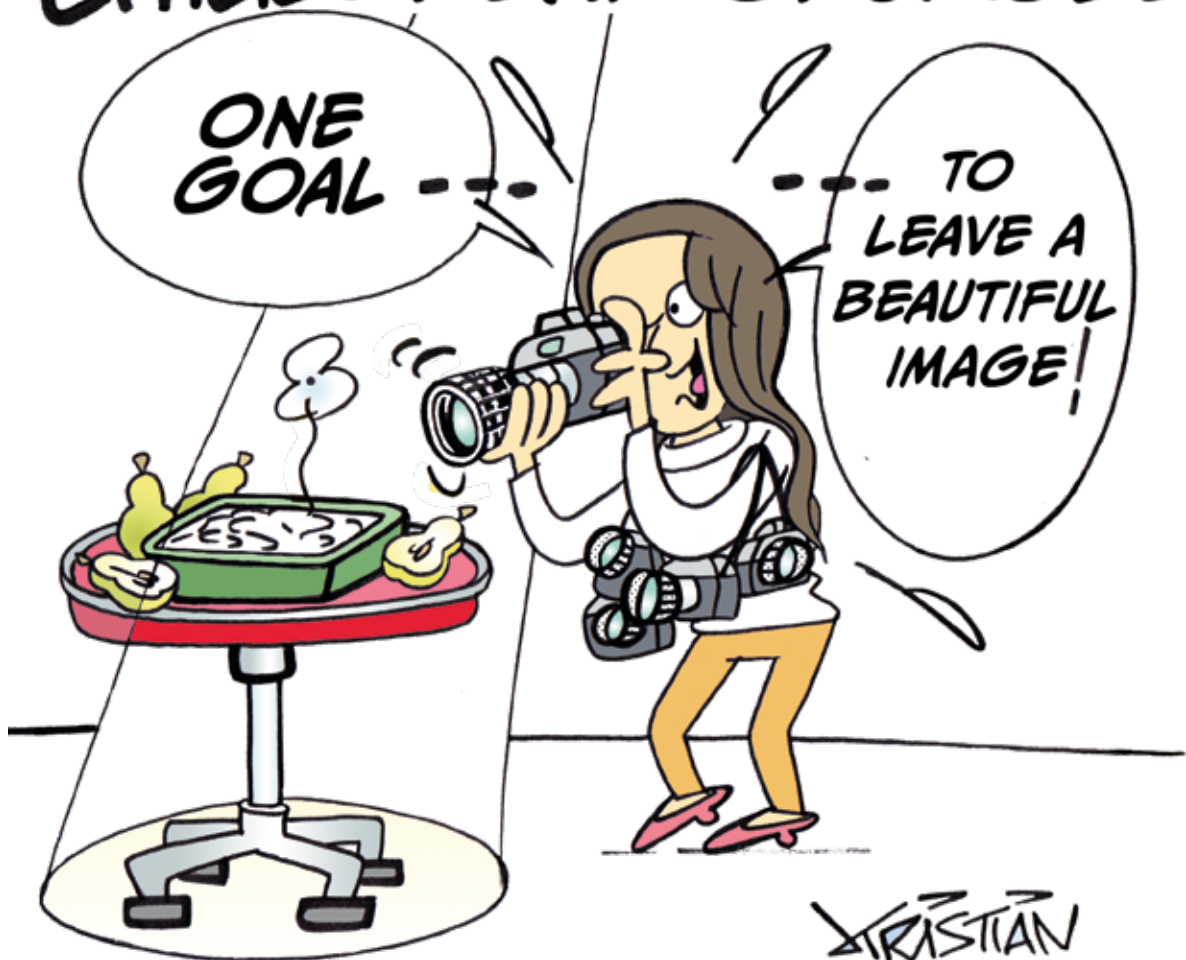
TIPS AND HINTS

For a festive spirit, you can add little chocolate log decorations like a snowman, Santa, golden sledges, a fir tree etc Let your creativity run wild!



LES RECETTES D'
ÉMILIE

ÉMILIE: PEAR CRUMBLE





SUMMER SALAD



BULGAR SALAD AND ITS SWEET AND SOUR VINAIGRETTE

FOR 4 GUESTS

PREPARATION : 20 MINS

COOKING : 12 MINS

INGREDIENTS

For the vinaigrette:

2 teaspoons of mustard
2 tablespoons of balsamic vinegar
6 tablespoons of olive oil
1 teaspoon of honey
1 pinch of salt
1 pinch of pepper
1 teaspoon of paprika

For the garnish :

1 glass of Bulgar wheat
> 1 average sized glass for 2 people.
2 g of Feta
 $\frac{1}{4}$ of a watermelon
6 sprigs of dill
A mixture of seeds
> To taste
The zest of $\frac{1}{2}$ a lemon
The zest of $\frac{1}{2}$ a lime
> Optional

THE RECIPE, STEP BY STEP

Preparation of the vinaigrette:

Use a fork to mix the mustard, vinegar, salt, pepper and paprika. Add the honey. Mix. Add the olive oil, mix. Your sauce is ready.

Preparation of the topping :

Cook the bulgur wheat following the instructions on the packet. Once cooked, drizzle over some olive oil and mix then cool for about 30 minutes.

Cut the watermelon into small cubes. Crumble the Feta with your fingers. Chop the dill.

Once the bulgur wheat has cooled, add the watermelon, Feta and dill; top with the seed mixture Mix well.

Zest half a lemon over the top.

Sprinkle with paprika (two pinches)

Serve the vinaigrette alongside for seasoning.

Bon appétit !

TIPS AND HINTS

You can also add a little lime zest with the lemon if you'd like a splash of colour.



EMILIE'S CRUMBLE



PEAR & DARK CHOCOLATE CRUMBLE

FOR 6 GUESTS

PREPARATION : 20 MINS

COOKING : 30-35 MINS

INGREDIENTS

For the crumble:

100 g of wheat flour

50 g of ground almond

125 g of soft butter

80 g of crushed hazelnuts

100 g of brown sugar

1 sachet of vanilla sugar

For the garnish :

5 to 6 pears

1 teaspoon of cinnamon

50 g of white sugar

50 g of dark chocolate pieces

THE RECIPE, STEP BY STEP

Preparation of the crumble mix:

Pour the flour, the ground almond and the brown sugar into a large bowl. Crumble the softened butter on top with your fingers - *the butter must be at room temperature.*

Using your fingers, mix the flour/sugar/almond powder mixture to make a lumpy paste. Add the hazelnut pieces and mix. Keep cool

Preparation of the topping :

Preheat the oven to 180°C.

Peel and core the pears and cut into rough cubes.

Boil the water with the sugar and cinnamon. When boiling, add the pears and poach for 5 minutes. Gently take the pears out with a slotted spoon and place them at the bottom of the dish.

Add the chocolate pieces, dividing them out over the whole dish. Place the crumble on top, covering the pears. Bake for about 30-35 minutes and make sure it doesn't burn!

Serve warm with a scoop of vanilla ice cream for those with a sweet tooth.

TIPS AND HINTS

The crumble is ready when the pastry is lovely and golden. It mustn't be too white or too dark!



RECIPES OF
JORGE

JORGE: ALFAJORES DE MAICENA





ALFAJORES



ARGENTINIAN COOKIES AND DULCE DE LECHE

FOR 12 GUESTS

PREPARATION : 25 MINS

COOKING : 15 MINS

INGREDIENTS

For the biscuits:

100 g of flour

150 g of corn starch

¼ teaspoon of bicarbonate of soda

1 teaspoon of baking powder

100 g of soft butter

80 g of sugar

2 organic egg yolks

1 teaspoon of organic vanilla extract

The zest of 1/2 an organic yellow lemon

For the decoration and garnish:

1 pot of dulce de leche

Desiccated coconut

Dulce de leche

1 tin of sugary concentrated milk

THE RECIPE, STEP BY STEP

In a pressure cooker, cover the can of sweetened condensed milk with water. Leave to cook for 40 mins and set aside.

In a bowl, whip the soft butter and the sugar to obtain a cream. Add the egg yolks, vanilla extract and lemon zest and continue beating. Add the dry, sieved ingredients over several steps: the flour, corn flour, baking powder and bicarbonate of soda.

Form a dough and make a ball. Cover with cling film and refrigerate for 30 minutes.

Spread out the dough and roll it out with a rolling pin (0.5 cm thickness). Using a cookie cutter or a glass, cut out 5-cm diameter circles. Place them onto a baking sheet lined with baking paper. Cook for 10/15 minutes at 180°C (T.6). The biscuits must not become golden. Leave to cool on a cooling rack.

Using a spoon - or an icing bag, spoon or pipe the dulce de leche onto the biscuits. Cover with another biscuit to make a sandwich.

Roll the finished biscuits (Alfajores) in grated coconut and they're ready! Store in an airtight box.

TIPS AND HINTS

When preparing, we recommend you do not knead the dough too much. The biscuits are fragile when they come out of the oven, they harden slightly on cooling.

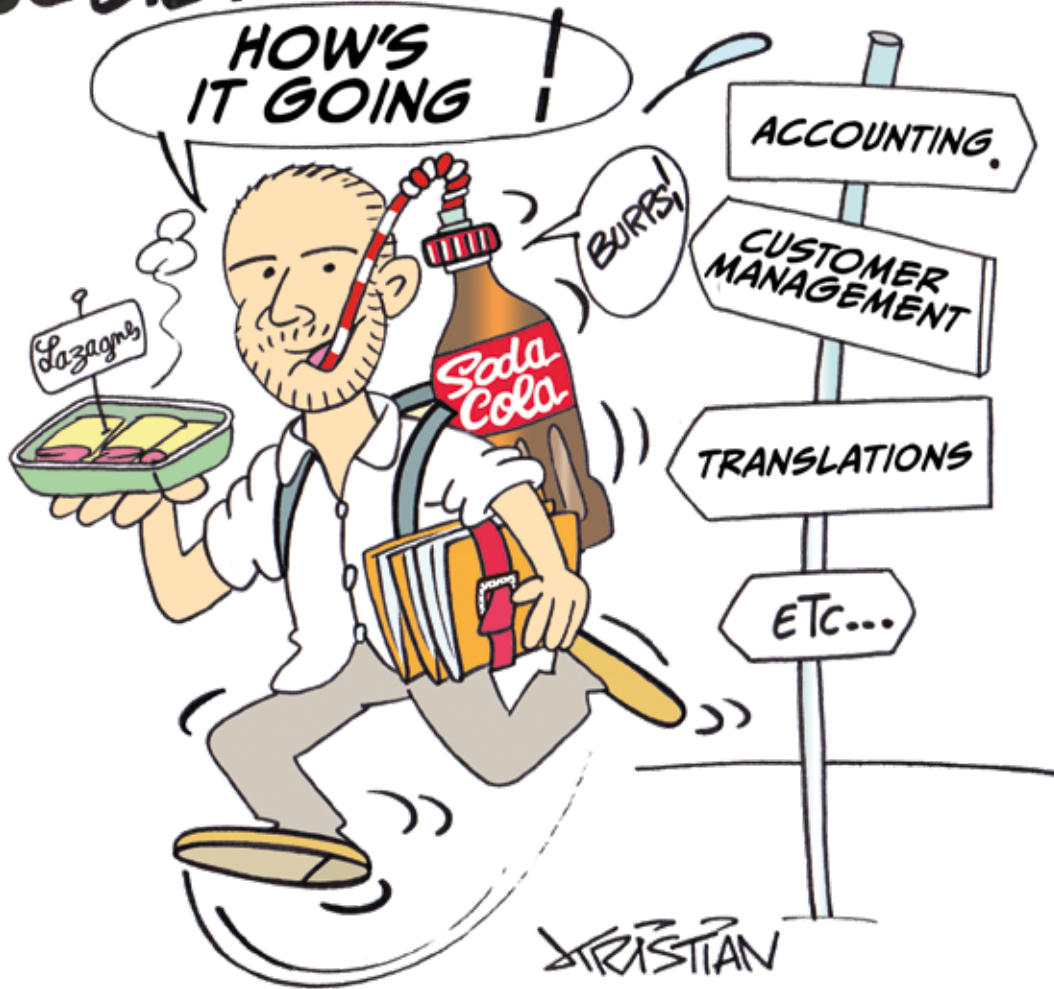


RECIPE OF

JULIEN



JULIEN AND HIS LASAGNA





NEW VERSION OF LASAGNE



LASAGNE BOLOGNAISE WITHOUT BECHAMEL

FOR 4 GUESTS

PREPARATION : 25 MINS

COOKING : 25 MINS

INGREDIENTS

1 packet of lasagne sheets
350 g of minced beef
1 tin of peeled and crushed
tomatoes
1 onion
200 g of mozzarella
100 g of Parmigiano Reggiano
40 cl of single cream
Olive oil
Salt & Pepper

THE RECIPE, STEP BY STEP

Peel and slice the onion.
Drizzle some oil into a pan.
Sauté the onion until transparent.

Add the minced beef and cook for 5 minutes.
Next add the crushed tomatoes, salt and pepper and leave to
simmer for 20 minutes. Set aside.

Preheat the oven to 200°C.

Drizzle some oil into a gratin dish.
Place a layer of lasagne sheets in the dish then cover with
the mixture. Then add the mozzarella then sprinkle with
parmesan.

Repeat the process by placing a layer of lasagne, a layer of
beef mixture and then a layer of mozzarella and parmesan,
continue until all the ingredients are used up.

Finish by covering with single cream. Season to your liking.
Bake for about 25 minutes.

Eat warm.

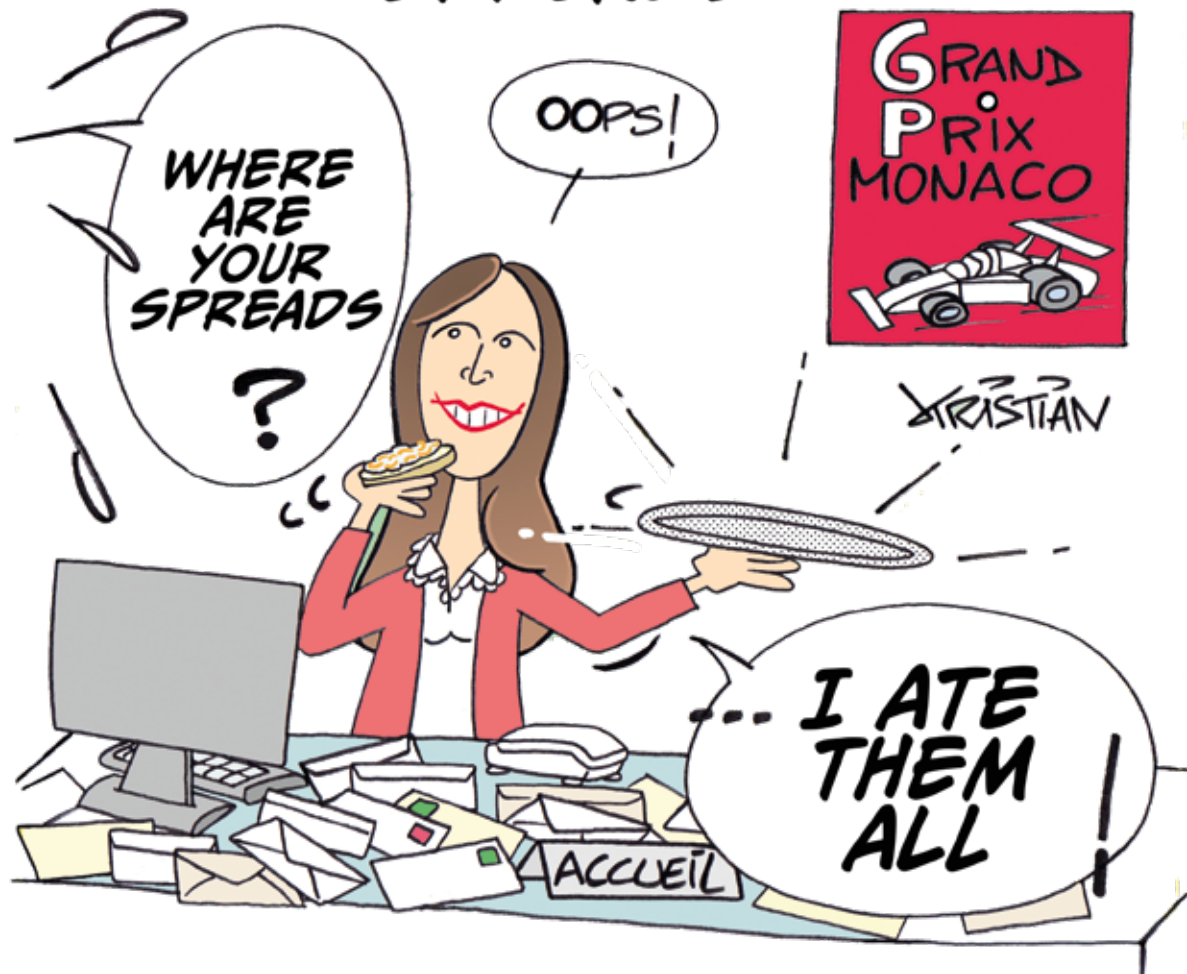
TIPS AND HINTS

For even more indulgence, cover the lasagne dish with
mozzarella and grated parmesan, then bake.



RECIPES OF
MAGALI

MAGALI AND HER GOURMET SPREADS





SARDINE SPREAD



SARDINE & SAINT-MORET SPREAD

FOR 4 GUESTS

PREPARATION : 20 MINS

INGREDIENTS

2 tins of sardines
100 g of St-Môret
Juice of one lemon
1 small bunch of chives
2 shallots
> Optional
Salt & Pepper

THE RECIPE, STEP BY STEP

Crumble the sardines in a small bowl, removing the central bone.

Add the cheese, the very thinly sliced shallots and the small bunch of very finely chopped chives, a little pepper and salt.

Mix everything well with a spatula until the ingredients are evenly distributed.

Chill a little, and it's ready to spread as an appetizer or as a starter.

TIPS AND HINTS

Spread onto lightly oven-grilled bread or toasted in a pan.



TUNA SPREAD



TUNA, KIRI & CURRY SPREAD

FOR 4 GUESTS

PREPARATION : 20 MINS

INGREDIENTS

1 tin of tuna in its natural
juices
6 portions of Kiri
> *Processed cheese*
1 teaspoon of curry powder
> *Can be adapted to your liking*
1 bunch of coriander

THE RECIPE, STEP BY STEP

Wash and chop the coriander

Rinse the tuna and place it in a salad bowl
Mash it with a fork then add the portions of Kiri and the
curry powder.

Mix vigorously, then add the chopped coriander.

Keep refrigerated until ready to serve.

TIPS AND HINTS

For a lighter, guilt-free version, cut sticks of raw vegetables
(cucumber, carrot, fennel, etc.)

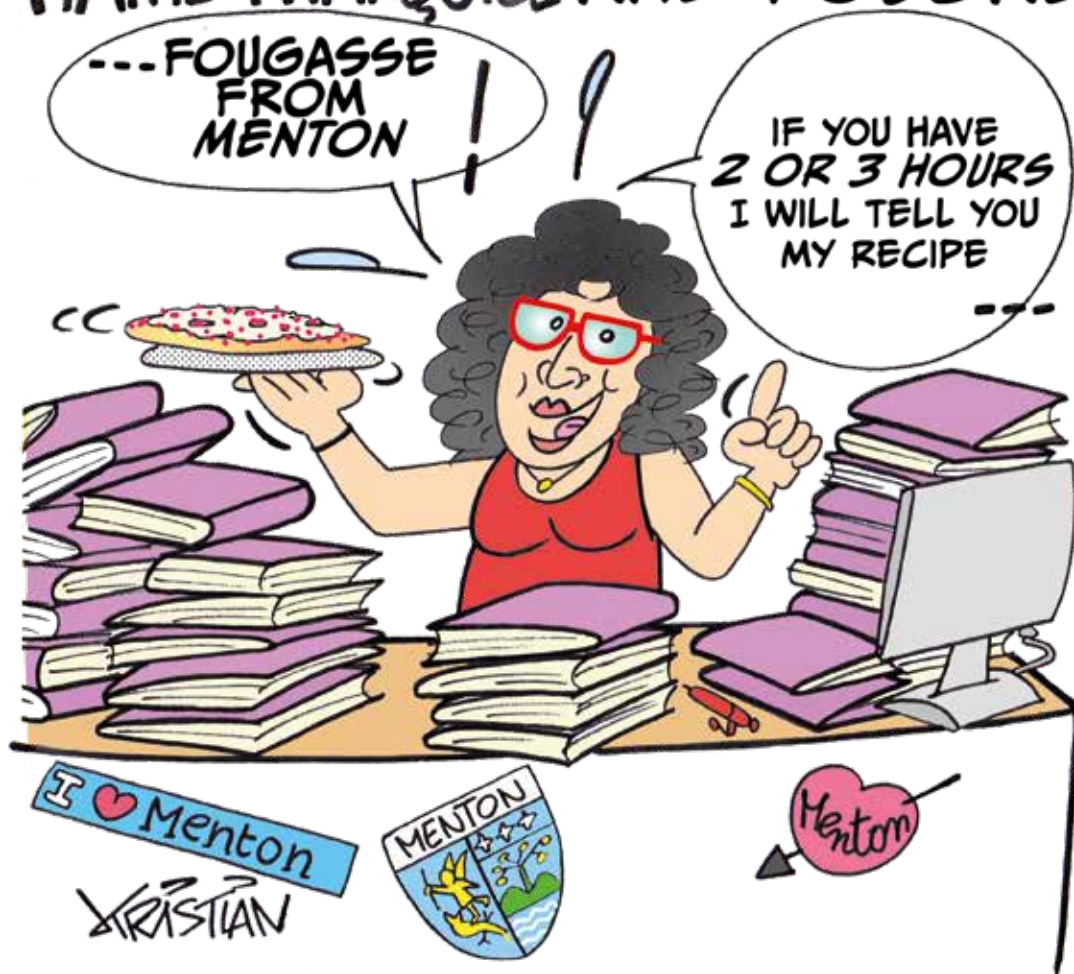


RECIPE OF

MARIE-FRANÇOISE



MARIE-FRANÇOISE AND FOUGASSE





A FUGASSA



FOUGASSE MENTONNAISE

FOR 10 GUESTS

PREPARATION : 25 MINS + Raising of the dough 10 hours
COOKING : 30 MINS

INGREDIENTS

500 g of wheat flour
40 g of baker's yeast dissolved in a little warm water
100 g of ground almond
50 g of crushed pine nuts
50 g of raisins
100 g of bitter almonds
> or 100g of sweet almonds
100 g of sugar
2 tablespoons of orange blossom water
½ glass of white wine
½ glass of ground-nut oil
1 pinch of salt
A few sugared almonds

THE RECIPE, STEP BY STEP

Dip the almonds into the tepid water.
Remove the skin and crush.

Put on the kneading board: the flour, sugar, baking powder, oil, wine, orange blossom water. Mix it all well.

Then add the almonds, crushed pine nuts, raisins and knead the dough again until it comes off the fingers. Cover the pastry with a tea towel.

Let the dough rise for about 10 hours. It is better to knead it in the evening and put it in the pie dish the next morning and let it rise again for about an hour.

Add a few sugared almonds to the pastry.
-E counfeture, in dialect

Bake for 30 minutes (6 - 180°). After cooking, take out of the oven, drizzle delicately some orange blossom water and sprinkle with fine sugar.

**A fougassa ese prouna...
Bouana degustacian !!**

TIPS AND HINTS

For it to rise quickly, you can let the dough rest for about 1½ to 2h covered with a damp cloth, at room temperature and away from drafts.

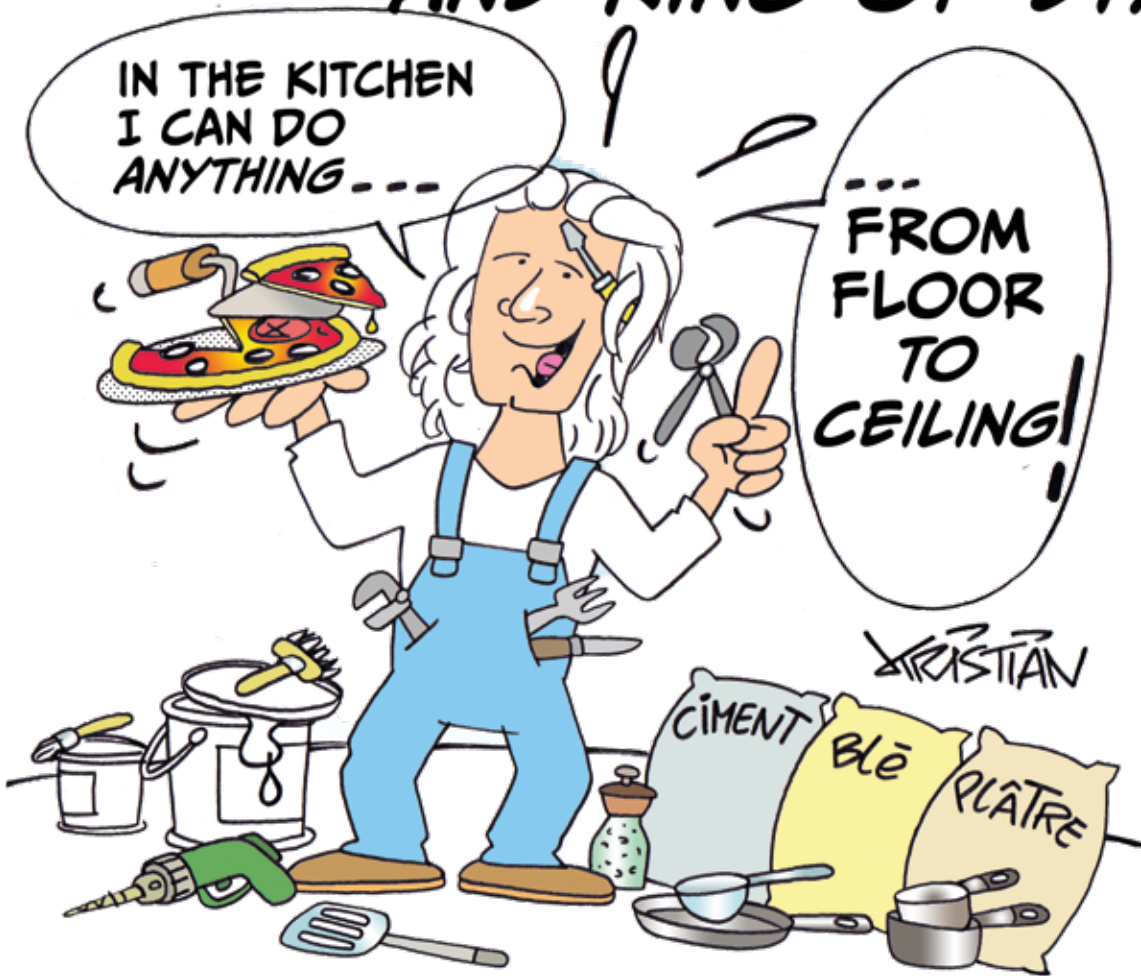


RECIPES OF

MICHEL



MICHEL: REINE PIZZA AND KING OF DIY





LA REGINA



HOMEMADE PIZZA REINE

FOR 2 GUESTS

PREPARATION : 20 MINS + Raising of the dough 2 hours
COOKING : 25 MINS

INGREDIENTS

Pizza dough :

500 g of 00 flour

> Or T55 flour

350 ml of warm water

7 g of dehydrated baker's
yeast

1 teaspoon of sugar

10 g of olive oil

8 g of salt

Topping :

300 g of passata

150 g of cooked ham

100 g of button mushrooms

200 g of mozzarella

1 pinch of oregano

THE RECIPE, STEP BY STEP

Preparation of the pizza dough :

Pour the flour into a large bowl – *you can mix by hand or with an electric mixer.*

Incorporate the baker's yeast with a little warm water and the sugar. Mix it all together while pouring in the rest of the water until an even mixture is obtained. Finally add the olive oil then the salt. The dough is ready when it comes off the walls of the bowl. Cover the bowl with cling film and leave to rest for 1½ to 2 hours at room temperature.

Once the dough has risen, remove any air by kneading and divide it in half on a floured work surface. Roll out your pizza into a round circle.

Preparation of the topping and cooking:

Cut the cooked ham into small chunks. Wash, remove the earthy stems, and slice the button mushrooms.

Spread the passata over the pizza bases. Add mozzarella slices, ham, mushrooms and oregano. Bake at 220° for 25/30 minutes.

Add a few black olives and the Regina pizza is ready!

Buon appetito

TIPS AND HINTS

The ideal temperature for your dough to rise is between 26° and 28°. If you have little time, use pre-prepared pizza dough.



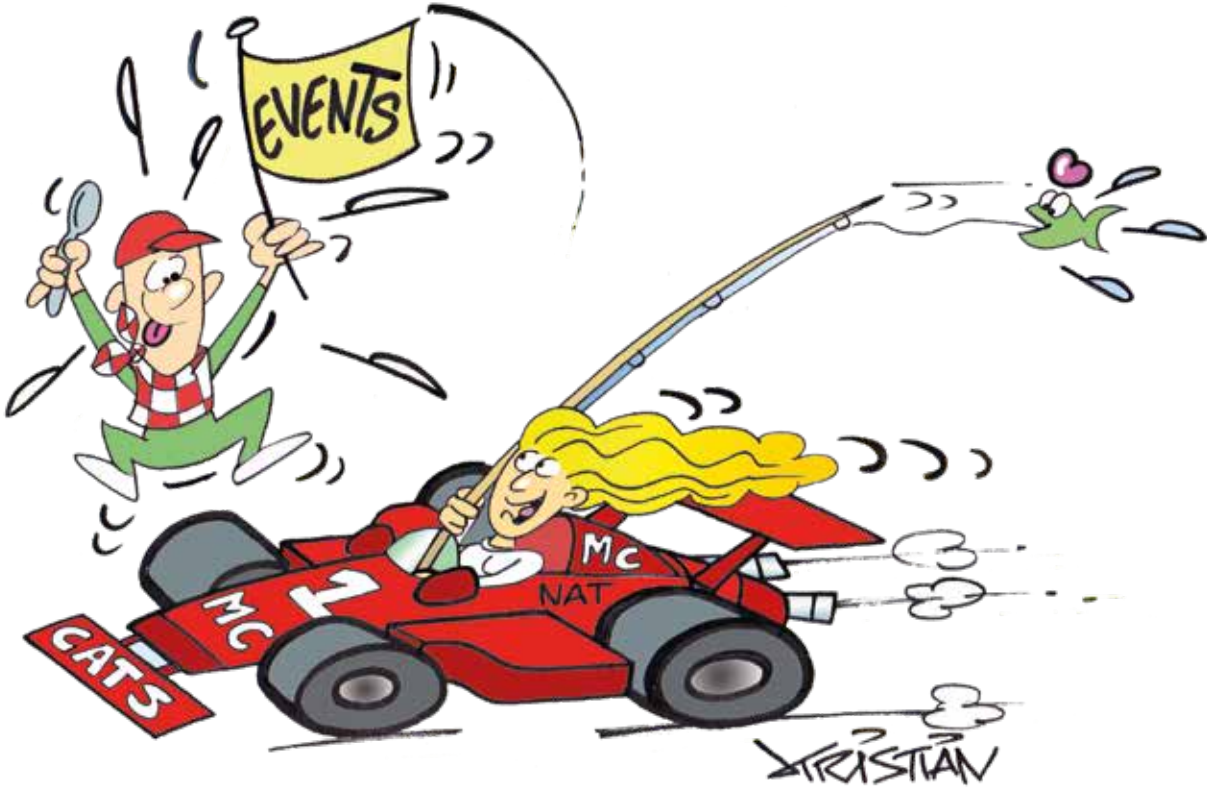
RECIPÉ OF

NATHALIE



NATHALIE: FISH SOUP

"CATCH OF THE DAY"





BACK FROM FISHING



FISH SOUP

FOR 8 GUESTS

PREPARATION : 20 MINS

COOKING : 1 HOUR

INGREDIENTS

For the soup :

2 kg of Mediterranean fish

About 1 to 1.5 litres of water.

2 onions

3 tomatoes

3 saffron pods

4 garlic cloves

1 stem of fennel

Olive oil

Salt & pepper

Side dish:

Slices of dry bread

> like croutons

Rouille

Grated cheese

THE RECIPE, STEP BY STEP

Clean, gut the fish and cut into large pieces.

Drizzle some olive oil into a pan. Sauté the onions and garlic cloves in hot oil.

Add the fish, the tomatoes, the saffron, the stem of fennel, the salt and pepper.

Cover with water and leave to cook for 1 hour over a gentle heat.

Once the cooking is finished, strain the soup several times.

Serve the soup hot, accompanied by croutons of bread rubbed with garlic, seasoned with rouille and grated cheese, according to taste.

TIPS AND HINTS

You can also use leftover fish from your fridge, frozen fish or ask your fishmonger for fish fillets.



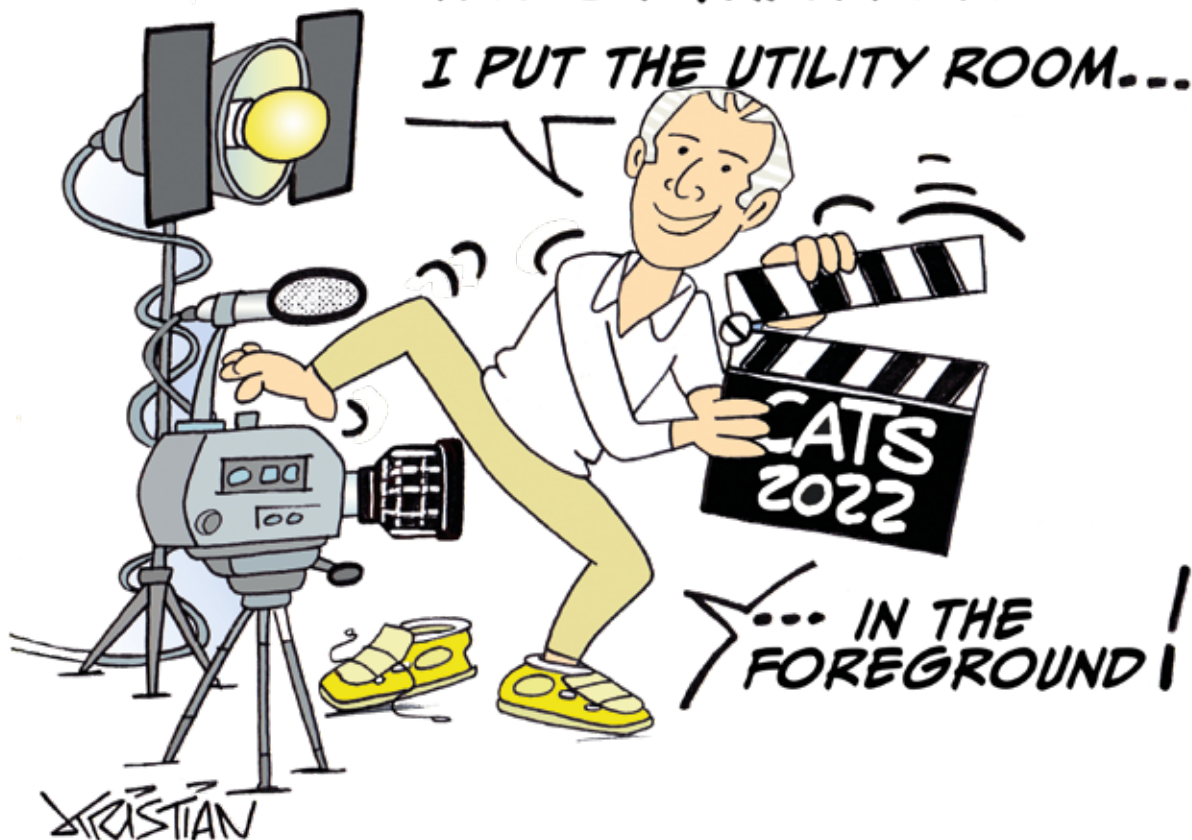
RECIPÉ OF

PHILIPPE



PHILIPPE: CATS INSIDE INFORMATION

I PUT THE UTILITY ROOM...





U BARBAGIUAN



FRIED RAVIOLI STUFFED WITH CHARD

FOR 6 GUESTS

PREPARATION : 20 MINS

COOKING : 25 MINS

INGREDIENTS

For the dough :

200 g of flour
2 tablespoons of olive oil
2 eggs
20 cl of water
1 pinch of salt

For the stuffing:

300 g of spinach
40 g of ricotta
30 g of ham
1 clove of garlic
30 g of Parmigiano Reggiano
3 pinches of salt
2 whole eggs

THE RECIPE, STEP BY STEP

Preparation of the Barbagiuau dough:

Put the flour on the surface and make a well in the middle.
Add the eggs, oil, a little water and salt into the well.
Mix all the ingredients until you get a consistency of shortcrust pastry. Once you obtain the desired result, keep the dough cool.

Preparation of the topping :

Blanch the spinach in boiling salted water.
Drain and chop very finely.

In a bowl, add the garlic which has been previously crushed using a pestle.

Add the spinach, the eggs, the parmesan, the ricotta, the ham, the salt and pepper.

Assembly and cooking:

Roll out the dough very thinly using a rolling pin.
Cut out circles with a cookie cutter. Lengthen the circles so as to obtain an oval shape.
Place a little stuffing mixture onto one side of the dough.
Moisten the edges with egg white and fold over. Make sure you press down firmly on the edges.

Cook the barbagiuans in very hot oil, or in a fryer at 175° for 5 to 6 minutes.

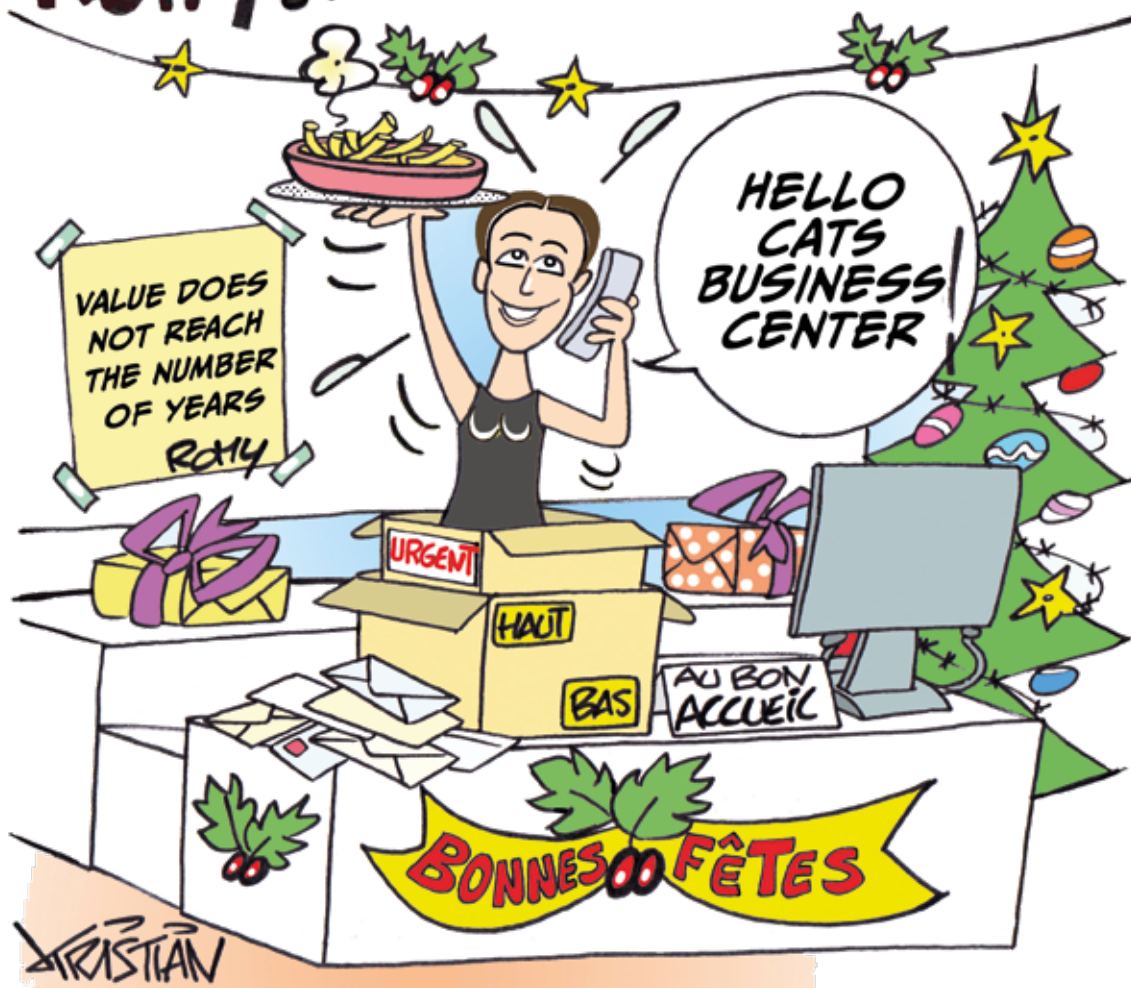
TIPS AND HINTS

You can replace the spinach with chard or with vegetables of your choice.



RECIPES OF
ROMY

ROMY: MACAROMY GRATIN





MACAROMY'S GRATIN



MACARONI GRATIN WITH DICED HAM

FOR 4 GUESTS

PREPARATION : 30 MINS

COOKING : 20 MINS

INGREDIENTS

250 g of macaroni
100 g of diced ham
1 yellow onion
150 g of grated cheese
> Or 150 g of mozzarella, gouda...
20 g of butter
20 g of wheat flour
40 cl of semi-skimmed milk
1 tablespoon of breadcrumbs
1 teaspoon of Espelette chilli pepper
1 teaspoon of nutmeg
1 handful of chopped parsley
Olive oil
Salt & Pepper

THE RECIPE, STEP BY STEP

Preparation of the Bechamel :

Melt the butter in a small pan over a medium heat. Add the flour directly and mix vigorously to form a paste. Gradually add the milk and mix until you have a smooth paste.

Turn off the heat. Season to your liking with salt and pepper. Add a pinch of nutmeg and a pinch of Espelette chilli pepper to the mixture. Set aside.

Preparation of the gratin :

Cook the macaroni following the instructions on the packet.

Slice the onion and sauté in a drizzle of olive oil. Set aside.

Mix the macaroni and bechamel in a gratin dish. Then add the onions, the diced ham and the parsley. Cover it all with breadcrumbs and grated cheese.

Bake the dish for 20 minutes at 180°.

The gratin is ready to taste! Buon appetito!

TIPS AND HINTS

For a crispy gratin, place small pieces of butter or a little olive oil on the cheese



XXL COOKIE



GIANT COOKIE WITH CHOCOLATE CHIPS & NUTELLA

FOR 4 GUESTS

PREPARATION : 25 MINS

COOKING : 40 MINS

INGREDIENTS

220 g of soft butter
200 g of brown sugar
3 eggs
600 g of wheat flour
150 g of chocolate chips
340 g of Nutella

THE RECIPE, STEP BY STEP

In a bowl, beat the soft butter with the brown sugar.
Add the eggs and whisk again.
Pour the flour into the mixture and stir everything with a spatula and incorporate the chocolate chips.

Divide the batter in two.
Spread some of this in a 20 cm diameter cake tin - *if possible, opt for a springform pan.*

Melt the Nutella in the microwave and pour into the cake tin or mould. Cover with the rest of the batter

Bake everything for 40 minutes at 170°.

And there you go, the XXL cookie is ready!

TIPS AND HINTS

Remove from the oven, leave to cool or serve immediately to enjoy its melting Nutella centre.



RECIPES OF

SOPHIE



SOPHIE: FISH CURRY --- AND CHOCOLATE





FISH CURRY



FISH CURRY WITH BASMATI RICE

FOR 4 GUESTS

PREPARATION : 20 MINS

COOKING : 25 MINS

INGREDIENTS

500 g of cod fillet

> *Or 500 g of white fish fillet*

2 garlic cloves

1 onion

1 tablespoon of curry powder

20 cl of coconut milk

280 g of basmati rice

Olive oil

Salt & Pepper

THE RECIPE, STEP BY STEP

Preparation of the rice :

Cook the basmati rice

Preparation of the fish curry:

Sauté the onion and garlic in a little olive oil.

Add the curry powder and mix, Cut the fish into pieces and add to the pan.

Once the fish is slightly golden, add the coconut milk and simmer over a low heat.

Season lightly.

Put the rice in the plates, make a well in the middle and pour in the fish with the curry sauce and coconut milk

TIPS AND HINTS

As a variation, you can mix the fish.



CHOCOLATE FONDANT



CHOCOLATE FONDANT AND ITS MELTING CENTRE

FOR 6 GUESTS

PREPARATION : 20 MINS

COOKING : 10-15 MINS

INGREDIENTS

200 g of dessert dark chocolate
100 g of butter
1 knob of butter for the mould
2 eggs
50 g of flour
100 g of sugar

THE RECIPE, STEP BY STEP

Preheat the oven to 7 (200°C).

Melt the chocolate in a bain-marie:

Break up the chocolate into pieces and put into a small saucepan – *place this saucepan into a larger one containing boiling water.*

Leave the chocolate to melt without mixing. Mix after 5 minutes

Add the diced butter to the chocolate and mix until the butter has melted – *making sure the water in the bain-marie is over a very low heat.*

Preparation of the chocolate fondant:

In a bowl add the sugar, eggs and flour then add the chocolate-butter mixture. Mix well.

Add butter and flour to the mould and pour in the cake mixture.

Cook in the oven for around 10 minutes for a melting centre, 15 minutes maximum.

When it's taken out of the oven, the cake won't look as if it's been cooked for long enough. That's normal. Leave to cool then remove from the mould.

TIPS AND HINTS

To make it even more delicious, you can serve the cake with vanilla ice-cream, raspberry coulis, ... a treat for your taste buds.



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