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| Repeat this process once more.Pipe mousse into moulds and place in the freezer until frozen. When ready to serve, pop half spheres out of the mould. Place on a warm surface for a brief moment and then join to form a complete sphere.**Raspberry Gel**155 g raspberry puree30 g sugar2 g agar agar¼ tsp xanthum gum ice cream machine and containerHeat the sugar and puree gently to combine in a saucepan. Add the agar agar and bring to the boil. Stirring occasionally to ensure the mix does not burn at the bottom.Remove from the heat and blend in the xanthum gum with a stick blender. Place the mix in an ice bath and mixture will thicken in about 5 minutes. Once thick, blend with a stick blender to form a smooth consistency.Place the gel in a piping bag for later use.**Raspberry Sauce**75 g raspberry puree15 g sugar15 g red wine zest quarter of a lemon juice of half an orange1 g xanthum gumCombine all the ingredients, except the xanthum gum and bring to boil until mixture is a deep ruby colour. Remove from the heat. Add the xanthum gum and blend with a stick blender until thick.**Pineapple Sorbet**100 g pineapple puree40 g sugar60 g white wine1 tsp glucose zest of half a lime ice cream container and machine | Bring the puree, sugar and white wine to the boil and cook off the alcohol. Stir in the glucose and lime zest. Allow to cool. Churn in the ice cream machine until thick, smooth and frozen.**Almond Streusel** preheat oven to 200°C.90 g cake flour70 g brown sugar½ vanilla pod65 g cubed butter15 g flaked almond (toasted) Electric mixerCombine the flour, sugar, vanilla bean into the bowl of the mixer.Place the bowl in the machine and mix using the paddle attachment at speed 2.Slowly add the cubes of butter one by one until a fine texture is achieved. Be careful not to make the mixture too lumpy.Spread out the streusel mixture on an oven tray and bake for 8-12 min.Combine the almonds and streusel. | Aubergine white back colour adjusted.jpgWelcomes you for lunchfrench banner.pnghttp://bastille-day.com/media/French-Flag.jpgCape Town 17th April 2017 |
| **Duck Liver & Poached Duck Egg with a potato and sage mousseline, pumpkinseed dressing, mizuna***serves 4 pax as starter*Ingredients120g fresh duck liver, ½ tot gin, 4 duck eggs, 100g potato mash, 50ml lightly whipped cream, 1 tsp chopped sage, 12 leaves mizuna, salt and white pepper, 30g butter for frying the liverMethod***for the vinaigrette***1 tbsp. roasted and roughly chopped pumpkin seeds, 1 tbsp. pumpkin seed or nut oil if available,1 tbsp. raspberry vinegar, 3 tbsp. olive oil, salt and pepper to taste Place all ingredients besides the oils in a small mixing bowl then add the oil slowly while whisking continuously to create an emulsion. Taste and set aside.***for the liver***Clean the liver of veins and marinate with half of the gin, a little chopped sage and ground white pepper. ***for the potato mash***Heat up the potato mash and add the lightly whipped cream to it – adjust to taste with salt and nutmeg and finish with chopped sage, keep warm.***for the eggs***Bring water to the boil in a deep pan for the poached eggs and add a dash of vinegar but no salt.10 minutes before serving poach the eggs by adding them one at the time in a ladle and then into the simmering water and poach until semi soft –approx 6 minutes without boiling the water again. Remove the eggs, place on kitchen paper and put in a warm place.ServingWarm four plates and start plating with the potato puree and the poached egg. Have a hot Teflon pan ready to fry the livers. Add the butter let it turn light brown before the livers go in. Fry forone minute on each side before flashing them off with the rest of | the gin and remove from the pan. Dress-up on the plate and finish with the vinaigrette and mizuna leaves.Serve immediately. **Line Fish with couscous, pot pourri of smoked baby root vegetables and fennel-anise sauce***serves 4 as a main course*Ingredients160 g fish supreme, salt, lemon juice5-6 baby root vegetables combining turnips, beets and carrots and leeks or fennel, vegetable stock, white wineand butter 80g couscous1 small onion cut in brunoise (3mm cubes)1/2 tsp fennel seeds4 cl white wine2cl Martini or Vermouth180 ml light fish stock1 sprig of fresh fennel2 star anise seedsalt & pepper to tasteMethod***for the root veg***Blanch the baby root veg until firm but cooked. Clean off the skin by scraping them with a paring knife and smoke on a grid or with a smoking gun, set aside. Braise the fennel and the baby leeks in butter, white wine and vegetable stock, then glaze all the veg together, checkseasoning and serve***for the couscous:*** In a shallow pan fry the onion in canola oil until slightly brown. Add couscous and roast briefly before refreshing with Martini and white wine. Reduce almost dry, add the fish stock and season. Leave to simmer for about 6 min then set aside to swell up until dry and texture is loose. | Serving10 min. before serving, season and fry the fish on the skin side until crusty, turn over and arrange on the couscous together with the root vegetables and garnish with crisp fennel tops.**‘Ivoire’ Chocolate Mousse Sphere with raspberry and pineapple flavours***serves 4* ***‘Ivoire’ Mousse***95 g milk 13 g sugar 2 egg yolks 95 g ivoire chocolate 1 t gelatine powder 125 g whipped cream  Half sphere silicon moulds Bloom the gelatine sheets in an ice bath.Place the chocolate in a metal bowl over simmering water to melt. Remove from the heat once melted. Squeeze the water out of the gelatine sheets and place over the chocolate.Bring the milk to the boil.Whisk the yolks and sugar together. Slowly stream the milk into the egg mixture and whisk together. Strain into a saucepan.Using a spatula continuously stir the egg custard (anglaise) until it coats the spoon. Strain the anglaise over the chocolate and gelatine mixture and combine.Ivoire Sphere AssemblyMelt 50g Ivoire chocolate in a bowl in the microwave, stirring at 20 second intervals, until the chocolate is melted and glossy.Brush the silicone mould with a thin layer of chocolate in upward strokes and allow to set in fridge for 4min.  |
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