

Recipe Chef David Millet - La Messardiere

"Le Saint-Pierre Cuisiné en Gravlax"

Le Saint-Pierre Cuisiné en Gravlax aux parfums des baies des poivrières, caviar Petrossian, drôle d'agrume, courgette, mini-primeurs en écrasé, huile d'olive vierge et thym serpolet, la fleur juste assaisonnée, coulis coraillé et cresson de fontaine

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John Dory Fish cured in salt, sugar, and dill with flavors of pepper berries, Petrossian caviar, citrus juice mix, zucchini squash, baby zucchini crushed in virgin olive oil and wild thyme, seasoned zucchini flower and watercress.

Ingredients for 1 person:

120 g Saint Pierre (John Dory - Saint Pierre is a firm, tasty, white-fleshed sea fish)
20 g salt,
20 g sugar,
1 stick lemongrass, green bark and lemon yellow, orange peel, 1 each for the gravlax.
1 zucchini, salt, pepper, extra virgin olive oil, wild thyme
30 cl 3" metal or plastic round ring for the mashed squash and zucchini foundation.
6 g caviar of your choice.
3 pieces of salmon eggs
A little chopped egg yolk
A piece of white and yellow zucchini sliced thin on Mandolin or bacon slicer.
A beautiful piece of zucchini flower.
5 cl lemon mayonnaise and 5 g of lobster coral
Cress sprouts decorated with borage flowers