



# World Gourmet Summit 2004 Culinary Masterclass

## *The Cuisine of* **Frederic Filliodeau**

Le Cordon Bleu Paris  
Ottawa Culinary Institute, Canada

### **Avocado and crab gateau with beetroot and chive creme fraiche**



Serves 4

#### **INGREDIENTS**

##### Vegetable Stock

- 2 avocados, peeled, seeded and halved
- crab meat, cooked
- 4 3/4oz cooked beetroot
- 3 1/2oz creme fraiche
- 6 1/2oz Water (to dilute - optional)
- Salt and freshly ground pepper, to taste

##### Garnish

- Finely chopped chives
- Chive tips

#### **Method:**

1. Slice the avocado into horseshoe shapes, reserving the end pieces. Cut the end pieces into cubes.
2. Place an 8-cm ring mould in the centre of each plate and arrange the avocado slices within the ring mould. Fill the center of the mould with the cubed avocado pieces.
3. Top avocado with cooked crabmeat and make sure it is compact before removing the ring mould.
4. Puree the cooked beetroot in a blender to a smooth consistency. Add the *creme fraiche* and season to taste. Dilute with a little water if necessary

#### **To Serve:**

Spoon beetroot cream around each *gateau* and garnish with finely chopped chives and chive tips.