

# World Gourmet Summit 2003

## Culinary Masterclasses

The Cuisine of  
**Frédéric Anton**  
Pré Catalan, Paris, France

### *Pan-Seared Zucchini with Curry, Almond, California Raisins and Chorizo*



Serves 4

#### **Ingredients**

##### Zucchini :

- 450g zucchini, diced
- 6g curry powder
- 80g California raisins
- 50ml olive oil
- 0.2 ltr olive oil (for frying)
- 80g almonds
- 1 garlic clove
- 50ml chicken *jus*
- 15g fresh mint leaves, sliced and divided
- salt & pepper, to taste

##### Garnish :

- 50g spring onion
- 50g flour
- 4 zucchini flowers
- 100g *chorizo* (Spanish sausage)

#### Method

**For the zucchini:** Lay the diced zucchini on a towel. Season with curry powder and salt. Set aside. Place the California raisins in a pan, cover with water and bring to a boil. Strain and add the olive oil. Set Aside. Heat some frying olive oil in a pan and *sauté* the garlic and zucchini for 3 minutes. Season with salt and pepper. Add in the almonds and California raisins, the chicken *jus* and the chopped mint.

**For the garnishes:** Deep-fry half the mint leaves in hot frying olive oil until crispy. Peel and finely slice the spring onion. Dust with flour and fry in the same manner. Divide each zucchini flower into 4 pieces, then dip the portions into a mixture of water and flour and fry until crispy. Lay on absorbant paper. Finely slice the *chorizo* sausages lengthwise and pan-fry.

#### Serving

Place the zucchini, almonds and California raisins at the center of each serving dish. Spoon a ring of chicken *jus* around. Garnish with the zucchini flowers, onion, *chorizo* and mint leaves. Serve immediately.