

World Gourmet Summit 2003
Culinary Masterclasses

The Cuisine of
Marc Francois Bonard
Le Cordon Bleu, Tokyo, Japan

*White Asparagus, Roasted Langoustine on a Green Asparagus Purée,
Sauce Maltaise*



Serves 4

Ingredients

- 4 white asparagus (French, if possible)
- 1 coarse salt
- handful green asparagus
- 8 langoustines, large
- 4 extra virgin olive oil

Langoustine jus :

- langoustine carcasses
- 1tbsp extra virgin olive oil

Vegetable mirepoix :

- ½ carrot, diced
- ½ onion, diced
- ½ leek, diced
- ½ celery stick
- 1 bouquet garni
- 20ml Martell Cognac
- 1tsp tomato paste
- 750ml water or chicken/fish stock

Orange vinaigrette :

- 1 Orange, juiced
- 200ml extra virgin olive oil
- 1 blood-red orange, cut into segments, then a brunoise (reserve peel for garnish)

Sauce Maltaise :

- 2 blood-red oranges, juiced
- ½ lemon, juiced
- 1tsp crushed black peppercorns
- 2 egg yolks
- 200g butter, clarified
- salt, cayenne pepper, to taste

Garnish :

- blood-red orange peel, finely chopped

Method

For the langoustine jus: Shell langoustines, reserve tails, then chop up the carcasses. Heat them in olive oil until they take on a bright colour, then add vegetable mirepoix. Deglaze with Martell Cognac. Add bouquet garni, tomato paste and season. Cover with water and simmer gently for 20 – 30 minutes to produce a clear jus. Remove from heat and drain. Adjust seasoning and leave to cool.

For the white asparagus: Trim and cook in boiling salted water for 20 - 30 minutes depending on size. Drain, refresh in iced water and reserve.

For the green asparagus: Trim and reserve 4 tips. Cook the remaining stalks in boiling salted water for approximately 10 minutes or until well cooked. Drain, refresh and purée in a food processor. Season and reserve. Cook green asparagus tips in boiling salted water for approx 5 minutes, drain, refresh and reserve.

For the orange vinaigrette: In a bowl, season blood-red orange juice and whisk in olive oil. Combine with langoustine jus. Add half the blood-red orange brunoise to orange-langoustine vinaigrette and reserve.

For the sauce maitaise: Heat blood-red orange juice, lemon juice and crushed peppercorns together in a medium saucepan and bring to a boil, then remove from heat and leave to infuse 5 – 10 minutes. Strain into a clean saucepan. Whisk in eggs, then place over low heat and whisk continuously until mixture thickens and becomes frothy. The whisk should leave a clear trail on the bottom of the pan. Remove from heat. Whisk in clarified butter in a slow steady stream until sauce thickens. Season to taste with salt and cayenne pepper. Keep warm.

Serving

Pan-fry langoustines in oil for approximately 2 – 3 minutes, remove, drain and keep warm. Heat white and green asparagus tips in the frying pan. Heat green asparagus purée. Place a timbale mould in the centre of a plate, fill with asparagus purée and remove ring. Arrange the white and green asparagus with a langoustine on top of the purée. Spoon over a little sauce Maitaise and sprinkle over remaining orange brunoise. Drizzle a ring of orange-langoustine vinaigrette around the edge of the plate.