

From Nathalie, With Love

Nothing says 'I think you're special' quite like an exquisite meal. For a special edition of Palate, award-winning French chef Nathalie Arbefeuille – the creator of Nathalie's Gourmet Studio and Cuisine Gourmet by Nathalie – shares three sumptuous Valentine's Day recipes with Marie Claire

Foie Gras Ravioli In Spicy Duck Broth

Total preparation time: 1 hr

Total cooking time: 3 mins

RAVIOLI DOUGH

Combine 175g flour and 10g salt in a food processor; turn it on and add 2 small eggs and 2 egg yolks, one by one. When the mixture forms a ball, hand-knead the dough for 3 mins until it stops being sticky, adding a little flour if needed (but don't let the dough get too dry). Cut into three, roll the pieces in plastic film and rest in the fridge between 20 mins to 2 hours.

Roll the dough through a pasta machine on a larger setting at least 20 times, folding the dough in two and turning it ¼ in a clockwise direction, adding a little flour as necessary. Once the dough has a springy texture, pass it once and without folding through the largest to smallest machine setting, or the setting for ravioli pasta. Hang and dry the sheet for 10 mins, then cut the dough using a 7.5 cm diameter ring and store in an airtight box.

DUCK BROTH

Pan-fry 1kg duck bones in a stainless steel saucepan on medium heat with a little sunflower oil, and caramelize for 1 hour. Add half a chopped onion, half a sliced leek, a carrot, a bouquet garni of fresh thyme, Italian parsley and bay leaves, and 1 litre drinking water – simmer for 3 hrs, sieve and drain. Refrigerate until the fat sets, which you can remove. Add 50g lightly beaten egg whites; bring the broth to the boil to clarify. Drain through mousseline fabric, stir in ½ teaspoon 5 Spice powder, salt and pepper, and set aside.

FOIE GRAS RAVIOLIS

Cut 135g of foie gras into 15g cubes and pan fry them for 30 seconds on each side. Place one cube in the centre of a pasta circle, brush the circle's edges with beaten egg, then cover with another pasta circle securely without any air inside, and dust with flour. Make 3 raviolis per person. Turning them as often as necessary, dry for a while at room temperature, then keep them covered in the freezer.

5 MINUTES BEFORE SERVING

Plunge the raviolis into a large pan of boiling water, rock salt and olive oil, and cook for 5 mins. Heat the duck broth. Place 3 raviolis on each plate, pour the duck broth over and add some shiso leaves. Serve immediately.





French Cod Fish Fillet In Revised Dieppoise Style

Preparation time: 1 hr

Cooking time: 12 mins + 20 mins

MUSSELS AND CLAMS

Combine a little melted butter with 2 small, chopped shallots in a large pan, let them melt, then deglaze with 25ml white wine. Reduce to half and add 500g cleaned and bearded mussels. Cover and cook on low heat for 2 mins, then sieve the mussels but keep the seafood juice. Drain juice through absorbent paper in a sieve to remove any sand, and store. Collect the meat from the mussels and keep aside in the fridge. Repeat the same process for 500g clams, but cook them for 4 mins instead.

SAUCE

Melt 2 chopped shallots with 10g butter, and when translucent, add 125ml champagne and reduce to half. Add 125ml fish stock plus seafood juices, and reduce to half again. Pour in 250ml

whipping cream and boil slowly for 10 mins until the smooth sauce lightly coats the spoon (but don't let it thicken). Season, sieve, and keep aside.

MUSHROOM AND POTATO PURÉE

Place 250g peeled pink potatoes in a pressure cooker for 15 mins. Meanwhile, melt 10g of the butter and pan fry 250g cleaned, sliced button mushrooms until golden and almost dry. Machine-blend to a smooth purée. Once potatoes are cooked and soft, mash through a fine mesh sieve with 30g butter and the mushroom purée. Whisk until well combined and add some whipping cream if too dry. Season and keep aside.

JUST BEFORE SERVING

Roll 2 individual 120g cod fish fillets tightly in clingfilm, and place in a plastic

kitchen bag. Plunge it into a pan of boiling water for 12 mins. Meanwhile, pour the seafood into another plastic bag and dip it into the water for 2 mins.

Heat the mushroom and potato purée in a microwave, pour into a piping bag and pipe onto the serving plates in an irregular line. Remove fish from clingfilm – the temperature in the centre of the fish must be 48°C. Place it in the middle of the purée line, season with *fleur de sel* and pepper, then top with mussels and clams (place some around the fish, too). Garnish with an edible flower and cress.

Using a Bamix or immersion blender, make an emulsion with the sauce until foamy, then pour onto and around the fish. Serve immediately.



Chocolate Fondant

Preparation time: 1 hr

Cooking time: 12 mins + 20 mins

FONDANT

Prepare the fondant a few hours in advance. Break 118g dark chocolate into pieces in a bowl and melt with 150g butter for 3 mins in a microwave on very low power, or melt the butter in a pan at a medium temperature and, off the stove, add the chocolate.

Using an electric whisk, beat 150g sugar with 188g eggs for about 5 mins, until it becomes white and creamy. Beat in 50g sieved flour until well mixed, then very gently, mix in the melted chocolate with a manual whisk. Butter and flour 5 moulds (about 7.5cm diameter), place on a scale, and fill with equal amounts of the mixture (75 to 80g of dough in each mould). Refrigerate until you are ready to cook them.

SORBET

Bring 40g sugar to the boil with 150ml water and reduce to around 60ml of syrup. Mix 15g sugar with 3g stabilizer, whisk energetically into the hot syrup, then boil again for 2 mins. Machine-blend 175g frozen or fresh, cleaned raspberries with a dash of lemon, add the hot syrup and blend for 1 min to make raspberry syrup. Refrigerate until very cold and pour into an ice cream maker, then store sorbet in the freezer.

COULIS

Bring 25g sugar to the boil with 50ml water and reduce by half. Machine-blend 50g frozen or fresh, cleaned raspberries with the hot syrup and a dash of lemon. Sieve, bottle, and refrigerate.

10 MINS BEFORE SERVING

Place fondants in a 210°C oven. In 8 mins, the outsides should be cooked but not the insides, so keep an eye on them. Once cooked, remove from the hot oven tray and rest them for 5 mins, then remove from moulds before plating. Sprinkle with some icing sugar and serve with a scoop of sorbet, surrounded by coulis. 113