

Warm goat cheese with Provencal vegetables crispy tart, black olives velouté

普罗旺斯风味脆馅饼配山羊奶酪和黑橄榄

Exe Chef: Franck Page Serves: 4 People



Ingredients:

Dough 350gm
Onion 1pc
Garlic cloves 2
Thyme 1 branch
Red bell pepper (capsicum) 1 pc
Yellow bell pepper (capsicum) 1 pc
Zucchini 2 pc
Eggplant ½ pc
Tomatoe 1 pc
Tomato puree 15gr
Olive oil 20cl
Black olives 80 gr
Reduced balsamic vinegar 5cl
Basil oil 4 cl
Chive ½ bunch
Coriander ½ bunch
Fresh log goat cheese MONS 300 gr
Grated Parmesan 50 gr
Salt
Pepper mill

Crispy tart:

1. Roll the dough 3 mm thick, prick with a fork
2. Cut 4 circles of 10 cm diameter and golden with egg yolk
3. Put in the oven 180 degrees 10 min.

配料:

面团 350克
洋葱 1个
大蒜 2个
百里香 1枝
红柿椒 (尖椒) 1个
黄柿椒 (尖椒) 1个
西葫芦 2根
茄子半个
生番茄 1个
番茄浓汤 15克
橄榄油 20毫升
黑橄榄 80克
意大利黑醋 5毫升
罗勒油 4毫升
小香葱 半根
胡荽 半根
MONS新鲜山羊奶酪 300克
帕默森奶酪碎 50克
食盐
胡椒粉



馅饼制作:

1. 将面揉好后，擀成厚约 3mm 的面皮。再用叉子叉出小孔。
2. 用模具在面皮上压出4个直径约10cm的圆，再淋上打好的蛋黄液。
3. 放入180口烤箱内烘烤10分钟，取出并放置一旁备用。

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Provencal Ratatouille (vegetable stew):

1. Clean the vegetables
2. Slice thinly 1 onion, cut into dices the yellow and red bell peppers, the eggplant skin and tomato.
3. Slice thinly in length the zucchini to get 8 strips / cut the remaining part of the eggplant into dices of 1cm
4. Start cooking in following order: onion / garlic / thyme / yellow and red bell peppers / tomatoes stew / zucchini / tomatoes
5. Keep warm

Black olive Veloute:

Make a puree with black olives, add the balsamic reduction and olive oil.

Preparation:

1. Dip or blanch the zucchini in boiled water and then cut 9 cm diameter circles.
2. Stir goat cheese with wooden spoon ; use a piping bag to dress the dish.
3. Flip the food onto the dough.
4. Add grated parmesan on the top and brown the dish in the oven.
5. Place in the center of the plate.
6. Add the black olive veloute and add drops of basil.
7. Decorate as on the picture.

普罗旺斯风味炖菜:

1. 将蔬菜洗净。
2. 洋葱切成薄片,黄椒和红椒切丁,茄子和番茄去皮。
3. 将西葫芦洗净切成8条,将茄子切成1cm的丁状。
4. 然后按照下面的顺序依次放入: 洋葱 / 蒜 / 百里香 / 黄柿椒和红柿椒 / 番茄浓汤 / 西葫芦 / 茄汁 / 番茄丁, 然后将其烹煮。
5. 用小火慢炖。

黑橄榄汤:

用黑橄榄煮成泥, 加入意大利黑醋和橄榄油。

备料:

1. 将西葫芦条在开水中烫一下, 之后切成直径约9cm的片状。
2. 用木勺将奶酪搅拌均匀, 然后用裱花袋将奶酪装饰在盘子周围。
3. 将备好的料撒在烤好的面饼上。
4. 然后将帕默森奶酪碎撒在面饼上, 放入烤箱稍稍加热, 使其成为棕色。
5. 取出后, 放于盘子中央。
6. 加入黑橄榄汁和罗勒碎。
7. 最后进行装点。