

apicius

a journal of haute cuisine 02 - international edition
june 2009



a publication of:

Montagud Editores
ausiàs march, 25, 1º. 08010 barcelona. spain
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complementary content

Here you'll find additional content to complement what has been published in the first issue of the APICIUS Journal of Haute Cuisine.

The Journal includes an in-depth version of the content, together with the most important work tools (sources of inspiration, techniques, recipes, collaborations, photographs, etc.).

Given the length and importance of some of the articles, we've decided to move a part of them—especially the recipes—to the website. In the Journal, you will find a symbol (*) that will refer you to the recipes on the web.

At the same time, on the exclusive webpage material you will find the same symbol (*), which will refer you to the page number in the Journal where you'll find an in-depth version of the article—essential to fully understand it.

Remember: the website content only makes sense as a complement to what is published in the Journal.



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raw fish?
stealing soul of mother nature

pure sicily
i love *thea*!
american beauty



the missing link

Full illustrated report at www.apicius.es/extra.php



da vittorio

Videos at www.apicius.es/extra.php



citrus

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michel troisgros

the psychedelic colors of *monsieur troisgros*

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rodrigo de la calle

the new acids

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corrado assenza

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citrus

michel troigros

tangerine and rhubarb *mikimoto*

Maison Troisgros Restaurant.
Place Jean-Troisgros, Roanne (FR).
www.troisgros.com

photographs: Jean Bernard Lassara

tangerine and rhubarb *mikimoto*

"For me, the tangerine and the rhubarb make a lovely pair. This dessert suggests textures and acidity. The texture of the meringue —crunchy and crumbly because it's steamed before being baked; the texture of the candied rhubarb and its jelly; the texture and temperature of the ice cream... It's a fresh dessert —it's bursting with freshness.

The name is inspired by Japanese cultured pearls."





✱
citrus

rodrigo de la calle

citric oyster

starling breasts

Rodrigo de la Calle Restaurant.
Aranjuez. Madrid (SP).
www.restaurantedelacalle.com

photographs: Miguel Calatayud

citric oyster

the oyster

ingredients: 4 Jurassic oysters (super king size).

method: shuck the oysters carefully, so as not to damage the flesh or lose any juices.

the citric sea foam

ingredients: 1 citron, 500 ml mineral water, 2 g soy lecithin.

method: wash and scrub the citron in plenty of water. Grate the peel and infuse in the water, along with the rest of the fruit, diced, at 60°C/140°F for 2 hours. Strain, add the lecithin and reserve.

the citric caviar

ingredients: 1 citric caviar.

method: prepare a container with water and ice, insert the whole fruit and reserve, cold, until service.

assembly

other ingredients: 12 orange blossoms, ficoide glaciale, salt flakes.

Set the oyster in the center of the plate, surround it with the citric foam and sprinkle the orange blossoms on top. Halve the citric caviar and press gently until the bladders poke out. Distribute them atop the oyster with the ficoide glaciale. Finish with salt.



starling breasts

the vinegar reduction

ingredients: 500 ml Modena balsamic vinegar.

method: reduce to half its volume and reserve at room temperature.

the citric oil

ingredients: 1 trifoliate orange, 200 ml extra virgin Arbequina olive oil.

method: grate the orange peel and seal it sous-vide with the oil. Infuse at 50°C/122°F for 30 minutes.

the starling foie

ingredients: 15 g foie gras; livers, hearts and lungs of 4 starlings; salt, pepper, 20 ml Pedro Ximénez, 100 ml cream, 10 g butter.

method: season to taste with salt and pepper and then sauté the foie gras, livers, hearts and lungs. Add the Pedro Ximénez and let the alcohol burn off. Add the cream and reduce. Purée in a Thermomix. Once cooled, emulsify with the butter. Strain through a fine chinois and cool.

the starling reduction

ingredients: the starling carcasses, 1 onion, 2 carrots, olive oil, 1.5 liters mineral water.

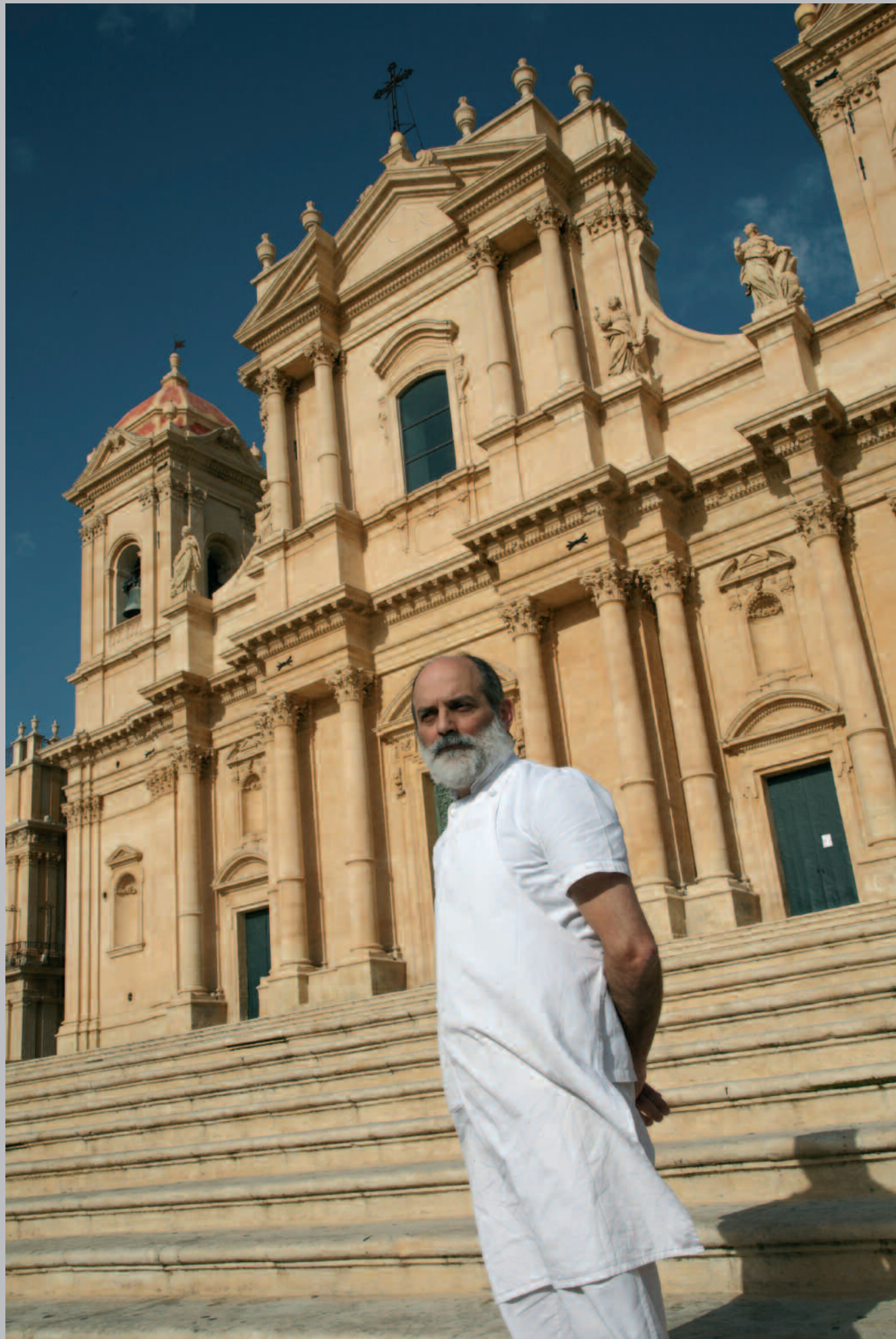
method: toast the carcasses in the oven until nicely browned. Sweat the vegetables. Add the water and reduce to 1/4 its volume. Strain through a cloth filter. Continue to reduce until the texture is right to glaze the starling breasts.

assembly

other ingredients: 8 starling breasts, frost leaves (*Mesembrythemum crystallinum*), desert seaweed (*Mesembrythemum nodiflorum*), land anemones (*Mesembrythemum crystallinum* flowers), citric caviar, salt flakes.

Sear the skin-side of the previously warmed starling breasts on the grill with a few drops of the citric oil. Drizzle the Modena reduction on the plate and then set the breasts on top. Glaze with the reduction. Garnish with the leaves and flowers. Serve a quenelle of starling foie and finish the plate with a dash of citric acid and the salt flakes.





citrus

corrado assenza

rice and walnut cakes with squash,
ricotta and bergamot

Caffè Sicilia patisserie.
Corso Vittorio Emanuele 125, Noto (Sicily, IT).

photographs: Carlos Rondón

rice and walnut cakes with squash, ricotta and bergamot

the rice

ingredients: 150 g rice, 45 g whole sea salt, 50 g peeled walnuts, 80 g mineral water.

method: pour the rice into plenty of boiling salted water. Boil until *al dente* and drain off the water, leaving the rice moist. Cool immediately to stop cooking.

Toast the walnuts in the oven at 80°C/176°F. When cooled, emulsify the nuts with 80 g mineral water at room temperature in a food processor. Add this mixture to the cooled rice and mix thoroughly.

the filling

1)

ingredients: 80 g candied yellow winter squash.

method: purée the squash until smooth, velvety, creamy and fairly liquid.

2)

ingredients: 160 g fresh sheep ricotta, 20 g orange blossom honey, 1 g black Sarawak pepper.

method: put the unpasteurized sheep ricotta in a bowl, sweeten with the orange blossom honey and scent with freshly ground black Sarawak pepper. Reserve.

assembly

other ingredients: 10 g extra virgin olive oil, 120 g bergamot marmalade, 9 g julienned dry roasted pepper.

Grease individual aluminum molds with olive oil. Line each one with 45 g of rice. Fill first with 10 g yellow squash purée, then with 30 g sweetened ricotta, and lastly with 20 g bergamot marmalade. To finish, spread 15 g of rice on top. Even out the surface and cook in a bain marie in the oven, preheated to 180°C/356°F, for 20 minutes. Once cooked, cool on a rack for 10 minutes. Flip over the molds to turn out the cakes and cover the top of each cake with a layer of 3 g of squash purée. Sprinkle with a few strands of the dry pepper. Serve lukewarm, around 30°C/86°F.





raw fish?

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enrico cerea, roberto cerea and paolo rota

Da Vittorio Restaurant.
Via Cantalupa 17, Brusaporto (Lombard, IT).
www.davittorio.com

photographs: Simone Casetta

sicilian shrimp pearls with wasabi cream and fried seaweed. sublimation of the sea.

Bouillabaisse is a classic in Provençal cuisine, and at our annual theme-parties it has been and continues to be one of the battle-horses of Da Vittorio's cuisine from the outset. Over the past few years, we have proposed several options for other uses of this dish's flavors, seeking a new focus that could surpass the strong evocative power of the original elaboration. The most effective option, we believe, was the gelatin created from the concentrated and clarified stock of the stew. By re-elaborating this gelatin with a few variations, we have used it in combinations for different dishes, starting with the sea bass *carpaccio*, bolstered by alioli and a *rouille* sauce. The latest interpretation was this bouillabaisse pearl wrapped in tiny raw shrimp: the sweetness of the shrimp blends with the taste of the gelatin to create a truly harmonious union of flavors. The wasabi cream, which shouldn't be too spicy, suggests vitality, and the fried seaweed adds a delicate crunch.

the shrimp stock gelatin

ingredients: 1 fennel bulb, 1 onion, 1 celery stalk, 1 carrot, 1 small leek, 80 g olive oil, 250 g shrimp heads and shells, 1 orange, 1 ripe tomato, 2 g fennel seeds, 6 saffron strands, 1 bunch of aromatic herbs, 30 g gelatin strips per liter of stock.

method: wash all the vegetables except the tomato. Slice them all and sauté them in olive oil, until nicely browned. Add the shrimp heads and shells and brown well. Add the orange peel and fruit, the diced tomato, the fennel seeds, saffron and herbs. Sauté for another 10 minutes. Add enough cold water to cover the vegetables and cook over low heat for 45 minutes. Strain and clarify. Add the gelatin (previously bloomed in cold water) and dissolve it completely. Cool to set. With a melon-baller, scoop out small gelatin spheres. Reserve.

the shrimp

ingredients: 250 g shrimp.

method: clean and shell the shrimp. Remove guts. Place four shrimps on a sheet of cling film and cover with another sheet. Pat to flatten, as in a *carpaccio*. Remove the film, place a gelatin sphere in the center of each *carpaccio* and wrap the *carpaccio* around them to form the pearls.

the wasabi cream

ingredients: 100 g mayonnaise, 25 ml soy sauce, 25 ml lime juice, 3 g wasabi paste.

method: combine all the ingredients and mix to a smooth cream. Thin with a little fish stock, if necessary.

the fried seaweed

ingredients: sea lettuce, 50 g cornstarch, 30 g flour, carbonated mineral water.

method: wash the sea lettuce in running water and then dry it. Reserve. Prepare the tempura with the cornstarch, flour and water. Dip the seaweed in the mixture and fry them. Place on paper towel to absorb excess grease and then salt them.

assembly

other ingredients: extra virgin olive oil, black pepper, salt flakes.

Place two pearls on each plate. Slice one in half to show the cross section. Season with oil, freshly ground black pepper, and salt flakes. Set a strip of fried seaweed on top of each ball, and finish with a dab of wasabi cream on the plate.





the lamprey of the 21st century

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xosé cannas

Pepe Vieira Camiño da Serpe Restaurant.
Camiño da Serpe, s/n. 36992 Raxo, Poio (Pontevedra, SP).
www.nove.biz/es/pepe-vieira-camino-da-serpe

photographs: Carles Allende

lamprey rice “crust” with coffee grounds

the lamprey stock

ingredients: 1 onion, 1 carrot, 1 leek, 1 clove of garlic, olive oil, 10 g tomato sauce, 5 g parsley, 5 g green onion, 4 black peppercorns, 4 g soy sauce, 100 g cleaned lamprey.

method: dice the vegetables and brown them in the oven with a little oil and the lamprey

Place all the ingredients together in a pot and add enough mineral water to cover them. Cook for five hours over low heat; strain and reserve.

the rice

ingredients: 15 g onion *brunoise*, 20 g garlic oil, 8 g tomato sauce, 3 g Spanish paprika (from La Vera), 400 g short-grain white rice, lamprey stock, salt.

method: in a non-stick pan, sweat the onion with the garlic oil and add the paprika, taking care not to burn it. Add the tomato sauce, sauté lightly and then add the rice. Add some of the boiling stock, adjust to taste with salt, and cook over medium heat for 15 minutes. When the rice is almost done, increase the heat for a few seconds and then leave to stand so that the rice “crust” can set. It is essential to use a non-stick pan so that the rice doesn’t stick or burn and the “crust” can be removed.

the coffee grounds

ingredients: 100 g ground almonds, 100 g softened butter, 25 g sugar, 15 g salt, 15 g freeze-dried coffee.

method: mix all the ingredients together to form a dough. Shape into a roll, wrap in cling film and freeze. Once frozen, grate onto a tray covered in baking parchment and bake at 115°C/239°F for 20 minutes. Lightly chop the grounds, but don’t grind them as they shouldn’t be too fine.

assembly

other ingredients: 4 Bermuda buttercup (*Oxalis pes-caprae*) flowers.

Dust the plate with the coffee grounds. Serve the rice and its “crust” and finish with a flower.





stealing the soul of mother nature

Apicius 02. Page 134

eneko atxa

Azurmendi Restaurant.
Legina auzoa. 48195 Larrabetzu (Biscay, SP).
www.azurmendi.biz

photograph of Eneko Atxa: René Palomo
photographs: Carlos Rondón

squab on chestnut *branch*

the squab

ingredients: 4 squab breasts, oil, salt, pepper.

method: season the squab with salt and pepper and sear it on the grill. Finish cooking in the oven.

the chestnut *branch*



ingredients: 1.4 kg yucca, 500 g purple corn*, 14 g volcanic salt, 500 g chestnuts, 30 g sugar, 1 g pepper, mineral water, 5 g chestnut tree shavings.

*This type of corn is native to the Peruvian Andes. It is purple in color due to the concentration of anthocyanin, a natural pigment also found in red cabbage (*Brassica oleracea*) and purple grapes. This pigment protects the plant from ultraviolet rays and is also an antioxidant.

method: peel the yucca twice, until small patterns are exposed on the surface (similar to the grain of wood). Snip 10cm-long twigs from the surface layers of the yucca. Make a stock with the rest of the ingredients (except the shavings). Strain (reserving the chestnuts for the assembly) and cook the twigs in the stock until tender. Let cool in the stock. Once cooled, place the stock, together with the shavings, in a test tube, and apply ultrasound for 25 minutes at 75% power on cycle 7. Reserve, separately, the twigs and the yucca stock.

the leaf

ingredients: brick dough, stock from the above preparation.

method: cut the brick dough in the shape of leaves. Brush them with the stock. Dehydrate in the oven at 80°C/176°F, until crunchy.

the soil

ingredients: 100 g chestnut flour, 70 g butter, 30 g yucca stock, salt.

method: mix all the ingredients to an even paste. Wrap in cling film and roll into a cylindrical shape. Freeze. Grate and bake at 130°C/266°F for 15 minutes.

assembly

Drizzle the plate with small lines of the yucca stock. Distribute the soil on the plate. Add the *branch*, the leaf and some bits of chestnut to add volume to the presentation. Place the squab breast atop this design.





pure sicily

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pino cuttaia

La Madia Restaurant.
Corso F. Re Capriata 22, Licata (Sicily, IT).
www.ristorantelamadia.it

photographs: Carlos Rondón

pine-smoked young hake in citric sauce

the smoked young hake

ingredients: 1 young hake (approximately 1.5 kg), salt, sugar.

method: clean and fillet the young hake. Reserve the head and bones for the sea foam preparation.



Marinate the fillets (weighing about 500 g each) in salt and sugar for 2 hours. Then rinse and dry them well. Light a pinecone for the smoking, and place in the oven (or another closed space) to create the proper conditions. Leave the fillets inside for 30 minutes.

Remove from the oven and slice. Spread onto two baking papers and flatten with a rolling pin to make the slices even thinner. Reserve.

the citric sauce

ingredients: 24 g scallions, 100 g mild olive oil, 240 g peeled orange, 45 g candied citrus fruits, 150 g water, salt, freshly ground black pepper.

method: sauté the scallions in the oil. Add the rest of the ingredients and reduce. Purée in the Thermomix, strain and reserve.

the smoked sea foam

ingredients: head and bones of young hake (reserved from the preparation above), salt.

method: seal the ingredients sous-vide and cook at 60°C/140°F for 30 minutes. This will produce a concentrated hake sauce that contains all the flavor and the natural gelatin. Place in a double-valve siphon and reserve. This foam can be used hot.

the bread

ingredients: bread.

method: slice the bread and flatten with a rolling pin. Toast in the oven in cylindrical shapes. Flattening the bread makes it more compact, and this produces a special crunchy texture.

assembly

other ingredients: black olive paste, orange segments (no pith), extra virgin olive oil, basil, sea salt, the zest of an unripened tangerine (when available).

Spread the black olive paste on the plate and set the marinated and smoked slices of young hake on top. Arrange the rest of the ingredients harmoniously.





i love thea!

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roger viusà

Moo Restaurant
Rosselló, 265. Barcelona (SP).
www.hotelomm.es

photographs of Roger Viusà: Carles Allende
tea photographs: Carlos Rondón

green tea (non-oxidized)

japan

Shade		
Gyokuro	Matcha	Kabusecha
		Tenbu
		Sonshun
		Tenko
		Aracha

2 nd harvest		
Mecha	Konacha	Kawayanagi

Light		
Sencha	Bancha	Tamaryokucha
Fukamushicha	Kukicha	
Shincha	Hojicha	

Specials		
Genmaicha	Kamairicha	Mugicha

china

Zhejiang
Longjing
Huimung
Long Ding
Hua Ding
Anji
Xianxia
Yu Huang
Putuo
Qing Ding
Gunpowder

Jiangsu
Pi Luo Chun
Rain Flower
Shui Xi Cui Bo

Hubel
Yu Lu

Henan
Xin Yang Mao Jian

Anhui
Da Fang
Huangshan Mao Feng
Lu'An Guapian
Hou Kui
Tun Lu
Huo Qing
Hyson



Sencha Midori. Green. Japan.

82°C/180°F – 4 min.

This tea of delicate but intense aroma provides very organic and mature vegetal notes (green beans, chard, cabbage, seaweed, chlorophyll...). Its attack is dry, thin, fresh, and it has a subtly bitter finish.



Bancha. Green. Japan.

82°C/180°F – 4 min.

A green tea characterized by its easy feel and its evolution in every sip. It's made with older leaves—the third and fourth from a plant that has already yielded leaves for a Sencha tea—that contain less theine and are richer in tannins. The first sensation is of green, lemony and bean aromas; until we reach a more floury part, compensated by the fresh and mineral sensation of soy and a finish of cooked pulses.





Ti Kuan Yin Imperial. Oolong. China.

85°C/185°F – 4 min.

Volumetric tea, broad and rested, of bittersweet taste, in which fermentation begins to become noticeable and offer complexity. Of amber color and smoked aroma, it can dress up an autumn or winter evening. It has the elegance of a box of cigars and the aroma of peach, strawberry tree and plum.



Darjeeling Margaret's Hope. F.T.G.F.O.P. (Second Flush). Black. India.

89°C/192°F – 3 min.

Another great *garden* where we find everything: a great aroma, and great complexity, but full of nuances and subtleties. The infusion is of an old gold color, intense amber. A complex combination of dried flowers, honey, saffron and aged wood unfolds on the nose. Its attack is smooth and balanced.



Jun Chiyabari J116. Black. Nepal.

89°C/192°F – 3 min.

A Nepalese tea. The infusion is of an intense amber color. Its aromas are rustic and smoked, of toasted corn, birch, earth and tubers. In mouth we have a dry, broad and tannic tea, a tea with a balanced body and finish, of a smoothness on the palate reminiscent of the elegance of smoke with honey.





american beauty

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will goldfarb

Experimental Cuisine Collective, New York (USA).
<http://experimentalcuisine.org>

photographs: Emilie Baltz

treze-gol

the dough

ingredients: 20 g yeast, 750 ml water, 1 kg 00 flour, 15 g salt, olive oil.

method: dissolve the fresh yeast in warm water (27-32°C/80.6-89.6°F). Mix on low and add the flour (mixed with the salt) in several batches until thoroughly blended. Knead by hand for a few minutes to activate the gluten. Set in a lightly floured bowl and cover with a towel; let rise in a warm, dry place. About 45 minutes later or when doubled in size, punch down on a work surface. Divide into 4 equal parts; roll out with a pizza rolling pin or by hand to make a circular base, 20 cm in diameter. Grease with olive oil on both sides and reserve in the freezer.



the white chocolate cream

ingredients: 200 g white chocolate couverture, 200 g milk, 6 g gelatin, 200 g whipped *crème fraîche*, 300 g whipped cream.

method: melt together the white chocolate and the milk in a bain marie and dissolve the previously hydrated gelatin in the mixture. Strain and let cool to room temperature. Once cooled, add the *crème fraîche* and then the whipped cream.

Pour into a plastic container and let stand in the refrigerator for at least 24 hours.



assembly

other ingredients: arugula, *fleur de sel*, olive oil, sliced strawberries, *burrata*, orange peel.

In a pizza-oven, cook the dough base and cool on a rack. Once cooled, arrange the rest of the ingredients on top.



the yo-yo ma of pom-pom yeah!

the beet and pomegranate mousse

ingredients: 500 g pomegranate, 500 g beets, 300 g sugar, 2 g xanthan gum.

method: mix together all the ingredients and emulsify with a hand-held blender.

Strain through a fine chinois and let rest for at least 24 hours. Place in a double-valve siphon, then let stand in the refrigerator for another 6 hours.

the chestnut ice cream

ingredients: 1 liter milk, 250 g sugar, 200 g chestnut purée, 100 g ice cream stabilizer.

method: mix together the milk, sugar and the chestnut purée and bring to a boil.

Add the stabilizer and emulsify with a hand-held blender. Strain and let mature in the refrigerator for 24 hours.

Run through the ice cream maker and reserve until service.

the argan oil powder

ingredients: 200 g de maltodextrin, 100 g argan oil.

method: gradually mix the maltodextrin with the oil, stirring with using a whisk. Reserve to a dry place.

the grapefruit jello

ingredients: 250 g grapefruit juice, 15 g vermouth, modified tapioca starch.

method: mix and emulsify all the ingredients with a blender. Keep cold until service.

assembly

Fashion a cellophane bag, fill it with the mousse and reserve in the freezer. Garnish with the other preparations.

