

---

*The*

# Recipes of the Year

---

Selection 2022

---



Depuis 1803

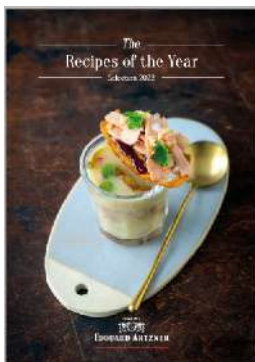


**EDOUARD ARTZNER**

---

# The Recipes of the Year

Selection 2022



Cover photo :  
©hap\_en\_tap

## THE RECIPES OF THE YEAR

December 2022 - Free

Publication: Edouard Artzner

Writing: Internal Resources

Graphic design: Internal resources

Collaborators: Chef Artzner, Hap en

Tap, Sarahtatouille dans sa cuisine, Irina

KitchenStories, Cuisine lovers and co.

Editor: Edouard Artzner

All photos in this issue #3

«Recipes of the Year» are the  
property of their respective authors and

## Contents

### FOIE GRAS

Brioche bread, clementine jam and Foie Gras .....	3
Bites of duck foie gras with rhubarb confit.....	4
Mini basket of Duck Foie Gras mousse.....	5
Cream of Jerusalem artichoke soup with Foie Gras and duck confit leg.....	6
Tournedos Rossini .....	7
Endive soup with caramelized apple, toast with Foie Gras .....	8

### TRUFFLE

Truffle and cauliflower soup .....	9
------------------------------------	---

### IBERIAN RANGE

Creamy Gnocchi with Gorgonzola and Iberian ham chips.....	10
---	----

### CATERING RANGE

Mushrooms stuffed with smoked goose breast .....	11
Gua bao and its smoked duck breast.....	12
Focaccia with smoked duck breast.....	13
Cold ramen with duck breast.....	14
Duck breast with mushroom/comte filling.....	15

### TERRINES AND RILLETES

Bread surprise terrines and rillettes .....	16
---	----



# Brioche bread, clementine jam and Foie Gras

## The INGREDIENTS

### THE FOIE GRAS

Foie Gras d'Oie..... 4 slices

### BRIOCHE BREAD

Warm milk..... 25 cl  
Egg yolk..... 1  
Teaspoon of salt..... 1  
Flour..... 500g  
Butter..... 75g  
Sugar..... 60g  
Baker's yeast..... 1 bag

### THE CLEMENTINE JAM

Clementines..... 200g  
Physalis..... 50g  
Brown sugar..... 250g  
Cardamom..... 2 lugs

## The INSTRUCTIONS

### FOR THE BRIOCHE BREAD

Mix all the ingredients to obtain a smooth dough.  
Divide your dough into molds and let rise for 2 hours.  
Bake your brioche bread at 180°C for 20 minutes.

### FOR THE CLEMENTINE JAM

Mix the sugar, clementines and physalis.  
Start heating the mixture, stirring continuously, and bring to a boil.  
Then add the cardamom pods and cook over medium heat for 15 minutes.

### FOR THE FINISHING

To finish, place a slice of Foie Gras on your brioche bread with your clementine jam.

— PROPOSED BY —

@Irina\_kitchenstories



# Mouthfuls of duck liver mousse, rhubarb confit

## The INGREDIENTS

### BITES OF FOIE GRAS

- 1 Duck Foie Gras Mousse.....150 g
- Sugar.....30 g
- Rhubarb.....150g

## The INSTRUCTIONS

### THE RHUBARB

Peel the rhubarb and cut it into small cubes. In a saucepan, put the cut rhubarb and sugar and heat for 5 minutes over medium heat. Then cut thin strips of rhubarb and cut them into strands.

### DRESSAGE

Place a little rhubarb compote in the bottom of each spoon and cut slices of Foie Gras. To finish, put a slice of Foie Gras per bite. Add a filament of raw rhubarb on top.





# Mini Basket Foie Gras mousse

## The INGREDIENTS

Brick sheets.....	2
Duck Foie Gras Mousse.....	150 g
Unsweetened whipped cream.....	100 g
Salt.....	1 tsp. coffee
Pepper.....	1 tsp. coffee
Kumquats.....	2
Water.....	100 cl
Sugar.....	100g

## The INSTRUCTIONS

### FOR THE MINI BASKET

Take the sheets of bricks. Lay them on top of each other and cut rectangular strips of about 5 cm.

Lay the rectangles on top of each other, remove the sides and cut out squares. Take a mini tartlet or fluted pan and place 2 squares of brick pastry, previously brushed with oil, in each slot.

Add a few red beans to the bottom and heat for 5 minutes in the oven at 180°C, then remove the beans.

### FOR THE FOIE GRAS MOUSSE

Cut the Goose Foie Gras mousse into slices of about 1 cm, put it in a bowl and soften with a spoon.

Add the unsweetened whipped cream, salt and pepper, mix and put in the fridge. Cut the kumquats into thin slices and heat the water/sugar mixture in a saucepan. When the water is simmering, add the kumquats and cook for 10 minutes.

### THE ASSEMBLY

Put the mousse in a piping bag and fill the nests. Finally, add candied kumquats or red currants on top of the mousse.



# Jerusalem artichoke soup with Foie Gras and duck leg confit

## The INGREDIENTS

Duck foie gras.....	40g
Jerusalem artichokes.....	4
Potato.....	1
Liquid cream.....	20cl
Shallot.....	1
Duck leg confit.....	1
Salt & pepper.....	

— PROPOSED BY —

@Sarahtatouilledanssacuisine

## The INSTRUCTIONS

Peel the Jerusalem artichokes and the potato and cut them into small pieces, place them in a saucepan and cover with water, add salt and bring to the boil, then cook for about 30 minutes.

At the end of cooking, mix with a hand blender, add the foie gras and the cream, mix and adjust the seasoning.

Remove the fat from the duck leg and keep it. Thinly slice the duck leg (you can put the pieces of meat in the blender very quickly).

In a small frying pan, brown the chopped shallot over medium heat with the fat you have previously removed from the leg and add the shredded meat, cook and stir until the confit dries out a little and becomes crispy. Serve on the hot velouté.



# Tournedos Rossini

## The INGREDIENTS

Lobe of Duck Foie Gras.....	2 slices
1 Black Melanosporum truffle.....	1
Crumb bread.....	2 slices
Potato chips.....	300g
Tournedos.....	2x250g
Butter.....	10g
Oil.....	

## The INSTRUCTIONS

Cut slices of bread about 1 cm thick. Remove the crust from the bread. Cut the potatoes into slices of about 8mm. Turn out the Foie Gras. Cut 2 slices of Foie Gras of 1cm.

Cut thin slices of truffles. In a frying pan, brown some butter and oil. Put the slices of bread and brown them on each side.

In the same pan, cook the potatoes and brown them on each side for about 5 minutes. On high heat, cook the tournedos in butter. For a rare cooking count 2min of cooking on each side. Cook the slices of Foie Gras for 30s on each side. Arrange as you wish.



# Endive soup with caramelized apple, toast with Foie Gras

The  
INGREDIENTS

**FOR THE CHICORY SOUP**

Chicory.....500g  
Onions..... 1  
Chicken broth..... 1.5 l  
Salt and pepper.....

**FOR THE GARNISH**

Chicory head..... 1  
Bacon.....50g  
Apple.....1/2  
Sugar..... 1tbsp  
Fresh chives.....  
Butter.....  
Pepper and salt.....

**FOR SOURDOUGH TOAST**

**Whole Duck Foie Gras**.....  
Sourdough bread .....50g  
Olive oil.....1/2  
Cork syrup..... 1tbsp  
Flower of salt.....

— PROPOSED BY —  
@Hap\_en\_tap

The  
INSTRUCTIONS

**FOR THE CHICORY SOUP**

Coarsely chop the chicory and rinse it under cold running water. Finely chop the onion and add it to the chicory. Fry for 2 minutes in a knob of butter, do not let it brown. Add the broth and stir until smooth and season with pepper (white) and salt.

Remove the chicory leaves and simmer in butter until tender. Fry the crispy bacon in a non-stick pan without fat.

Cut the apple into small cubes and fry briefly in the butter with the sugar. Serve in the soup with the finely chopped fresh chives.

**FOR SOURDOUGH TOAST**

Preheat the oven to 180°C. Line a baking sheet with parchment paper, place the sourdough slices on it, drizzle with olive oil and sprinkle with fleur de sel. Place parchment paper and an ovenproof tray on top (to prevent the toast from curling).

Bake for 10 minutes until golden and crispy. Let cool. Tear the curls off the foie gras with a vegetable peeler. Soften the cork syrup in the microwave.

Pour the syrup over the toasts and arrange the foie gras shavings on top. Season with fleur de sel.

Decorate with a sprig of flat parsley. Cut the figs in thin slices and cut them on the shape of the foie gras. Cut slices of the same size in the jelly. Place the foie gras on the toasts. To finish, place a slice of fig and a piece of jelly on top and garnish with a sprig of rosemary (and an edible flower).



Units  
2 Pers.

Time  
45min



# Truffle soup and cauliflower

## The INGREDIENTS

Black Truffle.....	1
Cauliflower.....	1/2
Potato.....	2
Milk.....	30 cl
Fresh cream.....	20 cl
Truffle oil.....	1 net

## The INSTRUCTIONS

Wash and drain the cauliflower florets. Peel and wash the potatoes and dice them.

Put the cauliflower florets, the diced potatoes and the milk in a saucepan. Cook for about 20-25 minutes on a low heat and then mix.

Just before serving, add a drizzle of truffle oil and the truffle slice.

— PROPOSED BY —  
@Irina\_kitchenstories



# Creamy Gnocchi with Gorgonzola and Iberian ham

## The INGREDIENTS

Iberian ham.....	50g
Gnocchi.....	500g
Gorgonzola.....	150g
Semi-thick cream.....	2 bricks
Parsley .....	

— PROPOSED PAR —  
@cuisine\_lovers\_and\_co

## The INSTRUCTIONS

Spread the Iberian ham to make chips on greaseproof paper, cover with greaseproof paper and bake for 10 minutes at 200°. Meanwhile, pre-cook the gnocchetti in water for 3 minutes.

Put the cream and the gorgonzola in a frying pan, let it cook for about 5 minutes on medium heat, add the gnocchetti and continue cooking for about 5 minutes.

Serve on plates and sprinkle with Cebo Campo Iberian ham chips and a little parsley.



# Mushrooms stuffed with smoked goose

## The INGREDIENTS

Smoked Goose Breast	20 slices
Button mushrooms	20
Onions Fondue	30 g
Blanched spinach	30 g
Salt, pepper	



## The INSTRUCTIONS

Peel the mushrooms, remove the stems, briefly remove the insides and trim the tops of the caps slightly so that the mushrooms stay straight. Next, cut the smoked goose breast into pieces.

In a bowl, mix the ricotta, spinach, onion, duck breast, salt and pepper and set aside.

Cook the mushrooms for 2 minutes in a frying pan over low heat with a little oil and butter. Add a little salt and pepper.

Put in the oven for 5 minutes at 180°C.

Remove from the oven, put the stuffing in each mushroom and add 1 slice of smoked duck breast on top. Bake for 3 minutes at 180°C and serve immediately.



# Gua bao with smoked duck breast

## The INGREDIENTS

### FOR THE DOUGH

Flour.....	200g
Milk.....	120ml
Baker's yeast.....	10g
Salt.....	1 pinch
Sugar.....	1 pinch
Olive oil.....	1tsp

### FOR THE GARNISH

Smoked goose breast.....	1 package
Carot.....	1
Onion.....	1
Cherry tomatoes.....	4
Soybean sprouts.....	40g
Cabbage leaves.....	4
Coriander and chives.....	
Salt and pepper.....	

## The INSTRUCTIONS

### FOR THE DOUGH

Put the yeast in the milk and let it cool. Add the flour, salt, sugar and milk in a bowl. Mix all together, then add the olive oil and knead. Cover and let rest for 1 hour at room temperature.

Divide the dough into 4 pieces and roll out into an oval about 15 cm long and 10 cm wide. Brush half of the dough with olive oil and fold over to make a calzone. Cook your gua bao in a bain-marie (if possible in a bamboo basket, tip: put a piece of baking paper between the gua bao and the bamboo basket to prevent the dough from sticking).

### FOR THE GARNISH

Prepare the salad: chop and mix all the ingredients and add salt, pepper, soy sauce and sesame oil. It's time to garnish your gua bao.



# Focaccia with smoked duck breast

## The INGREDIENTS

### FOR THE FOCACCIA

Pre-sliced smoked Duck Breast.....	1box
Flour.....	250g
Salt.....	4g
Water.....	14cl
Olive oil.....	4cl
Baker's yeast.....	12g
White asparagus.....	300g
Green asparagus.....	100g

### FOR THE MAYONNAISE

Egg yolk.....	1
Mustard.....	1tbsp
Olive oil.....	110ml
Vinegar.....	1tbsp
Curry.....	2 pinch

## The INSTRUCTIONS

### FOR THE FOCACCIA

In a bowl, mix 14 cl of water, 4 cl of oil and the yeast. In another bowl, mix the flour, salt, curry powder and add your previous mixture. Let rest 2 hours or even 1 night at room temperature.

Shape your dough into a 2 cm oval and brush the top with oil then bake for 20 min at 200°C. Mix the egg yolks and mustard.

Peel the asparagus. Heat them in salted water for 10 minutes and then plunge them into ice water for 5 minutes. Wrap the smoked duck breast around the asparagus. Cut slices of focaccia.

Finally, place the asparagus wrapped with the duck breast on the slices and add a few dabs of mayonnaise.

### FOR THE MAYONNAISE

Mix the egg yolks and mustard, add the olive oil little by little, then the vinegar and curry.



# Cold ramen with duck breast

## The INGREDIENTS

- Duck breast ..... 1
- Carots ..... 2
- Onion ..... 1
- Leek ..... 1
- Ginger ..... 1
- Soy sauce ..... 1
- Lime ..... 1/2
- Chili powder ..... 1
- Cardamom seeds ..... 1
- Rice vinegar ..... 1
- Rice noodles ..... 1
- Sesame oil ..... 1

— PROPOSED BY —  
@irina\_kitchenstories

## The INSTRUCTIONS

Start by washing the carrots and cutting them into strips. Prepare a mixture of a tablespoon of rice vinegar and a dash of sesame oil. Mix with the carrots and let marinate for 1 hour.

Prepare the broth. Cook the carrot peels, onions, leek and rice noodles for 20 minutes.

Add 4 cardamom seeds, 0.5cm of ginger, a little chili powder, 1 tablespoon of soy sauce and 1 tablespoon of rice vinegar. At the end of cooking, strain the broth. Adjust the seasoning, add the juice of half a lime and let cool. Cross the skin of the duck breast and fry it over high heat for 7 minutes with the skin underneath, turn, lower the heat and cook for 7 minutes, basting regularly.

Assemble the whole preparation in a bowl and do not hesitate to incorporate the toppings of your choice: zucchini, avocado, tomatoes, basil leaves, sage, lime slices, chopped chives.



# Duck breast stuffed with mushrooms and comté cheese

## The INGREDIENTS

<b>Duck breast</b> .....	1
County .....	3 slices
Button mushrooms.....	80g
Potatoes.....	300g
Egg.....	1/2
Salt & pepper .....	
Shallot.....	
Parsley .....	

## The INSTRUCTIONS

Cut the potatoes into thin slices. Slice the shallot and chop the parsley. Put the potatoes, shallot, parsley and egg in a bowl. Add salt and pepper and mix. Cook in a pan for a few minutes.

Slice the mushrooms. Cook them in the pan. Then cut into small pieces. Prepare the duck breast: make crosses on the skin side, taking care not to reach the flesh.

Cut the duck breast so that you can garnish it, put slices of smoked duck breast, then the mushrooms, slices of comté cheese and again slices of smoked duck breast. Close the duck breast with toothpicks and fry it for a few minutes. Cut the duck breast into slices. Now it's time to dress the dish



# Surprise bread terrines and rillettes

## The INGREDIENTS

Rillettes of duck..... 170g  
Plain bread..... 4 slices  
Rye bread..... 4 slices  
Bleached kale leaves..... 2 sheets  
Cooked red beet..... 1

## The INSTRUCTIONS

Cut the squares of plain and rye bread to the same size.  
Do the same with the cabbage leaves and beet. Generously spread  
generously on the slices of bread. Assemble. Arrange and decorate.