

To accompany the Chêne Bleu Rosé

POACHED PEACH IN VERBENA SYRUP WITH ROSÉ WINE GRANITÉ

From La Verrière Chef Olivier Garbil

INGREDIENTS:

- ❖ 1 litre (2pints) of water
- ❖ 50cl (1pint) of Chêne Bleu Rosé
- ❖ 300g (11oz) of caster sugar
- ❖ 5 or 6 leaves of fresh verbena
- ❖ 4 large yellow peaches



INSTRUCTIONS:

- ❖ Bring the water, sugar & verbena leaves to the boil to make a syrup.
- ❖ Let it boil for 5 minutes whilst stirring from time to time.
- ❖ Remove the verbena leaves & gently drop the peaches into your syrup.
- ❖ Turn the heat down to its lowest setting & then cook for 10-15 minutes (the peaches must be soft but not too soft).
- ❖ Take the fruit out of the syrup & keep them in the fridge overnight.
- ❖ When the syrup is cold, add the Chêne Bleu Rosé & put the mixture into a shallow baking tray & place in the freezer for 12 hours.
- ❖ Before serving, cut the peach in half then crush the iced syrup with a fork & stuff the peach with the mixture.
- ❖ Serve immediately with a glass of chilled Chêne Bleu Rosé.

To accompany Aliot

SEA BASS IN A SALTY CRUST

From La Verrière Chef Olivier Garbil

INGREDIENTS:

- ❖ 1 sea bass of 900g (2lbs)
- ❖ 1kg (2lbs 4oz) of rock salt
- ❖ 3 egg whites
- ❖ Half a bunch of fennel or basil.



INSTRUCTIONS:

Serves 2 people

- ❖ Gut the fish, being careful not to open the belly too much (a cut of 2-3cm should be sufficient).
- ❖ Remove the gills also.
- ❖ For the salty crust, stir the salt & egg white in a large bowl & then add the chopped herbs (keep some aside to put into the belly of the fish).
- ❖ Stop stirring the mix when it becomes frothy.
- ❖ Put some of the salty crust mix onto a non-stick baking tray in the shape of the bass.
- ❖ Place the bass on top & cover it with salt (no thicker than half a centimetre).
- ❖ Preheat the oven to 220° Celsius & cook the fish for 15 minutes.
- ❖ Let it rest for 10 minutes before serving.
- ❖ Break the crust with a spoon & filet the bass.
- ❖ Wonderful with ratatouille & a glass of Chêne Bleu Aliot.

To accompany Héloïse

HERB-CRUSTED LAMB CHOP & GARLIC CREAM

From La Verrière Chef Olivier Garbil

INGREDIENTS:

- ❖ 12 lamb chops
- ❖ 150g (6oz) of soft butter
- ❖ 150g (6oz) of bread crumbs
- ❖ 50cl (1pint) cream
- ❖ 50g (2oz) of parmesan
- ❖ Half a bunch of flat parsley
- ❖ Half a bunch of basil
- ❖ Half a bunch of chive
- ❖ Half a bunch of tarragon
- ❖ 1 head of garlic
- ❖ Fresh thyme



INSTRUCTIONS:

Serves 4

To make the garlic cream:

- ❖ Slowly reduce the cream in a pan & add the peeled garlic & fresh thyme until you have a saucy texture.
- ❖ Pass the mix through a sieve & put aside until serving.
- ❖ Chop the soft butter & herbs & mix them in a blender until you have a nice green colour.
- ❖ Add the parmesan & bread crumbs until the mix is smooth.
- ❖ Remove from the blender & put between 2 layers of baking parchment (3mm thick).
- ❖ Keep this in the fridge for 2 hours.

To cook the lamb chops:

- ❖ Cut the herb crust in the shape of your lamb chops.
- ❖ Pan-sear them quickly to keep them rare.
- ❖ Place on the baking tray, topped with the herb crust.
- ❖ To finish, cook them in a preheated oven at 200° C until the crust becomes golden.
- ❖ Serve the lamb chops with the garlic cream & enjoy with a glass of Héloïse.

To accompany Abélard

FINE CHEESES

Suggested by La Verrière Chef Olivier Garbil



BLUE CHEESE:

- ❖ Stilton
- ❖ Bleu d'Auvergne
- ❖ Gorgonzola
- ❖ Fourme D'Ambert

OTHER CHEESE:

- ❖ Saint-Nectaire
- ❖ Vieux Cantal
- ❖ Epoisses de Bourgogne
- ❖ Pouligny-Saint-Pierre
- ❖ Roquefort
- ❖ Ossau-Iraty