RECIPE

RECIPE TITLE

Beetroots slowly baked in orange salt crust

FOR

4 persons

FROM THE FEATURE

Sea salt

CONTRIBUTOR

Audrey Cosson
http://www.audreycosson.com/

SISTERMAG

N°25

INGREDIENTS

- 4 medium beetroots, with the skin
- 2 kg coarse sea salt
- 3 non-treated, organic oranges

STEPS

Preheat the oven to 160°C.

Clean and dry the oranges. Using a fine grater, grate the oranges until only the white pith remain over the fruit.

Mix the zest with the salt and place half of it in a baking tray, place the beetroots on top of it and cover with the remaining salt.

Pour a little bit of water on it and roast for 1h if you like firm beetroots, or 1h30 for more tender beetroots. When the beetroots are cooked, break the salt crust and remove the beetroots. Rinse them, remove the skin and simply eat with butter and pepper.

RECIPE

RECIPE TITLE

Minestrone with chili salt cured egg yolks

FOR

4-6 persons

FROM THE FEATURE

Sea salt

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INGREDIENTS

For the chili sea salt cured egg yolks:

- 500 g coarse sea salt
- 250 caster sugar
- 1 tbsp. chili flakes
- 4 egg yolks

For the broth:

- 1 onion, peeled and finely chopped
- 1 garlic clove, peeled and finely chopped
- 2 carrots, peeled and diced
- 1 stick of celery, finely sliced
- 2 thyme branches
- 2 bay leaves
- 4 cloves
- 150 g shelled peas

STEPS

Start preparing the cured egg yolks four days ahead. Mix together the sea salt, sugar and chili flakes. Evenly spread out in a baking tray half of the mixture.

With the back of a spoon, create 4 depressions in the salt and gently place each egg yolk into a depression. Carefully cover the egg yolks with the rest of the salt mixture, tightly wrap the tray with plastic and leave to cure for 4 days.

After 4 days, remove the egg yolks from the salt, they should be hard.

Brush off the salt from the egg yolks, carefully rinse them under water and dry them with paper towels. These cured eggs keep a few days in an airtight container placed in the fridge.

To make the broth, heat 1 tbsp olive oil in a pan and add the onion. When the onion is lightly

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150 g cooked chickpeas

1 bunch wild asparagus

sea salt

pepper

For the pesto:

2 bunches basil + extra to serve

10 g pine nuts

1 garlic cloves, peeled and finely chopped

50 g freshly grated parmesan

20 cl olive oil + some for the pan

golden, add 1 garlic clove. Cook for 2 minutes then add the carrots and celery.

Cook for 3 minutes, stirring then add 1,5 l water.

Add salt, pepper, thyme, bay leaves, cloves and bring to the boil. Gently cook for 45 mn over low heat.

To make the pesto, place all the ingredients in a food processor until roughly chopped. Add extra olive oil if necessary.

Five minutes before the broth is ready, add the peas, asparagus and chickpeas and cook for 5 minutes.

Divide into plates, top with extra basil leaves and grate cured egg yolks over to serve.

RECIPE

RECIPE TITLE

Rosemary and lemon salted ice cream with blueberries

FOR

4-6 persons

FROM THE FEATURE

Sea salt

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INGREDIENTS

- 50 cl milk (3,5%)
- the rind of 1 non-treated, organic lemon
- 6 egg yolks
- 175 g caster sugar
- 1 tsp. fleur de sel
- 4 branches of rosemary
- blueberries, to serve

STEPS

Heat the milk and lemon rind in a small pan, bring to a simmer.

Remove from the heat and cover for 15 mins. In a bowl, whisk together the egg yolks, sugar and salt.

Pour over the filtered milk while whisking, then pour into the pan and put back on low heat. Cook without boiling for about 8 mins, while stirring with a wooden fork.

The mixture is ready when it starts to thicken and when a finger swiped across the back of the spoon leaves a clean line.

Let cool completely before straining into ice cream maker and churn according to manufacturer's instructions. Transfer ice cream into a tray and let chill in freezer for at least 6 hours before serving topped with blueberries.

RECIPE

RECIPE TITLE

Mini smoked salted caramel pavlovas with honey roasted nectarines

FOR

6-8 persons

FROM THE FEATURE

Sea salt

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N°25

INGREDIENTS

- 240 g sugar
- 4 egg whites
- 100 g caster sugar
- 10 cl pouring cream
- 15 g sea salt butter, diced
- 1 tbsp smoked salt
- 8 nectarines, halved and stone removed
- 50 g pistachios, crushed
- 4 tbsp. honey

STEPS

Preheat the oven to 150°C.Heat the cream in a small pan. Place the sugar and 30 g water into another small pan on medium heat without touching.

When the caramel starts to get brown, remove from the heat and add the hot cream, whisking to combine. Add the butter and whisk until combined.

Beat the egg whites until stiff peaks form, gradually add the sugar, one tsp. at a time. When all the sugar has been added, keep beating for 5 mins or until the merging is stiff and shiny.

Scoop out in rounds onto a baking sheets lined with parchment. Add 1 tsp. caramel on top of each meringue and swirl it with a toothpick.

Sprinkle each meringue with smoked salt and bake for 1h or until the meringues are dry on the

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outside. Let cool completely.

Increase the oven temperature to 180°C. Line a baking sheet with parchment and place the nectarines.

Pour the honey and crushed pistachios over it and bake for 20 to 30 minutes.

Serve the meringues toped with the honey-roasted nectarines, with the extra caramel on the side.

RECIPE

RECIPE TITLE
Salted whiskey dark chocolate tart

FOR
6 persons

FROM THE FEATURE
Sea salt

CONTRIBUTOR
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INGREDIENTS

For the pastry:

- 60 g unsalted butter + extra for the tin
- 55 g icing sugar
- 1 egg
- 150 g flour
- 20 g almond meal
- 1 pinch of salt

For the salted whiskey ganache:

- 30 cl pouring cream
- 300 g dark chocolate, finely chopped
- flaked sea salt
- 3 cl whiskey

STEPS

Preheat the oven to 150°C.

To make the pastry, mix diced butter and icing sugar in a bowl. Add the egg and mix. Add flour, almond meal, salt and mix until the dough just comes together with a wooden spoon.

Turn onto a lightly floured surface and roll the pastry out. Line a lightly greased round loose-bottomed tin with the pastry. Trim the edges and prick the base with a fork. Refrigerate for 30 mins before baking for 20 mins or until golden. Set aside to cool.

To make the ganache, bring the cream to a simmer in a small pan and pour onto the chopped chocolate in a bowl.

Gently stir until melted and smooth with a wooden spoon. Add the whiskey and salt to your taste and allow to cool for 10 mins. Pour onto the tart shell and refrigerate for 2h before serving.