

Tefal



Recipes of
EXCELLENCE

EXCELLENCE OF TASTE

How to improve the taste of your cooking?

Temperature control is key to ensure perfect cooking result:

When your frypan is too cold to start cooking, the cooking process is longer and the food has tendency to lose its juice with a dry result.

At a too low temperature food coloration is pale and texture is often flabby. The cooking result is often insipid and dull.

When your frypan is too hot to start cooking you might burn the outside of the food before it actually starts cooking.

Use Tefal Thermo-Spot for tastier cooking.



Tefal Thermo-Spot indicates when the ideal temperature is reached for perfect searing.



STARTERS



Aubergines with Napolitaine Sauce

04/05

Pan-fried asparagus with strawberries, balsamic vinegar and grilled bacon

06

Crispy dumplings of scallop with pistachio and parmesan

07

MAIN COURSES



Wagyu steak with Bearnaise sauce and straw potato pancake

08/09

Risotto with shrimps

10

Monkfish caramelised in vanilla with wasabi coated green peas

11

DESSERTS



Tiramisu white chocolate mousse

12/13

Brioche French toast with coconut and pineapple

14

Silky petits pots de crème with caramel and salted butter, and popcorn

15

AUBERGINES WITH NAPOLITANE SAUCE



X 4



15 min



4 min

Cut the unpeeled aubergine into half inch thick slices. Sprinkle with salt, cover and leave for 30 minutes.

Meanwhile prepare the sauce. In a frying pan soften the onion and garlic in the hot oil. Add all the remaining ingredients and bring to the boil. Simmer for 10 minutes. Remove the bayleaf. Thicken with cornflour, if necessary.

Sift the flour and salt into a bowl. Add the egg and gradually stir in the milk to make a smooth batter. Wash the aubergines and dry thoroughly in absorbent paper.

Dip the aubergine in batter and drain any excess. With the basket already lowered into the hot oil, fry in batches for 3 - 4 minutes at 190°C until crisp and golden. Serve with sauce.

- 1 large aubergine
- 100g plain flour
- Pinch of salt
- 1 beaten egg
- 150 ml milk.
- 397g can chopped tomatoes
- 1 chopped onion
- 1 crushed garlic clove (optional)
- 1 teaspoon dried oregano
- 1/2 bay leaf
- 2 tablespoons chopped fresh parley
- 1 tablespoon tomato puree
- 2 teaspoon sugar
- 150 ml red wine
- Salt and pepper





PAN-FRIED ASPARAGUS WITH STRAWBERRIES, BALSAMIC VINEGAR AND GRILLED BACON



X 4



15 min



20 min frying pan

Wash and cut the strawberries into 2 or 4 depending on the size.

Wash the asparagus. Remove the small leaves along the stem. Trim a little.

Brown the bacon slices in the frying pan. Remove from the pan.

Put a little oil in the pan. Brown and glaze the asparagus in olive oil. When they are al dente, deglaze with balsamic vinegar.

Turn off the heat. Add the strawberries by mixing well so that they are also coated with vinegar.

Place the bacon slices in the plates. Arrange the asparagus and strawberries on top.

Garnish with parmesan shavings, fleur de sel, pepper and a light drizzle of olive oil.

- 20 to 24 green asparagus
- 40 g whole parmesan
- 7 cl olive oil
- 2 cl balsamic vinegar
- 150 g strawberries
- 8 Slices of bacon or lard
- Salt and pepper

CHEF' TIP

Buy thin asparagus. They have a fine skin and need not be peeled. If you are using thick ones, you must peel with a peeler and cut into two so that they cook faster.

CRISPY DUMPLINGS OF SCALLOP WITH PISTACHIO AND PARMESAN



X 4



20 min



20 min frying pan

Roughly chop the pistachios. Cut the cheese into thin strips. Marinate the scallops in a little pistachio oil and season with salt and pepper. Melt the butter and mix it with oil.

Moisten the brick pastry sheets with this mixture.

Cut the brick pastry sheets into 3 one-third circles. Place a little pistachio in the middle of each piece of brick pastry sheet.

Place one scallop on top. Garnish with parmesan strips. Seal to form a dumpling around the scallop. Fry starting with the cheese side. Cook on each side until the dumplings are golden.

Serve with rocket or mesclun salad.

- 8 scallops
- 80 g whole parmesan
- 40 g unsalted pistachios
- 5 cl Pistachio oil
- 3 Brick pastry sheets (1 sheet for 3 dumplings)
- 20 g Butter
- 2 cl Vegetable oil
- Salt and pepper

CHEF' TIP

You can use frozen scallops. In this case, you should defrost them overnight in milk and then wipe dry before use.



WAGYU STEAK WITH BEARNAISE SAUCE AND STRAW POTATO PANCAKE



X 4



30 min



20 min

frying pan
and sauce pan

Straw potato pancake. Wash, peel and grate the potatoes. Squeeze the potatoes gently with your hands to remove some of the liquid. Season with salt and pepper and if necessary with nutmeg. Heat oil in a pan. Form a beautiful potato pancake and cook on medium heat until slightly brown. Turn over the pancake. Continue to cook turning over regularly. Keep warm.

Bearnaise sauce. Clarify the butter (melt it; gently skim off the white foam that floats on the surface; then pour the bright yellow melted butter into another container, without the white milk solids at the bottom - keep only the bright yellow melted butter). In a saucepan, place the shallots, vinegar, wine and pepper. Reduce until almost dry. Add 10 cl of water and reduce again. Leave to cool. Add the egg yolks and one tablespoon of cold water. On very low heat, heat by whisking vigorously until the yolks begin to coagulate and are light and frothy. Turn off the heat. Add the butter gradually while whisking all the time (like when whisking mayonnaise). Add salt. Add the chopped herbs.

Finishing touch. Pan-fry the steaks in a little very hot oil. Turn them over. When they reach the desired doneness, add a knob of butter and cook for 1 more minute by turning over the steaks to coat them well. Serve the steaks with the straw potato pancake and the sauce in a beautiful sauce boat.



CHEF' TIP

To form round individual potato pancakes, use a cookie cutter. Oil it on the inside and place it on the pan. Then fill with the grated potatoes. Cook for a few minutes on each side before removing the cookie cutter.

- 4 Wagyu steaks
- 600/650 g potatoes salt, freshly ground pepper, nutmeg, vegetable oil

Bearnaise sauce:

- 4 extra fresh egg yolks
- 250 g butter
- 4 cl white vinegar
- 4 cl white wine
- 40 g shallots, peeled and chopped
- 1 tbsp tarragon, washed and chopped
- 1 tbsp chervil, washed and chopped
- Salt and pepper





RISOTTO WITH SHRIMPS



X 4



10 min



17 min wok

Peel and chop the shallots finely. Chop a few coriander leaves. Peel the shrimps. Cut into 3 (except for 8 shrimps that will be used for decoration).

Heat the stock in the stew pot.

In the wok, heat the oil and brown the shrimps (whole shrimps and cut pieces). Remove.

Replace with the shallots. Glaze without browning them too much. Add the rice. Mix well and saute until translucent.

Add the white wine. Mix by scraping off the cooking juices, and reduce.

Add the stock ladle by ladle while stirring constantly.

When the rice is cooked, add the cream, coriander and cut shrimps.

Mix. Grate parmesan on top. Place the whole shrimps.

Cover and let it stand for 3 minutes before serving.

- 200 g arborio or carnaroli rice
- 20 shrimps (or king prawns)
- 50 g parmesan
- 100 g Mascarpone (or cream cheese)
- 10 cl dry white wine
- 5 cl olive oil
- 1L shrimp stock (or vegetable stock)
- 75 g shallots
- A few sprigs of coriander
- Salt and pepper

CHEF' TIP

If there is any leftover risotto, leave to cool. Then for another meal, form rice pancakes and simply brown them in the frying pan with a little olive oil. They will be perfect for a great dinner with a salad.

MONKFISH CAMELISED IN VANILLA WITH WASABI COATED GREEN PEAS

Cook the frozen green peas in a large amount of boiling water. Drain. Quickly cool them in iced water to retain their bright green colour. Mix with wasabi, salt and cream. Pass through a fine strainer to have a perfectly smooth puree.



X 4



30 min



15 min

Shell the fresh peas. Cook them like the frozen green peas. Cool them and keep aside.

Brown the pieces of monkfish in oil. When they are just cooked, add the butter and vanilla seeds. Continue to cook by coating with fat until golden brown. Transfer to an oven-proof dish and keep warm in an oven at 70°C until the sauce is done.

Deglaze with white wine scraping off the cooking juices. Reduce. Add the cream. Reduce. Season with salt and pepper. At the same time, reheat the green pea puree.

Divide the puree between the plates. Sprinkle whole green peas on top. Place the pieces of fish on top and drizzle with sauce.

- 8 pieces of monkfish 80/100 g each
 - 2 tbsp vegetable oil
 - 25 g salted butter
 - 7 cl white wine
 - 1 pod of bourbon vanilla
 - 20 cl liquid cream 35% fat
 - 200 g fresh green peas
- Green pea puree:**
- 400 g frozen green peas
 - 20 cl thick fresh cream
 - 20 g wasabi paste
 - Salt and pepper

CHEF' TIP

Before cooking the fish, place it for 30 minutes in salted water (5% salt, i.e. 50 g of salt for 1L of water) to make its flesh firm and its texture even more tender. Rinse well and wipe dry before browning it.



TIRAMISU WHITE CHOCOLATE MOUSSE



X 4



15 min



10 min



4 hours

sauce pan

White chocolate mousse.

Mix the sugar and the egg yolks. Add the cornstarch to which agar has been added and mix well to avoid lumps. Add the milk gradually and flavour with the vanilla seeds (split the pod and scrape out the seeds). Place the mixture in a saucepan. Cook on medium heat stirring constantly until it thickens. Reduce the heat. Add the white chocolate. Continue to heat and mix until the chocolate melts. Cover with cling film (which will be in contact with the surface of the cream to prevent a skin from forming). Leave to cool (without placing it in the refrigerator).

Whip up the liquid cream. When the white chocolate cream is almost cold, add the whipped cream in 2 parts. Place in a piping bag. Leave to cool completely in the refrigerator. For the syrup, heat the coffee and sugar. Flavour with the alcohol. Leave to cool.

Soak the biscuits in this syrup and divide them between beautiful ramekins or transfer to a serving dish. Drizzle the lady fingers with the white chocolate mousse.

Just before serving, sprinkle with bitter cocoa powder.

CHEF' TIP

Place the vanilla pod in sugar to flavour it. And when the pod is dry, mix it finely with a little sugar to get beautifully flavoured vanilla sugar.

- 8 lady fingers biscuits
- Bitter cocoa powder to garnish

Syrup:

- 15 g Amaretto (or rum)
- 13 g sugar

White chocolate mousse:

- 140 g white chocolate
- 25 g sugar
- 17 cl milk
- 14 cl chilled liquid cream
- 14 g cornstarch
- 1 pod of vanilla
- 2 egg yolks
- 0.8 g agar powder (1 level tsp.)





BRIOCHE FRENCH TOAST WITH COCONUT AND PINEAPPLE



X 4



10 min



10 min frying pan

Peel the pineapple and remove the fibrous core. Cut into 8 portions. Melt 30 g of butter. Add the sugar. Brown the pineapple slices in it.

Whisk the eggs and coconut milk. Soak the brioche slices in this mixture.

Melt the remaining butter in the pan. Brown the brioche slices on both sides.

Serve the Brioche French toast with caramelised pineapple slices on top.

Garnish with icing sugar or grated coconut.

- 4 brioche slices 2 cm thick
- 2 eggs
- 40 cl coconut milk
- ½ pineapple
- 25 g sugar
- 2 x 30 g butter
- Icing sugar or grated coconut for garnishing

CHEF' TIP

Change the flavours depending on the season by replacing the pineapple with apples, peaches or even apricots.

SILKY PETITS POTS DE CRÈME WITH CARAMEL AND SALTED BUTTER, AND POPCORN

Caramel:

Place the sugar in a frying pan. Cook on medium heat and allow the sugar to start caramelising without touching it. When the sugar begins to brown underneath, mix so that it caramelises uniformly. Add the cream little by little in a thin stream being careful of splatters. Lastly add the butter. Mix thoroughly. Remove and leave to cool. Pour a little of this caramel into each pot.



X 4



30 min



20 min
frying pan
and
sauce pan

Caramel:

- 200 g sugar
- 200 g liquid cream
- 40 g slightly salted butter

Cream:

- 180 g milk
- 260 g liquid cream
- 25 g cornstarch
- Caramelised popcorn for garnishing

Cream:

Thin 100 g of caramel with cream and then milk. Moisten the starch with 7 cl of liquid. Add the remaining liquid. Place in a saucepan. Cook on medium heat whisking all the time.

Remove from heat and add the two egg yolks. Mix thoroughly.

Immediately divide the cream between the verrines. Leave to cool.

Garnish with caramelised popcorn.

CHEF' TIP

You can also set this cream in ramekins wider than tall, and then cool them completely before unmoulding on a plate, for another very festive presentation.





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