

La Ferme

7101 BROOKVILLE ROAD
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Chilled Ratatouille Soup with basil

Ingredients for 6/8 serving:

- 3 large tomatoes
- 2 green zucchinis
- 1 large eggplant
- 2 red peppers
- 2 medium onions
- 6 cloves of fresh garlic
- 1 tbsp of tomato paste (facultative)
- 3 tbsp of olive oil
- 2 tbsp of basil oil
- Fresh basil, coriander seeds, fennel seeds, sea salt, fresh ground pepper
- 4 cups of vegetable broth (or water)

Utensils:

- 1 medium frying pan
- 1 X 4 quarts sauce pot
- 1 chopping board and 1 chef's knife
- 1 blender
- 1 large bowl
- Pepper mill, ladle

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Method:

- Wash all vegetables in cold water
- Peel and chop onion and garlic
- Peel and chop eggplant
- Chop the zucchinis
- Remove all seeds from the sweet pepper and chop
- Chop the tomato with juice and seeds

- In a medium frying pan heat some olive oil and add the onion, garlic and sweet pepper. (a few minutes, do not brown) pour in sauce pot
- Repeat with zucchini and eggplant and pour in sauce pot.
- Add the tomato, tomato paste, coriander and fennel seeds (infinite amount go a long way, use with moderation) vegetable broth and season with salt and fresh pepper.
- Cook for about 15 minutes.
- Using a ladle and great care pour in the blender (filling it half way) blend until very fine and reserve in a bowl to cool, repeat the process until everything has been blended.
- Chill overnight in the refrigerator or over a bath with ice.
- Pour in soup bowls and add a tablespoon of freshly chopped tomato (not seed or juice) and a chiffonade of basil.

NOTES:

- The ratatouille can be cooked the day before and blended cold.
- You can also make some ratatouille in greater quantity and reserve some to serve as vegetable for fish or meat for another meal. you will just, then stain it and use the liquid part for the soup.

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VEGETABLE PAELLA

Ingredients for 4 servings:

- 1 cup of good quality Basmati rice
- 2 teaspoons of olive oil
- 2 cups of vegetable broth (or water)
- 3 cloves of garlic (chopped or sliced)
- Saffron (to taste)
- Salt and pepper
- 3 romaine tomato (cup in thin slices)
- ½ cup of:
 - Brunoise of Zucchini
 - Green Peas
 - Golden corn
 - Sweet red, yellow and green pepper (cut in small dice)
 - Finely chopped onion
- Sea salt and ground pepper from the mill

Method:

- In a sauce pot heat the olive oil, add pepper, onion and garlic sweat while covered for few minutes.
- Add rice, saffron, sweat over medium fire for a few minutes while stirring.
- Add the remaining vegetables and 2 cups of liquid
- Arrange the sliced tomato around the top.
- Cover with a leaf wax paper and a lead
- Cook for 20 mn and you are ready to serve it.

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Aspic de peches blanches au vin de Sauternes

Ingredients for 6 persons:

- 4/6 white peaches (small and ripe)
- 1 bottle of 375 ml of Sauternes wine (or Similar dessert wine)
- 4 sheets of gelatin
- 1/4 cup of water
- 3 slices of brioche.

Method:

- In a sauce pot with boiling water, blanch the peaches (3 at the time) for 15/20 seconds, refresh them in a water bath, peel and reserve.
- Soak the gelatin in chilled water, when soft put the gelatin in a small cup and melt in a microwave oven (15 seconds)
- Dissolve the gelatin in the wine using while stirring with a whisk.
- Cut the peaches in small wedges or cubes, dispose the peaches in small ramequin and fill with the aspic

Serving:

- Remove the brioche crust, cut the slices diagonally
- Sprinkle some fine sugar (10X) over the slices and toast in the oven under the salamander (broiler)
- Unmold the peach aspic (dip the mold in a bath of hot water for a few second) in the serving plate.
- Add the warm toasted brioche and serve immediately

You can accompany this dish with a small glass of the wine you have used for the aspic