



LARGE PRAWNS POACHED IN SALTED BUTTER AND TOMATOES STUFFED WITH
LENTILLONS ROSE
(RECIPE FOR 4 PERSONS - PREPARATION TIME : 15 MM – COOKING TIME : 20 MM)

4 WILD PRAWNS
80 GR OF SALTED BUTTER
SALT AND PEPPER
1 KILOGRAM OF FRESH TOMATOES (DIAMETER 67 CM)
40 GR OF GARLIC CLOVE 2 CLOVES SET ASIDE FOR THE BRUNOISE
40 CL OF OLIVE OIL,
60 GR CHOPPED TOMATOES
80 GR OF LOUISE BON LENTILLONS
20 GR OF FINELY MINCED CARROTS
20 GR OF FINELY MINCED FENNEL ROOT
20 GR OF FINELY MINCED ONION
8 CL OF VEAL JUICE,
1 SPRIG OF THYME
40 GR OF PARMESAN.

HEAT THE OLIVE OIL SWEAT THE ONIONS, CARROTS, FENNEL ROOT
SHELL 2/3 OF THE LARGE PRAWNS DELICATELY, DO NOT CUT OFF HEADS. CLEAN AND DE-VEIN
THEM

PRAWNS WILL BE COOKED IN TWO MANNERS: ONCE ON THE HOT IRON GRILL AND FINISHED "EN
PAPILLOTTE" IN THE OVEN. PRE-HEAT OVEN TO 80C OR 190F

SEASON WITH SALT AND PEPPER AND QUICKLY COOK ON A HOT IRON GRILL PAN. COOKING
EACH ONE INDIVIDUALLY IN ALUMINUM FOIL WITH 25G OF SALTED BUTTER IN EACH ONE.
SEAL EACH PRAWN ENTIRELY IN THE ALUMINUM FOIL OR PARCHMENT. PLACE IN OVEN PRE-HEATED
TO 80C . WHEN PRAWNS REACH 50C AT THE THICKEST PART THEY WILL BE READY.

*PEEL TOMATOES BY QUICKLY TAKING A PARING KNIFE AND MARKING A SMALL X ON BOTTOMS.
PLACE IN BOILING WATER FOR 10 – 12 SECONDS. PREPARE A BOWL OF ICE WATER BEFOREHAND.
PLUNGE TOMATOES INTO ICE WATER AND PEEL SHOULD COME OFF EASILY. CUT TOMATOES AT THE
TOP AND SCOOP OUT THE SEEDS AND EXCESS JUICE. CUT A SMALL THIN SLICE OFF BOTTOM, SO
TOMATO CAN STAND EASILY.

GARLIC (SET ASIDE 2 CLOVES FOR THE BRUNOISE) IS PREPARED IN THE FOLLOWING MANNER:
PLACE WHOLE CLOVES OF GARLIC IN COLD WATER IN A SAUCEPAN BRING TO A BOIL – PLUNGE INTO
COOL WATER AFTERWARDS – PEEL.

POACH GARLIC CLOVES IN HOT OLIVE OIL FOR 15-20 MIN ON LOW HEAT.

PUREE WITH A HAND-HELD MIXER AFTERWARDS.

FINELY MINCE THE VEGETABLES AND GARLIC

RINSE LENTILLONS IN COOL WATER, PLACE THE LENTILLONS, MINCED VEGETABLES, GARLIC AND
VEAL STOCK IN A SAUCEPAN COOK ON A LOW FLAME UNTIL LENTILS ARE A BIT FIRM, BUT TENDER.
DRESS TOMATOES WITH A SMALL SPOONFUL OF GARLIC PUREE, LENTILLONS MIXTURE, TOP WITH
PARMESAN CHEESE. PLACE QUICKLY UNDER A GRILL UNTIL GOLDEN BROWN. SERVE IMMEDIATELY.

