

# 100 % ORANGE, BETWEEN LAND AND SEA

Savoury recipe / by Cyndie Guillot



## 1. Composition

Poached fillet of haddock, saffron emulsion  
Scallops, spaghetti squash with Colonnata bacon & coral sauce  
Chicken in a mimolette crust, potimarron & kalamansi puree

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## 2. Poached fillet of haddock, saffron emulsion

### Ingredients

Frozen speciality : Ginger - 50g

Fillet of haddock - 200g

Saffron - 1g

Soy lecithin - 3g

Almond milk - 500cl

Portion the haddock fillets, poach them in the almond milk and ginger mixture from a cold start and drain. Add the saffron to the poaching stock. Infuse for a few minutes, add the lecithin. Bring to the boil and emulsify.

In this step



Frozen speciality with  
Ginger

Frozen fruit purées

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## 3. Scallops, spaghetti squash with Colonnata bacon & coral sauce

### Ingredients

Frozen fruit purée 100% :  
Bergamot - 30g

Scallops - 4

Butter - 60g

Pale green parts of leeks -  
50g

Onion - 50g

Paris mushrooms - 50g

Thyme - As required

Fleur de sel - As required

White wine - 100cl

Spaghetti squash - 500g

Colonnata bacon - 50g

Sole bones - 100g

Shell the scallops, keep the thoroughly rinsed white part of the scallop and the coral and the bards.

To make the stock: gently sweat the aromatic garnish, add the sole bones and bards of scallops, deglaze with white wine, cover with water, simmer for 20 minutes. Strain without pressing, reduce by 3/4 and bind with the coral.

Boil the squash, remove the pulp and fry with the Colonnata bacon cut into thin matchsticks. Cook the white parts of the scallops in butter knob, set aside.

Drizzle with the coral sauce, use a pastry cutter to shape the spaghetti in the centre of the plate, arrange the scallop on top and the coral sauce around it.

### In this step



Frozen fruit purée  
without added sugar\* :  
Bergamot

Frozen fruit purées

## 4. Chicken in a mimolette crust, potimarron & kalamansi puree

### Ingredients

Frozen fruit purée 100% :  
Kalamansi - 50g

Poultry farmer Ain  
(Supreme) - 400g

yellow wine - 40cl

Cornbread - 30g

Butter - 30g

Mimolette old - 30g

Potimarron - 600g

Crème fraîche - 20cl

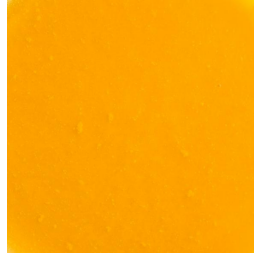
Butter - 20cl

Brown the chicken in butter. Place in a shrinkable vacuum pouch with the yellow wine, kalamansi puree, salt and pepper. Cook for 1 hour at 65°C in a steam oven. Cut into squares.

Make the Viennese crust: Soften the butter, combine with the cornbread and mixed mimolette. Roast the whole potimarron in foil for 30 min. at 180°C. Mix with the kalamansi puree, add the butter and cream. Season according to taste. Portion the crust.

Arrange over the chicken, brown under the grill. Draw a comma with the puree starting from the chicken, the tip towards the scallop.

In this step



Frozen fruit purée  
without added sugar\* :  
Kalamansi

Frozen fruit purées

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## 5. Presentation

## Ingredients

Frozen fruit purée 100% :  
Yellow Passion fruit - 60g

Frozen fruit coulis : Mango  
& passion - 100g

Butter - 40g

Flour - 40g

Sugar - 125g

Chips kumquat

Kumquat - 30g

Water - 500g

Sugar - 25cl

Mango / passion jelly

Agar agar - 0,5g

Marigold - 4

Mix the melted butter, flour, sugar and passion fruit puree. Flatten until very thin.

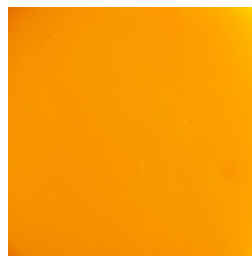
Bake for 8 min. at 180°C, place on baking parchment.

Cut into rectangles, spike into the centre of the haddock fillet.

Slice the kumquat very finely, soak in the syrup. Drain and dry in the oven at 80°C and arrange on the Viennese crust.

Heat the coulis and add the agar-agar, bring to the boil. Shape into a small dome with a pipette, keep refrigerated +3° C. Arrange in a line from largest to smallest starting from chicken. At the last minute, arrange the marigold flowers over the scallop.

In this step



Frozen fruit coulis :  
Mango & passion

Frozen fruit coulis