



# FENNEL & GOAT CHEESE TARTLETTES

MAKES 6 TARTLETTES

- 150g flour
- 80g butter, diced
- 1/4 tsp salt
- 1 egg yoke
- cold water
- 8cm pastry ring

To make the pastry, pile the flour on the bench, make a well in the centre, add the egg yoke, salt, butter and 1 tbsp of water. Using fingertips, gradually work in the flour, moving quickly and methodically till all flour is incorporated. Add more cold water if necessary. Form into a ball and rest in the fridge for half an hour before rolling out.

- extra virgin olive oil
- 400g cherry tomatoes
- a fennel bulb - about 200g
- 150g soft goat cheese
- anis or cumin seeds
- 1/2 a preserved lemon
- freshly ground black pepper and sea salt
- chopped fresh basil leaves

1. Roll the pastry out and cut out 6 rounds with the pastry cutter. Lay out on greased tray and place in fridge while you are preparing the topping. Preheat oven to 175C.

1. Slice ends off cherry tomatoes and halve.

2. Slice fennel very finely.

3. Remove flesh from preserved lemons and use the skin only. Chop skin into tiny dice.

5. Brush olive generously over pastry rounds. Place tomatoes in a circle all around the edge. Pile up sliced fennel in the centre and dot with little pieces of goat cheese. Sprinkle all with anis seeds and preserved lemon. Drizzle with olive oil and sprinkle with salt and pepper.

5. Bake tarts for half an hour.



PETA MATHIAS



# MAGRET ET FOIE GRAS AU SEL

## DUCK BREAST AND FATTENED LIVER IN SALT CRUST

FOR 6 PEOPLE

- 4 duck breasts
- freshly ground pepper
- 200g goose or duck foie gras
- 4 good sprigs of fresh lemon thyme
- 1kg rock salt
- 1/2 cup flour
- 1 egg white
- 2 tbsp water
- Kitchen string
- poultry needle

1. Prick the duck breast skin, taking care not to cut the meat.
2. Gently separate the lobes of the liver. Never cut them. Gently remove the veins, pulling them through the soft liver with the back of a vegetable knife. Avoid damaging the liver as much as possible.
3. Lay two breasts on a board, place half the foie gras on top of them. Scrape the leaves off the thyme sprigs onto the foie gras. Place the other two breasts on top and tie up with string using your hands or a poultry needle. Grind pepper on both sides.
4. Preheat the oven to 200oC. Heat a fry pan to very hot and fry the duck 'sandwich' for a few mins on each side until browned.
5. Meanwhile make the salt crust by mixing the last 4 ingredients together. Cover the bottom of an oven proof dish with the salt mixture, put the duck on top and cover with the rest of the salt.
6. Bake in the oven for 40 mins.

This dish is normally eaten cold so when it's cooked break the crust, allow the duck packages to cool down a bit then wrap in tin foil. Leave in the fridge overnight. The next day, remove the foil and string and slice.

To eat it warm, remove from the oven and allow to rest for 15 mins. Take the oven dish to the table and break the crust in front of your guests – the cries of wonder at the smell are quite gratifying. Cut medium thickness slices. This would be good served with a lamb's lettuce and walnut salad, new potatoes from your country relatives and the confit tomato tart.



PETA MATHIAS





# FISH POACHED IN OLIVE OIL

FOR 4 PEOPLE



PETA MATHIAS

- 800g fish fillets or steaks (salmon, cod, tuna, snapper etc)
- 1 lt. extra virgin olive oil
- 4 cloves of garlic, peeled and halved
- few branches fresh thyme
- 2 big slices orange peel
- pinch sea salt
- half a dozen pepper corns slightly crushed
- 2 tonka beans or half a vanilla pod

1. Heat the all the ingredients except the fish to tepid (no more than 100oC) in a braising pan. Dry the fish on paper towels and gently place it in the oil. If the oil doesn't cover it, add some more. With a cooking thermometer, bring the temperature up to the required level and poach for 12 mins. This will leave the fish moist, tender and pink in the middle.
2. Remove the fish with a slotted spoon and drain on a cake rack over paper towels. This prevents the oil from soaking back into the fish.

NB The fish cooking oil can be used to cook fish again. Just strain it through a coffee filter, plop in a slice of lemon rind and store, covered, in a dark place.

## CRISPY FLATBREAD

A large flat copper pan about 50cm in diameter is commonly used to cook this bread but you could also use a cookie tray or roasting pan - the biggest one you have that will fit into your oven. It is normally cooked in a wood fired oven with lavender branches thrown in so smells heavenly when it emerges.

Serves 6 or 12 depending on how much you love it

- 200g white flour
- 4 tbsp extra virgin olive oil
- 4 tbsp cold water
- 250g soft fresh goat cheese
- olive oil for brushing
- sea salt
- a bunch of lavender

1. Make a circle of the flour on the work bench. Into the middle pour the oil and the water. Mix together with your hands, adding more water if necessary and knead till you have a soft ball. Allow to rest for an hour.
2. Preheat the oven to the hottest it will go.  
Knead dough again for a few minutes, let rest for 5 mins than divide in 2.
3. Roll out one ball of dough very thin then put your fists under the dough trying to widen it and make it thinner and thinner. It should be almost transparent.
4. Oil a baking pan well and cover it with the dough. Dollop lumps of cheese on top.
5. Roll out the other ball of dough and lay it on top. Sprinkle copiously with oil and sea salt.
6. Bake for 6 mins. Cut into squares or triangles and eat immediately.

## SAUSSOUN

Paste for toast, fish and vegetables. Makes about a cup.

- P100g blanched almonds
- 12 good quality anchovies (Ortiz are good)
- 1 tsp fennel seeds
- 8 branches fresh mint
- 2 tbsp water
- 1/4 cup extra virgin olive oil

Combine the first 5 ingredients, either in a mortar and pestle or food processor then gradually add the oil till the mixture is chunky. You may wish to add more oil.