

HOW TO REHEAT OUR DISHES IN THE OVEN ?

PREHEAT THE OVEN AT 180°C.

FOR THE DISHES SERVED IN A BLACK PLASTIC BOX, REMOVE THE PLASTIC COVER,

PUT THE ITEMS IN A PYREX PLATE, THROW THE PACKAGING AWAY,

AND PLACE THE PYREX PLATE IN THE OVEN.

STARTERS

MARROW BONE – 10 MINUTES

« READY-TO-EAT » DISHES

MAC DELYNS BURGER– 5 MINUTES (SIMPLY WRAPPED IN ALUMINIUM)

WAGYU BURGER– 5 MINUTES (SIMPLY WRAPPED IN ALUMINIUM)

VOL-AU-VENT – 15 MINUTES

FROM THE ROTISSERIE

MORILLES/ NANOU-STYLE CHICKEN - 15 MINUTES

PUT EVERYTHING TOGETHER (+SIDES AND SAUCE) IN A PYREX PLATE

CHICKEN NUGGETS - 5 MINUTES

PORK RIBS - 10 MINUTES

DESSERTS

TARTE TATIN - 5 MINUTES

WITHOUT THE CARAMEL AND THE CRUMBLE

SIDES

ROBUCHON'S STYLE MASHED POTATOES - 10 MINUTES

VEGETABLE COCOTTE - 10 MINUTES

BABY POTATOES - 10 MINUTES

BEEF FAT BELGIAN FRIES (PRE-FRIED) – 5 MINUTES

(IN THE DEEP FRYER AT 190°C)

NANOU SAUCE – 5 MINUTES

IN A SMALL PAN OR DIRECTLY IN THE PYREX PLATE WITH THE POULTRY AND THE SIDES

BREAD

PRE-BAKED BREADS– 4-5 MINUTES

Cooking instructions for a rib-eye steak weighing +/- 1 kilo

STEP 1

Remove the meat from the fridge at least 3 hours before cooking and leave it out at an ambient temperature.

STEP 2

Generously salt the **top** of the meat with coarse sea salt or premium quality fleur de sel.

STEP 3

In the oven:

Place the meat on an oven tray (with the salted side up) at 55°C and heat very gently for a good hour at least. However, you can also leave it for up to 2 hours if necessary. The aim is to heat up the meat without using brutal force.

STEP 4

In a frying pan: Use half butter, half ISIO 4 oil (the purpose of the oil is to be able to bring the butter up to a high temperature without burning it). Heat the frying pan to maximum heat and then add the steak (the salt already applied is sufficient; there is no need to add any more salt) and cook for 4 – 5 minutes on each side until nicely browned. The frying pan should perform a symphony of hissing and spitting. 😊"#\$% Don't be afraid of it burning; this is perfectly normal ...

On the barbecue: Same principle on a very hot barbecue (however beware because the fat may catch fire) and on the plancha.

STEP 5

Remove the meat from the frying pan (barbecue, plancha) and leave to 'relax' for 5-10 minutes. You can cover with aluminium foil if you prefer.

STEP 6

HEAT YOUR PLATES UNTIL VERY HOT!

Between you and me: this is perhaps the most important stage in the proceedings 😊()*+ Cold plates = cold meat!

STEP 7

Remove the bone and cut the meat into generous one-centimetre thick slices!

STEP 8

Bon appétit!!! And we hope to see you back at Colonel soon! Stay safe ... But with good meat!!!

Cooking instructions for a filet, ribeye, Wagyu or Kobe Beef

In a frying pan: Use half butter, half ISIO 4 oil (the purpose of the oil is to be able to bring the butter up to a high temperature without burning it).

Heat the frying pan to maximum heat and then add the salt steak; there is no need to add any more salt) and cook for 3 – 4 – 5 minutes on each side until nicely browned.

The frying pan should perform a symphony of hissing and spitting. 😊"#\$% Don't be afraid of it burning; this is perfectly normal ...

On the barbecue: Same principle on a very hot barbecue (however beware because the fat may catch fire) and on the plancha.

FOR KOBE AND WAGYU = SAME METHOD BUT WITH NO EXTRA FAT (no butter, no oil).