

# Degustation

A Master Chef's Life through Menus

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Photography by Craig Kinder



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Barigoule is a method of cooking vegetables with saffron from Provence and is widely used across that part of France.

## Roasted scallops with barigoule potato and Manjimup truffle

18 small royal blue potatoes, cut into the shape of corks  
200 g baby turnips  
50 ml cream  
25 g butter  
salt and white pepper  
18 fresh scallops, roe off  
36 slices of truffle, then shaped with a cutter  
50 g cream  
25 g butter  
salt and pepper

### Barigoule

1 litre chicken stock (p. 361)  
10 g salt  
1 g saffron  
1 tbsp olive oil  
2 garlic cloves  
1 sprig thyme  
1 bay leaf

**SERVES 6**

Bring barigoule ingredients to a boil in a large saucepan and cook for 5 minutes. Add potatoes, cut to size, and simmer until just cooked then turn off heat, cover and set aside.

Cut the turnips into quarters and cook in salted water until soft – drain and squeeze out water. Put turnips into a blender or food processor and purée. Add the cream and the butter, check seasoning and keep hot.

Pan-sear the scallops in a non-stick pan. Keep the scallops medium rare – do not overcook.

To serve, place 3 tablespoons of turnip cream on the plate and a barigoule potato in the centre of each. Top each potato with a scallop then put a truffle slice on each scallop. Drizzle some olive oil around the plate.

Duck à l'orange is a classic from the French kitchen, but its interpretation can vary from a roast duck to a braised duck. I prefer the braised duck for this recipe because with duck à l'orange I like to think of cold, grey and windy weather. The big clouds come in from the west and it feels so warm and so cosy in the kitchen.

This recipe takes me back to when we first bought the Loose Box Restaurant. A lady came to see me. She was a duck breeder and had with her a beautiful Muscovy duck, dressed. The quality was the absolute best – it was young, plump and well plucked.

She could produce 8 to 10 ducks per week but what I wanted was a difficult brief – I only wanted female ducks, each 1.2 kg dressed. The female duck has the most flesh and thicker fillets. This was enough, however, to have a weekly special of ducks so naturally the recipe followed.

## Duck à l'orange

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3 Muscovy ducks, each 1.2 kg dressed.  
Remove the breasts and keep the leg  
aside to make a confit later.

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6 oranges

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1 bunch of coriander

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2 litres chicken stock (p. 361)

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100 g sugar

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olive oil

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salt

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1tbsp cornflour

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sprig of chervil

**SERVES 6**

Put the breasts flat onto a tray and zest a couple of oranges over them, then squeeze over the juice from the 2 oranges. Cover with plastic film and let macerate overnight in the fridge.

### STOCK

Using a large knife or a strong pair of scissors, cut the carcass in small pieces about 2 cm square.

Preheat a thick saucepan with a couple of spoons of olive oil and brown the carcasses and bits of skin giving them plenty of colour. The skin and the carcasses, as they are roasting, are also melting and excess duck fat will now be in the pan. Remove the saucepan from the heat, allow to cool for a minute then pour the excess fat out of the pan.

Replace pan on the heat. Cut 2 oranges in big dices, skin and all, and add to the roasting bones.

Add 50 g of the sugar and keep on roasting and stirring the carcasses, oranges and the sugar. It will caramelize.

Cover the bones with water and let it cook openly, skimming the impurities from the top as they rise to the surface.

Reduce until there is only 1 cm of juices left in the pan.

Add chicken stock and the coriander (chopped coarsely) and reduce this stock to half. Pass the precious juices through a strainer then through a fine cloth so as to have a perfectly shiny and transparent stock.

### TO BRAISE THE DUCKS

Preheat the oven to 90°C. Remove the breasts of ducks from the tray and pat them dry.

Season with salt and a pinch of sugar and pan-fry the duck breasts until they are coloured on both sides. Remove and lay the duck breasts in a deep roasting pan. The breasts need to be close but they cannot be on top of each other or they will braise unevenly.

Pour the duck stock over the duck breasts, cover with aluminium foil and braise in the oven for 3 hours.

Gently remove the breasts from the pan and put them in a flat tray with the foil over. Collect the cooking juices in a bowl and prepare the sauce. Increase the oven temperature to 150°C.

Cut the last 2 oranges in thick dices, skin and all, place in a saucepan with remaining sugar and cook until caramelised. Pour the cooking juices into the pan and let it simmer gently for 20 minutes, skimming any impurities that rise to the surface. Pass this sauce through a fine sieve. Mix the cornflour with a little cold water, and stir into the sauce and boil for 1 minute to thicken.

With a spoon, glaze the duck breasts with the sauce and place in oven for 2 minutes. Repeat these steps 3 times to ensure a rich glaze.

To serve, place a duck breast in the centre of each heated plate. Gently pour enough sauce over each duck breast to cover, but not drown. Garnish with orange segments, zest and chervil.





This crêpe recipe harkens back to the nineteenth century, though its rich chocolate sauce gives it a modern twist.

## Crêpe chocolatine

sweet crêpe batter (p. 366)  
6 macaroons, broken  
egg wash (p. 369)  
40 g unsalted butter  
12 tbsp frangipane cream (p. 357)  
cocoa powder and icing sugar, to dust

**Chocolate sauce**  
250 g dark chocolate buttons (minimum 70% cocoa)  
350 ml cream  
1 tbsp honey  
2 vanilla beans, split lengthways

### SERVES 6

Preheat oven to 180°C. Prepare the crêpe batter and add the macaroons to the mixture.

Cook 12 thin crêpes and spread with a layer of frangipane cream. Brush the edges with egg wash and roll the crêpes in the form of cigars. Pinch the ends to hold the frangipane cream inside.

Gently fry the crêpes in fresh butter to make them crispy and place them in the oven for a few minutes until firm.

To make the chocolate sauce, boil the cream with the honey and the vanilla, pour over the chocolate buttons and stir with a wooden spoon until melted.

To serve, remove the crêpes from the pan and dry them on absorbent paper. Dust them with cocoa powder and sprinkle a little icing sugar on top.

Pour the sauce onto a hot plate and place 2 crêpes in the centre. This can be served with fresh vanilla ice cream and a fruit garnish.