



FRENCH SHINE



original and vegetable recipes

SUMMARY



ECLAT' FRANCHOILLARDE

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Garlic conserves - with carrot, hazelnut

Artichoke - with cider, hazelnut

Aubergine - with garlic, walnut

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Fennel - with almond, cashew nut

Onion - with sweet pepper, pistachio

Olive - with peanut, thyme

TOUR DE FRANCE

P5

à la Réunion

au Pays Basque

en Bretagne

P6

en Corse

en Languedoc

en Provence

Candied garlic carrot, hazelnut



INGREDIENTS

Carrot (59%), candied garlic (25%), olive oil, **hazelnuts** (1.4%), honey, salt, paprika, black pepper, juniper.



APPETIZER & RECIPE

To be enjoyed as an appetizer on dried fruit bread.

Surprise cheese

Cut a fresh cheese in half, and fill it with "Candied garlic, carrot, hazelnut" and a drizzle of walnut oil. Close it up and enjoy.



JAR - 105g

Artichoke cider, hazelnut



INGREDIENTS

Artichoke (47%), broccoli, shallot, olive oil, cider (9%), apple, **hazelnut** (3%), honey, salt, lemon, blue poppy, garlic, pepper, licorice.



APPETIZER & RECIPE

To be enjoyed as an appetizer on baguette bread.

Artichoke, apple, and hazelnut toast

Toast baguette slices in a pan with a drizzle of olive oil. Then spread a spoonful of "Artichoke, cider, hazelnut" on top and add small pieces of hazelnut and apple.



JAR - 105g

Aubergine garlic, walnut



INGREDIENTS

Aubergine (61%), garlic (0.3%), onion, olive oil, red wine, **walnut** (3.5%), salt, paprika, tandoori, colombo.



APPETIZER & RECIPE

Serve as an appetizer on cornbread.

Aubergine croque monsieur

Cut 1cm slices of cornbread, butter them, and add "Aubergine, garlic, and walnut." Close them, then grill in the waffle iron. Serve hot.



JAR - 105g

fennel

almond, cashew



INGREDIENTS

Fennel (76%), olive oil, garlic, white wine, **cashew nuts (2.5%), almond (2.5%)**, honey, salt, black pepper, garam massala, turmeric.



APPETIZER & RECIPE

Fresh salmon-fennel pasta

Cook your pasta, and add "Cashew almond fennel". Serve with sliced smoked salmon.



Onion

bell pepper, pistachio



INGREDIENTS

Onion (66%), red bell pepper (22%), olive oil, **pistachio (2%)**, honey, salt, nigella, sweet paprika, tandoori, black pepper, hot pepper.



APPETIZER & RECIPE

To be enjoyed as an appetizer on multi-grain bread.

Stuffed camembert

Cut a Camembert in half, add "Onion, bell pepper, pistachio," and close it. It's a simple appetizer!



Olive

peanut, thyme



INGREDIENTS

Onion, olive (39%), olive oil, **roasted peanut (5%)**, honey, salt, pepper, thyme (0.09%), star anise.



APPETIZER & RECIPE

To be enjoyed as an appetizer on sourdough bread.

Gratinated Pasta

Fill your cooked pasta with "Olive, peanut, thyme." Add cheese, peanuts, and bake in the oven at 200°C for about 5 minutes. Serve with a green salad.



à la Réunion

rougail, rum, chili, curry



INGREDIENTS

Chayote, onion, tomato, pepper, ginger, lime (2%), olive oil, canola oil, raisin, salt, rum (0.6%), chili pepper (0.4%), curry, turmeric, pepper.



APPETIZER & RECIPE

To enjoy as an aperitif on seaweed bread.

Reunion Pizette

Cut small rounds of dough from pizza dough. Add the "Réunion" preparation and bake at 200° for 15 minutes. Add a small piece of lemon, and serve as an aperitif!



au Pays basque

piquillo and Espelette pepper



INGREDIENTS

Piquillo pepper (33%), eggplant, tomato, red hot pepper, onion, olive oil, canola oil, shallot, salt, honey, garlic, black pepper, Espelette pepper (0.04%), Jamaica pepper.



APPETIZER & RECIPE

To enjoy as an aperitif on olive bread.

Basque toast

Grill your bread slices with olive oil. Spread "à la Pays Basque", add sliced chicken and a chiffonade of raw ham.



en Bretagne

artichoke & cider



INGREDIENTS

Artichoke (38%), broccoli, olive oil, cider (9%), apple, shallot, hazelnut (3%), honey, salt, lemon juice, parsley, blue poppy, garlic, pepper, sugar, licorice.



APPETIZER & RECIPE

To enjoy as an aperitif on toasted garlic bread.

Warm oyster with artichoke

Open your oysters and drain the water and place a spoonful of "en Bretagne". Place in the oven for 5 minutes at 180°C. Enjoy hot.



en Corse

chestnut and clementine



INGREDIENTS

Fennel, tomato, onion, chestnut (12%), clementine (3.5%), olive oil, canola oil, salt, lemon juice, garlic, nigella, pepper, turmeric.



APPETIZER & RECIPE

To enjoy as an aperitif on country bread.

Bush mackerel fillets

Mix "Tartine en Corse" with sheep's cheese. In a mackerel fillet, place 1 tbsp of preparation. Tie everything up then bake at 180°C for 8 minutes with a drizzle of olive oil and pepper.



en Languedoc

sweet onion and red wine



INGREDIENTS

Sweet onion (54%), tomato, red wine (6.6%), turnip, toasted almond, olive oil, salt, grapes, lemon juice, tarragon, pepper, thyme, bay leaf.



APPETIZER & RECIPE

To enjoy as an aperitif on durum wheat bread.

Endive and almond bites

Toast almond slivers in a pan with a thin drizzle of olive oil and add a spoonful of honey. On an endive leaf, place a teaspoon of "Languedoc toast" and a few golden almonds.



en Provence

tomato and candied lemon



INGREDIENTS

Tomato (37%), eggplant (19%), black olive, carrot, pepper (7%), red onion (7%), candied lemon (1.5%), olive oil, balsamic vinegar, canola oil, salt, basil, garlic powder, sesame, grilled, honey, pepper, thyme, cloves.



APPETIZER & RECIPE

To enjoy as an aperitif on bread with olive oil.

Sliced chicken with thyme

Cut your chicken slices with a knife and fry them. Salt, pepper and at the end of cooking, add "Tartine en Provence". Serve with fresh pasta.

