



MA CUISINE



VEGETALE

Everything to accompany great dishes

SUMMARY

ORGANIC CITRUS FRUITS & SOUP

P4

Preserved lemon
Preserved orange
Soup before bedtime

CONDIMENTS

P5

Bell pepper water
Preserved ginger
l'Arrache gueule

P6

Lemon paste
Curry paste
Basil pesto

ALL CANDIED

P7

Chutney - lemon and curry
Chutney - orange, lemon, thyme
Fig
Onion

/ LES PETITS CAPRICES

P8

Apricot
Red hot pepper
Bell pepper
Tomato

MARINADES

P9

For white meat
For red meat
For fish

MUSTARDS

P10

Espelette pepper
With pastis
3 citrus fruits

TOMATO SAUCE

P11

Beefsteak
Indigo
orange Queen
Pasta forever

VINAIGRETTE

P12

Orange and honey
Coriander and pistachio
Fig with grape
10 hours vinegar

Preserved lemon

in olive oil



INGREDIENTS

Organic lemon (53%), extra virgin olive oil (28%), salt, pink peppercorn, fennel, rosemary (1.2%), thyme (0.8%), allspice.



RECIPE

Preserved lemon chicken

Insert a slice of "preserved lemon in olive oil" into a previously gutted chicken. Coat it with oil from the jar. Salt and pepper to taste. Start cooking, and 5 minutes before the end, place small pieces of lemon in the juice.



Preserved orange

in olive oil



INGREDIENTS

Organic orange, extra virgin olive oil, bay leaves, pepper, salt, spices.



RECIPE

Beef simmered with orange

Slice the beef thinly and grill it with garlic and a drizzle of olive oil. Add freshly squeezed orange juice, previously mixed with cornstarch. Stir everything, then add crushed cashew nuts and preserved orange slices. Serve with rice.



Soup before bedtime

parsnip and butternut



INGREDIENTS

Vegetables (40%): parsnip (20%), butternut (20%); water, onion, lemon juice, olive oil, salt, white vinegar, honey, paprika, dried smoked garlic, pepper, cinnamon, star anise.



RECIPE

Soup

Empty the contents into a saucepan and add 50% to 100% of the pot's volume in water. Stir and heat over low heat for a few minutes. Add a slice of smoked bacon and enjoy.



Bell pepper water



INGREDIENTS

Bell pepper water (92%), salt, cider vinegar, garlic powder, chimichurri spices (tomato, garlic, red bell pepper, thyme, basil, parsley, spices) (0.09%), hot pepper.



RECIPE

Savory French toast

Combine an egg with the "bell pepper water". Dip a slice of bread into the mixture and let it soak. Then, pan-fry it on both sides in a bit of olive oil. Transfer the French toast to a plate, sprinkle it with Parmesan, and serve it with a fried egg with a runny yolk.



Preserved ginger in olive oil



INGREDIENTS

Ginger (68%), extra virgin olive oil (22%), turmeric, salt, vinegar.



RECIPE

Salmon gravlax with ginger

Coat a salmon fillet with 150g of coarse salt, 100g of sugar, and spices. Allow it to marinate in the refrigerator for 12 hours. Afterward, rinse and thoroughly dry the fish. Cut it into pieces and arrange portions of "Preserved ginger in olive oil" on top, along with a few delicate dill sprigs. Serve chilled and enjoy.



l'Arrache gueule green bell pepper & hot pepper



INGREDIENTS

Green bell pepper (49%), green hot pepper (41%), olive oil, onion, salt, lemon juice, water, raz el hanout spices.



RECIPE

Thai style chicken

Grill chicken strips in a small amount of olive oil. Then, add broccoli, a small carton of coconut milk, and half of the "Arrache gueule." Let it simmer for 15 minutes over low heat, and it's ready to enjoy!





Lemon paste with ginger



INGREDIENTS

Seeded organic lemon (75%), ginger (10%), onion, olive oil, salt, garlic, turmeric, vinegar.



RECIPE

Raw chicken wrap

In a pan, cook the chicken in a bit of oil. Then take a wheat pancake and spread a spoonful of "Lemon paste with ginger." Add a lettuce leaf, a few pieces of grated carrot, and the chicken pieces. Fold it all together and enjoy.



Curry paste with ginger



INGREDIENTS

Onion, curry (9%), sunflower oil, ginger (4%), vinegar, salt, garlic, turmeric, hot pepper.



RECIPE

Roasted curry pasta

In a bowl, combine 2 tablespoons of "Ginger curry paste" with 4 tablespoons of coconut cream. Place the pasta in a baking dish, mix it with the prepared sauce, then crack an egg on top and sprinkle some grated cheese. Bake for 10 minutes at 180°C and enjoy it hot.



Lemon pickles with verbena lemon



INGREDIENTS

Lemon (51%), water, vinegar (11%), sugar, lemon verbena (0.2%).



RECIPE

Natural saithe

Cook the saithe fillets skin-side down for 4-5 minutes in olive oil. Season with salt and pepper and serve on the plate with 1 teaspoon of "Lemon pickles with verbena lemon".



Basil pesto almond & Laguiole AOP



INGREDIENTS

Basil (45%), olive oil, lemon juice, **almond powder (7.3%)**, Laguiole AOP (**milk**) (5.2%), salt, garlic.



RECIPE

Pesto and flaked almond pasta

Cook your pasta. In a pan, brown the almonds in a little butter. Once they're toasted, add them to the pasta along with a teaspoon of "Basil, almond & Laguiole AOP pesto." Enjoy your meal!



JAR - 110g

Chutney lemon and curry



INGREDIENTS

Lemon (61%), sugar, ginger, onion, cider vinegar, grapes, masala, curry (0.3%).



RECIPE

Salmon puff pastry

Create star shapes from the puff pastry using a cookie cutter. Brush them with egg yolk and bake in the oven at 200°C until the stars are puffy and golden. Allow them to cool, then cut them in half to fill them with the "Chutney - lemon and curry" and add a small piece of smoked salmon.



JAR - 110g

Chutney orange with lemon-thyme



INGREDIENTS

Orange (62%), sugar, ginger, onion, cider vinegar, raisin, white vinegar, lemon-thyme (0.3%), rosemary.



IDEA FOR SIDE DISHES

Starter:

Perfect to accompany foie gras or faux gras during the holidays!

Main Course:

It can also be enjoyed with grilled white meat, cheese, or as a condiment in a dish of vegetables.



JAR - 125g

Fig & raspberry



INGREDIENTS

Fig (60%), sugar (35%), raspberry (3.5%), vinegar.



RECIPE

Duck breast with raspberries

Arrange slices of smoked or cooked duck breast on your plate. Sprinkle with chives and finely chopped kale leaves, which have been lightly dressed with oil and a pinch of salt. Garnish with a teaspoon of "Fig & Raspberry Confit" and a few raspberries cut in half.



JAR - 110g

Onion and caramel



INGREDIENTS

Onion (50%), caramel (sugar) (19%), orange juice (8%), cinnamon, pepper



RECIPE

Foie gras on toast

It's quite straightforward! Take a slice of brioche bread, top it with a piece of foie gras, 2 or 3 slices of pickles, and a drizzle of "Confit of onion and caramel." It's as simple as that!

*Apricot
with rosemary*



INGREDIENTS :

Apricot (59%), sugar, water, agar agar, rosemary (0.2%), black pepper.



*Bell pepper
with Sichuan pepper*



INGREDIENTS :

Bell pepper (64%), sugar, lemon juice, agar agar, Sichuan pepper (0.1%), black pepper, salt.



*Red hot pepper
and nigella*



INGREDIENTS :

Red hot pepper (51%), sugar, red bell pepper (5%), water, nigella (0.7%), salt.



Les P'tits Caprices
They complement any cheese platter and also pair well with foie gras and dark chocolate.

*Tomato
with long pepper*



INGREDIENTS :

Tomato water (76%), sugar, agar agar, long pepper (0.1%).



Marinade for white meat



INGREDIENTS

Cashew nut (38%), olive oil, honey, salt, tandoori, paprika, allspice, turmeric.



RECIPE

Tandoori chicken

Mix "Marinade for white meat" with a little coconut milk. Let the chicken pieces marinate in the mixture for 2 hours, then grill them in the oven for 15 minutes at 220°C. Serve with basmati rice and/or grilled vegetables.



Marinade for red meat



INGREDIENTS

Olive oil, hazelnut, cashew nut, honey.



RECIPE

Beef Skewers

Cut the beef into small pieces, skewer them with bell pepper. Brush them with the marinade and refrigerate for 2 hours. Grill and enjoy.



Marinade for fish



INGREDIENTS

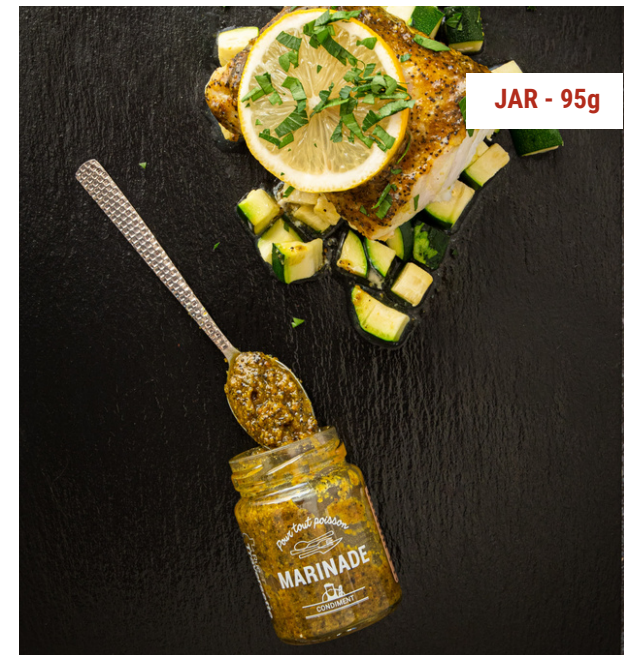
Olive oil, almond (31%), hazelnut, honey, salt, blue poppy, green tea, green anise, turmeric, coriander.



RECIPE

Cod papillote

Place a cod fillet on a bed of zucchini in aluminum foil. Add our marinade and a slice of lemon. Bake at 210°C for 15-20 minutes and enjoy it with fragrant rice.



Mustard

with Espelette pepper



INGREDIENTS

Vinegar (32%), **mustard seed (28%)**, water, salt, Espelette pepper puree (8.5%), honey, spices, trace of sulphite and celery.



RECIPE

Espelette burger

Spread "Mustard with Espelette pepper" on both sides of the burger bun. Add arugula leaves, a piquillo pepper, steak, a slice of cheese, pickle slices, and close everything.



Mustard

with pastis



INGREDIENTS

Vinegar (33%), **mustard seed (29%)**, water, salt, pastis (anise liqueur) (5%), green anise, fennel, spices.



RECIPE

Shredded pine into toast

We're turning leftovers into something delicious!
Gather pieces of meat (rabbit or beef), add 1/10th of breadcrumbs, 1 egg yolk, and a touch of "Mustard with pastis." Mix everything with a fork and place it on a slice of garlic bread with a drizzle of olive oil. Enjoy!



Mustard

3 citrus fruits



INGREDIENTS

Orange (20%), clementine (20%), lemon (2.6%), white wine (17%), **mustard seed (14%)**, vinegar (14%), honey, olive oil, salt, spices.



RECIPE

Tomato tart

On a shortcrust pastry base, spread "3 citrus fruits mustard," then layer thin slices of tomato on top. Sprinkle a few pine nuts and bake in the oven at 200°C for about 30 minutes. Enjoy!





Tomato sauce

Beefsteak tomato



INGREDIENTS

Beefsteak tomato (90%), onion, salt, garlic, black pepper.



RECIPE

Stewed filet mignon

Preheat an ovenproof casserole dish, add a filet mignon with a drizzle of olive oil. Season with salt and pour in the "Beefsteak tomato sauce." Cover the dish and bake for 40 minutes. Serve and enjoy.



Tomato sauce

Indigo



INGREDIENTS

Indigo tomato (91%), onion, salt, garlic, black pepper.



RECIPE

Tuna with raspberries

Cook the tuna in olive oil. Add raspberries at the end of cooking. Stir, season with salt and pepper. Pour the "Indigo tomato Sauce" into small glasses, then add a raspberry and a basil leaf. Enjoy your tuna with mouthfuls of sauce.



Tomato sauce

orange Queen



INGREDIENTS

Orange Queen tomato (90%), onion, garlic, salt, black pepper.



RECIPE

Clam Pasta

Rinse the clams with clean water. In a pan, heat olive oil and garlic then add the clams until they open. Meanwhile, cook fresh pasta. Drain them. Heat the "Orange Queen tomato sauce" and arrange the pasta on a plate. Place the clams on top and cover them with the tomato sauce.



Pasta forever



INGREDIENTS

Tomato (54%), aubergine (20%), olive oil (8.9%), onion (9.7%), dried tomato (3.4%), basil, garlic, salt, paprika, black pepper.



RECIPE

Pasta

For 2/3 people.
Pour the contents of the pot over still hot pasta. Stir and enjoy.



JAR - 250ml

Vinaigrette

Pressed orange & honey



INGREDIENTS

Olive oil, orange (14.5%), **mustard (14.8%)**, water, vinegar, honey (5.9%), salt, turmeric.



APPETIZER & RECIPE

Salad from the sea

Arrange arugula and raw spinach on a plate. Add shrimp, crab, and other seafood as desired. Top it all with "Squeezed orange and honey vinaigrette."

In cooking: Marinate butternut squash before roasting it in the oven. 😊 What a delight!



JAR - 250ml

Vinaigrette

Coriander and pistachio



INGREDIENTS

Olive oil, vinegar, mustard, **pistachio (3.2%)**, water, coriander (1.5%), caraway, salt, parsley, turmeric, pepper.



RECIPE

Quinoa trio salad

In a bowl, mix the quinoa (already cooked) with pieces of fruity cheese, slices of carrot, and coarsely chopped coriander.



JAR - 250ml

Vinaigrette

Fig & raisin



INGREDIENTS

Olive oil, water, **mustard**, vinegar (11%), fig (5%), grape (2%), salt, paprika, black pepper.



APPETIZER & RECIPE

Smoked gizzard salad

On a plate, arrange some oak leaf salad. Top it with smoked gizzards and toasted almonds, then drizzle everything with "Fig and raisin vinaigrette."



JAR - 240ml

10 hours vinegar



INGREDIENTS

Vinegar (36%), sugar, honey, water, onion, cider vinegar (6.1%).



RECIPE

Tomato salad

Slice the tomatoes and cherry tomatoes thinly. Add mozzarella slices, small pieces of strawberry, and finely chopped mint. Drizzle with a spoonful of 10-hour vinegar and enjoy!