



ECLAT' + REGIONS



original and vegetable recipes

SUMMARY



ECLAT' FRANCHOUILLARDE

P4

Garlic conserves - with carrot, hazelnut

Artichoke - with cider, hazelnut

Aubergine - with garlic, walnut

P5

Fennel - with almond, cashew nut

Onion - with sweet pepper, pistachio

Olive - with peanut, thyme

TOUR DE FRANCE

P6

à la Réunion

au Pays Basque

en Bretagne

en Corse

P7

en Languedoc

en Normandie

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.



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.



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.



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.





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à la Réunion

Rougail, rum, hot pepper, curry



INGREDIENTS

Chayote, onion, tomato, bell pepper, ginger, olive oil, lime (2.5%), raisins, salt, rum (0.6%), curry, red hot pepper (0.2%), turmeric, pepper.



APPETIZER & RECIPE

To be enjoyed as an aperitif on seaweed bread.

Reunion Pizzetta

Cut small rounds of pizza dough, add the "à la Réunion" mixture, and bake at 200°C for 15 minutes. Add a small piece of lemon and serve as an appetizer!

au Pays basque

Piquillo and Espelette pepper



INGREDIENTS

Red bell pepper (32%), Piquillo pepper (16%), tomato, aubergine, onion, olive oil, shallot, salt, honey, garlic, black pepper, Espelette pepper (0.03%), Jamaican pepper.



APPETIZER & RECIPE

To be enjoyed as an aperitif on olive bread.

Basque toast

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

en Bretagne

Artichoke & cider



INGREDIENTS

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



APPETIZER & RECIPE

Serve as an aperitif on toasted garlic bread.

Warm oyster with artichoke

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

en Corse

Chestnut and clementine



INGREDIENTS

Fennel, onion, tomato, **chestnut (15%)**, white wine, clementine (3.5%), olive oil, salt, nigella, pepper, turmeric.



APPETIZER & RECIPE

To be enjoyed as an aperitif on country bread.

Bush mackerel fillets

Mix "Tartine en Corse" with sheep's cheese (bruccio). Place 1 tbsp of the mixture on a mackerel fillet, then cover it with another fillet. Secure the two fillets together then bake at 180°C for 8 minutes with a drizzle of olive oil and season with pepper.

en Languedoc

Sweet onion and red wine



INGREDIENTS

Sweet onion (51%), tomato, red wine (10%), turnip, **toasted almond**, olive oil, salt, grape, tarragon, pepper, thyme, bay leaf.



APPETIZER & RECIPE

To be enjoyed as an appetizer on durum wheat bread.

Endive and Almond Bites

Toast almond slivers in a pan with a light drizzle of olive oil and a spoonful of honey. Place a teaspoon of "en Languedoc " on an endive leaf, and top with a few golden almonds.



en Normandie

Red cabbage and calvados



INGREDIENTS

Red cabbage (24%), leek, onion, white wine, olive oil, apple, carrot, turnip, lemon, honey, cider vinegar, calvados (0.1%), salt, spices, pepper.



APPETIZER & RECIPE

Enjoy as an appetizer with gluten-free bread.

Bean and cabbage salad

Mix cold cooked beans with "Tartine en Normandie", add sliced apples, radish slices, and sunflower seeds. Season with salt and pepper, then drizzle with a dash of grapeseed oil.



en Provence

Tomato and candied lemon



INGREDIENTS

Tomato (50%), aubergine, carrot, red onion, olive, bell pepper, olive oil, salt, balsamic vinegar, candied lemon (0.5%), **sesame**, honey, pepper, clove.



APPETIZER & RECIPE

To be enjoyed as an appetizer on bread with olive oil.

Thyme-seasoned sliced chicken

Slice your chicken with a knife and cook them. Season with salt, pepper, and at the end of cooking, add "en Provence." Serve with fresh pasta.

