



ESPRIT



FRANCHOUILLARD

original and vegetable recipes

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JAR - 105g

CGT

Chayotte, ginger, tomato



INGREDIENTS

Chayote (40%), onion, tomato (16%), bell pepper, ginger (6.5%), olive oil, lime, raisin, salt, rum, curry, red hot pepper, turmeric, pepper.



APPETIZER & RECIPE

To be enjoyed as an appetizer on traditional baguette.

Kitchen strike day

Simply spread our preparation on pizza dough. Bake in the oven at 200°C for 15 minutes, and it's ready!



JAR - 105g

**Houmous
Grapefruit**



INGREDIENTS

Chickpea (43%), onion, olive oil, water, grapefruit juice and zest (3.5%), lemon juice, salt, paprika, black pepper, pink peppercorns, Timut pepper.



APPETIZER & RECIPE

To be enjoyed as an appetizer on white bread.

Kale toast

Toast slices of bread with olive oil, then cook thinly sliced kale. Spread "Grapefruit Hummus" and arrange the kale. Add some roasted hazelnut shards. Season with salt and pepper.



JAR - 105g

**Houmousexuel
Chickpea, ginger, honey**



INGREDIENTS

Chickpea (60%), onion, olive oil, ginger (4.2%), lemon juice, Espelette pepper, hibiscus, salt, honey (0.41%), **black sesame oil**, orange blossom, nigella, turmeric, black pepper.



APPETIZER & RECIPE

To be enjoyed as an appetizer on sports bread.

Stuffed cherry tomatoes

Rinse the cherry tomatoes and cut them in half. Remove some of the flesh and garnish with "Houmousexuel."

Honey, I burnt the turkey

I put everything on the appetizer



INGREDIENTS

Tomato, zucchini, onion, olive oil, salt, orange, cumin, black pepper.



APPETIZER & RECIPE

To be enjoyed as an appetizer on a traditional baguette.

Mixed platter

Arrange your cold cuts and cheeses on a platter with "Honey, I burnt the turkey" in the center. That's it! Chef's tip: Don't forget the spoon ;)



JAR - 105g

cuties bum

Carrot with pink peppercorns



INGREDIENTS

Carrot (59%), onion, olive oil, salt, dried tomato, lemon juice, black pepper, pink peppercorns (0.03%).



APPETIZER & RECIPE

To be enjoyed as an appetizer on walnut bread.

Pine nut toast

Toast pine nuts without oil and then fry thinly salted zucchini slices. Place the "cuties bum" on the bread, then add the zucchini and cover with pine nuts.



JAR - 105g

I came, I saw, I kumquat

Sweet potato, ginger



INGREDIENTS

Sweet potato, onion, carrot, carrot juice, olive oil, kumquat (2.2%), salt, ginger, lime juice, spices.



APPETIZER & RECIPE

To be enjoyed as an appetizer with focaccia.

A croissant, please!

Cut a croissant in half and generously spread with "I came, I saw, I Kumquat." Then add thinly sliced dried filet mignon, a handful of young shoots, and a few slices of kumquat.



JAR - 105g



JAR - 105g

the magnifique

Tomato, fig, & carrot



INGREDIENTS

Carrot (30%), zucchini, tomato (20%), onion (18%), white cabbage, fig (5%), olive oil, apple, vinegar, garlic, nigella, pepper, turmeric, salt.



APPETIZER & RECIPE

To be enjoyed as an appetizer on baguette.

Honey-roasted carrots

Lightly grill small, slender carrots in olive oil, then continue cooking with a spoonful of honey. On a plate, drizzle a touch of "the magnifique," place the carrots on top, and garnish with a sprig of thyme.



JAR - 105g

the Arrogant

Artichoke, truffle, mushroom



INGREDIENTS

Artichoke (37%), mushroom (pleurotus, yellow boletus, cep, milk-caps) (22%), black olive, olive oil, summer truffle (Tuber Aestivum) (3%), caper, juice lemon, salt, truffle flavor.



APPETIZER & RECIPE

To be enjoyed as an appetizer on sourdough bread.

Duck carpaccio

Thinly slice a duck breast with a knife, drizzle a touch of olive oil, and season it. Arrange the slices in a circular fashion and top with "the Arrogant".



JAR - 105g

the gift

Butternut, persimmon, black truffle flavor



INGREDIENTS

Butternut (66%), sweet potato, carrot, persimmon (7.5%), olive oil, cider vinegar, salt, hot pepper, black truffle flavor (0.02%).



APPETIZER & RECIPE

To be enjoyed as an appetizer on milk bread.

Sweet sandwich

Open your milk bread in two, stuff it with "the gift," a chiffonade of ham, and raisins.



JAR - 105g

le plaisir

Chickpea with candied lemon



INGREDIENTS

Chickpea (48%), onion, olive oil, water, lemon juice, salt, candied lemon (1.7%), garlic, vinegar, black pepper, turmeric, cloves.



APPETIZER & RECIPE

To be enjoyed as an appetizer on sourdough bread.

Fish papillote

Prepare your fish (such as sea bream), place a generous tablespoon of "pleasure" inside, drizzle with olive oil, seal the foil, and bake in the oven.



JAR - 105g

miss univerte

Coriander, garlic, zucchini



INGREDIENTS

Zucchini (45%), onion, garlic (15%), olive oil, coriander (3%), green hot pepper, salt, lemon, garam masala.



APPETIZER & RECIPE

To be enjoyed as an appetizer on brioche bread.

Fried pancakes

Grill your pancakes in olive oil and place them on absorbent paper. Top with "Miss Univerte" and enjoy.



JAR - 105g

my little lovely tartine



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

To be enjoyed as an appetizer on dark grain bread.

Pickled cabbage toast

The day before, prepare your red cabbage pickles. Spread "my little lovely tartine" on a slice of bread, then arrange a few pickles and a mint leaf.



JAR - 105g

Nude in the sun

Aubergine and 2 olives



INGREDIENTS

Aubergine (81%), canola oil, black olive (6%), white vinegar, salt, onion, sweet paprika, garlic, black pepper, Espelette pepper.



APPETIZER & RECIPE

To be enjoyed as an appetizer on flax bread.

Summer toast

Toast your bread, spread "Naked in the Sun." Grill apricots in olive oil, then cut them and add them to the toast. Garnish with a bit of rosemary on top.



JAR - 105g

Starry, starry Night

Quinoa and black olive



INGREDIENTS

Black olive puree (black olive, canola oil, caper, salt, natural herb de Provence flavor) (53%), olive oil, black olive (8%), dried tomato, cider vinegar, salt, pepper.



APPETIZER & RECIPE

To be enjoyed as an appetizer on farmhouse bread.

Black & white toast

Toast a slice of bread, then spread "Starry, starry Night" on one half. On the other half, place a small amount of burrata, cured ham rolled into flowers, 1/4 cherry tomato, and a bit of basil.



JAR - 105g

Open Sesame Chickpea & sesame



INGREDIENTS

Chickpea (44%), onion, olive oil, water, **sesame oil (4.5%)**, lemon juice, salt, vinegar, paprika, black pepper, cumin.



APPETIZER & RECIPE

Enjoy as an appetizer on bread or with raw vegetables.

Raw vegetable dips

Clean and peel your vegetables. Cut them into small sticks or slices and dip them generously into "open you."



JAR - 105g

One thousand and one chickpeas



INGREDIENTS

Chickpea (43%), onion, olive oil, tomato, water, lemon juice, salt, smoked paprika, black pepper, ras el hanout.



APPETIZER & RECIPE

To be enjoyed as an appetizer on pita bread.

Oriental Wrap

Grill a pita bread patty in olive oil. Spread "one thousand and one chickpeas" on top, add bell pepper, grilled chickpeas, lightly roasted cherry tomatoes, and a bit of cucumber on top.



JAR - 105g

Pouah! Leek, chickpea, pear



INGREDIENTS

Leek (31%), chickpea (28%), water, olive oil, lemon juice, pear (3.5%), sugar, sweet smoked pepper, salt, massage, pepper.



APPETIZER & RECIPE

To be enjoyed as an appetizer on grilled or toasted bread.

Grilled sardines on toast

Grill 4 sardines over a wood fire, then mash them with a fork. On a piece of toast, spread "Pouah!" and the sardines, then add pieces of tomato.



JAR - 105g

Sous mon thym la grenade



INGREDIENTS

Red bell pepper (72%), onion, pomegranate juice (11%), olive oil, garlic, honey, salt, thyme (0.21%), blue poppy seed (0.03%).



APPETIZER & RECIPE

Enjoy as an appetizer on bread or with raw vegetables.

Malicious Malicette

Cut a malicette in half, and add "Sous mon thym, la grenade", lamb's lettuce, slices of pepper and a little pomegranate for the sweet/salty side. Simple, delicious!



For women
Apple, avocado, green tea, flax

 **INGREDIENTS**

Zucchini, fennel, celery, apple (7%), white wine, avocado (5%), olive oil, parsley, salt, toasted flax (0.7%), lemon juice, black pepper, green tea (0.1%), turmeric.

 **APPETIZER & RECIPE**

To be enjoyed as an appetizer on rice bread.

On a working woman's thumb

A sandwich ready in 2 minutes with "For women": A bit of avocado and a sprig of lavender 🌸. Do you also prefer seeded bread?



For men
Carrot, asparagus, ginger

 **INGREDIENTS**

Leek, carrot (31%), onion, olive oil, asparagus (5%), ginger (3%), lemon juice, salt, honey, vinegar, black pepper, garlic, turmeric.

 **APPETIZER & RECIPE**

To be enjoyed as an appetizer on Nordic bread.

Tuna tataki

Prepare your tuna with sesame oil, arrange "For men" in small pieces on your plate and add the pieces of tuna on top.

