



DECLINAISONS



APERITIVES

original and vegetable recipes

SUMMARY



LES P'TITPÉROS

- P4** : *Belle famille*
Beetroot, bell pepper, garlic, corn
- P5** : *Famille recomposée*
Tomato, peas, artichok, black olive

LES INDISPENSABLES

- P6** : *Garlic* - with pepper
Artichok - with white pepper
Asparagus - with yuzu
Aubergine - with Espelette pepper
- P7** : *Beetroot* - with horseradish
Broccoli - bergamot
Mushroom - tonka bean

- P8** : *Zucchini* - coriander
Zucchini - Mojito
Fennel - with dry-roast peanuts
Fava bean - with mint
- P9** : *Corn* - and red bell pepper
Onion - with hot pepper
Red onion - with fig & basil
- P10** : *Black olive* - orange zest
Green olive - with lime and green tea
Amellau green olive
Pea - black truffe flavor
- P11** : *Bell pepper* - with tarragon
Tomato - and red hot pepper
Dried tomatoes - with herbs
Jerusalem artichok - with coffee

Beetroot with horseradish



INGREDIENTS :

Beetroot (51%), onion, horseradish (2.7%), **brown mustard**, olive oil, cider vinegar, honey, salt, Cornarom spices, black pepper.



Bell pepper with tarragon



INGREDIENTS :

Red bell pepper (52%), garlic, onion, apple, oil olive, honey, salt, balsamic vinegar aceto balsamico di modena IGP, tarragon (0.62%), black pepper.



Corn and red bell pepper



INGREDIENTS :

Corn, red bell pepper (22%), lemon, garlic, olive oil, salt, garam masala, sugar.

Garlic with black pepper



INGREDIENTS :

Garlic (82%), olive oil, salt, black pepper (0.33%).

Green olive orange zest



INGREDIENTS :

Black olive (74%), orange and orange zest (15%), canola oil, caper, honey.



Dried tomatoes & basil



INGREDIENTS :

Tomato (81%), dried tomato (11%), olive oil, honey, salt, basil (0.19%), garam massala.



Pea black truffle flavor



INGREDIENTS :

Pea (60%), olive oil, sweet garlic, lemon juice, ginger, truffle flavor (0.04%), basil, salt, black pepper.

Artichok with white pepper



INGREDIENTS :

Artichoke (69%), olive oil, lemon juice, salt, white Sarawak pepper (0.53%), black pepper.



JAR - 90g

Garlic with pepper



INGREDIENTS

Garlic (82%), olive oil, salt, black pepper (0.3%), vinegar.



APPETIZER & RECIPES

To enjoy as an appetizer on rye bread.

Tomato toast

Toast a slice of bread, previously brushed with olive oil. Spread with "Garlic with pepper," place some cubes of fresh tomato, and add a few basil leaves.



JAR - 90g

Artichoke with white pepper



INGREDIENTS

Artichoke (67%), olive oil, lemon juice, salt, Sarawak pepper (0.5%), black pepper.



APPETIZER & RECIPES

To enjoy as an appetizer on pita bread.

Arti-croq'

Cook spinach in water and drain them well. Spread the "Artichoke with white pepper" on a slice of sandwich bread. Add the spinach and mozzarella, then close the croq' with another slice of bread. Butter the top and place it in a panini press or a sandwich grill.



JAR - 90g

Asparagus with yuzu



INGREDIENTS

Asparagus (71%), onion, olive oil, garlic, chive, honey, yuzu (0.47%), salt, black pepper.



APPETIZER & RECIPES

To enjoy as an appetizer on a baguette.

Bacon - Avocado sandwich

Cut your bread in half and spread with "Asparagus with Yuzu." Arrange some arugula, slices of Comté cheese, avocado, and smoked bacon.



JAR - 90g

Aubergine with Espelette pepper



INGREDIENTS

Aubergine (76%), olive oil, black olives, garlic, lemon juice, salt, paprika, red onion, garam masala, black pepper, Espelette pepper (0.02%).



APPETIZER & RECIPES

To enjoy as an appetizer on a traditional baguette.

Mushroom toast

Spread the "Aubergine with Espelette pepper" on your bread and add thin slices of tome cheese. Include mushrooms that have been cooked in water and grill the whole thing for 3 minutes.

Beetroot with horseradish

INGREDIENTS

Beetroot (48%), onion, horseradish (9%), **brown mustard**, cider vinegar, olive oil, salt, honey, cornarom spices, black pepper.

APPETIZER & RECIPE

Enjoy as an appetizer on bread or with raw vegetables.

Quinoa avocado salad

Remove the pit from the avocado, and fill with the cooked quinoa. Add orange supremes, walnuts and the "Beetroot with horseradish".



Broccoli bergamot

INGREDIENTS

Broccoli (58%), onion, canola oil, bergamot (4%), lemon juice, salt, garlic, pepper.

APPETIZER & RECIPE

To be enjoyed as an appetizer on toasted bread.

Pistou Crouton

On croutons, place the "Broccoli bergamot".

A nice recipe to accompany your pistou or vegetable soup.



Mushroom tonka bean

INGREDIENTS

Mushroom (45%), onion, olive oil, lemon juice, **hazelnut**, salt, praline (sugar, **hazelnut**), **almond**, pepper, bay leaf, tonka bean (0.1%).

APPETIZER & RECIPE

To be enjoyed as an appetizer on sourdough bread.

Braised pork cheek

In a pan, cook shallots with olive oil, then add the pork cheeks. Add a little water to the pan and pour in the "Mushroom tonka bean." Let it simmer on low heat.





JAR - 90g

Zucchini coriander

INGREDIENTS

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

APPETIZER & RECIPE

To enjoy as an appetizer on multi-grain bread.

Grilled chicken strips

In a pan, cook sliced chicken with olive oil. Just before the cooking is complete, remove the chicken and deglaze with a teaspoon of the "Zucchini coriander." Finish cooking the chicken.



JAR - 90g

Zucchini Mojito

INGREDIENTS

Yellow zucchini (58%), green zucchini (19%), olive oil, lime (4%), mint (4%), salt, honey, lemon juice, black pepper.

APPETIZER & RECIPE

To enjoy as an appetizer on sesame seed bread.

Pasta salad

Cook your pasta in salted water, drizzle with olive oil, then drain and let it cool. Mix in diced zucchini, roasted chickpeas, pine nuts, and season with the "Zucchini Mojito."



JAR - 90g

Fennel with dry-roast peanut

INGREDIENTS

Fennel (78%), olive oil, **roasted peanut (5%)**, lemon juice, honey, salt, black pepper, tandoori, turmeric.

APPETIZER & RECIPE

To enjoy as an appetizer on multi-grain bread.

Smoked salmon toast

Spread the "Fennel dry-roast peanut" on a slice of bread, add some smoked salmon, a drizzle of lime juice, dill, and a few pine nuts.



JAR - 90g

Fava bean with mint

INGREDIENTS

Fava bean (51%), onion, olive oil, lemon, mint (4%), lime, parsley, salt, pepper.

APPETIZER & RECIPE

To be enjoyed as an appetizer on pita bread.

Cucumber wrap

Sear a wrap in a pan. Spread the "Broad bean with mint" then place thin cucumber slices, arugula, feta, and roll it up tightly.

Corn and bell pepper



INGREDIENTS

Corn (corn, water, sugar, salt) (64%), red bell pepper (22%), garlic, olive oil, salt, garam massala.



APPETIZER & RECIPE

To be enjoyed as an appetizer on brioche bread.

Polenta fries

Cook 250g of polenta in 600ml of water. Spread the mixture on a baking sheet and let it cool. Cut it into sticks and bake them at 220°C for 25 minutes. Enjoy the fries by dipping them in the "Maize and pepper" .



JAR - 90g

Onion with hot pepper



INGREDIENTS

Onion (83%), olive oil, vinegar, salt, honey, pink peppercorns, garlic, sweet paprika, hot pepper (0.8%), black pepper.



APPETIZER & RECIPE

To be enjoyed as an appetizer on cornbread.

Goat cheese pastry

Spread the "Onion with hot pepper" on puff pastry. Place slices of goat cheese, a drizzle of honey, and some pine nuts, then bake in the oven at 220°C.



JAR - 90g

Red onion fig & basil



INGREDIENTS

Red onion (62%), white onion, dried fig (6%), olive oil, purple basil (3%), lemon juice, salt, black pepper.



APPETIZER & RECIPE

To enjoy as an appetizer on farmhouse bread.

Duck fillet

Sear a duck fillet on high heat on one side and set it aside. Quickly deglaze the pan with the "Red onion fig & basil." Place a spoonful of it on your plate and put your duck fillet on top.



JAR - 90g



JAR - 90g

Black olive orange zest

INGREDIENTS

Black olive (74%), orange and orange zest (15%), canola oil, caper, honey.

APPETIZER & RECIPE

To be enjoyed as an appetizer on sourdough bread.

Black olive and bottarga toasts

Slice thin pieces of baguette, and toast them. Spread the "Black olive with orange zest" and grate some bottarga on top.



JAR - 90g

Green olive lime & green tea

INGREDIENTS

Green olive (83%), olive oil, canola oil, caper, salt, herbs of Provence, ginger, lime (2.3%), green tea (0.3%), turmeric, black pepper, Sichuan pepper.

APPETIZER & RECIPE

To be enjoyed as an appetizer on brioche bread.

Super simple spaghetti

Cook the spaghetti in unsalted water, then drain them. Spread the "Green olive, lime & green tea" on top, mix, and enjoy!



JAR - 90g

Amellau Green Olive

INGREDIENTS

Amellau olive (84%), olive oil, lemon juice, garlic.

APPETIZER & RECIPE

To be enjoyed as an appetizer on country bread.

Olive & burrata toast

Generously spread the "Amellau green olive" on a slice of bread, then add some fresh burrata and a sprig of coriander or parsley.



JAR - 90g

Pea black truffle flavor

INGREDIENTS

Pea (60%), olive oil, garlic, ginger, salt, black truffle flavor (0.04%), basil, lemon juice, black pepper.

APPETIZER & RECIPE

To be enjoyed as an appetizer on brioche bread or baguette.

Princess brod peas toast

Spread the "Brod peas black truffle flavor" Add some whole fava bean, arugula leaves, roasted hazelnut shards, and fresh edible flowers.



JAR - 90g

Bell pepper with tarragon



INGREDIENTS

Red bell pepper (58%), onion, garlic, apple, olive oil, honey, salt, tarragon (0.8%), balsamic vinegar aceto balsamico di Modena PGI, lemon juice, black pepper.



APPETIZER & RECIPE

To be enjoyed as an appetizer on nut bread.

Pepper puffs!

Make a classic choux pastry and add 2 teaspoons of the "Bell pepper with tarragon" to the mixture. After baking, cut the puffs in half and fill them with the sweet pepper and matchsticks of chorizo.



JAR - 90g

Tomato & red hot pepper



INGREDIENTS

Tomato (59%), red hot pepper (24%), dried tomato (9%), sunflower oil, olive oil, garlic, salt, cumin, coriander.



APPETIZER & RECIPE

To be enjoyed as an appetizer on pita bread.

Oriental bread

Generously brush a pita bread with olive oil. Let the oil soak in and spread the "Tomato & red hot pepper". Place it under the grill and sprinkle with some freshly chopped herbs.



JAR - 90g

Dried tomato & herbs



INGREDIENTS

Tomato (81%), dried tomato (11%), olive oil, honey, salt, garam masala, basil (0.4%).



APPETIZER & RECIPE

To be enjoyed as an appetizer on flaxseed bread.

Lentil turnover

Mix "Dried Tomato with herbs" with cooked green lentils. Make discs in a pie crust and place a generous spoonful of the mixture. Close them, brush with egg yolk, and bake at 210°C for 15 minutes.



JAR - 90g

Jerusalem artichoke with coffee



INGREDIENTS

Jerusalem artichoke (42%), onion, olive oil, garlic, ginger, honey, lime juice, coffee (0.9%), salt, black pepper.



APPETIZER & RECIPE

To be enjoyed as an appetizer on sourdough bread.

Mozzarella Malicette

In a malicette, slide in the "Jerusalem artichoke with coffee." Add slices of mozzarella, chopped cherry tomatoes, and bake it all in the oven to melt the cheese.