Vegetable Salad

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FIGURE 122.1 Vegetable salad.
(Photo © Alban Couturier)
Ingredients

For the Broth

Syrup (1 L water + 300 g sugar)
Alcohols (a mix of peach cream, Grand Marnier, Limoncello, Manzana, … to taste)
Curcuma

For the Vegetables

Select a collection of vegetables of your choice (samphire, Brussels sprouts, nasturtium flower, spinach, broccolini, asparagus, green pea, carrot, fennel, rhubarb, celery root, celery stick, aloe vera, yacon, …) and wash/cut to desired shape.

FIGURE 122.2 Mise en place.
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FIGURE 122.3 Plating.
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Vegetable Salad

For the Dressing

Kalamata black olives 50 g
Tomatoes 100 g
Olive oil
Xeres vinegar
Soy sauce
Salt
Pepper
Smoked paprika

Methods

For the Broth

Bring all the ingredients together to the boil and let the mixture cool down.

For the Vegetables

Cut into small pieces and leave for 45 min at 45 °C in the broth under vacuum in the Gastrovac®.

For the Dressing

Olive purée: mix olives with olive oil, salt and pepper.
Tomato gel: mix tomatoes, vinegar, soy sauce and salt; squeeze through a thin cloth to extract a clear juice.
To serve: make a nice arrangement of the vegetables on a plate; add small dots of olive sauce, squid ink and tomato gel; sprinkle with some smoked paprika (Figures 122.1 to 122.4).

FIGURE 122.4 Gastrovac system (which enables impregnation of the vegetables).
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