

# The Master of French cuisine

A skilled hand and a great recipe is all that's needed to craft a memorable meal, but for some top chefs like Christian Tetedoie, they go that extra mile for key ingredients



As a special guest during HORECA Lebanon 2016, Tetedoie came to Lebanon to promote the values of his profession and his commitment to the development of French gastronomy throughout the world

## Favorite products

"There is nothing I do not like to work with. All beautiful products inspire me. Particularly fish; those are my Nantes origins talking. I love working with **John Dory, bass, turbot or mullet**. A filet of John Dory could be simply roasted with butter and a clove of garlic and thyme. Make sure to not add lemon because it would break all the finesse of taste. Like all fish, it should be well polished with a little silt on the scales, bright eyes, and bright red gills."



## GET TO KNOW THE CHEF

Chef Christian Tetedoie was born near Nantes in 1961. His parents were market gardeners and his love for good and fresh products undoubtedly generated his interest in cooking. "Meilleur Apprenti de France" at 17, Tetedoie continued developing his culinary skills at Paul Bocuse, Georges Blanc, and even the kitchens of the Elysée Palace where he took care of the presidential meals. In 1986, he decided to open his first restaurant in Lyon, on the Quai Jean Moulin. Ten years later, he won the title of Meilleur Ouvrier de France, before earning his first star in the Michelin Guide. In March 2010 he opened a new restaurant, where he shares his love for good food while enhancing the French culinary heritage in a very exclusive location on top of Lyon's hills. He was elected president of the largest association of chefs, Les Maitres Cuisiniers De France, in March 2011, which includes 460 chefs from around the world. As president he aims to create a competition for the Best Apprentice Chef of Lebanon in partnership with HORECA and to launch a delegation in the Middle East, based in Dubai.

## Signature dish



## Lobster and veal head

Seasonal vegetables, carrot reduction and lobster juice

Serves 6  
Prep/Cooking ? mins

### INGREDIENTS

- 3 lobsters 650/800
- 30g butter
- Veal**
- ½ veal head
- ½ onion
- 1 carrot
- Water with coarse salt
- Garnish**
- 4 potatoes BF 15
- 2 carrots
- 1 turnip
- 1 zucchini
- 6 cherry tomatoes
- 6 paris mushrooms
- ½ broccoli
- 100 ml white stock
- 110g butter
- Thyme
- Olive oil
- Sauce**
- 3 lobster heads
- 40 ml olive oil
- 40 ml cognac
- 1 carrot
- ½ onion
- 200ml carrot juice
- 25g butter
- Salt/pepper

### PREPARATION

De-shell the lobsters and boil in salted water for four minutes. Cool in ice-water. Cut in two, widthwise. Reserve half the tail for the sauce. Poach the claws for three minutes, and then roast in foamy butter. Braise veal heads with carrots and onions, in salt water for 12 hours. Cool and then cut into slices of 2.5 cm. Add potatoes, garlic, and thyme to half-salted melted butter. Bake for 30 minutes at 180°C. Put carrots and turnips in a pan with butter, salt, and white

stock. Cover with baking paper and bake 15-20 minutes. Blanch the zucchini and broccoli separately in salted water. Cool in ice cold water. Roast cherry tomatoes for five minutes at 180°C with a little salt and a dash of olive oil. Remove the base of the mushrooms, color in a pan with very hot olive oil. Bake for three minutes at 180°C.

For the sauce, sauté the lobster heads using hot oil, deglaze and flambé with cognac; add the carrot, onion, and coarse salt, and cover with water.

Bake for an hour while skimming to a simmer. Reduce to half the juice and then add the half-reduced carrot juice. Whisk in butter and emulsify. Warm up carrots, zucchini, turnips and broccoli with a little broth and butter. Flour the slices of veal heads and bake for three minutes at 180°C with mushrooms, tomatoes and potatoes. Fry the lobster tail with half-salted butter and arrange all the elements on a plate, topped with the sauce and serve.