



VITICULTURE
**TERRA
VITIS**
RESPONSABLE



THE

FOOD & WINE PAIRINGS

SUMMARY

- ▶ CHARDONNAY : SEA BREAM CARPACCIO
- ▶ VIOGNIER : ASPARAGUS RISOTTO
- ▶ CHARDONNAY-VIOGNIER : ZUCCHINI AND HONEY-GOAT CHEESE TART TATIN
- ▶ MERLOT : LASAGNE WITH EGGPLANT RISTE
- ▶ SYRAH : SPAGHETTI WITH GAMBAS AND CHORIZO
- ▶ ELLE&LUI : OYSTER TARTAR WITH MANGO
- ▶ ELLE&LUI : SAMOUSSAS WITH TUNA RILLETES
- ▶ PREMIUM : SALMON TARTAR, STRAWBERRIES AND AVOCADO
- ▶ ADDICT : DUCK BREAST WITH PINEAPPLE, SWEET AND SOUR SAUCE
- ▶ ADDICT : RICOTTA AND GOAT CHEESE TART, MELON
- ▶ INITIÉS : LOBSTER WITH CHAMPAGNE AND PORCINI MUSHROOMS
- ▶ INITIÉS : BEEF SKEWERS, POTATOES WITH ESPELETTE PEPPER
- ▶ INITIÉS : GRILLED LAMB WITH PESTO SAUCE, MINT-GRENADE-PISTACHIO



DOMAINE D'HONDRAT

THE "CHARDONNAY" RECIPE



Sea Bream Carpaccio by Hondrat

STEP 1

Remove the fillets from the sea bream, remove the skin and then use tweezers to remove the remaining bones from the fillets. Cut into strips or small square pieces of 3 cm on each side.

STEP 2

Peel and dice the shallots and ginger and squeeze the limes. Place the pieces of sea bream in a dish, add the shallots and ginger and drizzle the mixture with the lime juice (the juice should cover everything).

STEP 3

Let it rest for 15 minutes in the fridge, the lemon juice will slightly cook the flesh of the fish. Remove the lemon juice, leaving only a drizzle at the bottom of the dish. Arrange wooden picks at the disposal of your guests, enjoy !

BASED ON 4 PERS

- 66G GINGER
- 2 OU 3 FRESH SEA BREAMS
- 66G SHALLOTS
- 4 LIMES



20 min



Easy



Affordable



White wine - IGP Pays d'Oc

THE "VIOGNIER" RECIPE



Risotto with asparagus, peas and poached egg by Hondrat

STEP 1

Finely chop the garlic. Fry it in a saucepan with olive oil for 1 minute over high heat. Add the rice and wait for an additional 1 minute. Deglaze with the white wine then add the bouillon cube before mixing.

STEP 2

Over medium heat, add about half of the broth and lemon juice. Cook the risotto, stirring regularly, and adding broth whenever necessary, until the rice is al dente (about 20 minutes). Add the peas halfway through cooking (about 10 minutes).

STEP 3

Wash and peel the asparagus. Cut the base and then cut them into 3. Steam the asparagus for 7-8 minutes. When the risotto is cooked, sprinkle with Parmesan cheese and add the asparagus and your pre-prepared poached egg. Season with pepper and enjoy!

BASED ON 4 PERS

- 120G ARBORIO RICE
- 2 GARLIC CLOVES
- A DOZEN GREEN ASPARAGUS
- 70G PEAS
- 4 EGGS



40 min



Medium

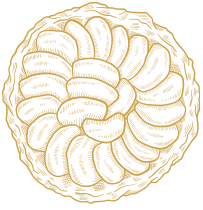


Affordable



White wine - IGP Pays d'Oc

THE "CHARDO-VIO" RECIPE



Zucchini and honey-goat cheese tart tatin by Hondrat

STEP 1

Place the baking paper on a baking sheet. Pour a drizzle of honey in the form of 4 circles that will serve as a reference point for the rest of the preparation. Place a handful of pine nuts on top of the honey. Repeat the process in the desired amount.

STEP 2

After cutting the zucchini into thin slices, squeeze them out with a paper towel to remove the moisture. Arrange them on top of the pine nuts and honey (about ten). Then, place 2 to 3 slices of goat cheese to taste and sprinkle with Parmesan cheese. Place the shortcrust pastry on top of your mixture, forming domes.

STEP 3

Bake for 30 minutes at 180°C until the pastry is cooked and golden. Flip the pies and let them cool. Sprinkle with Parmesan cheese before serving. To be enjoyed warm or cold!

BASED ON 4 PERS

- 2 SHORTCRUST PASTRY
- 1 À 2 ZUCCHINI
- 1 GOAT CHEESE LOG
- 100G GEARS
- HONEY
- PARMESAN



35 min



Easy

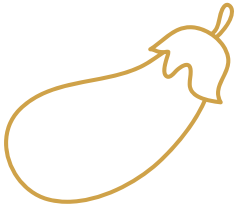


Cheap



White wine - IGP Pays d'Oc

THE "MERLOT" RECIPE



Lasagne with eggplant riste by Hondrat

STEP 1

Preheat oven to 200°C. In a saucepan, brown the ground beef and eggplant riste for 30 minutes. Season with salt and pepper. Assemble the béchamel sauce while it cooks.

STEP 2

In a lasagne dish, oil the bottom, place a slab of lasagne, then the beef and riste mixture, the béchamel sauce and sprinkle with Parmesan, until all the ingredients have been used up.

STEP 3

Cover with grated Gruyère or Parmesan cheese (your choice) and bake for around 25 minutes at 200°C.

BASED ON 4 PERS

- 6 LASAGNE SHEETS
- 1 JAR OF EGGPLANT RISTE
- 350G MINCED BEEF
- BECHAMEL



55 min



Easy

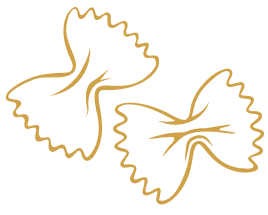


Cheap



Red wine - IGP Pays d'Oc

THE "SYRAH" RECIPE



Spaghetti with gambas and chorizo by Hondrat

STEP 1

Heat 1 tablespoon of oil in a sauté pan with the chopped garlic. Add the chopped tomatoes. Cook for 10 min. Add the diced bell pepper and cook for a further 5 min.

STEP 2

Fry the chorizo slices in 1 tbsp. oil for 30 seconds. Remove and replace with shrimps, sauté 3 min. Season with salt and a pinch of Espelette pepper. Add them to the pan with the chorizo slices, cut in half.

STEP 3

Cook the spaghetti al dente (still firm to the bite) in boiling salted water. Drain and add to the frying pan, stir for 1 min and serve quickly.

BASED ON 4 PERS

- 350G OF SPAGHETTIS
- 250G GAMBAS
- 8 CHORIZO SLICES
- 500G CHOPPED TOMATOES
- 1 GEAR



35 min



Easy

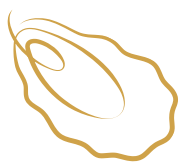


Cheap



Red wine - IGP Pays d'Oc

THE "ELLE&LUI" RECIPE



Oyster tartar with mango *by Hondrat*

STEP 1

Open the oysters and remove the flesh. Slice into tartar with a knife. Peel and dice the mango.

STEP 2

In a bowl, combine the oysters, mango, lime zest, lime juice, oil and a pinch of pepper. Mix well and spoon into the empty shells.

STEP 3

Add the chopped coriander and serve well chilled.

BASED ON 2 PERS

- 12 HOLLOW OYSTERS
- 1 MANGO
- 1 LIME
- 1 SPRIG OF CORIANDER



10 min



Easy

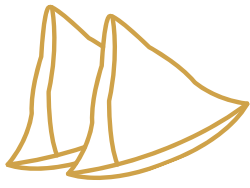


Cheap



White wine - AOP Languedoc

THE "ELLE&LUI" RECIPE



Samoussas with tuna rillettes by Hondrat

STEP 1

Preheat oven to 180°C. Beat the eggs. Add the tuna rillettes, then the grated Gruyère. Season with salt and pepper, and add the chives.

STEP 2

Cut each sheet of brick pastry into 3 and brush with oil. Spread the mixture on one side of each piece of brick pastry. Close the brick pastry into a triangle, to form a samoussa. Brush the top of the bricks with oil.

STEP 3

Place a sheet of baking parchment on the baking sheet. Place the bricks, with the sides folded down. Bake for 10 minutes. Keep an eye on them to make sure they don't get too crispy.

BASED ON 2 PERS

- BRICK PASTRY SHEETS
- 2 EGGS
- 150G TUNA RILLETES
- 50G GRATED GRUYÈRE



30 min



Easy



Cheap



Rose wine - AOP Languedoc

THE "PREMIUM" RECIPE



*Salmon tartar, strawberries
and avocado by Hondrat*

STEP 1

Wash the strawberries, remove the stems and dice finely, then do the same with the salmon (after removing the skin) and avocado flesh. Chop the onions.

STEP 2

Place everything in a bowl, sprinkle with lime juice, add the mayonnaise, season with salt and pepper and mix.

STEP 3

You can also add a few drops of Tabasco to spice up your dish. Serve chilled and enjoy!

BASED ON 4 PERS

- 800G FRESH SALMON
- 16 STRAWBERRIES
- 4 LIMES
- 4 AVOCADOS
- 4 ONIONS



20 min



Easy



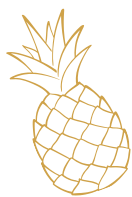
Cheap



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Rose wine - AOP Languedoc

THE "ADDICT" RECIPE



Duck breast with pineapple, sweet and sour sauce by Hondrat

STEP 1

Draw a diagonal grid on the fat of the duck breasts. Season, then grill over high heat on the fat side for 5 min. Degrease by removing the rendered fat and store in a separate container. Turn the duck breasts over and roast for 5 min, then leave to rest.

STEP 2

Peel and slice the pineapple, then brown in 10g butter and 15g sugar. For the sauce, dilute 2 tbsp veal stock in a bowl with 25 cl warm water. Pour 20 cl of vinegar and 30 g of sugar into a saucepan and cook over high heat until you obtain a blond caramel.

STEP 3

Add the veal stock, reduce by half and remove from the heat. Add half the pan-fried pineapple, the butter and blend. Return to the heat and bind with 15g of cornstarch previously diluted in warm water. Bring to the boil, season with salt and pepper. Bake at 200°C for 10 to 15 minutes, depending on doneness. Add the pineapple and top with the sauce.

BASED ON 4 PERS

- 4 DUCK BREASTS
- 50G BUTTER
- 60G SUGAR
- 1 ANANAS
- 2 SHALLOTS
- 20G CORNSTARCH
- 13.5CL VINEGAR



45 min



Medium



Expensive



Red wine - AOP Languedoc

THE "ADDICT" RECIPE



Ricotta and goat cheese tart, melon by Sondrat

STEP 1

Preheat oven to 180°C. Unroll the pastry into a suitable tin and bake until crisp. In a small frying pan, sauté the chopped onion for 10 minutes. In a bowl, loosen the ricotta, add the goat's cheese, cream and eggs one by one and mix well.

STEP 2

Finally, add the milk, stir and season with pepper. Sprinkle the grated Gruyère over the tart base, add the onion, then pour in the ricotta-goat cheese. Finish with the remaining grated Gruyère. Smooth the top and bake for 30 min at 180°C, then leave to cool.

STEP 3

Shape melon balls and set aside in a bowl. Just before serving, place the melon balls on top of the tart. Garnish with toasted pine nuts and chopped mint leaves. Serve immediately!

BASED ON 4 PERS

- 1 SHORTCRUST PASTRY
- 250G RICOTTA
- 100G GOAT CHEESE
- 2 EGGS
- 20CL LIQUID CREAM
- 10CL WHOLE MILK
- 2 MELONS
- 1 WHITE ONION
- 30G PINE NUTS
- 50G GRATED GRUYÈRE



45 min



Easy



Cheap



White wine - AOP Languedoc

THE "INITIÉS" RECIPE



Spiny lobster with champagne and porcini mushrooms by Hondrat

STEP 1

Scald the lobsters for 3 minutes and drain. Cut off the stems from the porcini mushrooms, rinse and cut into pieces. Wash and dry the rattes. Peel and finely chop the shallot. Remove the tails from the lobsters. Split the heads in half lengthwise and mix with 50g butter.

STEP 2

Heat 30g butter and oil in a casserole dish and add the lobsters. Degrease slightly and transfer to a dish. Add the champagne until it boils. Add the lobster and cooking juices, salt and pepper. Bring to the boil, then cook gently, covered, for 5 min. Melt the remaining butter in a non-stick frying pan.

STEP 3

Add the potatoes, season with salt and pepper and sauté. Add the shallot and porcini mushrooms and cook until the water has evaporated. Drain the lobsters. Add the coral butter to the sauce, whisking to combine. Return the lobster, potatoes and porcini mushrooms and sprinkle with chervil. Serve immediately.

BASED ON 4 PERS

- 2 LOBSTERS OF 800G
- 400G RATTES POTATOES
- 200G CEPS
- 1 SHALLOT
- 40CL CHAMPAGNE
- 100G BUTTER
- 5 TARRAGON SPRIGS



45 min



Medium



Expensive



White wine - AOP Languedoc

THE "INITIÉS" RECIPE



Beef skewers with Espelette pepper potatoes by Hondrat

STEP 1

Preheat oven to 210°C. Remove the baking tray and line with baking parchment. Peel the garlic, remove the central germ and chop finely. Remove the rosemary leaves and chop finely. Place in a shallow dish with olive oil, salt and pepper and toss.

STEP 2

Cut the beef into small cubes and coat well with the marinade. Wash the potatoes and cut them into wedges. Place them directly on the baking sheet, drizzle with olive oil and sprinkle with Espelette pepper and salt. Bake at half-height for 20 to 25 min at 210°C until golden brown.

STEP 3

Chop the peppers. Heat a frying pan over medium heat and toast the bell pepper cubes. Before the potatoes are cooked, place them on skewers. Return the pan to medium heat, place the skewers and their marinade on top and grill on each side for 1-2 min. for a rare version.

BASED ON 4 PERS

- 500G BEEF
- 1.2KG POTATOES
- 440G PEPPERS
- 2 GARLIC CLOVES
- 1/2 BUNCH OF ROSEMARY



40 min



Easy



Affordable



Rose wine - AOP Languedoc

THE "INITIÉS" RECIPE



Grilled lamb with pesto sauce, mint - grenade - pistachio by Hondrat

STEP 1

Prepare the pesto in a small bowl, mixing the mint, pomegranate seeds, shallot, olive oil, vinegar, honey, Parmesan, garlic, lime zest and juice, and seasoning. Let stand 20 min.

STEP 2

Meanwhile, heat the oven grill. Season the chops with salt and pepper and cook for 4 min on each side (time will vary according to thickness).

STEP 3

Pour the pesto over the chops just before serving, and serve with baby greens.

BASED ON 4 PERS

- 4 LAMB CHOPS
- 25G GRENADE
- 15G PISTACHIO
- 1 GARLIC CLOVES
- 1 LIME
- 1 SHALLOT



35 min



Easy



Affordable



Red wine - AOP Languedoc



HH DOMAINE D' HOND RAT

- AOP LANGUEDOC -

OUR TEAM
WISHES YOU
BON
APPÉTIT !
