



Codfish Bayaldi with Local Vegetables and Crayfish Fritter with Menton Lemon and Pesto

Main Course, Serves 8

Tomato Petals:

4 tomatoes
Olive oil as needed
Balsamic vinegar as needed
Salt and pepper to taste
Confectioners' sugar to taste
Thyme to taste
1 clove garlic, minced

Fish and Vegetables:

2 red bell peppers
240 ml./16 tbsp. olive oil
2 baby eggplants, sliced
2 zucchini, sliced
Salt and pepper to taste
8 de-salted codfish fillets
8 shelled crayfish
8 stalks lemongrass
30 ml./2 tbsp. Menton lemon purée
80 g./3 oz. potato flakes
16 basil leaves
16 black olives in oil
2 slices dried ham, cut into pieces
Wild mixed greens

For the Tomato Petals:

- Preheat the oven to 130 degrees C/275 degrees F.
- Bring a pot of water to a boil; prepare an ice water bath. Remove the core from each tomato and use a knife to make an "X" on the bottom of each. Place the tomatoes in the boiling water for 30 seconds, then immediately transfer them to the ice-water bath. Peel and quarter the tomatoes, scraping out the seeds and juice.
- Place the tomato quarters on a baking pan and drizzle generously with olive oil and balsamic vinegar. Sprinkle with salt, pepper, confectioners' sugar, thyme and garlic. Place the pan in the oven and roast for 1 1/2 hours.

For the Fish and Vegetables:

- Preheat the grill. Place the peppers on a baking sheet and grill, turning, until blackened on all sides. Remove the peppers and place them in a plastic bag. When the peppers have steamed in the bag for about 15 minutes, remove them and slip off the skins. Discard the cores and seeds, and slice the peppers into strips. Place in a dish and drizzle with 60 millilitres/4 tablespoons of the olive oil.
- Place a large skillet over medium-high heat. Add 30 millilitres/2 tablespoons of the olive oil and heat. Add the eggplant and zucchini slices and sauté, adding more oil if necessary, until lightly browned and soft. Season to taste with salt and pepper. Remove from the pan and set aside.
- Add another 30 millilitres/2 tablespoons of the olive oil to the pan and add the codfish fillets. Sauté the fish, turning once, until just cooked. Remove from the pan and slice each fillet lengthwise. Stuff the fish fillets with the marinated tomato petals and some of the cooked zucchini and eggplant.
- Skewer each crayfish on a lemongrass stalk. Brush the crayfish with the Menton lemon purée and then roll in the potato flakes. Heat 60 millilitres/4 tablespoons of the olive oil in a large skillet. Cook the crayfish in the olive oil. Set aside and keep warm.
- Using a mortar and pestle, crush the basil leaves with 60 millilitres/4 tablespoons olive oil and salt and pepper to taste.
- Place a serving of the marinated peppers on each plate along with any remaining eggplant and zucchini; top with a piece of codfish. Lean a crayfish against the codfish fillet, and garnish with black olives and pieces of dried ham. Drizzle the plates with the basil oil and garnish with wild greens.



Lady Carlton

Beverage, Serves 1

20 ml./1 1/3 oz. strawberry juice
140 ml./5 oz. champagne
1 fresh strawberry

- Pour the strawberry juice into the bottom of a champagne glass. Top with champagne and stir. Garnish with a strawberry.




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