

Aubergine caviar, parsley mushrooms, balsamic caramel, cereal brioche with fleur de sel

Recipe for 12 tapas

Description

Powerful flavors characterize this dish, which remains fairly simple overall, and can be enjoyed in any season.

Note

Make sure the caviar has a nice texture: you should be able to make a nice quenelle with two tablespoons.

Ingredients

Eggplant caviar

- 3 Unit(s) Eggplant
- 3 Sprig(s) Thyme
- 1 Clove(s) Chopped garlic

- Salt and pepper
- Olive oil

Balsamique caramel

- 150 Ml Balsamic vinegar
- 45 Gr Sugar

- Salt and pepper
- Olive oil

Persillade of mushrooms

- 1.50 Lb Mushroom
- 0.50 Lb Oyster mushroom
- 2 Unit(s) Portobello mushroom
- 0.50 Lb Shiitake mushroom
- 2 Clove(s) Chopped garlic
- 5 Sprig(s) Flat parsley

- Salt and pepper
- Olive oil

Brioche and cereals

- 2 Slice(s) Brioche bread
- 1 Tbsp Sunflower seeds
- 1 Tbsp Pumpkin seed
- 1 Tsp Black sesame seeds
- 2 Pinch(es) Sea salt flakes

- Salt and pepper
- Olive oil

Preparation

- Preparation time **90 mins**
- Preheat your **Oven** at **400 F°**

Setting up

Eggplan

Cut the eggplant in half lengthwise, and score the flesh with the tip of your knife.

Season lightly with salt and drizzle with olive oil. Place the two halves on a baking tray and cook in the oven for 45 minutes, until the flesh is soft.

Mushrooms

Rub mushrooms with a damp cloth if necessary.

Slice the mushrooms (do not keep the Shiitake tails) and tear the oyster mushrooms between your fingers.

Eggplant caviar

Drying

Remove the flesh from the eggplants with a tablespoon. Continue cooking the eggplant flesh in a saucepan over medium heat, adding the thyme and chopped garlic.

Using a Maryse, scoop out the bottom, which will stick slightly, and repeat the operation. The flesh will lose its water and the consistency will thicken. Season with salt and pepper.

Persillade of mushrooms

In a hot frying pan with vegetable oil, brown the sliced mushrooms one by one. Make sure they are nicely coloured, then drain.

Just before serving

In the same pan, add a large knob of butter and sauté all the sautéed mushrooms, adding the parsley and chopped garlic.

Balsamique caramel

Bring everything to the boil in a saucepan, using a thermometer to make sure the temperature reaches 108°C. Stop cooking by plunging the bottom of the pan into a bath of cold water for a few seconds. Leave the caramel to cool and set aside in the fridge.

Brioche and cereals

Toast the brioche slices, cutting them in half diagonally.

Toast the cereal grains in a hot pan or in the oven (5 min). Add fleur de sel, ground pepper and a drizzle of olive oil.

Assembly of the plate

Place a beautiful quenelle on your plate, slightly offset. Place the cereal seed mixture on top, and the brioche triangle on one side.

On the other side of the quenelle, place a generous spoonful of mushroom persillade.

Bon appétit!