

CRAYFISH AND WINTER VEGETABLES AU GRATIN



Ingredients (For 4 people)

- 16 Lake Geneva crayfish
- 1 small leek
- 1 carrot
- 1 onion
- 2 thyme branches
- 1 tsp tomato concentrate
- 2 dl white wine
- 6 dl water
- Olive oil
- Salt and pepper
- 2 egg yolks
- 3 dl crème fraîche
- 5 cl Cognac
- 600 g vegetable spheres
(courgettes, multicoloured carrots
and turnips)

Preparation:

Immerse the crayfish in a pot of boiling water and cook for approximately 5 minutes. Drain and peel. Reserve the prawn meat and reserve the shells and heads.

Wash the leek and peel the carrot and onion. Finely chop the onion and cut the carrot and leek into large chunks. Sauté the vegetables in a soup pot with a small amount of olive oil and add the crayfish shells and heads.

Incorporate the tomato concentrate, white wine and water, and season. Cook, covered, for 15 minutes.

Pass through a fine sieve and reserve the bisque.

In a bowl, mix the egg yolks with $\frac{1}{4}$ of the bisque and the cream. Season and add a dash of Cognac, then mix well with a whisk. Place in a siphon and chill to reserve.

Pour the remaining bisque into the bottom of a baking dish, place the crayfish tails and vegetable spheres on top. Coat with the au gratin batter.

Bake in the oven for 10 minutes and serve hot.

