The Guest Chef Cooks, Acton Recreation Dept.

January 8, 2007

Chef Gerard Labrosse of Le Lyonnais Restaurant

Menu

Winter Pear Salad

Fresh Fish Provencal

Crepes

Le Lyonnais
Winter Pear Salad

Gerard presented beautifully blushed Anjou pears that were poached in a sugar and wine mixture, and sliced lengthwise, on a bed of mesclun greens. Each pear was cradled in a radicchio leaf, and alternately placed between leaves of Belgian endive. A raspberry coulis, a sauce made by cooking fresh raspberries in water, vinegar, sugar and seasonings and sieved to remove seeds, was drizzled on each pear and endive leaf. The pears were topped with a walnut half. The centerpiece is made from a tomato, carved in the shape of a rose bud.

Le Lyonnais
Fresh Fish Provencal

Gerard prepared filet of sole braised in white wine, fish stock, garlic, butter and olive oil broth. He folded the thin filets in half, spearing them with a wooden skewer, as they cook quickly. He suggests saving the poaching broth to use for cooking another meal. The filets were served over a bed of vegetables: chopped tomatoes, olives, olive oil, garlic, shallots, cooked quickly in the microwave; snap peas blanched in salted water; scalloped cut mushrooms; and zucchini cups with grape tomatoes in the center. The filets were plated on the bed of vegetables and were as delicious look at as they were to eat.

Le Lyonnais
Crepes with Raspberry Coulis

Gerard makes his crepe batter with 5 cups organic flour, 5 eggs and 5 egg yolks, and melted butter. Crepes may be made ahead and refrigerated between layers of waxed paper. Suggested fillings are whipped cream, raspberry coulis, and pastry cream. He served them sprinkled with powdered sugar, fresh raspberries, raspberry coulis and a sprig of mint. The crepes were the crowning touch to a delicious sampling of what Chef Gerard Labrosse offers at Le Lyonnais Restaurant and Catering, 416 Great Rd., Acton, 978-263-9068.