

FERRANDI
PARIS

VEGETABLES

FLEXITARIAN RECIPES AND TECHNIQUES
FROM THE FERRANDI SCHOOL OF CULINARY ARTS



Flammarion

VEGETABLES

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PREFACE

For one hundred years, **FERRANDI Paris** has taught all of the culinary disciplines to students from around the world. Following the success of our two previous works published by Flammarion—a comprehensive, didactic, and delicious compendium of French pâtisserie recipes and a volume focusing specifically on the art of chocolate making—it is time to shine the spotlight on vegetables. Edible plants come in an extraordinary range of different varieties and they deserve to play a starring, rather than a supporting, role on our plates.

Although appreciation for vegetables is on the rise in many countries, plants have long been neglected in traditional French cuisine. An early staple of the human diet, vegetables, along with cereal grains, were considered less noble than meat and thus featured rarely in French culinary texts and on haute-cuisine menus. But the sheer variety of the vegetable world—from carrots, potatoes, leeks, and cabbage, to Jerusalem artichokes, pumpkins, and mushrooms, to name but a few—offers inspiration and infinite possibilities for chefs.

Both traditional skills and creative innovation lie at the heart of **FERRANDI Paris's** teaching philosophy. We maintain a balance between the two through strong ties to the professional world, making our school a leading institution in the field. That is why this book not only provides delicious recipes in which vegetables are given pride of place, in both vegetarian and non-vegetarian dishes, but also demonstrates fundamental techniques and shares expert advice. Anyone who wishes to explore the inspiring world of vegetables, whether it be at home or in a professional kitchen, will find this volume invaluable.

I extend my warmest thanks to those members of **FERRANDI Paris** who have made this book a reality, particularly Audrey Janet, who coordinated the project, and Jérémie Barnay, Stéphane Jakic, and Frédéric Lesourd, head chefs at the school, who have generously shared their expertise, adeptly combining technical skills and creativity in order to show us the rich culinary potential of the vegetable garden. And for those with an aversion to certain vegetables—no matter your age—we hope this book will surprise you and inspire you to change your mind!

Bruno de Monte
Director of **FERRANDI Paris**

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COOKING

Blanching Cabbage

This technique is used to precook and soften cabbage leaves before use.

Ingredients

Cabbage
Salt

Cooking time

3-4 minutes

Equipment

Skimmer
Wire rack for drying



- 1 • Peel the leaves off the cabbage. Fill a bowl with cold water and ice cubes. Add the leaves (in batches, if necessary) to a large saucepan of well-salted boiling water.



- 2 • Bring the water back to a boil and keep the leaves submerged by pressing down on them with a skimmer. Cook for 3-4 minutes.



- 3 • Lift the leaves out of the water using the skimmer, and refresh in the bowl of ice water. Drain on a rack before using.

Parboiling Potatoes

This technique is used to eliminate impurities and precook potatoes before cooking them in another way, such as sautéing.

Ingredients

Potatoes

Equipment

Skimmer



- 1 • Wash, peel, and, if you wish, turn the potatoes (see technique p. 78). Put them in a saucepan of cold water.

CHEFS' NOTES

- Use this technique, which cuts down on cooking time, before sautéing, roasting, grilling, or deep-frying potatoes.
- Parboiling differs from blanching in that the vegetables are not immersed in ice water immediately after removing them from the boiling water.



- 2 • Bring to a boil, cook for a few minutes, and then drain the potatoes by lifting them out using a skimmer.

Boiling à l'Anglaise

Ingredients

Green beans (or other green vegetables, prepared as necessary)
Salt

Cooking time

About 5 minutes

Equipment

Skimmer



- 1 • Wash and trim the green beans (see technique p. 49). Add them to a large saucepan of boiling salted water and let boil for 4-5 minutes, depending on how thick they are.

CHEFS' NOTES

This quick-cooking method preserves all the flavor of a vegetable, as well as its vitamins.



- 2 • Fill a bowl with water and ice cubes. When the beans are cooked *al dente*, drain them using a skimmer.



- 3 • Immediately plunge the beans into the ice water for a few seconds, to prevent them cooking further and to retain their bright green color (from the chlorophyll pigment they contain).



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FRUIT VEGETABLES

COLD TOMATO AND STRAWBERRY BROTH

Eau de tomate et fraise

Serves 10

Active time

30 minutes

Draining time

Overnight plus
30 minutes

Cooking time

10-30 minutes

Chilling time

30 minutes

Equipment

Blender
Large fine-mesh sieve

Ingredients

Tomato water

5½ lb. (2.5 kg) tomatoes

Strawberry juice

4½ lb. (2 kg)
strawberries

Sugar to taste

To garnish

1 oz. (30 g) tapioca
pearls

20 blanched almonds

10 heirloom tomatoes
in different colors

20 strawberries

Oregano oil

Small chervil sprigs

Small fennel fronds

1 handful fennel flowers

PREPARING THE TOMATO WATER

A day ahead, wash and peel the tomatoes (see technique p. 41) and blend them. Line a large sieve with a clean, damp dish towel and set it over a large mixing bowl. Pour in the blended tomatoes and let drain overnight in the refrigerator.

PREPARING THE STRAWBERRY JUICE

Wash and hull the strawberries. Cut them in half lengthwise, place in a large bowl, sprinkle lightly with sugar to taste, and cover with plastic wrap. Place the bowl over a pan of barely simmering water and let drain for at least 30 minutes. Strain into a bowl, without pressing down too firmly on the strawberries.

PREPARING THE COLD TOMATO AND STRAWBERRY BROTH

Combine the tomato water and strawberry juice according to taste, setting aside some of the strawberry juice. Chill for at least 30 minutes.

PREPARING THE GARNISHES

Cook the Japanese tapioca in a saucepan of boiling water according to the package instructions. Drain, refresh under cold water, and add to the reserved strawberry juice. Cut each almond into 2 or 3 slices lengthwise.

TO SERVE

Peel the heirloom tomatoes (see technique p. 41) and cut into quarters or wedges. Halve or quarter the strawberries. Drizzle enough oregano oil into each serving bowl to cover the base and divide the tomatoes, strawberries, and the rest of the garnishes among them. Pour the tomato and strawberry broth into a jug and add it to each bowl when ready to serve.



TOMATO SALAD, HONEY VINAIGRETTE, AND LOVAGE SORBET

Salade de tomates, vinaigrette au miel, sorbet livèche et huile d'olive

Serves 6

Active time

1 hour

Cooking time

20 minutes

Freezing time

24 hours

Drying time

12 hours

Chilling time

2 hours

Equipment

Ice-cream maker
Immersion blender
Fine-mesh sieve
Siphon + 2 cartridges

Ingredients

Lovage ice cream

1²/₃ cups (400 ml) whole milk

2¹/₂ tbsp (1 oz./30 g) sugar

1/2 tsp (2 g) fleur de sel

1/10 oz. (3 g) stabilizer (optional)

2 oz. (50 g) lovage leaves

Scant 1/3 cup (70 ml) best-quality olive oil

Black olive soil

6 oz. (180 g) pitted black olives

2 multi-grain crackers, such as Wasa crispbread

Honey vinaigrette

2/3 cup (150 ml) olive oil

1/3 cup (75 ml) grapeseed oil

1/2 tbsp Savora or Dijon mustard

1¹/₂ tbsp (1 oz./30 g) honey

Tomato salad

3 pineapple tomatoes

3 black Krim (black Crimea) tomatoes

3 green zebra tomatoes

3 beefsteak (beef) tomatoes

Fleur de sel

Piment d'Espelette

Mozzarella foam

1 cup (250 ml) whole milk

3/4 cup (200 ml) cream, minimum 35% fat

5 oz. (150 g) buffalo mozzarella

Salt and freshly ground pepper

To garnish and serve

A few mizuna leaves

Piment d'Espelette

Fleur de sel

PREPARING THE LOVAGE ICE CREAM

In a heavy saucepan over medium-high heat, bring the milk to a boil with the sugar, fleur de sel, and stabilizer, if using. Let cool, then blend with the lovage. Strain and pour into the bowl of an ice-cream maker. Add the olive oil, incorporate well, and churn according to the manufacturer's instructions. Place in the freezer until serving.

PREPARING THE BLACK OLIVE SOIL

Preheat the oven to 175°F (80°C/Gas at lowest possible setting). Line a baking sheet with parchment paper and spread the olives on it. Dry out in the oven for 12 hours. Let cool, then process to a sandy texture with the crackers, using an immersion blender.

PREPARING THE HONEY VINAIGRETTE

In a mixing bowl, whisk all the ingredients together.

PREPARING THE TOMATO SALAD

Peel the tomatoes (see technique p. 41) and cut them into the shape of your choice. Layer in a dish, pour over the vinaigrette, and season with the fleur de sel and piment d'Espelette. Place in the refrigerator to marinate while you prepare the foam.

PREPARING THE MOZZARELLA FOAM

In a heavy saucepan over medium heat, bring the milk to a boil with the cream. Chop the mozzarella into chunks, add to the saucepan, and stir until melted. Using an immersion blender, process until smooth, season with salt and pepper, and strain. Transfer to a siphon and insert the cartridges. Chill for at least 2 hours before using.

TO SERVE

Make a bed of the black olive soil on each plate and arrange the tomatoes attractively over it. Using the siphon, pipe small amounts of the mozzarella foam between the tomatoes and add a quenelle of lovage ice cream. Garnish with mizuna leaves, dust with piment d'Espelette, and sprinkle over a little fleur de sel.





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ROOT AND TUBER VEGETABLES

CARROT CAKE

Cake à la carotte

Serves 6

Active time

1½ hours

Chilling time

1½–2 hours

Freezing time

3 hours minimum

Cooking time

15 minutes

Equipment

Juicer
Ice-cream maker
8-in. (20-cm) square cake frame, ¾ in. (2 cm) deep, or brownie pan
Electric hand beater
2½-in. (6-cm) round cookie cutter
Mandoline
100 ml pipette or squeeze bottle
Stand mixer
Pastry bag

Ingredients

Carrot, orange, and apricot sorbet

1 lb. 6 oz. (620 g) carrots
¼ cup (60 ml) lemon juice
1½ cups (345 ml) orange juice
3½ oz. (100 g) apricot puree
Generous ⅔ cup (4½ oz./130 g) granulated sugar
⅕ oz. (6 g) stabilizer (optional)

Carrot cake

⅔ cup plus 1 tbsp (3 oz./90 g) all-purpose flour
1 tbsp plus ½ tsp (13 g) baking powder
11 oz. (320 g) carrots

½ cup (4½ oz./130 g) lightly beaten egg (about 2½ eggs)
⅔ cup (4½ oz./130 g) granulated sugar
1 pinch of fleur de sel
¼ cup (2 oz./60 g) egg white (about 2 whites)
2¼ cups (6¾ oz./190 g) ground hazelnuts
4 tsp (20 ml) grapeseed oil
Scant ½ cup (100 ml) hazelnut oil
⅔ cup (2¾ oz./75 g) chopped toasted hazelnuts

Candied carrots and syrup

1 purple carrot
1 orange carrot
1 white carrot
1⅔ cups (11½ oz./325 g) sugar
1½ cups (325 ml) water

Carrot jelly

1¾ sheets (3.5 g) gelatin
1⅔ cups (400 ml) carrot juice
½ cup (3½ oz./100 g) sugar
1¾ tsp (2.5 g) agar agar

Apricot coulis

2½ tsp (8 g) cornstarch
10 oz. (300 g) apricot puree
5 tsp (¾ oz./20 g) sugar

Mascarpone whipped cream

⅓ cup (75 g) mascarpone
1¼ cups (300 ml) cream, minimum 35% fat
¼ cup (2 oz./50 g) sugar
Seeds of 1 vanilla bean

To serve

18 pansy petals
18–24 garlic flowers
Carrot fronds



PREPARING THE CARROT, ORANGE, AND APRICOT SORBET

Peel and juice the carrots. In a large saucepan, combine the carrot juice with the lemon juice, orange juice, and apricot puree and warm slightly. Stir in the sugar and stabilizer, if using, and chill for 1 hour. Churn in an ice-cream maker according to the manufacturer's instructions and freeze for at least 3 hours.

PREPARING THE CARROT CAKE

Preheat the oven to 325°F (170°C/Gas mark 3). Place the cake frame on a baking sheet lined with parchment paper. Sift the flour with the baking powder into a mixing bowl. Peel and grate the carrots. Using an electric hand beater, whisk the eggs with the sugar for 5 minutes to the ribbon stage, and then whisk in the fleur de sel. Whisk the egg whites until they hold soft peaks and set aside. Stir the ground hazelnuts, grapeseed oil, hazelnut oil, grated carrots, and hazelnuts into the whisked eggs and sugar. Lightly fold in the egg whites until incorporated. Pour the batter into the cake frame—it should be just under ½ in. (1 cm) deep. Bake for about 15 minutes, until a toothpick pushed into the center comes out clean. Transfer to a wire rack, lift off the cake frame, and let cool to room temperature. Using the cookie cutter, cut out 6 disks.

PREPARING THE CANDIED CARROTS

Wash and peel the carrots. Using the mandoline, finely slice them, keeping the different colors separate. In a large saucepan over medium-high heat, dissolve the sugar in the water and bring to a boil to make a syrup. Divide the syrup equally among 3 small saucepans (about ¾ cup/200 ml in each). Over low heat, cook each color of carrot separately in the syrup until candied. Let cool.

PREPARING THE CARROT JELLY

Soak the gelatin in a bowl of cold water until softened. In a small saucepan, bring the carrot juice, sugar, and agar agar to a boil, then remove from the heat. Squeeze the excess water from the gelatin and stir into the mixture until dissolved. Pour onto a rimmed baking sheet in a thin layer, let cool, and chill until set. Using the cookie cutter, cut out 6 disks.

PREPARING THE APRICOT COULIS

Stir the cornstarch into 2 tablespoons of cold water until smooth. In a small saucepan, heat the apricot puree and stir in the sugar and diluted cornstarch. Bring to a boil, stirring constantly, until thickened to the desired consistency. Let cool, then transfer to the pipette or squeeze bottle.

PREPARING THE MASCARPONE WHIPPED CREAM

In the bowl of a stand mixer fitted with the whisk, beat the mascarpone, cream, sugar, and vanilla seeds until the mixture holds soft peaks. Chill and then transfer to a pastry bag.

TO ASSEMBLE AND SERVE

Place a disk of carrot jelly on each disk of carrot cake. Snip off the tip of the pastry bag and pipe small mounds of mascarpone cream on top. Carefully arrange the candied carrot slices over the cream and garnish with the pansy petals and garlic flowers. Serve a large quenelle of sorbet on the side and place some carrot fronds at one end to form a “carrot.” Pipe small dots of apricot coulis onto each plate.



