



© Céline de Cérou pour France Olive

re styled aioli

Ingredients for 4 persons:

12 new potatoes
2 carrots
2 green peppers
1 yellow courgette
200 g green beans (optional)
12 cocktail tomatoes
4 eggs
400 g white fish
2 thyme sprigs
5 garlic cloves
The remaining lemon juice
Provence herbs
Garlic semolina

For the aioli:

3 garlic cloves
For the aioli
1 tsp lemon juice + lemon zest
20 cl PDO huile d'olive du Languedoc
Salt, pepper
Espelette pepper PDO



Preparation: 30 mins
Cooking: 50 mins

Pre-heat the oven to 150°C.

Confit the cocktail tomatoes: wash the tomatoes, place them in a baking tray, pour onto the tomatoes 2 tablespoons of olive oil, add salt, pepper, top with 2 thyme sprigs and 2 unpeeled garlic cloves. Bake for about 45 minutes. You can make more than you need and store them, in a cool place, in a jar covered with olive oil.

Wash the carrots and the courgettes. Peel the carrots and cut them in 2 lengthwise, then into chunks. Do the same with the courgettes, the chunks being the same size as the carrots.

In a salad bowl, mix the carrots and the courgettes with 1.5 tablespoons of olive oil, lemon juice, salt, pepper, Provence herbs, 3 unpeeled garlic cloves, then arrange them in a baking tray covered with an aluminium foil and bake for 35 minutes at 150°C. Wash and remove the stems of the green beans. Steam or boil them (5 minutes in boiling salted water).

Wash the potatoes. If the skin is too thick, peel them, otherwise steam them with the skin for 15 to 20 minutes (check the cooking, extend it if needed). When they are done, arrange them in a baking tray and roast them on each side for 10 to 15 minutes in the oven at 200°C.

Place each piece of fish on baking paper, add salt, pepper, some Espelette pepper and garlic semolina, a small drizzle of olive oil and seal the papillotes. Bake at 200°C for 10 to 15 minutes (depending on the size of your fish chunks).

In the meantime, cook the eggs in water for 8 minutes. Cool the eggs to easily shell them. Set aside.

Make the aioli : peel the garlic cloves and remove the germs. Crush them to a paste in a mortar. You can do as well crush them with a garlic press. In a salad bowl, put the garlic paste, add the egg yolk and the lemon zest, season, then mix. Drizzle on the olive oil and whisk briskly as you go along. The sauce should easily set. Add the lemon juice, salt, pepper and Espelette pepper, emulsify and set aside.

Arrange a mix of vegetables and the fish in the plates and serve with the aioli.

Financed by the European Union, FranceAgriMer and France Olive Production.



REG. (UE) 2021/2115 P.O.
OCM OLIO year 2023



FranceAgriMer

