FICHE RECETTES

4 personnes

SALADE DE CAROTTES A LA CHERMOULA (ENGLISH)

INGRÉDIENTS

• Carottes
- Petites carotte fanes 24 pièce(s)
- Fond blanc de volaille 30 cl.

• Chermoula
- Ail 2 gousse(s)
- Coriandre 1/2 botte
- Persil plat 1/2 botte
- Piment doux 2 g.
- Cumin en poudre 3 g.
- Citron 1 pièce(s)
- Vinaigre Barolo 4 cl.
- Pétales de tomates confites 12 pièce(s)
- Huile d'olive P.M.
- Fleur de sel P.M.
- Poivre du moulin P.M.

• Fond blanc de volaille
- Carcasses de volaille 3 kg.
- Oignons paille 200 g.
- Carottes 300 g.
- Branches de céleri 300 g.
- Verts de poireaux 200 g.
- Gros sel P.M.
- Poivre noir en grains 20 g.
- Thym 1 Br.
- Laurier 1 Fe.
- Queues de persil P.M.

• Tomates confites
- Tomates olivettes 10 pièce(s)
- Huile d'olives très mûres P.M.
- Thym 3 Br.
- Gousses d'ail 5 pièce(s)
- Sucre semoule (facultatif) P.M.
- Sel gris de Guérande P.M.
- Poivre du moulin P.M.

Morocco

The "chermoula" is a basic preparation which was traditionally used as a seasoning for fish. This recipe is drawn from a recipe from the XIII century, and been modified to accompany carrots.

Preparation of the carrots

Peel the carrots and then take off the stems.

In a large saucepan, heat a drizzle of olive oil. Put in the carrots and coat them well with the hot oil. Salt them. Add 10 cl of white poultry stock. Cover immediately.

Let simmer over low heat until the stock has completely reduced. Pour in the rest of the stock. Let the stock reduce completely again. Cook until the carrots are soft and covered in sauce. Take them out and put them on a plate. Cool immediately.

Preparation of the chermoula

Peel the garlic cloves. Wash, dry, and pluck the leaves from the coriander and parsely.

Put the garlic cloves, the salt, and the chili pepper in a mortar. Reduce them to a purée, add the cumin and the herbs (keep some peelings for decoration). Crush until the mixture is a paste.

Add the lemon juice, the vinegar, and pour 5 cl of olive oil while mixing slowly.

Finely julienne the lemon zest.
Add half to the chermoula and keep the rest.

Put the chermoula in a small saucepan. Heat it over low heat without boiling until the flavor emerges. Let cool.

NOTES :

Finishing and Presentation

Mix the carrots delicately with the chermoula. Add the tomato confit petals. Correct the seasoning.

Arrange the carrot salad in the center of the plate. Scatter the herbs and the julienned lemon zest.
Add one turn of ground pepper, and sprinkle a few grains of fleur de sel.
Serve hot or cold.

Bases nécessaires à la préparation de la recette

White poultry stock

For 7 litres
Cut the fat and bloody parts off of the poultry carcasses.
Peel the aromatic seasonings.
Put the carcases in a tall pot and cover them with 10 liters of cold water. Bring to a boil; skim.
Add the aromatic seasonings; the salt; and the pepper.
Cook for 9 hours at 90°C, skimming from time to time.
Strain through a cloth strainer.
Cool rapidly.

Tomato confit

Peel the tomatoes. Cut them in 4 and take out the seeds.
Spread them on a baking sheet.
Add the garlic cloves, unpeeled, and the thyme branches.
Season with olive oil, sal, pepper, and sugar.
Put in the oven to dry at 80/90°C for 2 to 3 hours, according to the ripeness of the tomato.
Keep in the refridgerator.

NOTES :