

**GRENADA CHARTER YACHT SHOW 2018
CULINARY EXCELLENCE COMPETITION WINNER
ASTRID GESLIN
TASTE OF SEA FINGER FOOD**



I wanted to represent the 3 different colors of the Grenadian flag: green for the fertile land, yellow for the wisdom, sunshine and warmth of Grenadians, and red for the people's courage and vitality. The people here are what make the Island of Spice so unique.

The required ingredient was tamarind juice. My idea was to create a tamarind reduction that I included in all three entrees.

Tamarind Reduction:

Heat smashed garlic and small fresh ginger pieces in oil before adding the tamarind juice. Reduce and add home made fish sauce. Blend the sauce and adjust with some pepper.

GREEN : MILLEFEUILLE OF GOAT CHEESE-SALMON-CANDIED CELERY

Ingredients for 30 Millefeuille:

250 g smoked salmon
100 g celery stick
100 g sugar
250 g puff pastry
2 goat's burger (or Chavroux type)
100 g liquid cream
1 zest of lime
Fennel seeds, crushed pepper, lime flavored olive oil, dill

Puff Pastry Ingredients:

125 g plain flour
1 tsp fine sea salt

125 g butter at room temperature
about 70 ml cold water

Sift the flour and salt into a large bowl. Break the butter in small chunks, add them to the bowl and rub them in loosely.

Make a well in the bowl and pour in about two-thirds of the cold water, mixing until you have a firm rough dough adding extra water if needed.

Cover with cling wrap and leave to rest for 20 mins in the fridge.

Turn out onto a lightly floured board, knead gently and form into a smooth rectangle.

Roll the dough in one direction only, until 3 times the width, about 20 x 50cm.

Keep edges straight and even. Don't overwork the butter streaks; you should have a marbled effect.

Fold the top third down to the centre, then the bottom third up and over that.

Give the dough a quarter turn (to the left or right) and roll out again to three times the length.

Fold as before, cover with cling wrap and chill for at least 20 mins before rolling to use.

Discs of puff pastry:

Roll out the puff pastry and cut out in 5 cm and 4 cm diameter discs with a cookie cutter.

Bake between 2 baking sheets to prevent the dough from swelling; 200 ° for 12 minutes but check from time to time.

Candied Celery:

Wash the celery and remove the maximum amount of yarn with a paring knife. Cut in brunoise.

Heat the water and sugar to make a syrup then plunge the diced celery and let confit about 20 minutes. Let cool.

Goat Cream:

Crush the goat's cheese with the cream, add some seeds of fennel, crushed pepper, a lemon zest, Tamarind reduction and put in a piping bag.

Arrange the millefeuille with goat cream, smoked salmon and candied celery, on top add dill sprouts. Serve immediately.

RED : SRIMP-EGGPLANT CAVIAR MACAROONS

Ingredients for 30 Macaroons:

- Icing sugar: 210 g
- Almond powder: 150 g
- Whites of egg: 130 g
- Sugar powder: 90 g

Preheat the oven to 160 ° C. Sift the dry powders (icing sugar and almond powder).

Beat the egg whites, then squeeze with half the caster sugar and beat for about 1 minute.

Add the remaining sugar and beat again for 2 minutes.

Add the red food coloring.

Add the icing sugar and the almond powder with a maryse, then using a plastic horn, and "macaroner" fold the preparation gently on itself taking the whole mass. The device must become soft and shiny and make a ribbon.

Arrange macaroons on a baking mat with a pastry bag and let them simmer for 15 minutes at room temperature.

Cook them for 12 to 20 minutes at 160 ° C.

Eggplant Caviar:

- Eggplants: 3 pieces
- Fine salt: 3 pinches
- Garlic: 2 cloves
- Olive oil: 5 cl

Preheat oven to 220 ° C. Wash the eggplants and cut them in half lengthwise.

Use a paring knife to squat the flesh thoroughly and insert garlic slices.

Arrange the eggplants in a baking dish, salt and sprinkle with olive oil.

Bake at 200 ° C for 45 minutes to 1 hour.

Remove from the oven and scoop out the pulp.

Using a large knife, chop the pulp until you have a fine purée, adjust with salt and pepper.

Marinated Shrimps:

Marinate shrimps for at least 1 hour in tamarind juice and cook them in some butter. Cut the shrimps in pieces.

Present the macaroons with some eggplant caviar and some shrimp pieces in between, add some tamarind reduction on top of the macaroons.

YELLOW : SCALLOPS ON CURRY-WHITE WINE SAUCE

Ingredients for 30 aperitif spoons:

30 small scallops

1 shallot

1 tbsp. curry

1 tbsp. Raz el Hamout

5 cl white wine

2 tbsp. butter

1 tbsp. olive oil

20 cl liquid cream

Nutmeg

Salt

Pepper

Peel and slice the shallot. Heat half of the butter in a small saucepan and sweat the shallot. Add the white wine and let reduce, add curry, Raz el Hamout and cream and heat gently.

Marinate the scallops with the tamarind reduction for at least 1 hour. Heat butter and oil in a pan and cook the scallops about 1 min on each side.

Place the curry sauce on the spoons, add the scallops, grate nutmeg on top and serve immediately.