



Chef Andrée Rosier, head of Michelin-starred restaurant Les Rosiers in Biarritz, invites you to put your cooking skills to the test with a special recipe created for Air France.

Recipe for 4 people:

Spiced bulgur with lemongrass, piperade and caramelized fennel.

INGREDIENTS

SPICED BULGUR

- 120g bulgur
- ½ liter water
- ½ vegetable stock cube
- Salt, pepper
- 10g butter
- 10g finely chopped onions
- 1g grated fresh ginger
- Spices: a pinch of cumin and turmeric

LEMONGRASS OIL

- 1 liter grape seed oil
- 600g finely chopped lemongrass

LEMONGRASS PIPERADE

- 100g peppers (3 colors)
- 1 garlic clove
- 100g finely chopped white onions
- 1 tsp tomato sauce concentrate
- A pinch of sugar
- Espelette chilli pepper (piment d'Espelette)
- Salt
- 20ml olive oil
- 200g chopped tomatoes
- Lemongrass oil (see recipe below)

FENNEL FRONDS

- 360g finely chopped fennel
- 40ml olive oil
- 4g chopped dill
- 10ml lime juice

CARAMELIZED FENNEL

- 520g fennel cut into pieces
- 1 garlic clove
- 30ml olive oil
- 100ml water
- 1 bay leaf
- 1 sprig of fresh thyme
- Ground white pepper

METHOD

1. SPICED BULGUR

Dissolve the vegetable stock in water, add salt and pepper. Bring to a boil and cook for 1 minute, add the bulgur and cook covered for about 15 minutes. Drain and set aside. Cook the onions in butter until soft but not brown, add the ginger and spices and cook on a low heat for 5 minutes. Finally, add the bulgur and mix with the spices.

2. LEMONGRASS OIL

Heat the lemongrass oil and let it infuse over a very low heat, without boiling, for at least 1 hour. Then pass through a sieve, to save only the infused oil.

3. LEMONGRASS PIPERADE

Cut the peppers lengthways into 0.5cm strips. Cook the onions and garlic in olive oil until soft but not brown. Add the peppers and cook for 15 minutes. Add the chopped tomatoes, tomato sauce concentrate and sugar. Cover and cook for about 40 minutes, stirring regularly. At the end of cooking, add the lemongrass-infused oil. Season with salt and Espelette chili pepper.

4. FENNEL FRONDS

Cut the raw fennel into thin slices using a mandolin and mix the fine chiffonade with the oil, lemon juice and chopped dill.

5. CARAMELIZED FENNEL

Shorten the fennel stem to about 10cm and cut it lengthwise into 6 sections. Oil an oven tray with half the oil and sprinkle with finely chopped garlic. Add the fennel sections, salt and pepper. Add the thyme and bay leaf, pour in the rest of the oil and water, cover with aluminium foil and bake in the oven at 160° for 30-40 minutes.

Check the cooking with a knife tip. It should be caramelized and lightly colored.