



Eric GUÉRIN

Eric GUÉRIN, born in Toulouse in 1970

Restaurant

La Mare aux Oiseaux

France | Michelin ★ (since 2000)

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Position

Head chef and owner (since 1995)



Langoustine tartare truffles and potatoes, honey yuzu vinaigrette

Ingredients for 4 servings

16 fresh langoustines
1 spoonful yuzu ponzu
1 spoonful oyster sauce
1 spoonful olive oil

10 small new potatoes
1 fresh truffle
40g Kochi yuzu puree

Honey and yuzu vinaigrette

1 bird' s eye chili
100ml yuzu juice
50ml sweet rice vinegar
with yuzu juice
30ml rice vinegar
1 big spoonful honey from Brière
50ml olive oil

Miscellaneous

freshly ground pepper, chervil

Directions

Cook the new potatoes in salted water, keep them "al denté" .
Cut the langoustine tartare in equal pieces and keep cool.

Mix all the honey and yuzu vinaigrette ingredients together.
If needed add a drop of xanthan gum to thicken.

Mix the yuzu ponzu with the oyster sauce and season the langoustines.
Immediately dress a circle in the middle of the plate with the langoustine tartare.
Place a coffee spoon of Kôchi yuzu purée in the centre then place the warm potatoes all around intercalating with truffle slices.
Surround generously with honey and yuzu vinaigrette and cover with fresh chervil.



Burnt fig leaf tuna and yuzu

Ingredients for 4 servings

1kg coarse sea salt
200g sugar
80g freeze-dried yuzu powder
1 x 500g skinned tuna fillet
20 dried fig leaves

Fig emulsion

5 fig leaves
1 fig
1 bird' s eye chili
250g grape seed oil
20g mirin
30g sweet rice vinegar
with yuzu juice
salt
pepper

Miscellaneous

red currants
¼ fig
red beetroot
Chioggia beet
olive oil
sea salt from Guérande
freshly ground pepper
4 slices freeze-dried yuzu



Directions

Mix the salt, sugar and freeze dried yuzu and put it over the tuna fillet and marinate for 3hrs in the fridge.
Rinse the fish and dry well.
Dry the fig leaves in a dry place or in an oven at 60°C, then cover the fish with them.
Use a kitchen torch to char the leaves, then rub well into the tuna fillets.
Cover the fish with a film and keep in the fridge overnight.

Fig emulsion

Mix all the ingredients in a Thermomix, season to taste and put in a pipette in the fridge.

Finish

Cut the tuna in slices, then add drops of fig emulsion, serve with sliced, raw beetroot and some red currants for the acidity, and add a good slice of freeze-dried yuzu.

Whole dried yuzu tomatoes, lobster and parmesan yuzu stock

Ingredients for 4 servings

2 x 500g lobsters
a little candied yuzu

Tomato confit
4 good tomatoes
4 sugar cubes
1 fresh yuzu
a little yuzu powder

Lobster stock
2 shallots
2 tomatoes
1 teaspoon of timut pepper
20ml cognac
50ml white wine
1 celery stalk
1 spoon of oyster sauce
100ml wild yuzu juice
250ml chicken stock
100ml single cream
60g slightly salted butter
150g parmesan cheese

Lobster stock

Cook the lobster trimmings and the timut pepper with a spoon of olive oil at a low heat so that the lobster is slowly caramelized at the bottom of the saucepan and releases its taste.

Add the shallots cut lengthwise, then the tomatoes and cook for 2-3 min. Deglaze with the cognac, then add the white wine. Add the remained ingredients other than butter and parmesan and simmer for 15 min.

Mix in a Thermomix or a mixer and strain; season to taste. Add the butter and parmesan cheese and whisk.

Finish

Place the tomato confit at the bottom of a deep plate. Then reheat the lobster and place around the tomato. Put a little candied yuzu on the tomato and serve with the very hot stock and some parmesan chippings.



Directions

Cook the lobsters in aromatic stock for 3min for the body and 4 min for the claws, cool and shell and keep in a cool place.

Tomato confits

Rub the fresh yuzu skin with sugar cubes so that they are covered with the zest of the fruit.

Drop the tomatoes in salted boiling water then in iced water to remove the skin.

Place them on a tray, pour some olive oil, place a cube of yuzu sugar on each tomato, grate the rest of the zest over them.

Complete with a little freeze-dried yuzu powder and place in the oven at 65°C for at least 4hrs till the tomatoes dehydrate and absorb the yuzu sugar and concentrate all the flavours.

Carrot french toast, fresh yuzu steamed biscuit

Ingredients for 4 servings

Carrot French toast
12 small organic carrots
300g brioche crumbs
3 egg yolks

Yuzu and carrot condiment
300g carrots
½ litre chicken stock
¼ fresh yuzu

Vinaigrette
500ml carrot juice
100ml sweet rice vinegar with yuzu juice
100ml olive oil
xanthan gum

Carrot steamed biscuit
300g mashed carrot
187g almond powder
15g flour
green anise as needed
7.5g yeast
2 slices freeze-dried yuzu
130g egg yolks
245g egg whites
28g sugar

Miscellaneous
1 yuzu
1 bag sea grapes 'Umibudo'
1 bunch of dill
olive oil
salt from Guerande
freshly ground pepper



Directions

Carrot French toast

Coat the carrots with the egg yolks twice and the brioche crumbs, then freeze.

Yuzu and carrot condiment

Cook the carrots in the stock, then mix with the fresh yuzu in the Thermomix or mixer to obtain a smooth and shiny purée; season to taste and keep in a cool place.

Vinaigrette

Mix the carrot juice with the yuzu vinegar and add the olive oil and a little xanthan gum to obtain syrupy, perfumed and acidulated sauce. Keep in the fridge.

Carrot biscuit

Mix the mashed carrot, almond powder, flour, green anise and the yeast.

Whisk the yolks and sugar until whitened and add the dried mixture and the slices of coarsely chopped freeze-dried yuzu slices.

Whisk the egg whites and add to the previous mixture, add grated fresh yuzu zests and mould in a small gastro tray covered with baking paper, seal with the film tightly and bake at 100°C for 55 minutes, then freeze.

Cut the biscuit into cubes, then put in a freezer.

Finish

Fry the still frozen carrots in clarified butter at 160°C until golden, strain on kitchen paper and salt with fine Guerande sea salt.

Slightly brown the steamed biscuit cubes in olive oil.

Serve the carrots and the warm biscuit with the well-chilled condiment and the vinaigrette and finish up with some crunchy umibudo and dill leaf ends.