

Created by: Debra C. Argen

Chef Olivier Rais Recipes - Rive Gauche Restaurant and Bar, Zurich, Switzerland

Swiss Chef Olivier Rais of [Rive Gauche Restaurant and Bar at the Baur au Lac](#) in [Zurich, Switzerland](#) tempts the palate with his recipes for Tuna Tartar with Citrus Zest and Ginger, Red Wine Risotto with Radicchio, Simmental-Style Beef, Mediterranean Mélange of Vegetables, and Crème Brûlée.

Passionate, creative, talented, and fun loving are the words that best describe Chef Olivier Rais, whom I had the pleasure of meeting in April 2009 while I was in Zurich. Hailing from Vernes, Jura, which is the French speaking part of Switzerland, we sat in the **Rive Gauche Bar** in the early afternoon, speaking French, and sharing culinary stories.

Chef Olivier Rais honed his culinary craft that began with an apprenticeship in Noirmont, and continued with stints around Switzerland at the prestigious Baur au Lac in Zurich, and later in Davos, Wallisellen, and Urdorf, before managing his own restaurant for five years with his wife. Although having your own restaurant may sound like a dream and does allow for a certain level of freedom and creativity, it is also a hard balancing act between chef creativity and having to deal with the business details, a task that is often daunting for chefs who prefer artistry to finance. He returned to the Baur au Lac in 2001 as a sous chef and has progressed up the ranks to hold the title of Chef de Cuisine of the Rive Gauche Restaurant and Bar.



Chef Olivier Rais

What he loves about being a chef is the diversity of the profession, that each day in the kitchen is different with its own challenges and its own rewards. He loves creating new recipes and explaining his ideas to his team, and that cuisine is a like a voyage that is ever changing.

Talking about the seasons, he said that he loves spring and fall for their bounty of riches, from chanterelle and morel mushrooms, truffles, and venison, and was rhapsodic about the asparagus season, especially the white asparagus, of which I too, am a fan.

When not working in the kitchen and creating new recipes, he enjoys being at home with his wife and 2-year old daughter, working in his garden, and relaxing with a good cigar and a glass of red wine.

The Menu

Tuna Tartar with Citrus Zest and Ginger

Red Wine Risotto with Radicchio

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Simmental-Style Beef

**Mediterranean
Mélange of
Vegetables**

**Crème Br
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Tuna Tartar with Citrus Zest and Ginger

Ingredients for 2 Persons:

200

Grams

Tuna filet

6

Grams

Ginger

20

Grams

Extra Virgin Olive Oil

2

Grams

Orange zest

2

Grams

Lemon zest

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2

Grams

Lime zest

2

Grams

Watercress

Fleur de Sel (to taste)

Method: Coarsely chop the tuna, and finely chop the ginger. Mix the tuna with ginger, orange zest, lemon zest, and lime zest. Add olive oil and salt and pepper to taste. Form the tartar into rounds and garnish with watercress.



Barolorisotto with Radicchio

Ingredients for 2 Persons:

80

Grams

Carnaroli Rice

120

Grams

Radicchio

10

Grams

Shallots

160

Grams

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Barolo Wine

40

Grams

Red Wine Butter

200

Grams

Vegetable broth

40

Grams

Parmesan Reggiano

Fleur de Sel (to taste)

6

Grams

Watercress

Method: Finely chop the shallots. Finely chop the radicchio. Heat the olive oil and sauté the shallots until translucent. Add the rice and cook until translucent, then add half of the red wine, stirring constantly until absorbed, add the vegetable broth and cook for approximately 17-18 minutes until absorbed, rice will be still be somewhat firm. Add the rest of the red wine, and cook until rice is tender. Stir in the Parmesan Reggiano and butter, and season to taste with salt and pepper. Mix in the radicchio and garnish with the watercress.



Simmental-Style beef

Ingredients for 2 Persons:

300

Grams

Simmental-style beef, center cut, dressed

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4

Grams

Extra Virgin Olive Oil

8

Grams

Beef broth

20

Grams

Watercress

50

Grams

Butter

4

Grams

Fleur de Sel (to taste)

Method: Season the beef with the fleur de sel, brush with olive oil and grill. Keep warm. Serve with a sauce and garnish with watercress.



Mediterranean Mélange of Vegetables

Ingredients for 2 Persons:

40

Grams

Extra Virgin Olive Oil

40

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Grams

Mini-Aubergines

30

Grams

Mini-Corn

40

Grams

Mini-Peppers

60

Grams

Green Asparagus

60

Grams

Zucchini, green and yellow

30

Grams

Cherry Tomatoes

4

Grams

Basil Oil

Fleur de Sel

6

Grams

Basil

Method: Wash the vegetables and marinate with olive oil, salt, and pepper. Set aside. Grill the vegetables for 8 minutes.

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Crème Brûlée

Ingredients for 2 Persons:

50

Grams

Milk

150

Grams

Cream 35%

36

Grams

Sugar

60

Grams

Pasteurized egg yolks

54

Grams

Fruit Puree

20

Grams

Raw Sugar

10

Grams

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Strawberries

10

Grams

Raspberries

10

Grams

Blueberries

10

Grams

Peppermint



Method: Heat, but do not let boil, the cream, milk, and fruit puree. Mix the egg yolk and sugar together. Add a little of the warm milk mixture to the egg and sugar mixture and stir well. Pour this mixture into the rest of the warm milk and cook until mixture thickens slightly. Pass the mixture through a sieve. Pour into crème brûlée dishes and poach in a steamer. Let cool and then refrigerate. Just before serving, sprinkle with raw sugar and caramelize with a kitchen torch (or under a broiler). Garnish with the berries and mint.

Read other articles on **the Baur au Lac** in the **Restaurants** section and in the **Chefs' Recipes** section where **Chef Olivier Rais** provides a delectable taste of the **Rive Gauche Restaurant and Bar** in **German** and in **French**.



Rive Gauche Restaurant and Bar
Baur au Lac

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