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Francois Blais Recipes - Panache Restaurant at Auberge Saint-Antoine, Quebec, Canada

Executive Chef François Blais of [Panache Restaurant at Auberge Saint-Antoine](#) in [Québec, Canada](#) shares his recipes for a lovely two-course menu for **Mr. Leblond's Golden Beet and Granny Smith Apple Salad**, and **Hachis Parmentier - Hare from Québec**, which reflects the restaurant's focus of "French Canadian cuisine with a twist."

When I read about the **Panache Restaurant** philosophy of "French Canadian cuisine with a twist," I wanted to know more about the very talented Executive Chef François Blais and the award-winning restaurant, which opened in 2004. After having dinner at the restaurant in May 2009, I had a better understanding of what they meant by "with a twist," and meeting with Chef François Blais the following day provided me with a new insight into his approach which is traditional regional cuisine only with a lighter approach and beautifully presented. When a city is 400 years old (its anniversary was in 2008), it is wonderful to keep traditions, and gently change them a bit to make them interesting for now. The result is stunning; visually creative and appealing, and well executed to make the most of each delicious ingredient.

For a chef, fresh products are the staples that make a kitchen sing, and for Chef François Blais, he has the added advantage that the hotel has its own farm on the Île d'Orléans where they grow vegetables and fruits. He enjoys going out there and "getting dirty" picking berries and the best produce to use in the restaurant, and also shops at the Vieux Marché located a short stroll from the restaurant where he buys from the local farmers, as well purchases lamb, beef, and duck from the producers, who also bring venison, caribou, and rabbit, when in season. He is a firm believer in buying locally and praised the cheeses from the region, with more than 280 cheeses made in Québec.

When not in the kitchen trying out new recipes or experimenting with his two Pacojets, as well as looking at ways to take a "greener" approach at the restaurant, he likes to go bicycling and to ride everywhere.



In the kitchen with Executive Chef François Blais

Executive Chef François Blais shares his recipes to provide a delectable taste of "French Canadian cuisine with a twist." Bon Appétit!

The Menu

Mr. Leblond's Golden Beet and Granny Smith Apple Salad with

Parsnip Juice and Hazelnut Oil Emulsion

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Hachis Parmentier - Hare from Qu

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Mr. Leblond's Golden Beet and Granny Smith Apple Salad with Parsnip Juice and Hazelnut Oil Emulsion

For 10 Persons

VinaigretteIngredients:

6

Large

Parsnips

6

Granny Smith Apples

5

Ounces (150 ml)

Hazelnut Oil

1

Lemon, juiced

1

Tablespoon + 1 Teaspoon (20 ml)

Apple Cider Vinegar

½

Teaspoon (2 grams)

Pepper

1

Teaspoon (5 grams)

Salt

The Vinaigrette Method: Extract the juice from the apples and parsnips with a juice extractor. Heat and reduce to half the original volume. Pour the apple and parsnip juice into a blender with the lemon juice, shallots, garlic, and the apple cider vinegar. Process and then slowly add the oil to create an emulsion, season with salt and pepper. * Note: this vinaigrette may be kept in the refrigerator for up to 2 weeks.

Golden Beets Ingredients:

1

Large

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Golden Beet

2

Garlic cloves

Fresh Herbs (thyme, savory, etc)

2

Ounces (50 grams)

Hazelnuts, roasted

2

Granny Smith Apples, thinly slices

8

Chives, chopped

Salt and Pepper, to taste

Golden Beets Method: Wrap the golden beets with garlic and herbs in aluminum foil. Place the foil packet in a very hot oven at 375° F (190° C) for about 3 hours or until the beets are completely cooked. When cold, peel the beets and slice as thin as carpaccio.

Presentation: Alternately layer the beets and Granny Smith apples. Sprinkle with chives, hazelnuts, salt, pepper, and the vinaigrette.

Hachis Parmentier - Hare from Québec

For 4 Persons

Ingredients:

2

Wild Rabbit Legs

7

Ounces (200 grams)

Mirepoix, cut into small cubes (carrots, celery, onions, leeks)

1

Tablespoon + 1 Teaspoon (20 grams)

Salted Lard, cut in small cubes

1

Garlic clove, finely chopped

3.4

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Ounces (100 ml)

Dry Red Wine

6.7

Ounces (200 ml)

Game Meat Stock

Bouquet Garni - fresh herbs (peppercorns, thyme, bay leaves, juniper berries)

1

Leek, finely chopped

2

Tablespoons (30 grams)

Butter

1

Large

Potato

½

Celery Root

6

Ounces (160 grams)

Fresh Goat Cheese (chèvre)

Salt and Pepper

Method: Braise the hare with the wine, stock, lard, garlic, mirepoix, and the bouquet garni for approximately 3 hours at 340° F (170° C). Filter the jus and season with salt and pepper to taste. The jus will be the sauce.

Make a dry purée with the potato, celery root, salt and pepper. Sauté the leek in the butter until the leeks are slightly translucent. Add the rabbit meat and season to taste. Place the meat into four small oven-ready molds and place on shallow serving bowls or plates. Layer the meat with the puree and then add a small layer of goat cheese. Place under the broiler, and broil until the cheese is golden brown. Remove the molds and serve with the jus.

Read about **Panache Restaurant** and the **Auberge Saint-Antoine** in the **Hotels and Resorts** and **Restaurants** sections and also in the **Chefs' Recipes** section where Executive Chef François Blais provides his delicious taste of the restaurant in **French**.

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Panache Restaurant

Panache Restaurant is open for lunch Monday - Friday from 12:00 pm until 2:00 pm; and for dinner daily from 6:00 pm until 10:00 pm, with the exception of holidays.



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For more information on **Québec**, please visit the websites: www.QuebecRegion.com and www.bonjourQuebec.com.

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