

Created by: Debra C. Argen

La Belle Époque Recipes - Martinique

La Belle Époque in Fort-de-France, Martinique was once a Colonial home; now over 100 years later, it is a stylish restaurant where talented young chef François Xavier Gayalin shines.



While I was in Martinique in April 2006, I had an elegant lunch at La Belle Époque, where the owner, Madame Martine Diacono, is as sophisticated and charming as the ambience and the menu. I also had the opportunity to meet with Chef François Xavier Gayalin, and convinced him to share two of his delicious recipes.

Sautéed Crayfish, Small Terrine of Leeks and Chinese Cabbage, and Sesame Vinaigrette

For 4 servings

Ingredients:

20

crayfish tails

3

leeks

½

Chinese cabbage

8

sheets

gelatin for 1 liter of water (34 ounces)

Vinaigrette

Ingredients:

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200

grams (7.05 ounces)

crayfish tails

50

grams (1.76 ounces)

citronelle, minced (lemon scented herb
- verbena, lemon balm, melissa)

50

grams (1.76 ounces)

coriander, minced

15

cl (5.1 ounces)

soy sauce

5

cl (1.7 ounces)

balsamic vinegar

5

cl (1.7 ounces)

Sherry vinegar

5

grams (1 teaspoon)

pink peppercorns

5

cl (1.7 ounces)

olive oil

salt, pepper

Method: Clean the tails of the crayfish, and reserve the trimmings. Cut the leeks and poach in water with the reserved trimmings. Reduce the bouillon until it equals a ½ liter and add the sheets of gelatin. Add the leeks to the ramekins with the reserved gelatin bouillon.

Make the vinaigrette. Sauté the crayfish on the stove and keep very hot.

Presentation: Unmold the leek terrine and place in the center of the plate. Add the crayfish tails and sprinkle

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the Chinese cabbage artistically around them. Pour the vinaigrette around the crayfish.

Flambéed Filet of Sea Bass with Pastis, Star Anise Sauce, Steamed Fennel, and Broad Beans
For 4 persons

Ingredients:

800

grams (1.76 pounds)

filet de loup (sea bass)

1

kilograms (2.2 pounds)

fennel

500

grams (1.10 pounds)

broad beans

50

cl (17 ounces)

crème fraiche

10

cl (3.4 ounces)

Pastis

8

star anise

1

leek

1

onion

5

sprigs of parsley

5

cl (1.7 ounces)

lemon juice

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salt, pepper

Method: Clean the filets and reserve the trimmings. Make an aromatic broth with the leeks, onions, parsley and trimmings. Wash and cut the fennel. Poach the broad beans for 5 minutes. Add the fennel to the broad beans and cook until both are tender. Season them with salt and pepper, and flambé with half of the Pastis and keep warm.

Finish the sauce by adding the crème fraiche, the rest of the Pastis and the lemon juice, cook until thickened and season to taste. Keep warm. Place the bass filets in a frying pan and sauté with olive oil.

Presentation: Place the vegetables in the center of the plate, place the filets on top, drizzle the sauce around the filets, and garnish with the star anise and parsley.

Bon appetit!

Read our **Restaurants** section for the article on **La Belle Époque**, as well as **Chefs' Recipes** where Chef François Xavier Gayalin also shares his recipes in **French**.

La Belle Époque

97, Route de Didier

97200 Fort de France, F.W.I.

Martinique

Telephone: +05 96 64 41 19

Fax: +05 96 64 32 61

Email: martine_diacono@yahoo.fr

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