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Restaurant Le Chateaubriand Recipes - Martinique

Chef de Cuisine of the hotel and Master Chef of France Francis Dulucq of **Restaurant Le Chateaubriand** at the [Sofitel Bakoua](#) in Les Trois-Ilets, Martinique, shares a few Caribbean secrets.



While I was in Martinique in April 2006, I stayed at the Sofitel Bakoua and had dinner at Restaurant Le Chateaubriand, and after experiencing a "Taste of Martinique" I convinced Chef Francis Dulucq to share a few of his recipe secrets with me.

Red Snapper and Spices on a Bed of Papaya Sauerkraut, with Butter and Lime

Recipe for 4 persons

Ingredients:

2

red snapper

1

kg (2.2 pounds)

papayas

8

juniper berries

¼

liter (34 ounces)

dry white wine

1

tablespoon

crème

3

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bell pepper (red or yellow)

2

limes

2

grams (1/2 teaspoon)

butter

salt, pepper, coriander seeds

1

tablespoon

bay leaf, ground

nutmeg, ground

cinnamon, ground

yellow onions

Method: Scale the fish and cut into 4 filets, or have the fishmonger prepare the filets for you. Cook the filets and set on a plate, and serve with the sauerkraut, and a butter and lime sauce.

Sauerkraut: Peel the papayas, grate the papayas and the onions, and put them in a pan with white wine, coriander seeds, juniper berries, salt, and bell pepper. Cover and cook for approximately 10-15 minutes and season to taste.

Caribbean Lobster and Yams Curry Style with Mille Feuilles

Recipe for 4 persons

Ingredients:

1

kg (2.2 pounds)

spiny or rock lobsters

600

grams (1.32 pounds)

yams

250

grams (8.82 ounces)

butter

4

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bell peppers (red or yellow)

1

tablespoon

colombo (Martinique curry)

fine salt, pepper, onion, garlic, celery stalk

fresh tomato and tomato paste

Rhum Vieux (aged rum), cream

Method: Peel the yams, slice, and then cut them using a round 9-cm diameter cutter to make them all the same size. Boil the yams with the curry until tender. Once cooked, remove them to a plate.

In a large pan, bring water with salt, pepper, onion, garlic, and the celery stalk to a boil. Once the water boils, add the lobster and simmer for 20 minutes. (Do not boil, which will toughen the lobster.) Remove the lobster from the water, let cool, remove shell, and cut the meat into disks. Reserve on a warm plate.

Crush the lobster shells. Cut the celery and onion into small pieces, and sauté with butter and the vegetables until golden brown. Add the crushed shells, add crushed garlic, and cook well. Flambé with the Rhum Vieux (aged rum). Add fresh tomatoes and tomato paste, the bell peppers and the cream. Cook for 20 minutes and then pass through a Chinois lined with cheesecloth. Correct seasonings to taste.

Put a yam disk on a plate and a layer of lobster in a rosette form. Add a little sauce all around the plate, and serve while hot. Repeat these steps on the other three plates. Decorate according to your imagination.

Chayote Salad with Shrimp and Avocado

Recipe for 4 persons

Ingredients:

4

large prawns

2

chayotes

1

tomato, 4 yellow onion bulbs, minced

fine salt, ground pepper, parsley leaves

2

dried onions, 1 pepper

bell pepper (yellow or red), thyme

100

grams (3.53 ounces)

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mayonnaise

4

egg yolks, salt, pepper, mustard, wine
vinegar to create the mayonnaise

¼

teaspoon

peanut oil

bay leaf

1

avocado

2

lemons

Peel the chayotes, wash and finely grate them, rinse again and pat dry. Create the mayonnaise by whipping the egg yolks together with the salt, pepper, mustard, wine vinegar and the peanut oil. Add the minced tomato and onions to the mayonnaise, season to taste and set on a plate. Peel the avocado and flavor with the lemons.

In a pot, add water, parsley leaves, salt, lemon juice, sliced rounds of onion, bay leaves, pepper, thyme and bring to a boil, add the prawns. Cook the prawns in the boiling water for 5 minutes, drain, and then set them on a plate. Cut off the tails and cut the tails into pieces. Refrigerate until ready to serve.

Presentation: Put a portion of the chayote salad on four plates, add the avocado and sprinkle the prawns on the plate.

Bon Appetit!

Read our article on **Restaurant Le Chateaubriand** in the **Restaurants** section and on the **Sofitel Bakoua** in the **Hotels and Resorts** section.

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