

Vive la chimie (et la physique) !



La chimie physique est vraiment merveilleuse !

The model developed for the colour change during blanching is based in the following ideas:

1. The increase of colour intensity at the early stage of blanching can indeed attributed to a chemical conversion, or physical process connected.
2. The decrease can be considered as the degradation balance of this chemical conversion the place in the first stage.

Thus, the mechanism of the colour conversion can be reduced to the following system of chemical equilib

> $G_p \rightarrow G$;



> $G \rightarrow \text{Decay_Products}$;



In this mechanism, G_p can be considered as the coloured compound in a different physical (opaque) prec configurations from which the colouring compound G is formed. k_c and k_p are the reaction rate constants l conversion and the degradation reaction, respectively. Based on the fundamental rules of chemical kinetic reaction mechanism can be converted into a set of differential equations:

> restart;

> EQ1 := diff(Gp(t), t) = -k_c * Gp(t);

$$EQ1 := \frac{d}{dt} Gp(t) = -k_c Gp(t)$$

> EQ2 := diff(G(t), t) = k_c * Gp(t) - k_d * G(t);

$$EQ2 := \frac{d}{dt} G(t) = k_c Gp(t) - k_d G(t)$$

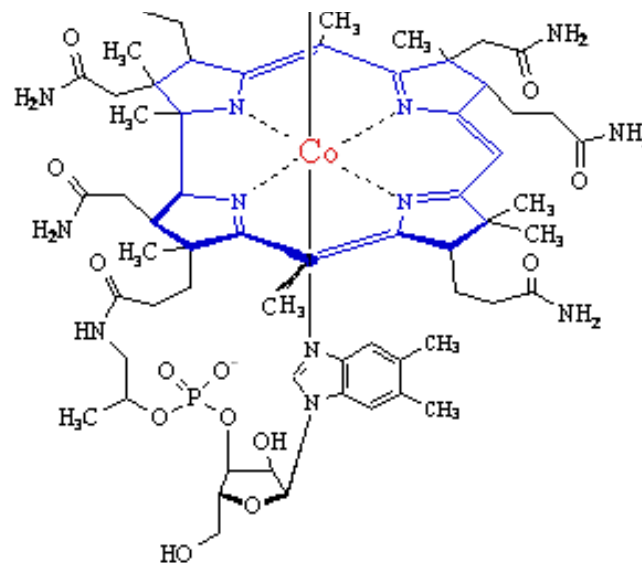
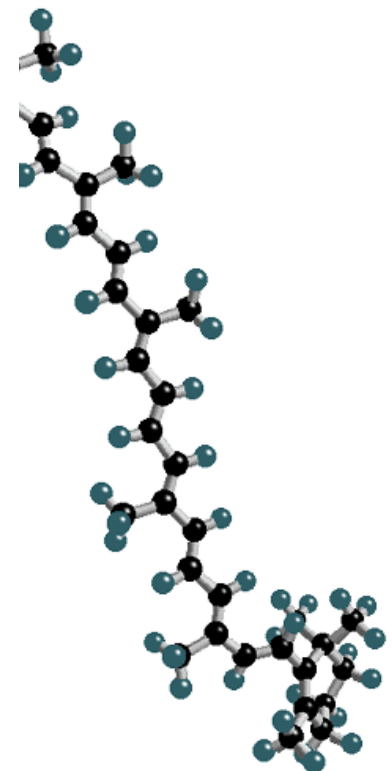
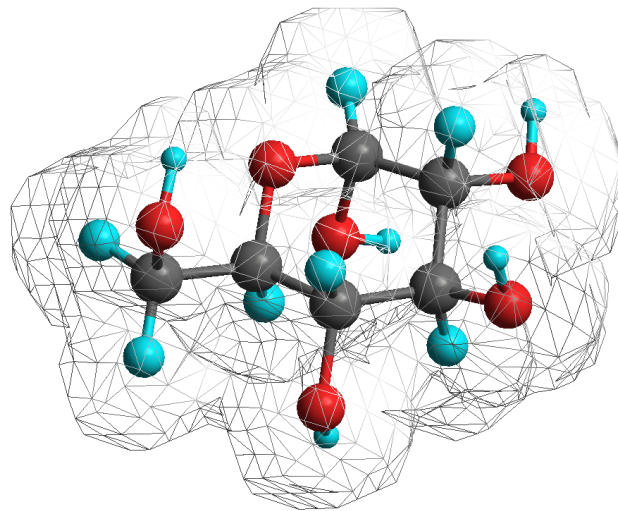
> EQ3 := diff(DP(t), t) = k_d * G(t);

$$EQ3 := \frac{d}{dt} DP(t) = k_d G(t)$$

> solve({EQ1, EQ2, EQ3}, {Gp(t), G(t), DP(t)});

$$DP(t) = -\frac{k_d \left(-C1 e^{-(k_c t)} + \frac{C2 k_c e^{-(k_d t)}}{k_d} - e^{-(k_d t)} - C2 \right)}{k_c - k_d} + C3, Gp(t) = C1 e^{-(k_c t)},$$

$$G(t) = \left(-\frac{k_c C1 e^{-(k_c - k_d t)}}{k_c - k_d} + C2 \right) e^{-(k_d t)}$$



**Pour des questions,
des références...**

herve.this@agroparistech.fr

**N'oublions pas les
émerveillements
expérimentaux**

KMnO₄

Des applications : le « gibbs »



Et il y a tout cela

<https://www.youtube.com/watch?v=Z174NCVbA5A>

<https://www.youtube.com/watch?v=t5ZFoU0S5iE>

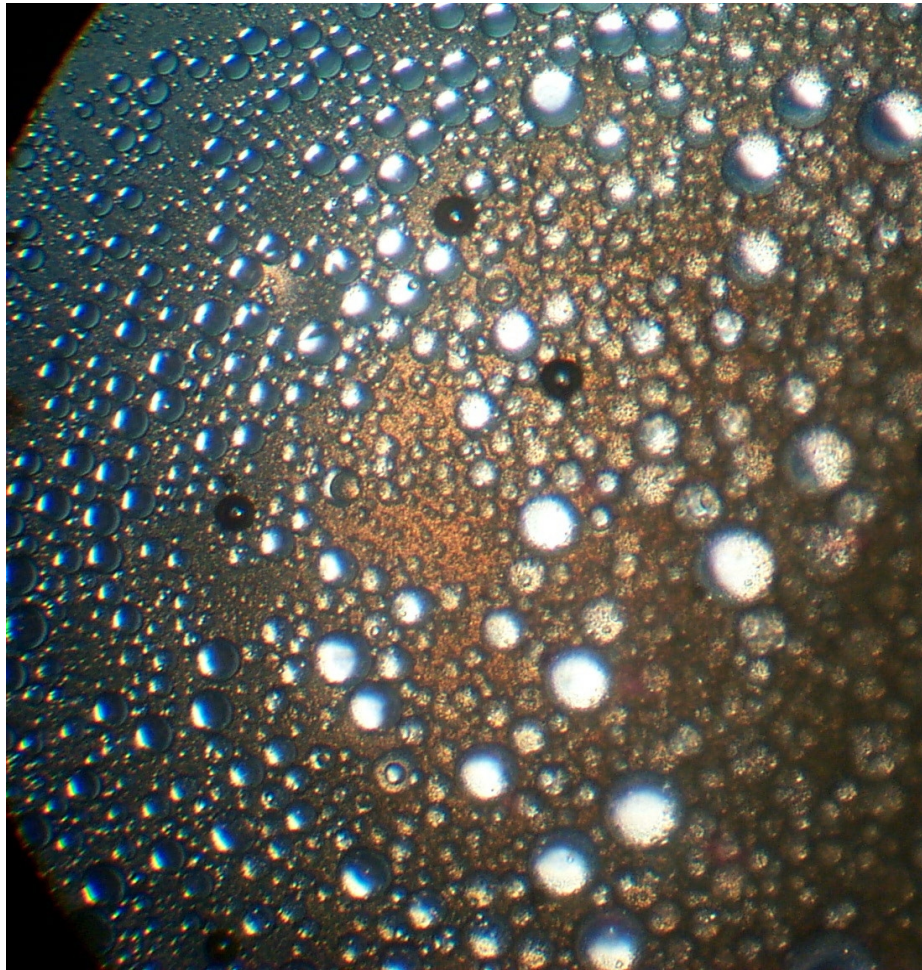
Qu'est-ce qu'un aliment ?



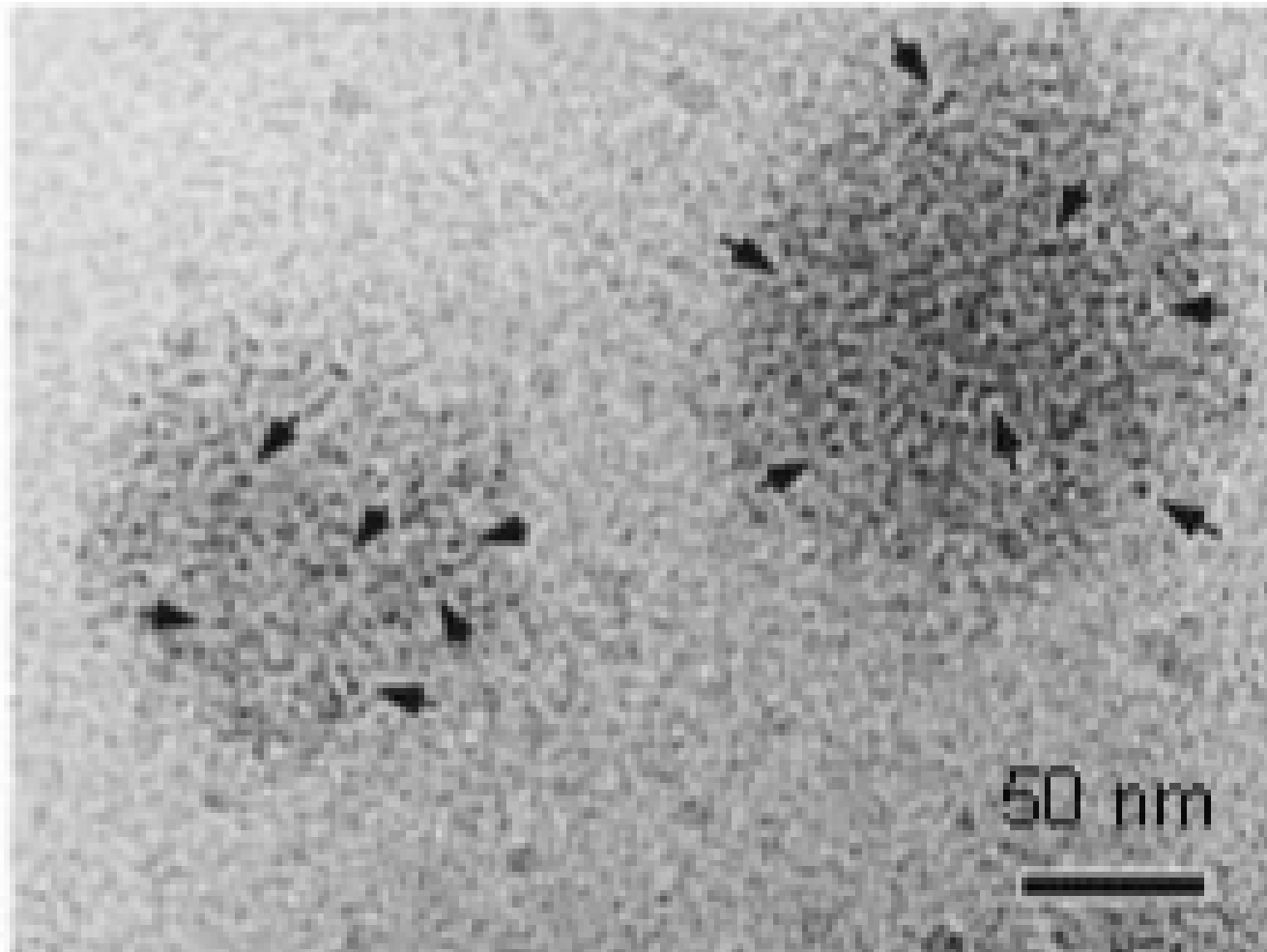
Une organisation macroscopique



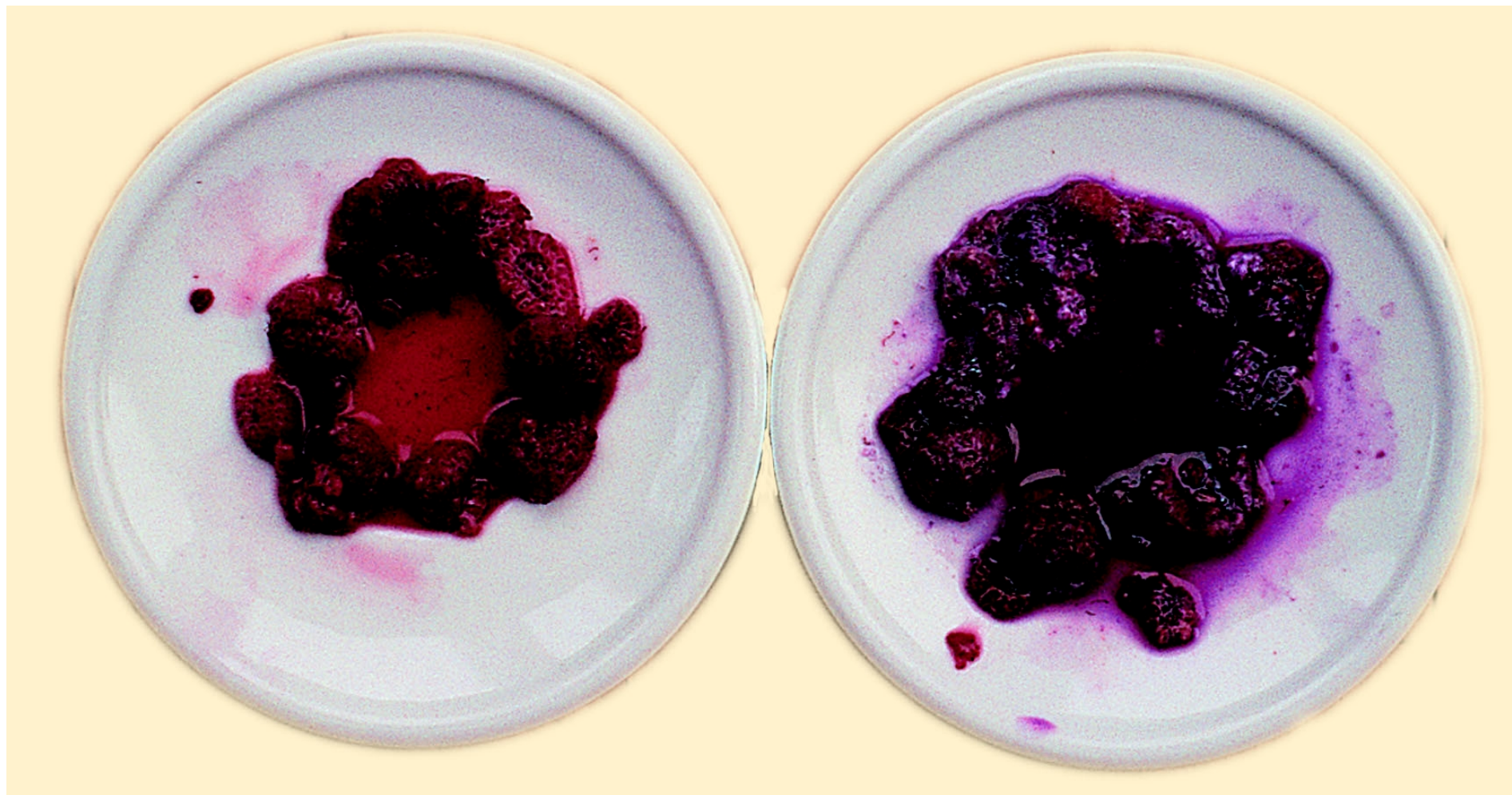
Pour chaque partie, une organisation microscopique



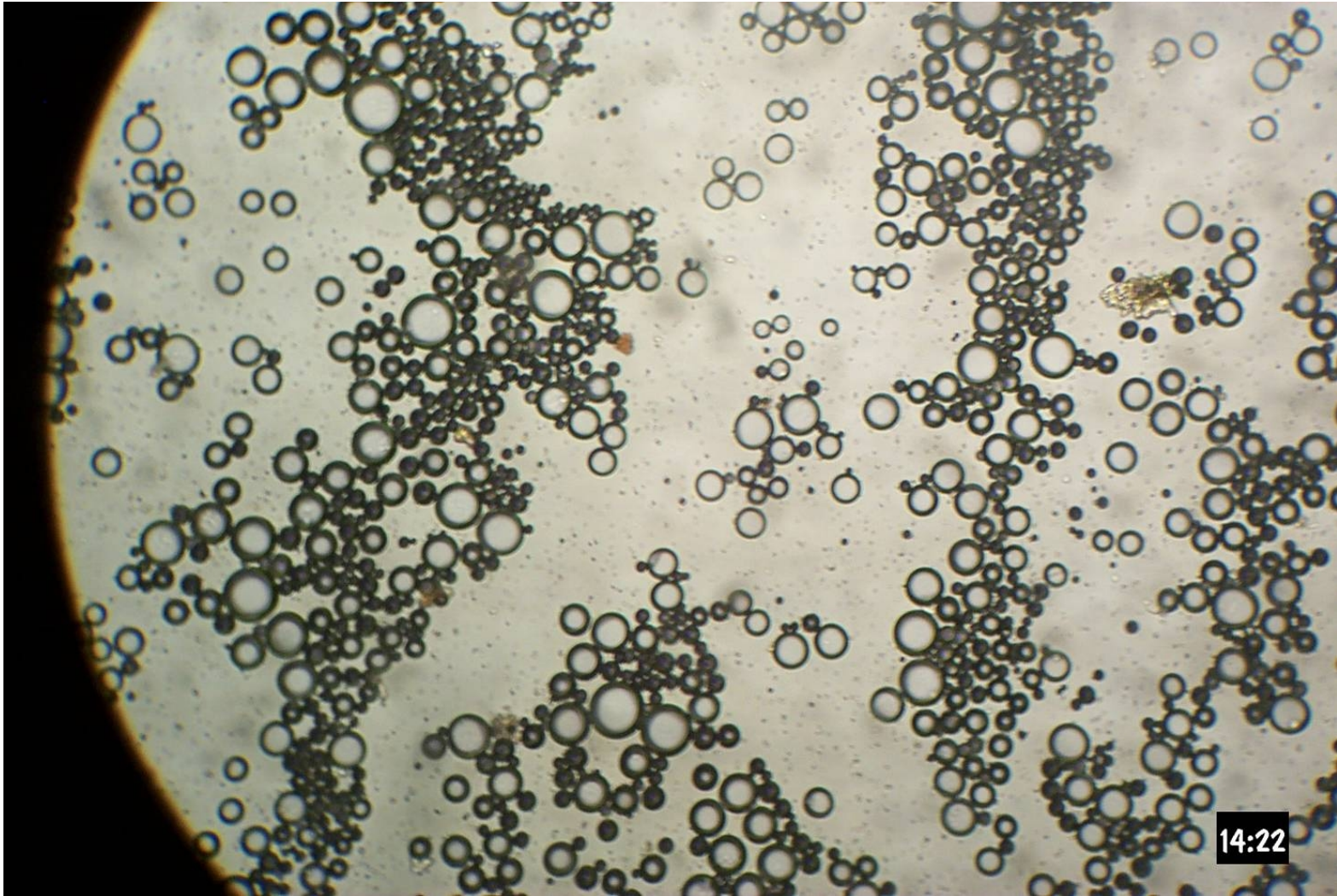
Pour chaque partie, une organisation nanoscopique

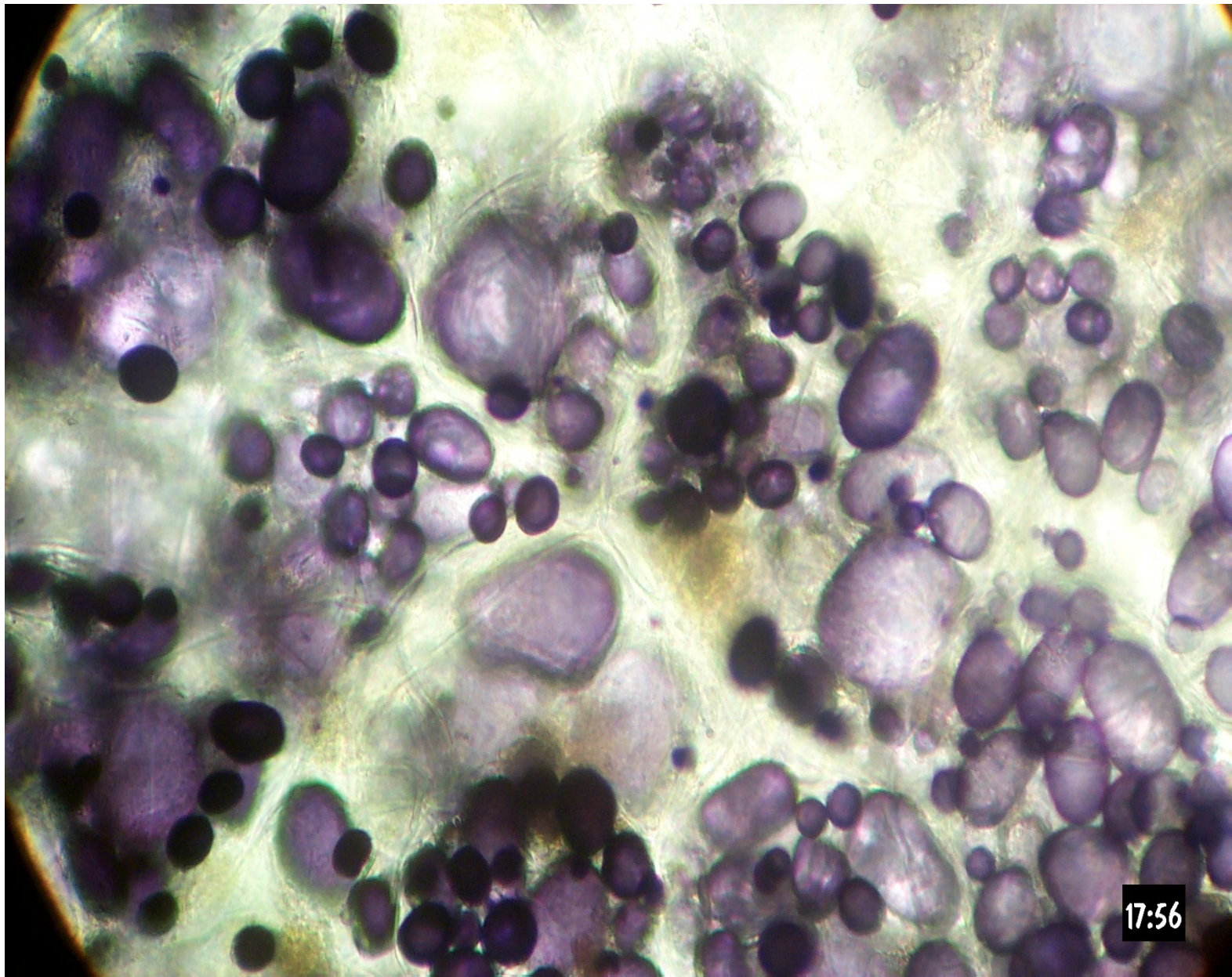


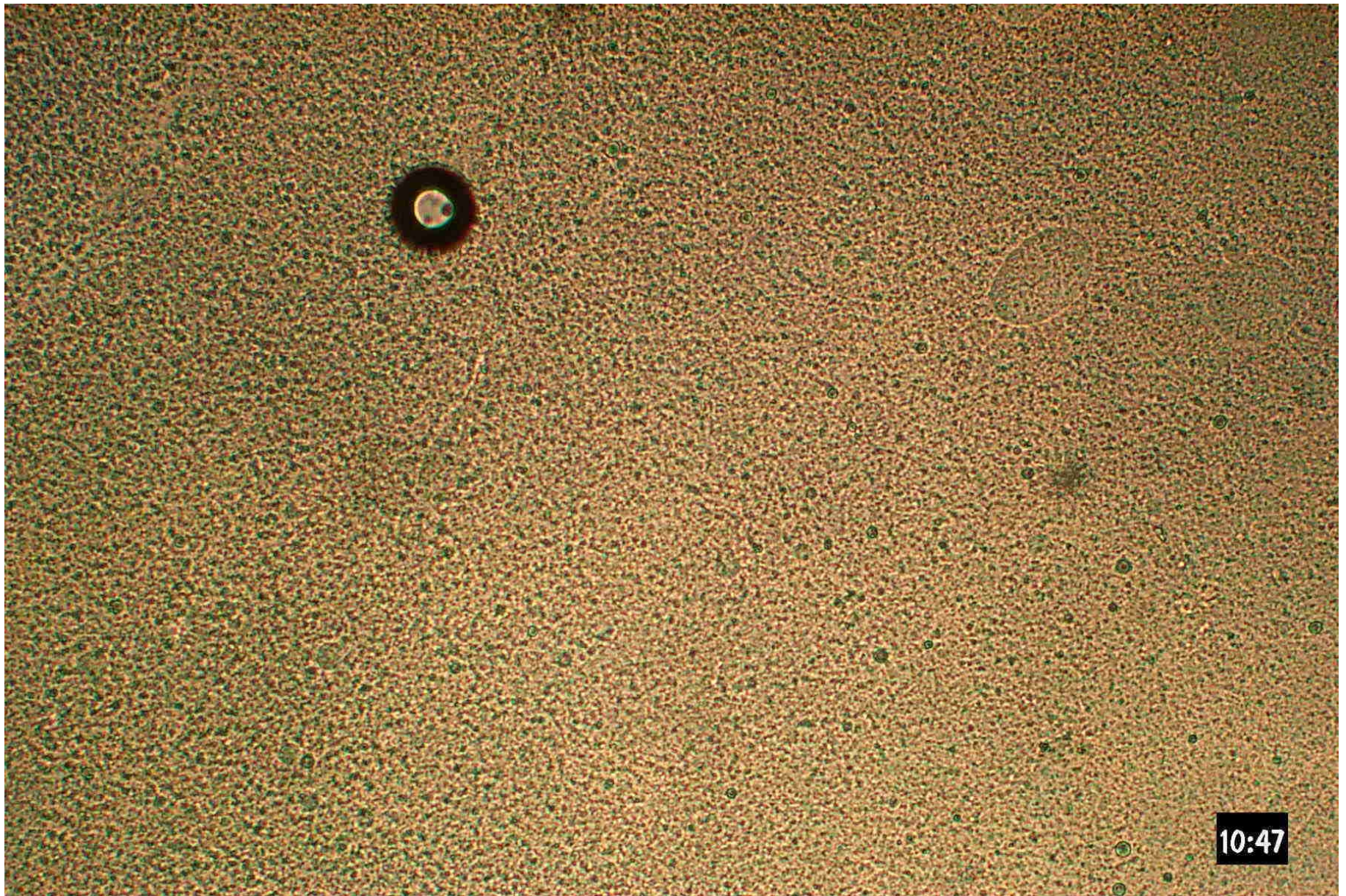
Et aussi, une organisation moléculaire

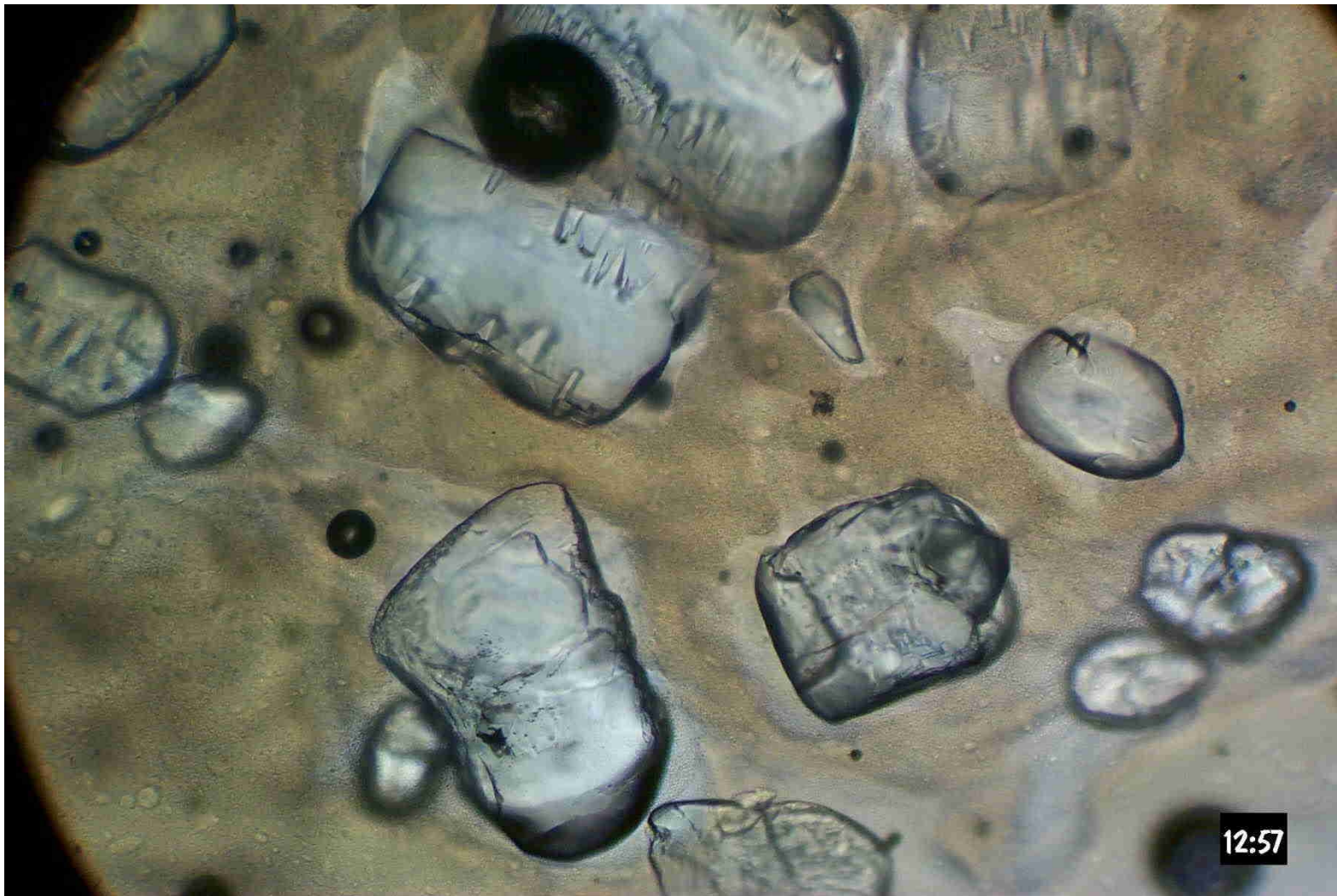


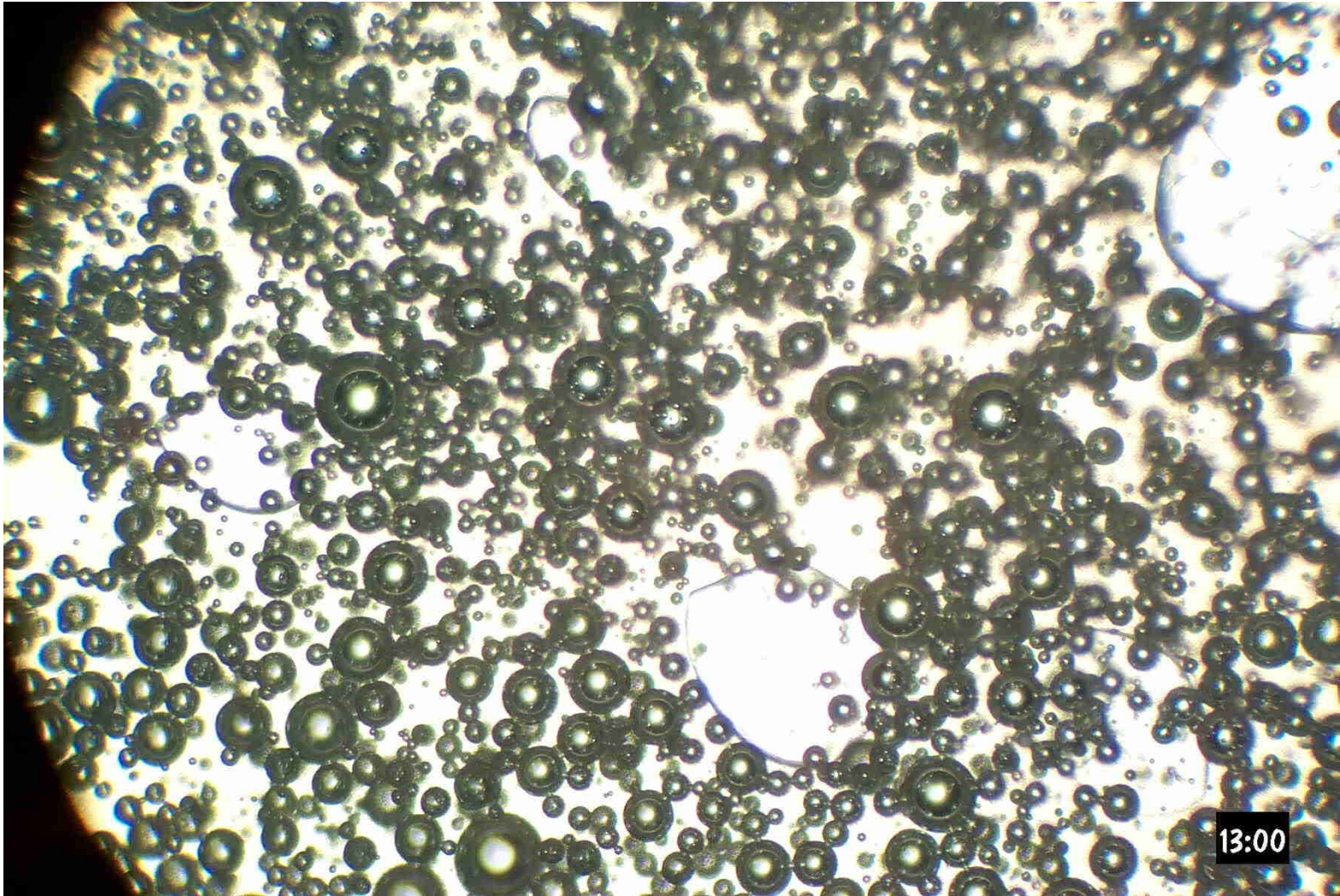
Que sont les systèmes suivants ?



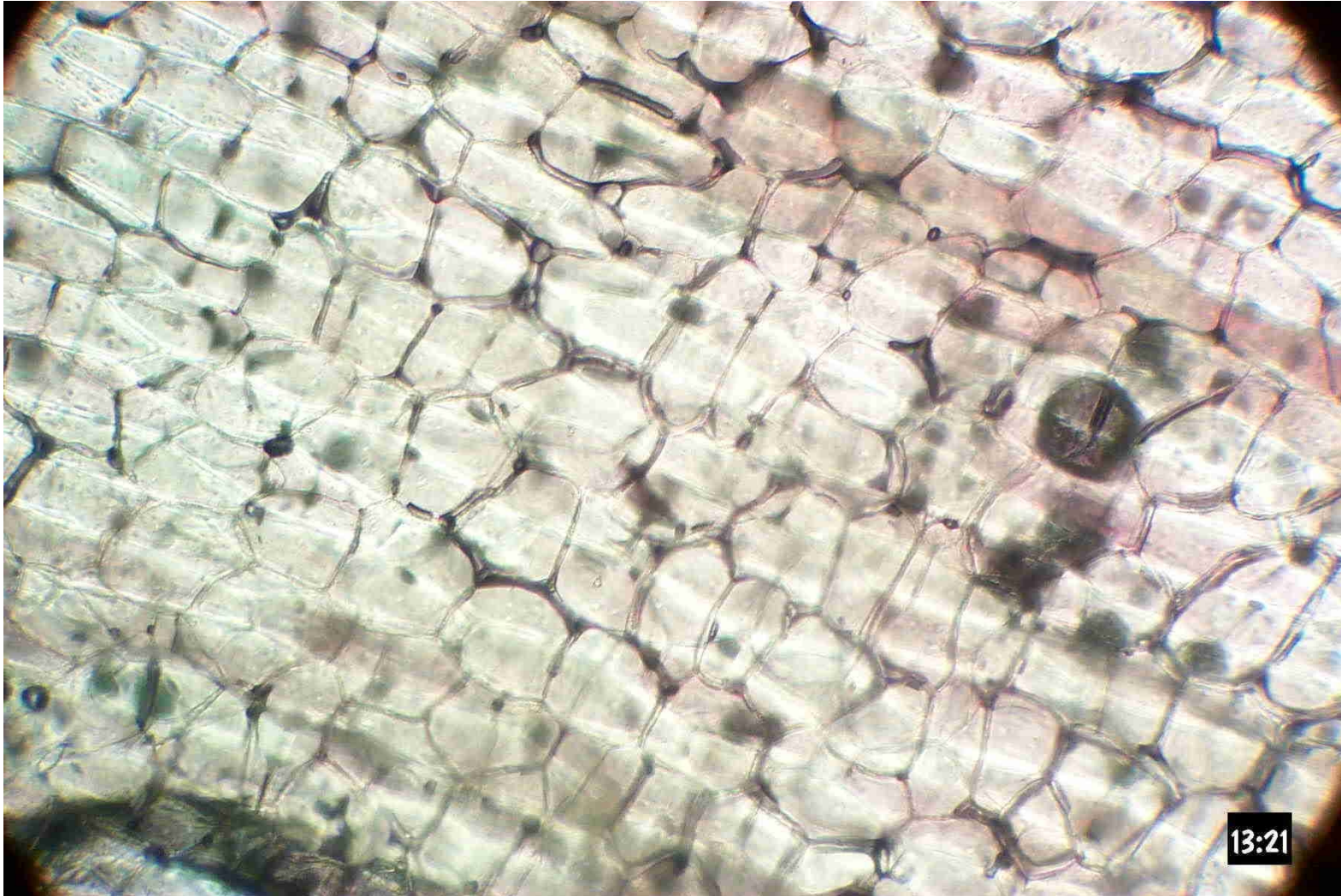




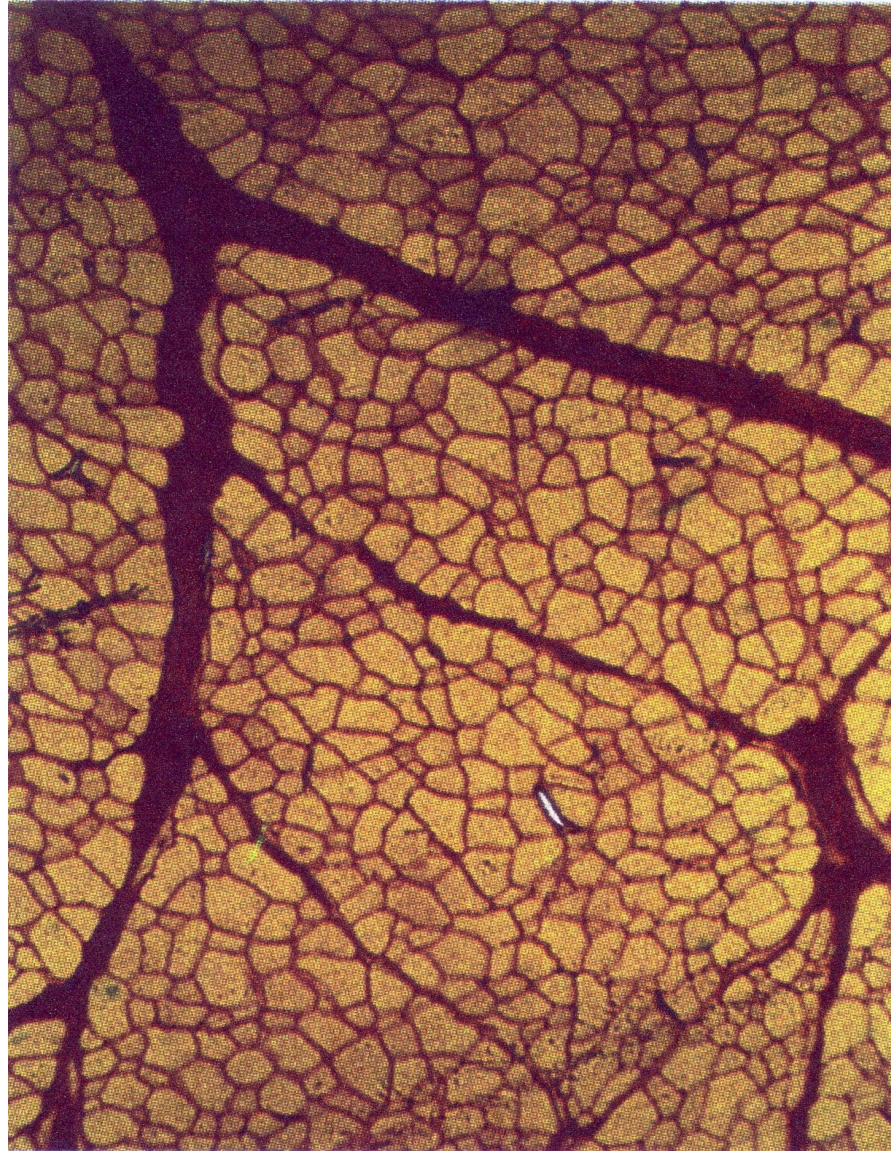




Un gel

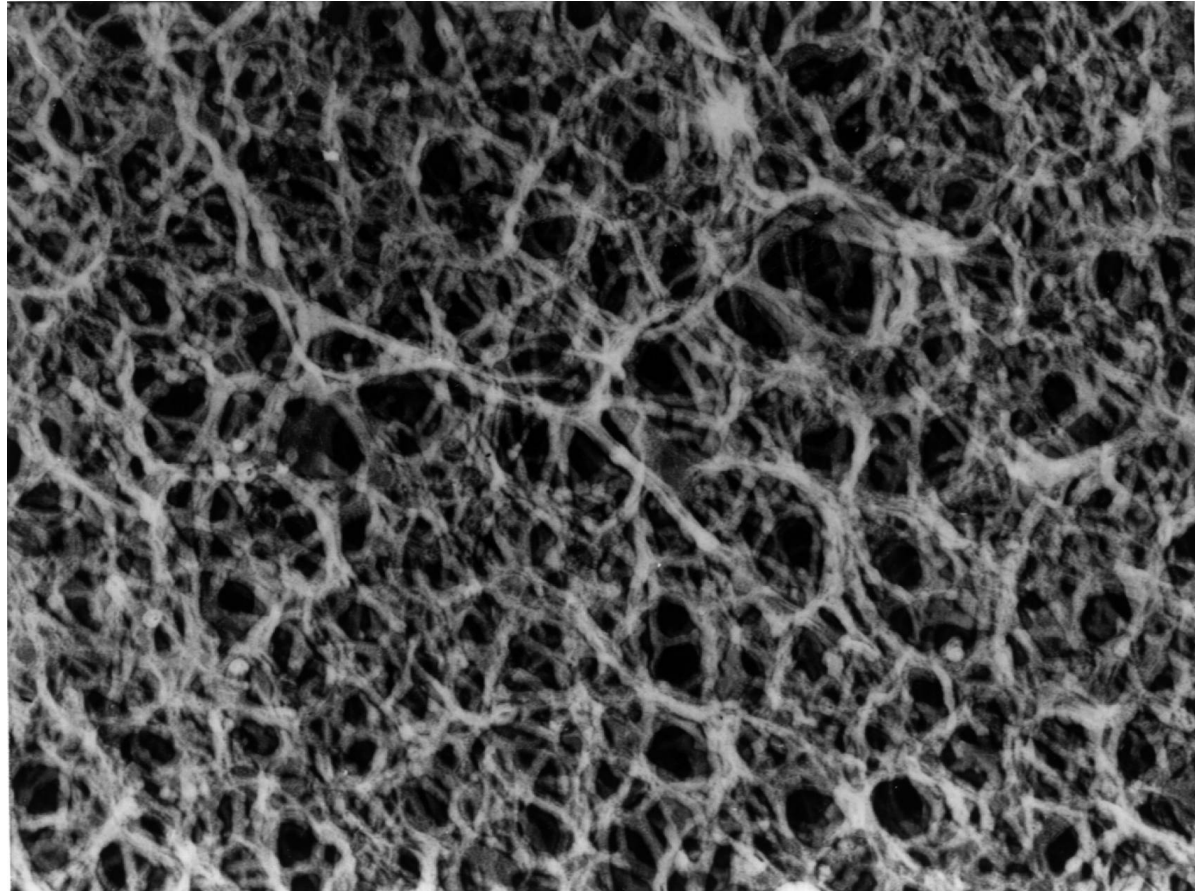


Un gel



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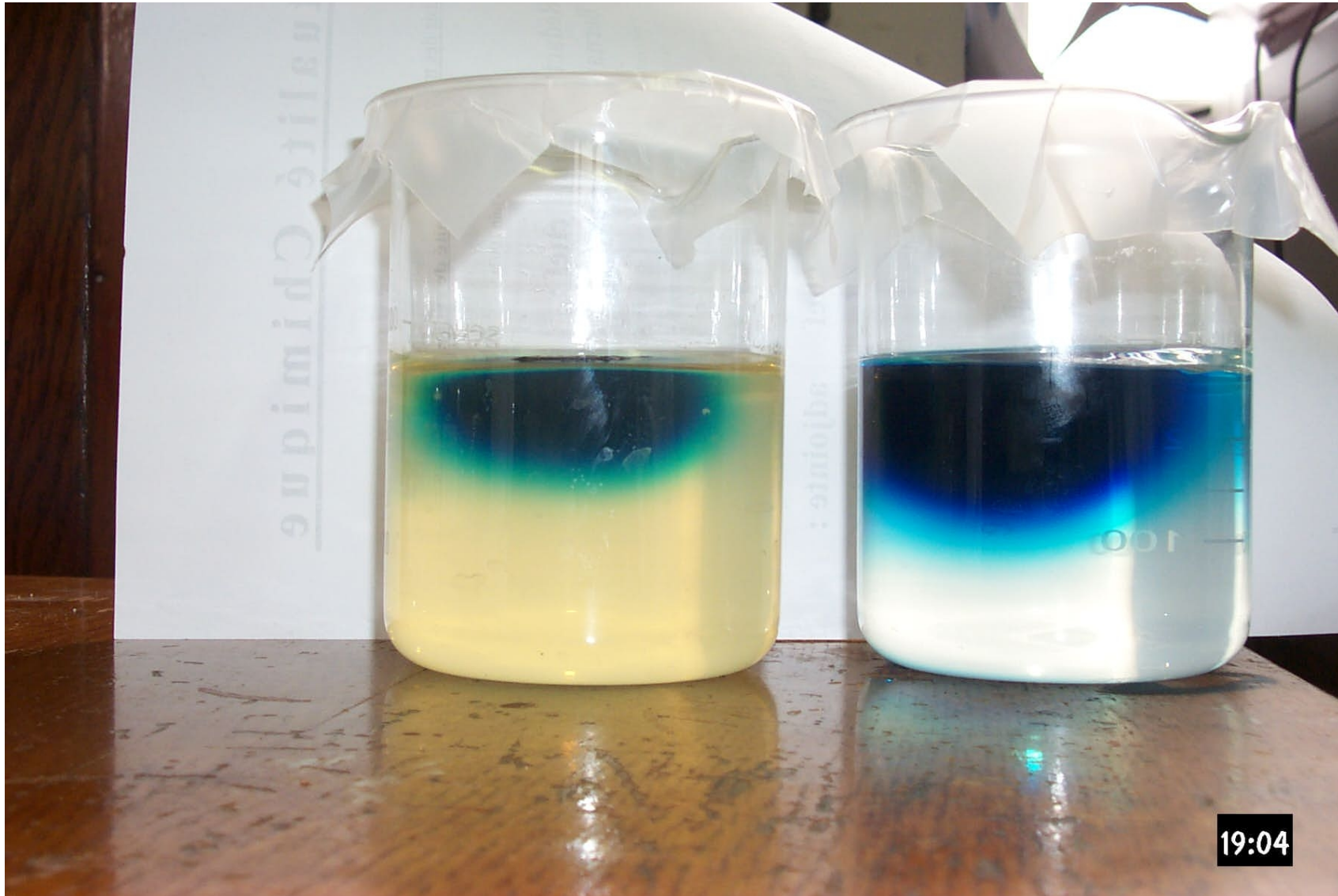
Un gel



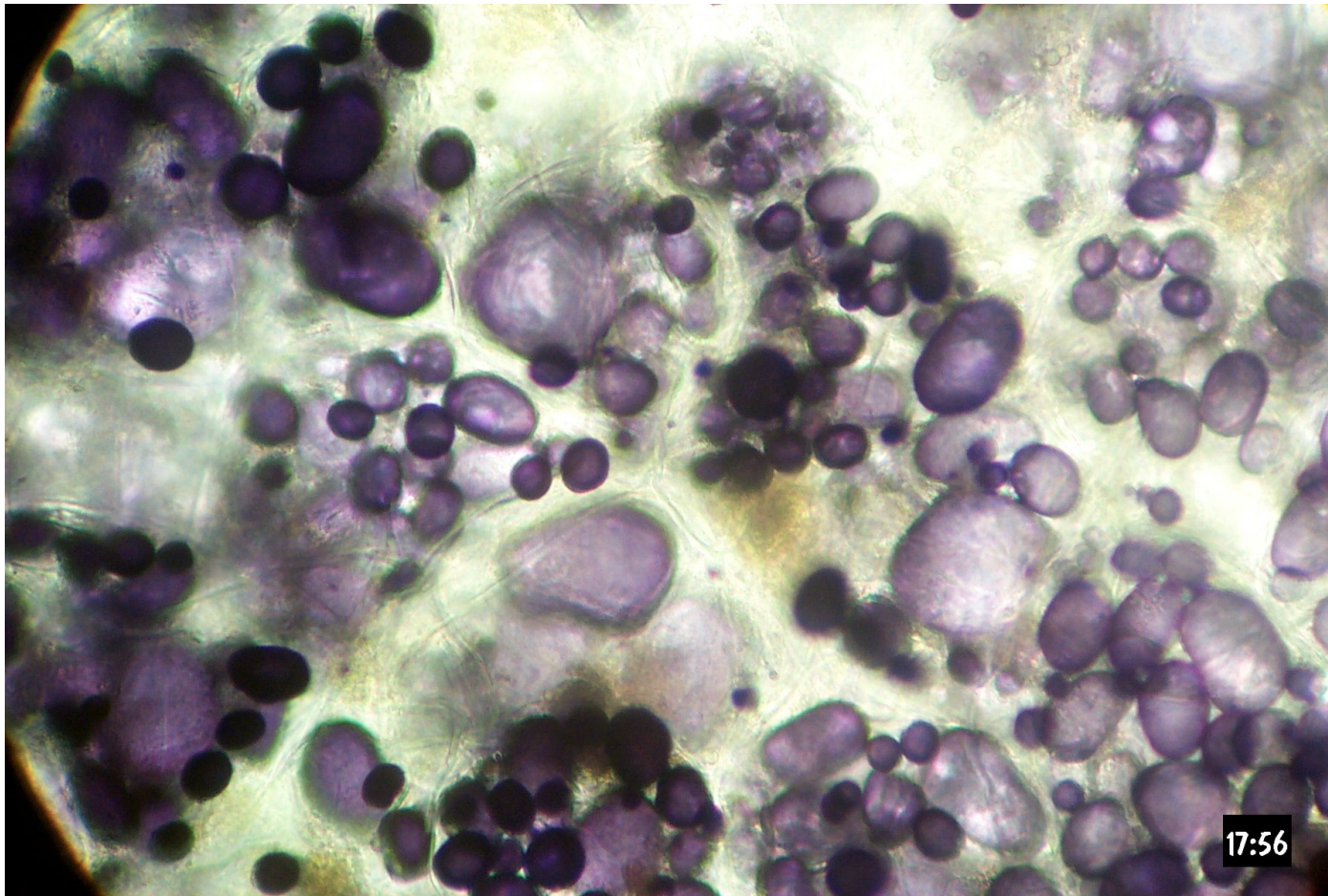
Des gels



Avec des différences



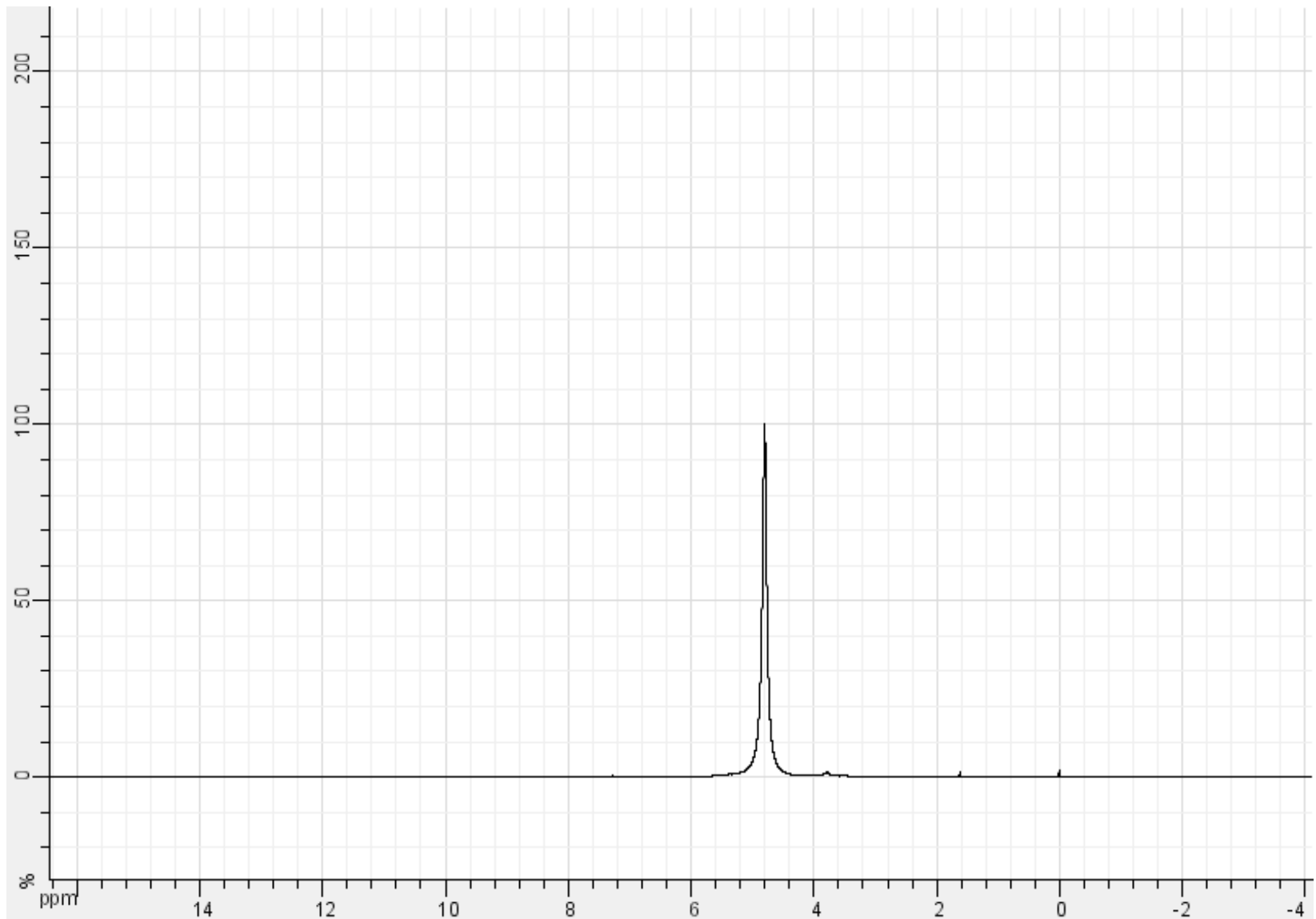
Comment décrire celui-ci ?

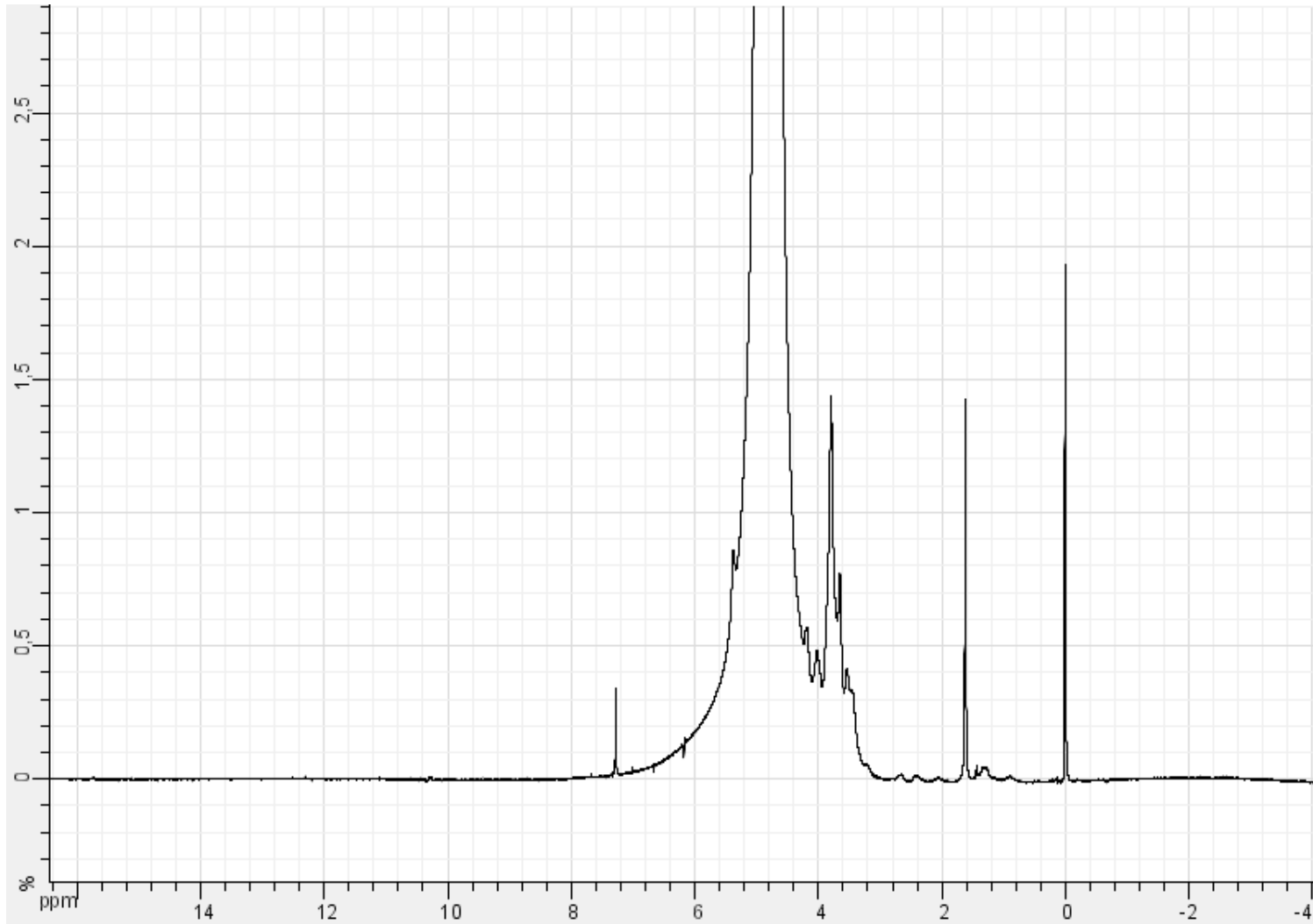


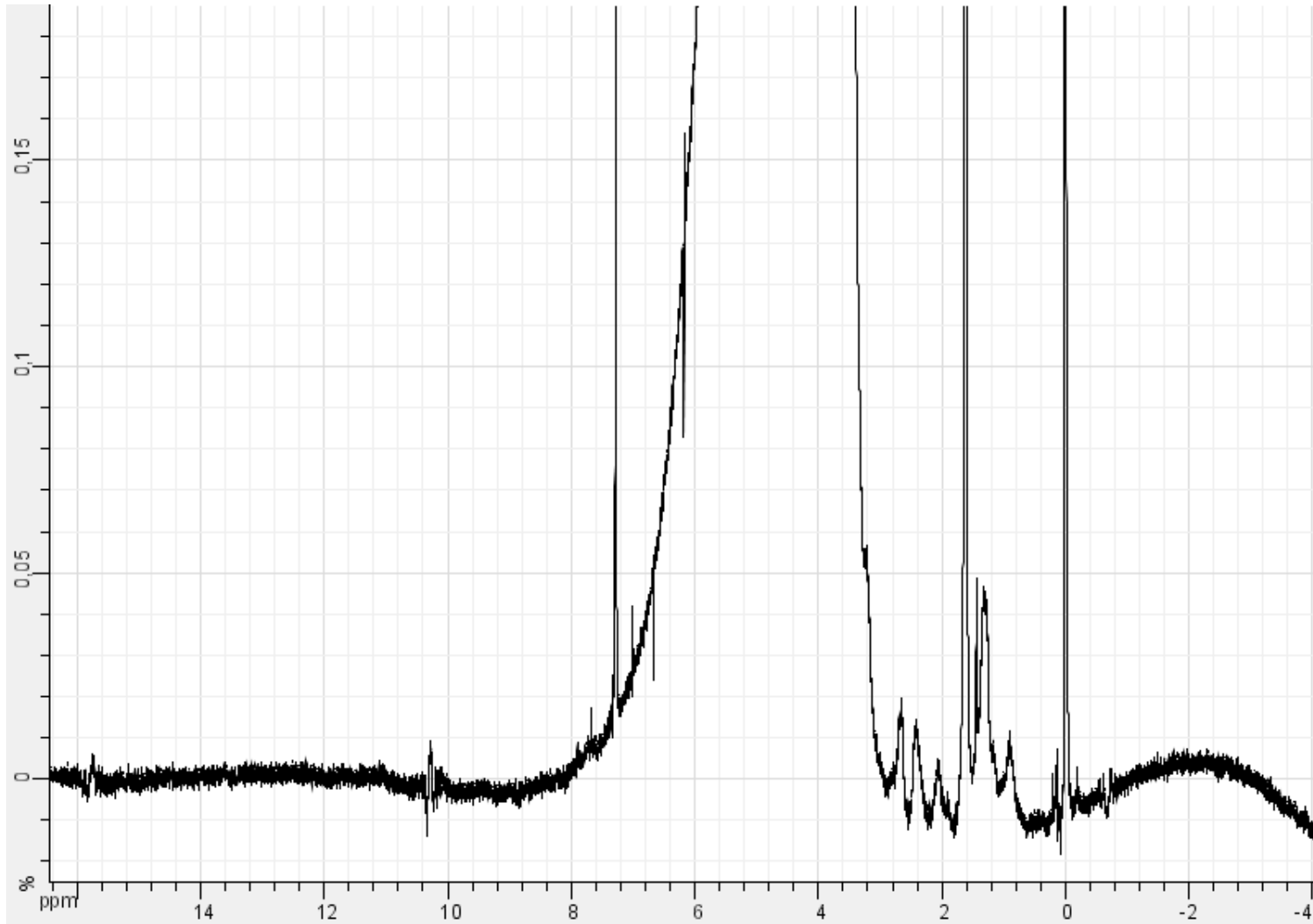
17:56

Des principes simples

L'idée des ordres de grandeur



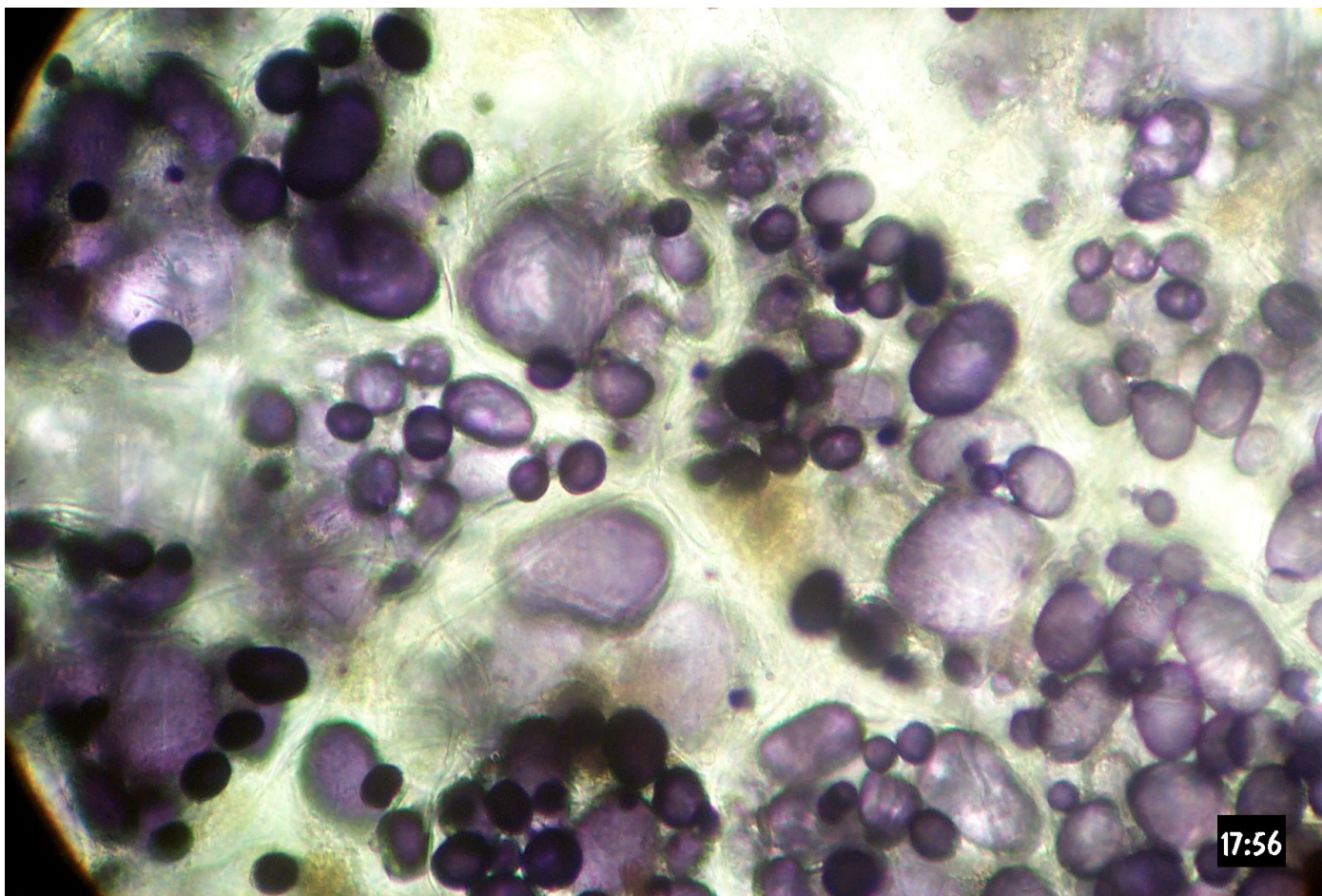




Les systèmes dispersés simples

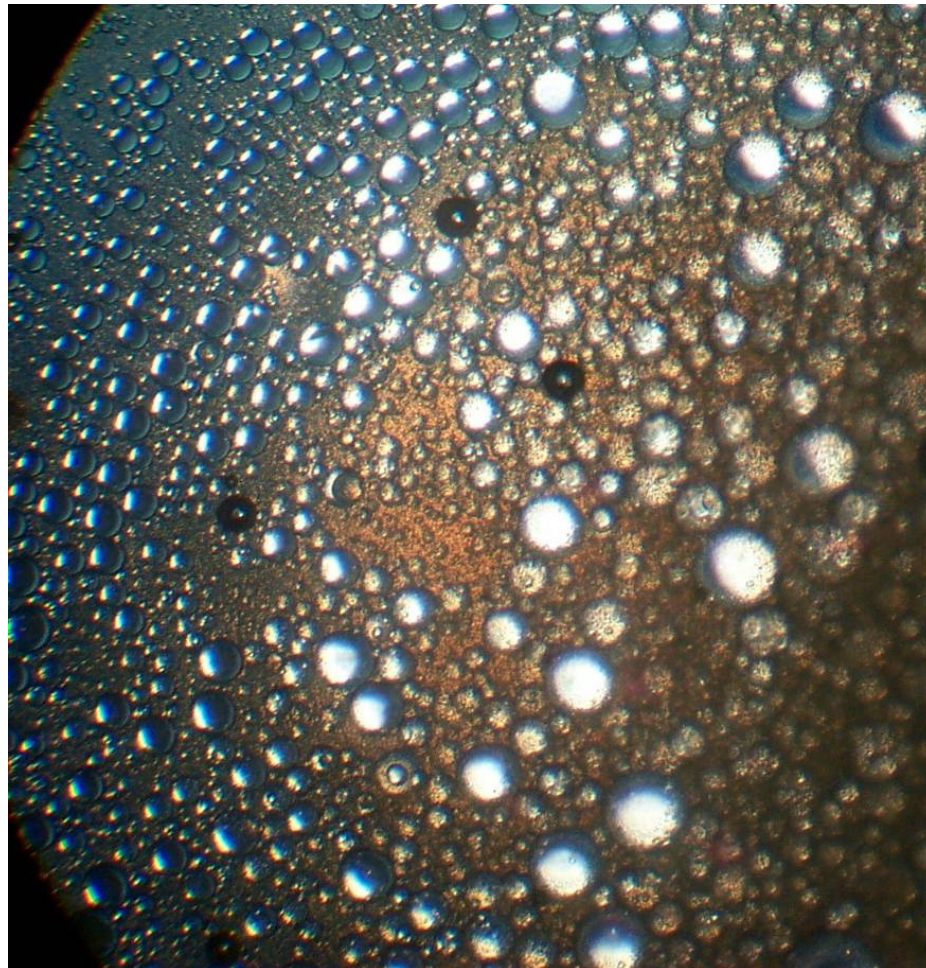
Line dispersed in column	Gas	Liquid	Solid
Gas	Gas (not a disperse system)	Liquid aerosol	Solid aerosol
Liquid	Foam	Emulsion	Suspension
Solid	Solid foam	Gel	Solid suspension

Une échelle à définir



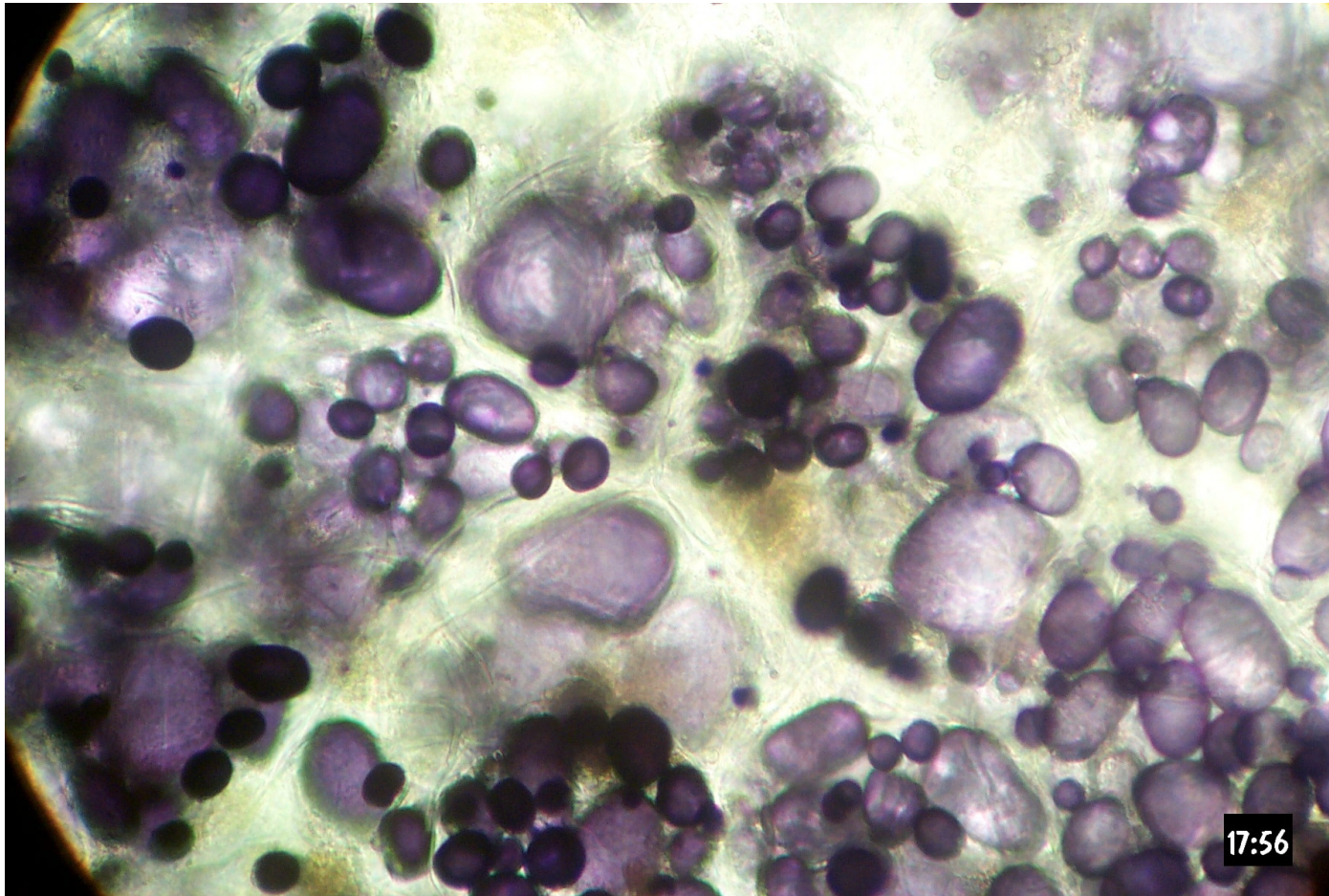
Ici $10^{-6} < R < 10^{-4}$

Mayonnaise = O/W [$10^{-6}, 10^{-4}$]



De même

$$Pdt = (S1/W)/S2 [R < 10^{-6}]$$



17:56

Des dimensions

- D_0 :
- object of dimension 0,
- Dots:

- D_1 :
- Objects of dimension 1,
- lines :

- D_2 :
- Objects of dimension 2,
- Plane, sheets :

- D_3 :
- Objects of dimension 3,
- cubes :



Ceci s'applique à toute échelle

Four symbols :

- / : dispersed into
- + : coexistence of phases, mixture
- @ : inclusion
- σ : superposition (according to x,y,z)
- x : interdispersion

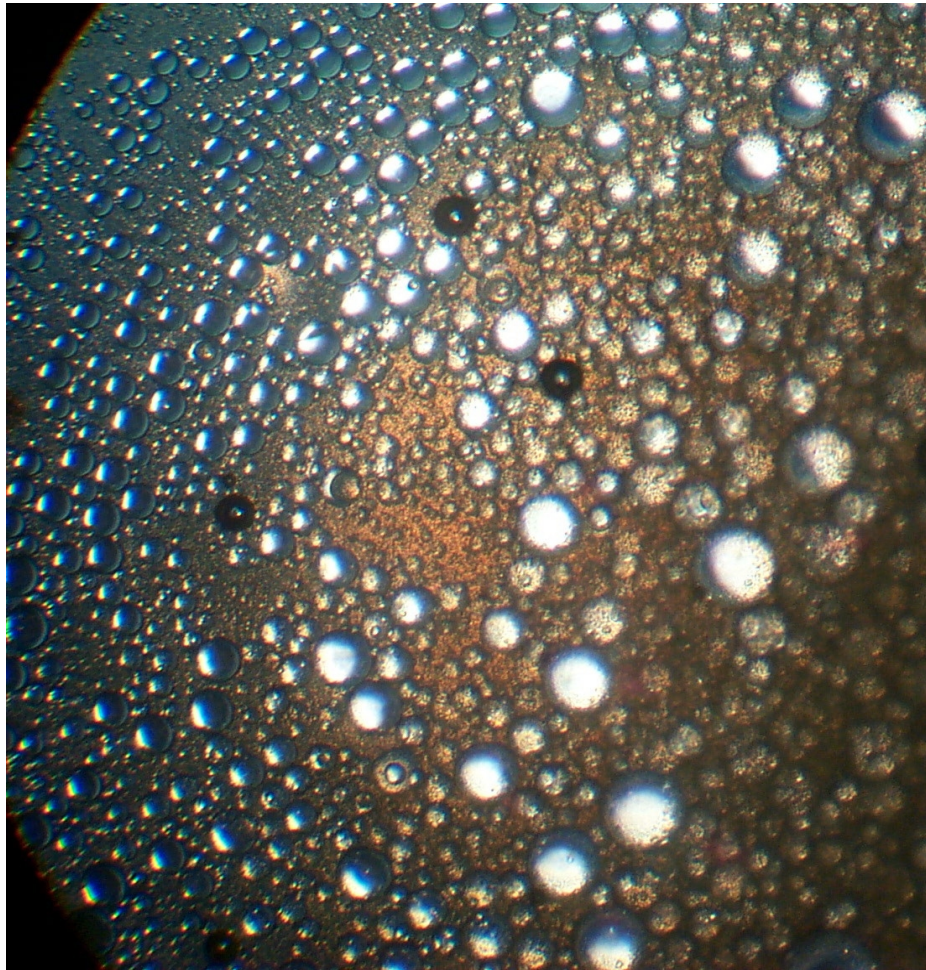
Four kind of phases : Four kind of object:

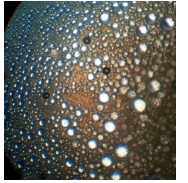
- | | |
|------------------------|----|
| • G : gas | D0 |
| • W : solution | D1 |
| • O : oil | D2 |
| • S1, S2, ... : solids | D3 |

$D_3(S_1) \sigma D_3(S_2) \sigma D_2(L)$

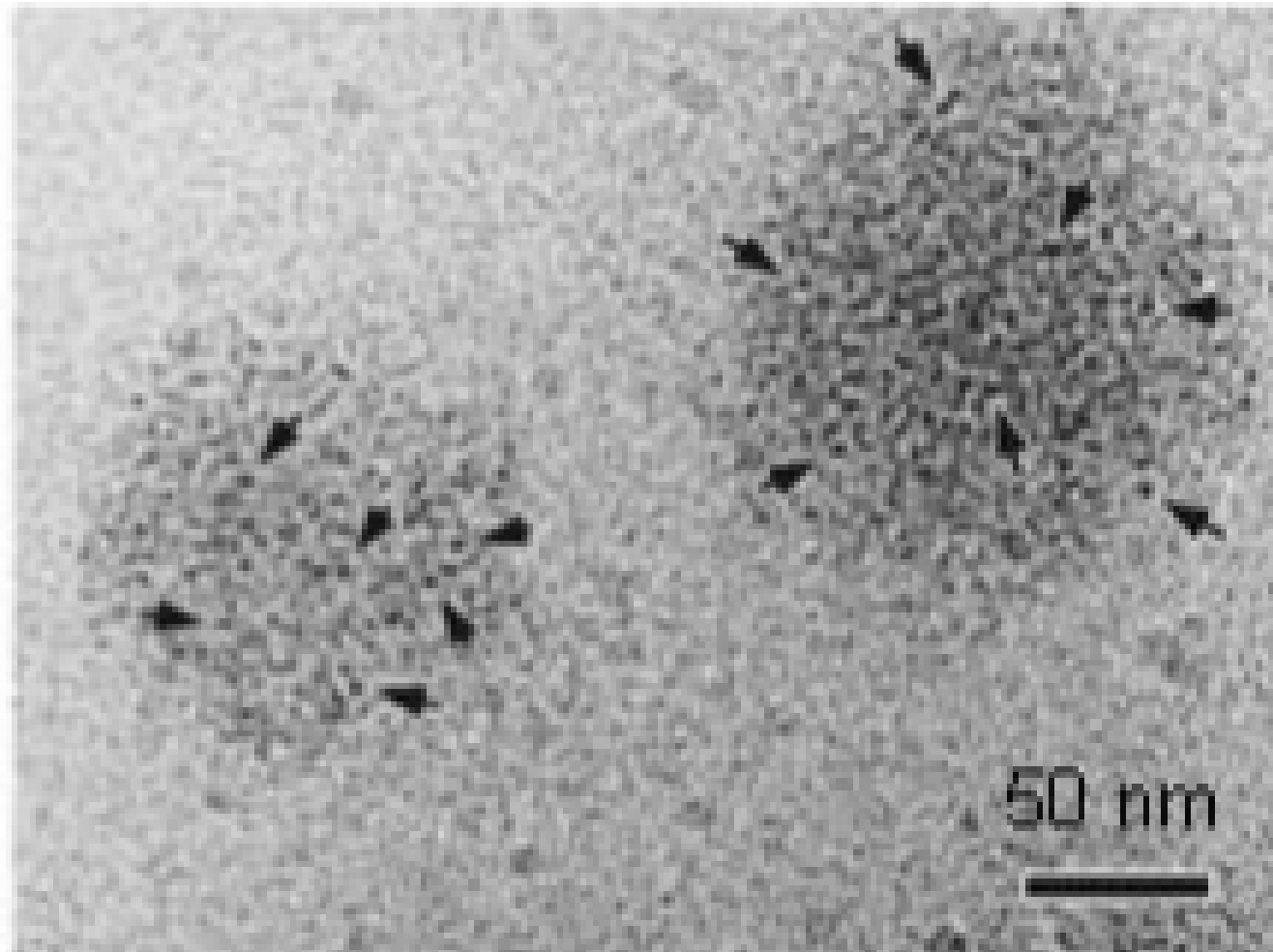


$$D_0(O)/D_3(W)$$

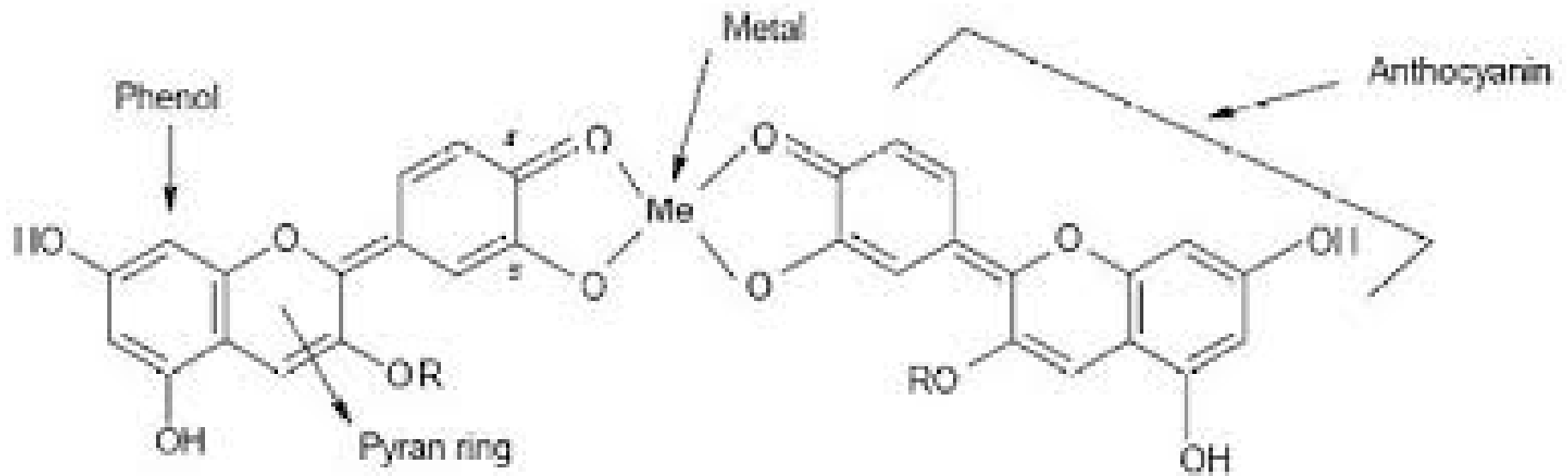
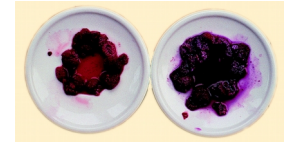




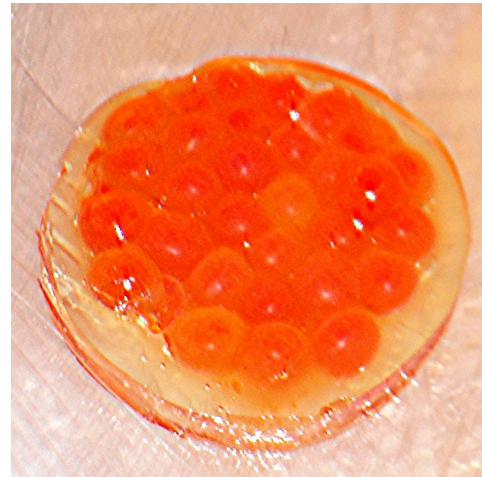
$$[D_3(S_1) \times D_3(W)] / D_3(W)$$



$D_3(\text{Me}) \sigma D_3(\text{PPh})$



Jusqu'ici, on a tout réussi à décrire... mais le système est-il « complet » ?



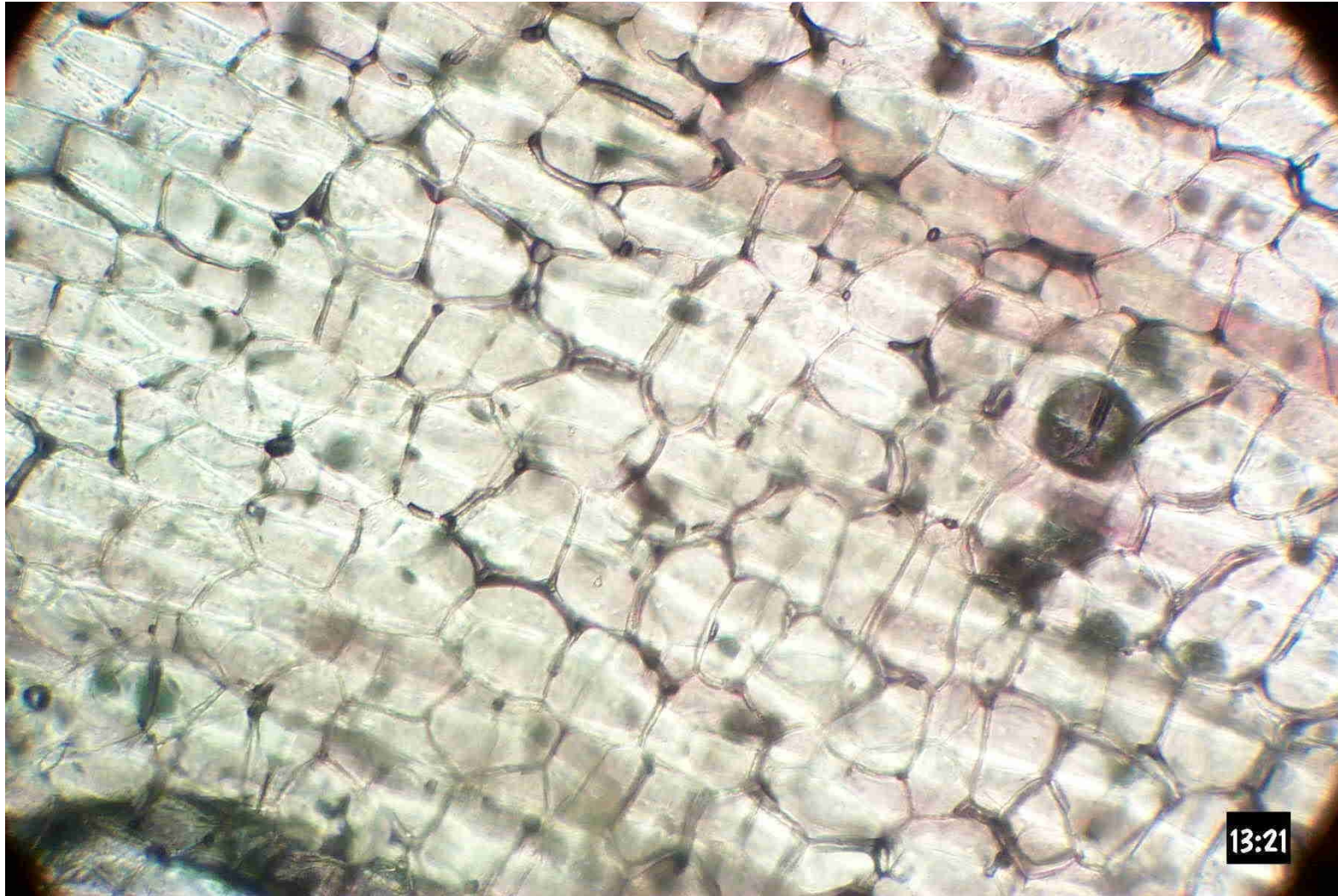
$$(D_{1,1}(W_1/S_1)@D_{1,2}(W_2/S_2))/D_3$$

$$D_0(W_1)@D_0(W_2/S_1)/
D_2(W_3/S_2)$$

$$D_1(S)/D_3$$

Hervé This, *Formal description for formulation*, in *International Journal for Pharmaceutics*, 2007, 344 (1-2), 4-8.
[doi:10.1016/j.ijpharm.2007.07.046](https://doi.org/10.1016/j.ijpharm.2007.07.046).

Souvenons nous : des gels D0(W)/D3(S)

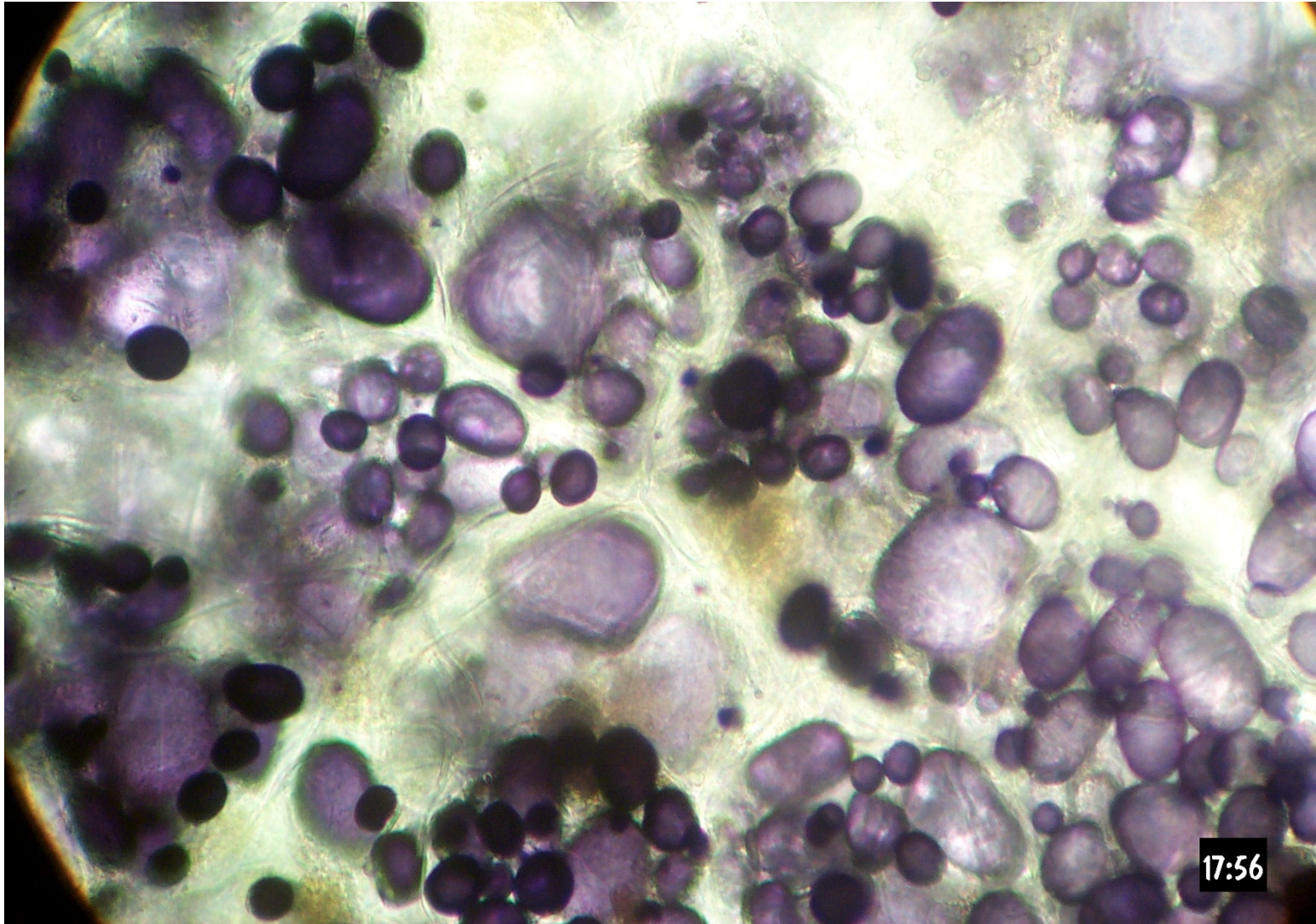


D'où des gels artificiels D0(W)/D3(S)



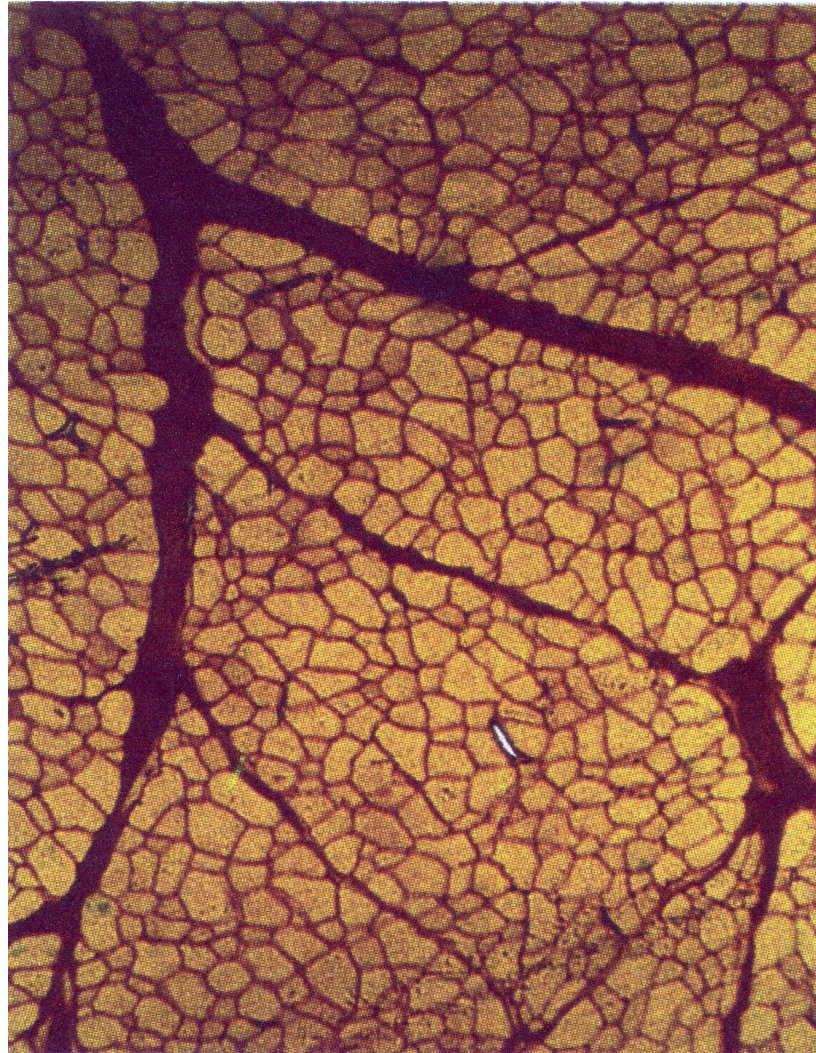
Parfois des gels complexes :

$$[D_0(S_1)/D_0(W)]/D_3(S_2)$$



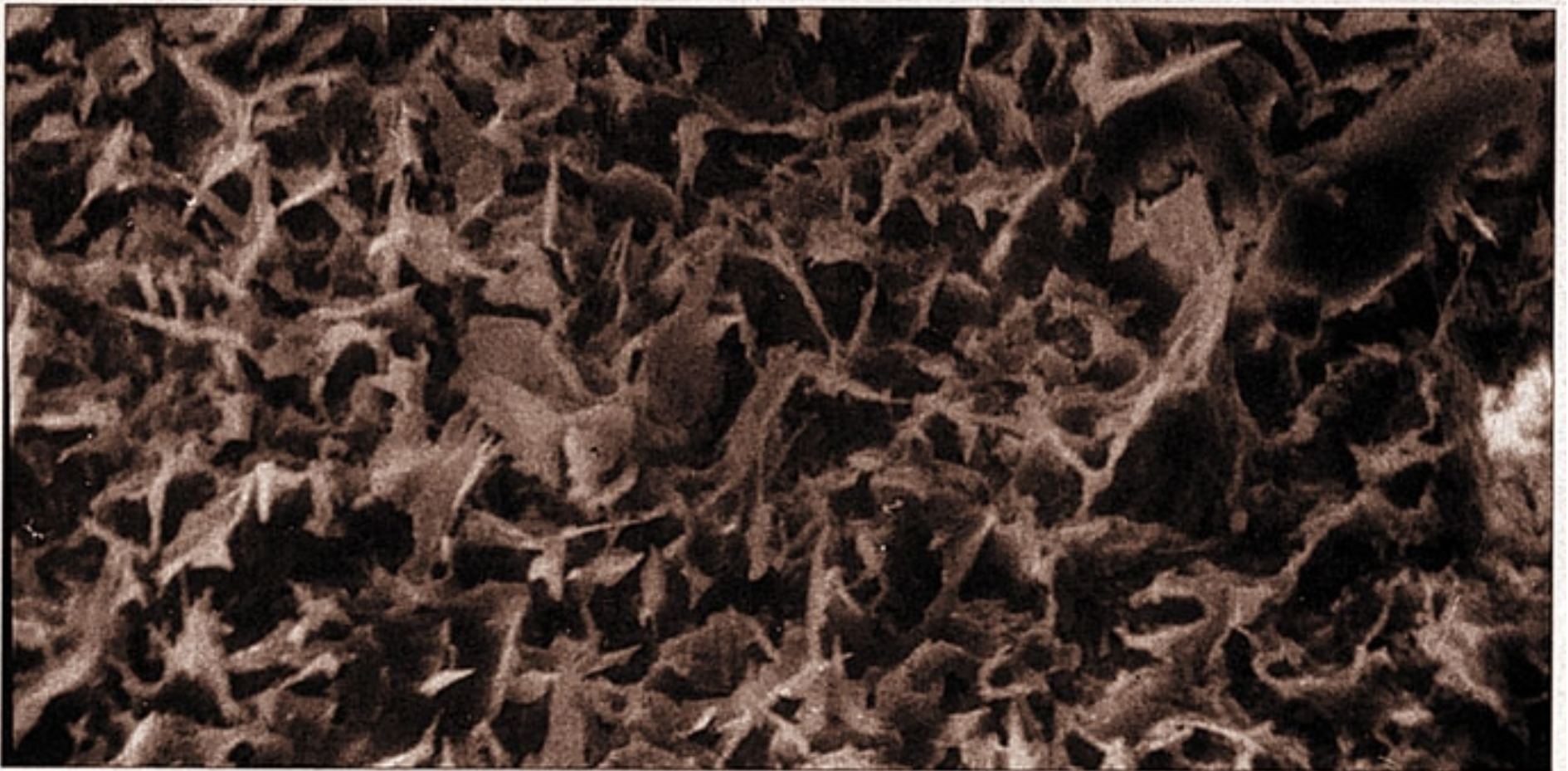
Parfois des gels anisotropes :

$D_1(W)/D_3(S)$



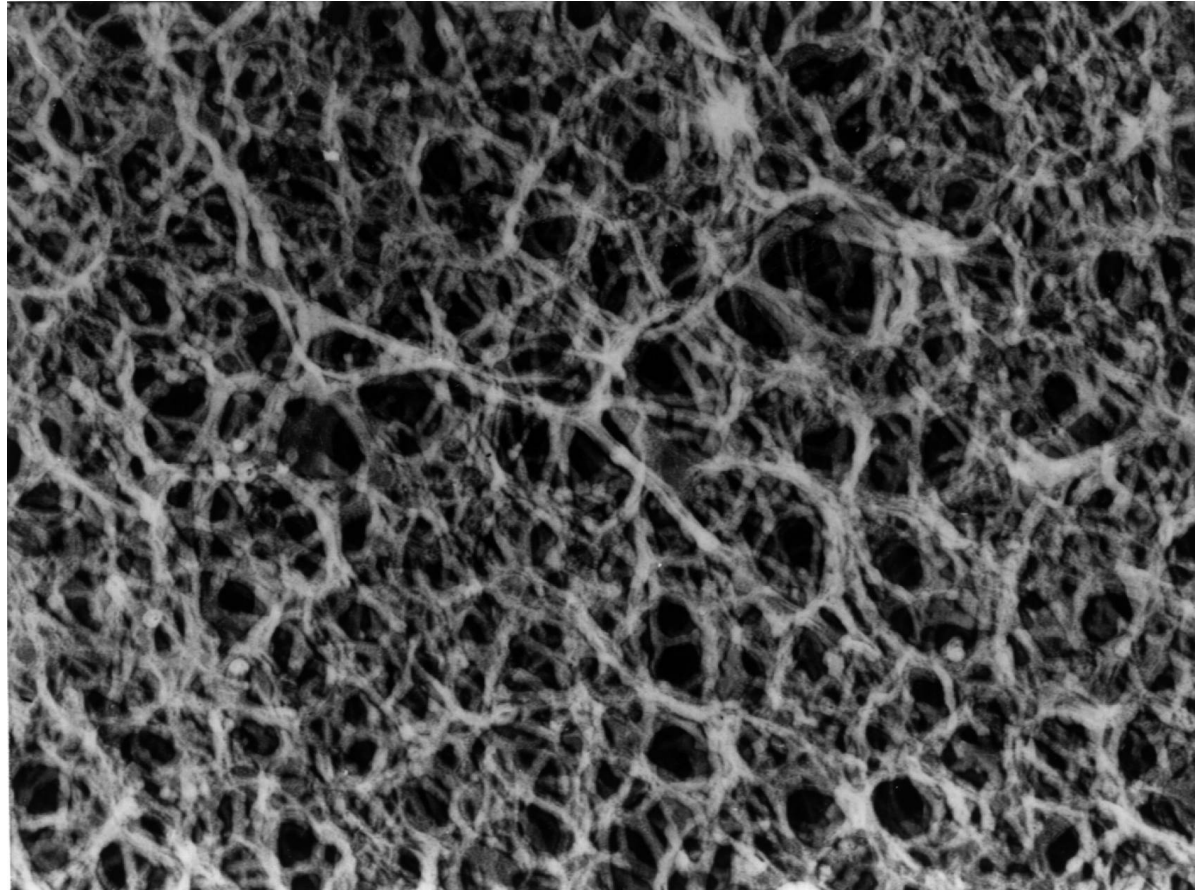
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Parfois, des gels qu'on n'a pas bien identifiés : D3(O)xD3(S)

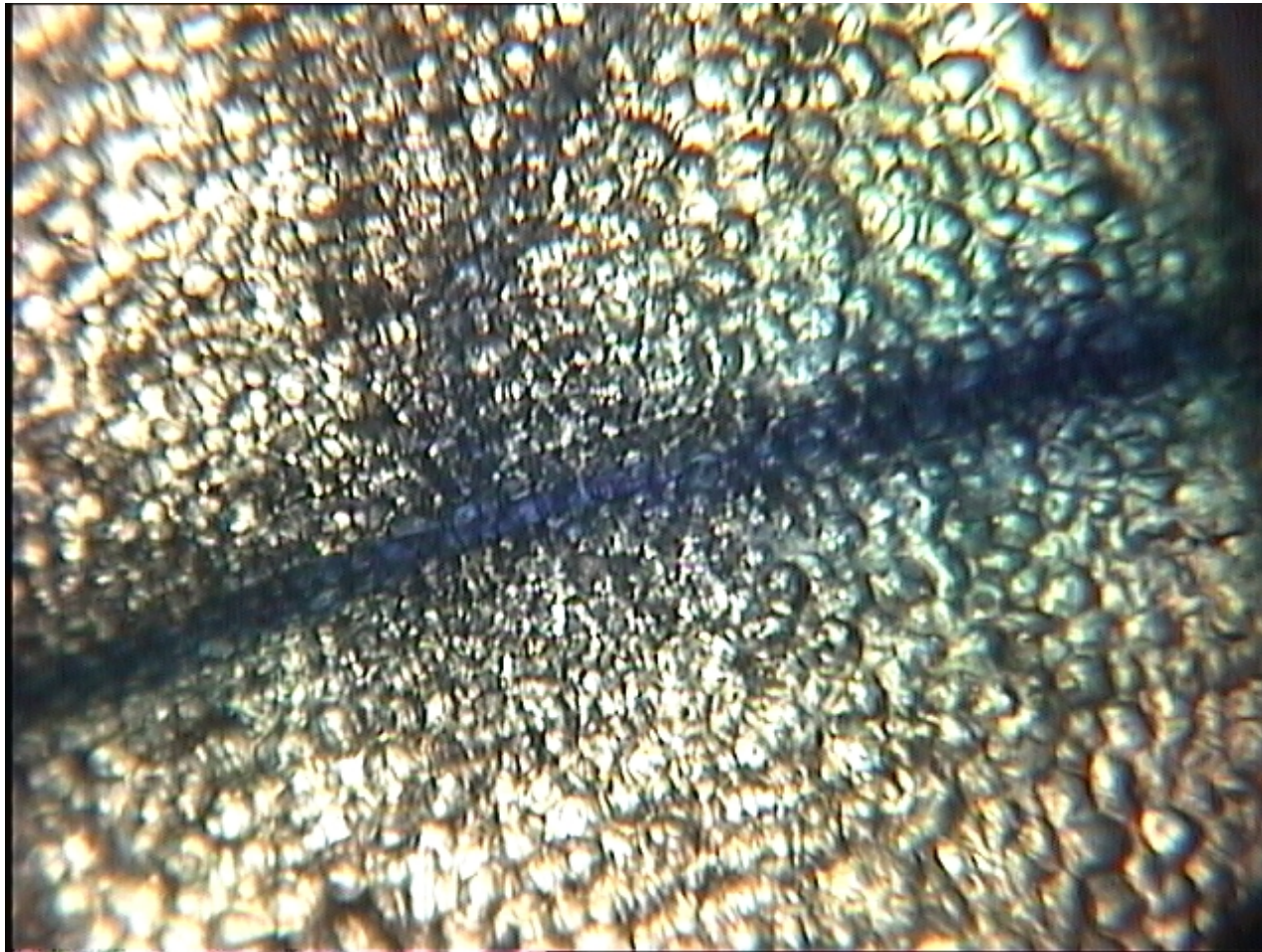


Parfois, de la diffusion est possible

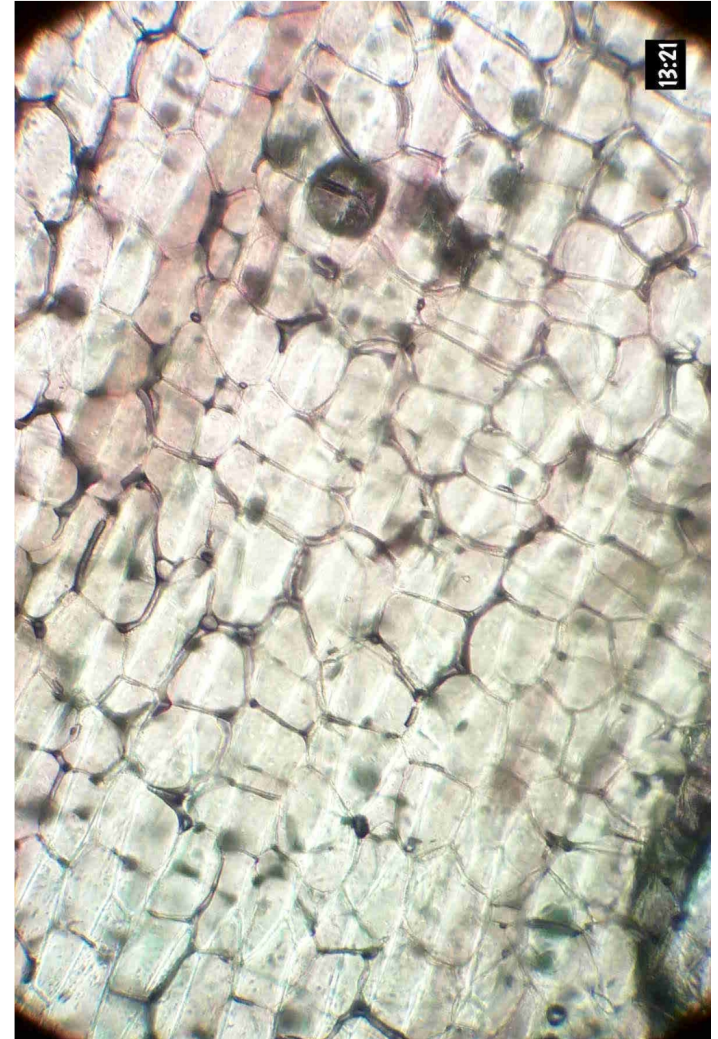
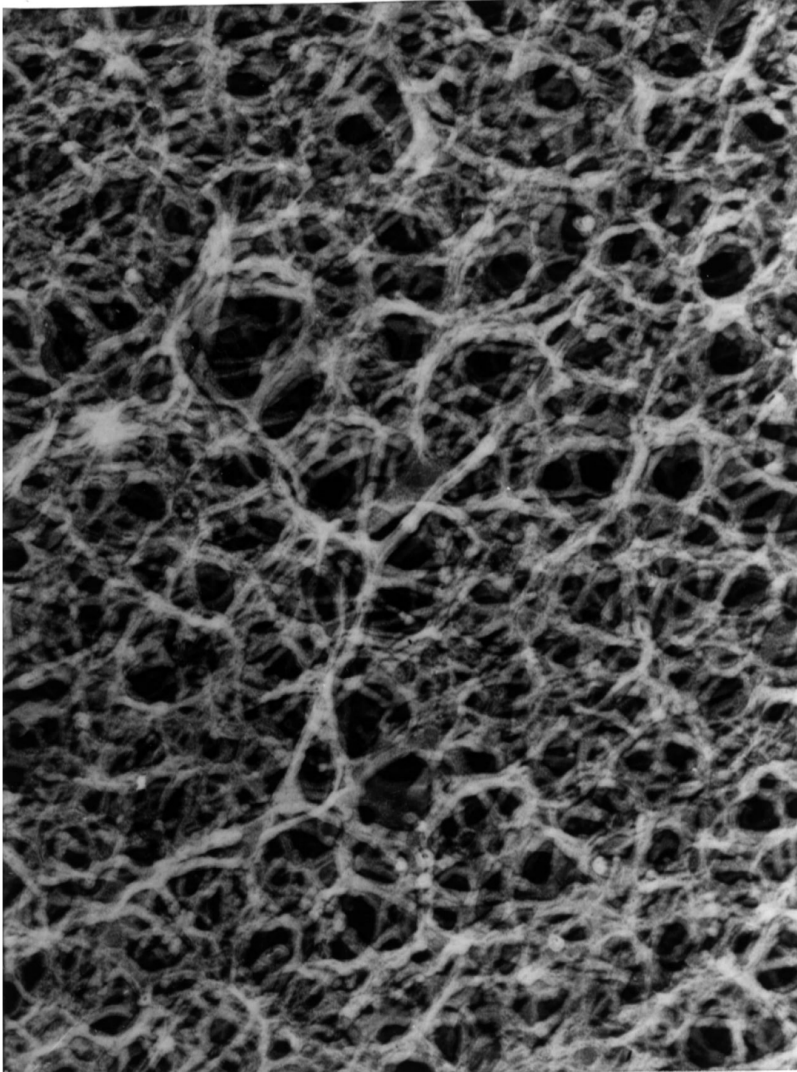
D3(S)xD3(W)



Complex gels are an invitation to do more: [D0(W)+D1(W)]/D3(S)



On distingue enfin les gels



Pour identifier tous les gels de classe 1

```
phase := [W, O, S];
dimension := [D0, D1, D2, D3];
operateur := ["X", "/", "@", "&sigma;"];
formule := ""; graine := "";
for dim1 to 4 do
  for phas1 to 3 do
    for ope to 4 do
      for dim2 to 4 do
        for phas2 to 3 do
          if phas1 <> phas2 then formule := cat(graine, dimension[dim1], "(", phase[phas1], ")", operateur[ope], dimension[dim2], "(",
            phase[phas2], ")")
          end if
        end do
      end do
    end do
  end do
end do;
```

Les voici

D2(W)/D3(S)

D2(O)xD3(S)

D2(O)/D3(S)

D3(W)xD3(S)

D3(W)/D3(S)

D3(O)xD3(S)

D3(O)/D3(S)

D0(W)/D3(S)

D0(O)/D3(S)

D1(W)xD3(S)

D1(W)/D3(S)

D1(O)xD3(S)

D1(O)/D3(S)

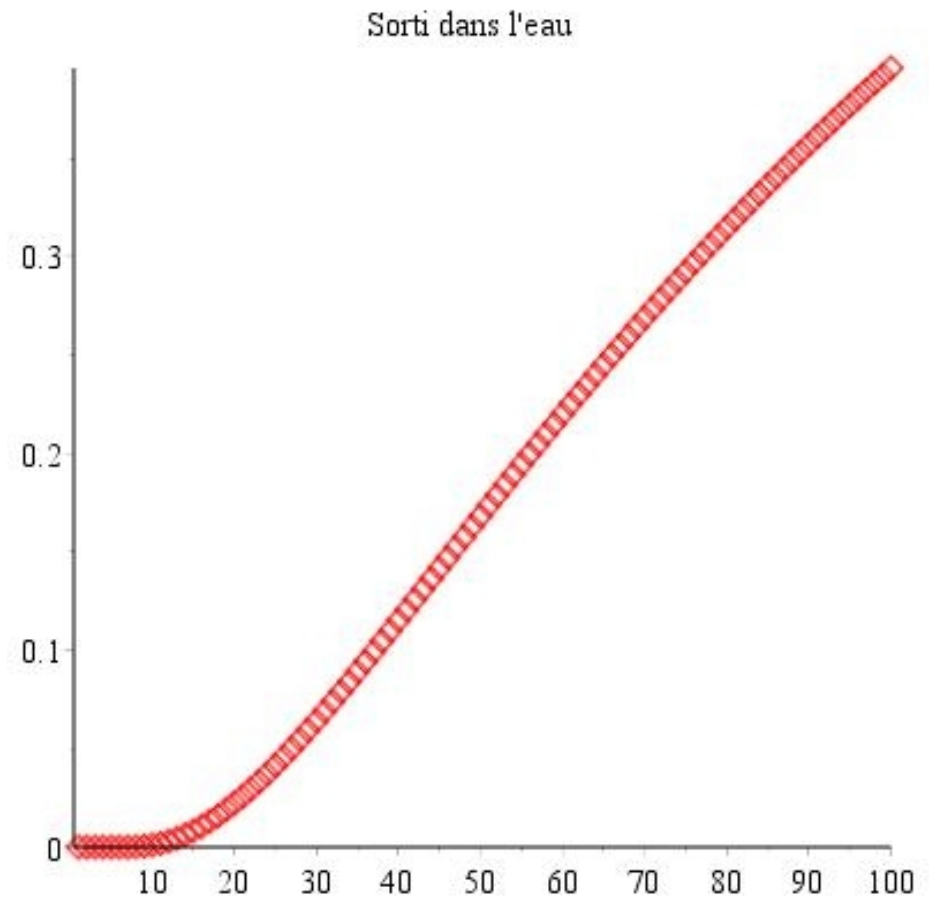
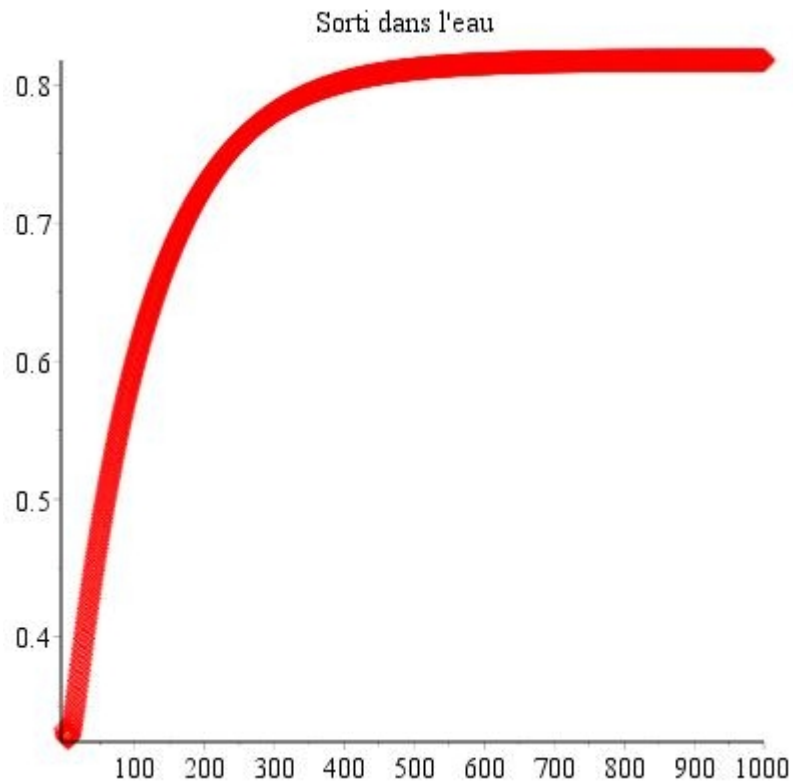
D2(W)xD3(S)

Classe 2.1 : ici aussi

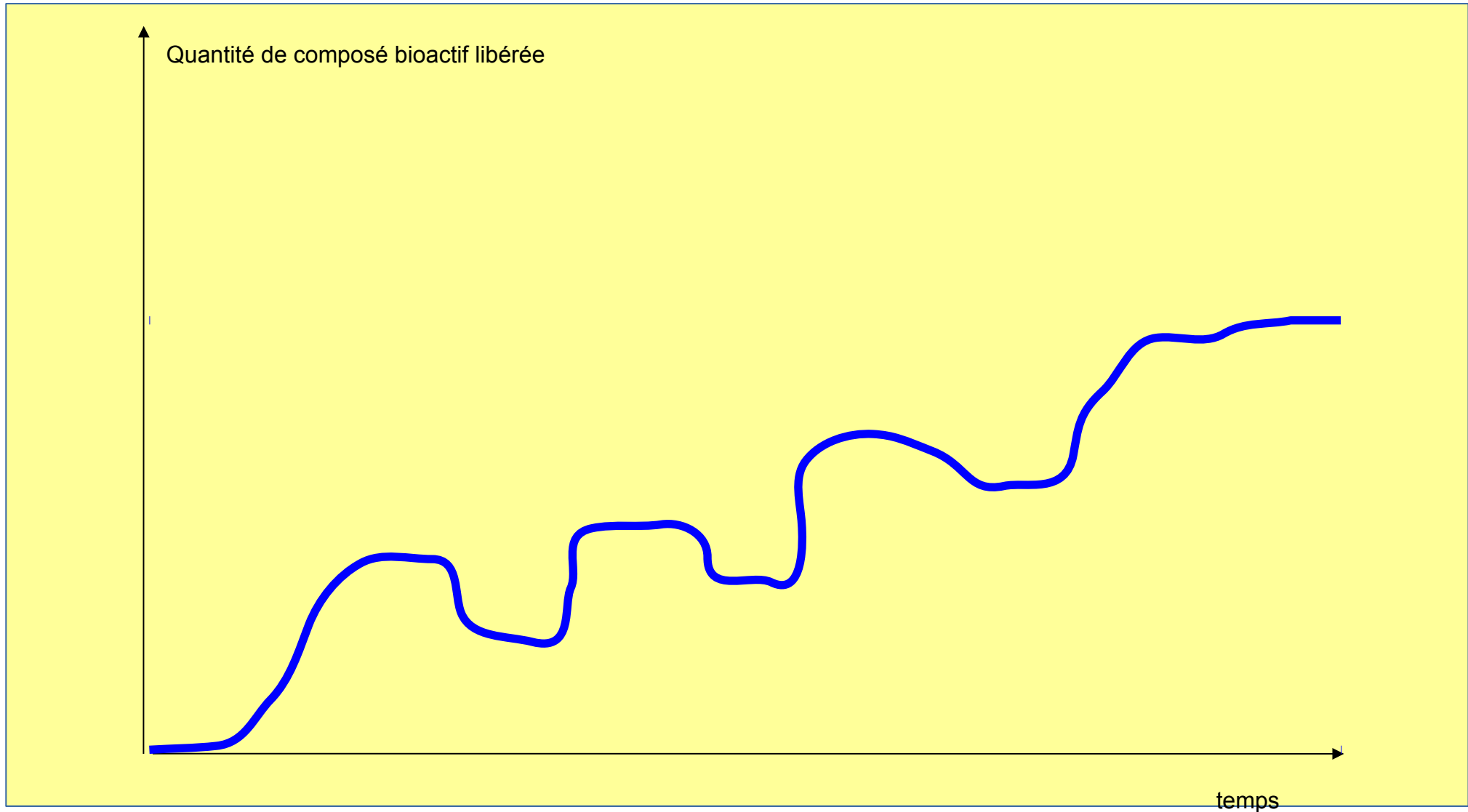
201. [D1(O)xD2(O)]/D3(S)
202. [D1(O)xD3(W)]x3D3(S)
203. [D1(O)xD3(W)]/D3(S)
204. [D1(O)xD3(O)]x3D3(S)
205. [D1(O)xD3(O)]/D3(S)
206. [D1(O)/D0(W)]x3D3(S)
207. [D1(O)/D0(W)]/D3(S)
208. [D1(O)/D0(O)]/D3(S)
209. [D1(O)/D1(W)]x3D3(S)
210. [D1(O)/D1(W)]/D3(S)
211. [D1(O)/D1(O)]x3D3(S)
212. [D1(O)/D1(O)]/D3(S)
213. [D1(O)/D2(W)]x3D3(S)
214. [D1(O)/D2(W)]/D3(S)
215. [D1(O)/D2(O)]x3D3(S)
216. [D1(O)/D2(O)]/D3(S)
217. [D1(O)/D3(W)]x3D3(S)
218. [D1(O)/D3(W)]/D3(S)
219. [D1(O)/D3(O)]x3D3(S)
220. [D1(O)/D3(O)]/D3(S)
221. [D1(O)@D0(W)]/D3(S)
222. [D1(O)@D0(O)]/D3(S)
223. [D1(O)@D1(W)]x3D3(S)
224. [D1(O)@D1(W)]/D3(S)
225. [D1(O)@D1(O)]x3D3(S)
226. [D1(O)@D1(O)]/D3(S)
227. [D1(O)@D2(W)]x3D3(S)
228. [D1(O)@D2(W)]/D3(S)
229. [D1(O)@D2(O)]x3D3(S)
230. [D1(O)@D2(O)]/D3(S)
231. [D1(O)@D3(W)]x3D3(S)
232. [D1(O)@D3(W)]/D3(S)
233. [D1(O)@D3(O)]x3D3(S)
234. [D1(O)@D3(O)]/D3(S)
235. [D1(O)σD1(O)]x3D3(S)
236. [D1(O)σD1(O)]/D3(S)
237. [D1(O)σD2(W)]x3D3(S)
238. [D1(O)σD2(W)]/D3(S)
239. [D1(O)σD2(O)]x3D3(S)
240. [D1(O)σD2(O)]/D3(S)
241. [D1(O)σD3(W)]x3D3(S)
242. [D1(O)σD3(W)]/D3(S)
243. [D1(O)σD3(O)]x3D3(S)
244. [D1(O)σD3(O)]/D3(S)
245. [D1(O)+D2(W)]x3D3(S)
246. [D1(O)+D2(W)]/D3(S)
247. [D1(O)+D2(O)]x3D3(S)
248. [D1(O)+D2(O)]/D3(S)
249. [D1(O)+D3(W)]x3D3(S)
250. [D1(O)+D3(W)]/D3(S)
251. [D1(O)+D3(O)]x3D3(S)
252. [D1(O)+D3(O)]/D3(S)
253. [D2(W)x2D2(W)]x3D3(S)
254. [D2(W)x2D2(W)]/D3(S)
255. [D2(W)x2D2(O)]x3D3(S)
256. [D2(W)x2D2(O)]/D3(S)
257. [D2(W)x2D3(W)]x3D3(S)
258. [D2(W)x2D3(W)]/D3(S)
259. [D2(W)x2D3(O)]x3D3(S)
260. [D2(W)x2D3(O)]/D3(S)
261. [D2(W)/D0(W)]x3D3(S)
262. [D2(W)/D0(W)]/D3(S)
263. [D2(W)/D0(O)]x3D3(S)
264. [D2(W)/D1(W)]x3D3(S)
265. [D2(W)/D1(W)]/D3(S)
266. [D2(W)/D1(O)]x3D3(S)
267. [D2(W)/D1(O)]/D3(S)
268. [D2(W)/D2(W)]x3D3(S)
269. [D2(W)/D2(W)]/D3(S)
270. [D2(W)/D2(O)]x3D3(S)
271. [D2(W)/D2(O)]/D3(S)
272. [D2(W)/D3(W)]x3D3(S)
273. [D2(W)/D3(W)]/D3(S)
274. [D2(W)/D3(O)]x3D3(S)
275. [D2(W)/D3(O)]/D3(S)
276. [D2(W)@D0(W)]/D3(S)
277. [D2(W)@D0(O)]/D3(S)
278. [D2(W)@D1(W)]x3D3(S)
279. [D2(W)@D1(W)]/D3(S)
280. [D2(W)@D1(O)]x3D3(S)
281. [D2(W)@D1(O)]/D3(S)
282. [D2(W)@D2(W)]x3D3(S)
283. [D2(W)@D2(W)]/D3(S)
284. [D2(W)@D2(O)]x3D3(S)
285. [D2(W)@D2(O)]/D3(S)
286. [D2(W)@D3(W)]x3D3(S)
287. [D2(W)@D3(W)]/D3(S)
288. [D2(W)@D3(O)]x3D3(S)
289. [D2(W)@D3(O)]/D3(S)
290. [D2(W)σD2(O)]x3D3(S)
291. [D2(W)σD2(O)]/D3(S)
292. [D2(W)σD3(W)]x3D3(S)
293. [D2(W)σD3(W)]/D3(S)
294. [D2(W)σD3(O)]x3D3(S)
295. [D2(W)σD3(O)]/D3(S)
296. [D2(W)+D2(W)]x3D3(S)
297. [D2(W)+D2(W)]/D3(S)
298. [D2(W)+D2(O)]x3D3(S)
299. [D2(W)+D2(O)]/D3(S)
300. [D2(W)+D3(W)]x3D3(S)
301. [D2(W)+D3(W)]/D3(S)
302. [D2(W)+D3(O)]x3D3(S)
303. [D2(W)+D3(O)]/D3(S)
304. [D2(O)x2D2(O)]x3D3(S)
305. [D2(O)x2D2(O)]/D3(S)
306. [D2(O)x2D3(W)]x3D3(S)
307. [D2(O)x2D3(W)]/D3(S)
308. [D2(O)x2D3(O)]x3D3(S)
309. [D2(O)x2D3(O)]/D3(S)
310. [D2(O)/D0(W)]/D3(S)
311. [D2(O)/D0(O)]/D3(S)
312. [D2(O)/D1(W)]x3D3(S)
313. [D2(O)/D1(W)]/D3(S)
314. [D2(O)/D1(O)]x3D3(S)
315. [D2(O)/D1(O)]/D3(S)
316. [D2(O)/D2(W)]x3D3(S)
317. [D2(O)/D2(W)]/D3(S)
318. [D2(O)/D2(O)]x3D3(S)
319. [D2(O)/D2(O)]/D3(S)
320. [D2(O)/D3(W)]x3D3(S)
321. [D2(O)/D3(W)]/D3(S)
322. [D2(O)/D3(O)]x3D3(S)
323. [D2(O)/D3(O)]/D3(S)
324. [D2(O)@D0(W)]/D3(S)
325. [D2(O)@D0(O)]/D3(S)
326. [D2(O)@D1(W)]x3D3(S)
327. [D2(O)@D1(W)]/D3(S)
328. [D2(O)@D1(O)]x3D3(S)
329. [D2(O)@D1(O)]/D3(S)
330. [D2(O)@D2(W)]x3D3(S)
331. [D2(O)@D2(W)]/D3(S)
332. [D2(O)@D2(O)]x3D3(S)
333. [D2(O)@D2(O)]/D3(S)
334. [D2(O)@D3(W)]x3D3(S)
335. [D2(O)@D3(W)]/D3(S)
336. [D2(O)@D3(O)]x3D3(S)
337. [D2(O)@D3(O)]/D3(S)
338. [D2(O)σD2(O)]x3D3(S)
339. [D2(O)σD2(O)]/D3(S)
340. [D2(O)σD3(W)]x3D3(S)
341. [D2(O)σD3(W)]/D3(S)
342. [D2(O)σD3(O)]x3D3(S)
343. [D2(O)σD3(O)]/D3(S)
344. [D2(O)+D2(O)]x3D3(S)
345. [D2(O)+D2(O)]/D3(S)
346. [D2(O)+D3(W)]x3D3(S)
347. [D2(O)+D3(W)]/D3(S)
348. [D2(O)+D3(O)]x3D3(S)
349. [D2(O)+D3(O)]/D3(S)
350. [D3(W)x2D3(W)]x3D3(S)
351. [D3(W)x2D3(W)]/D3(S)
352. [D3(W)x2D3(O)]x3D3(S)
353. [D3(W)x2D3(O)]/D3(S)
354. [D3(W)/D2(W)]x3D3(S)
355. [D3(W)/D2(W)]/D3(S)
356. [D3(W)/D2(O)]x3D3(S)
357. [D3(W)/D2(O)]/D3(S)
358. [D3(W)/D3(W)]x3D3(S)
359. [D3(W)/D3(W)]/D3(S)
360. [D3(W)/D3(O)]x3D3(S)
361. [D3(W)/D3(O)]/D3(S)
362. [D3(W)@D2(W)]x3D3(S)
363. [D3(W)@D2(W)]/D3(S)
364. [D3(W)@D2(O)]x3D3(S)
365. [D3(W)@D2(O)]/D3(S)
366. [D3(W)@D3(W)]x3D3(S)
367. [D3(W)@D3(W)]/D3(S)
368. [D3(W)@D3(O)]x3D3(S)
369. [D3(W)@D3(O)]/D3(S)
370. [D3(W)σD3(W)]x3D3(S)
371. [D3(W)σD3(W)]/D3(S)
372. [D3(W)σD3(O)]x3D3(S)
373. [D3(W)σD3(O)]/D3(S)
374. [D3(W)+D3(W)]x3D3(S)
375. [D3(W)+D3(W)]/D3(S)
376. [D3(W)+D3(O)]x3D3(S)
377. [D3(W)+D3(O)]/D3(S)
378. [D3(O)x2D3(O)]x3D3(S)
379. [D3(O)x2D3(O)]/D3(S)
380. [D3(O)/D2(W)]x3D3(S)
381. [D3(O)/D2(W)]/D3(S)
382. [D3(O)/D2(O)]x3D3(S)
383. [D3(O)/D2(O)]/D3(S)
384. [D3(O)/D3(W)]x3D3(S)
385. [D3(O)/D3(W)]/D3(S)
386. [D3(O)/D3(O)]x3D3(S)
387. [D3(O)/D3(O)]/D3(S)
388. [D3(O)@D2(W)]x3D3(S)
389. [D3(O)@D2(W)]/D3(S)
390. [D3(O)@D2(O)]x3D3(S)
391. [D3(O)@D2(O)]/D3(S)
392. [D3(O)@D3(W)]x3D3(S)
393. [D3(O)@D3(W)]/D3(S)
394. [D3(O)@D3(O)]x3D3(S)
395. [D3(O)@D3(O)]/D3(S)
396. [D3(O)σD3(O)]x3D3(S)
397. [D3(O)σD3(O)]/D3(S)
398. [D3(O)+D3(O)]x3D3(S)
399. [D3(O)+D3(O)]/D3(S)

**Mais aussi des gels de
classe 2.2 :
un liquide and un non
liquide dans le solide**

Des « bioactivités » différentes



Peut-on faire ceci ?

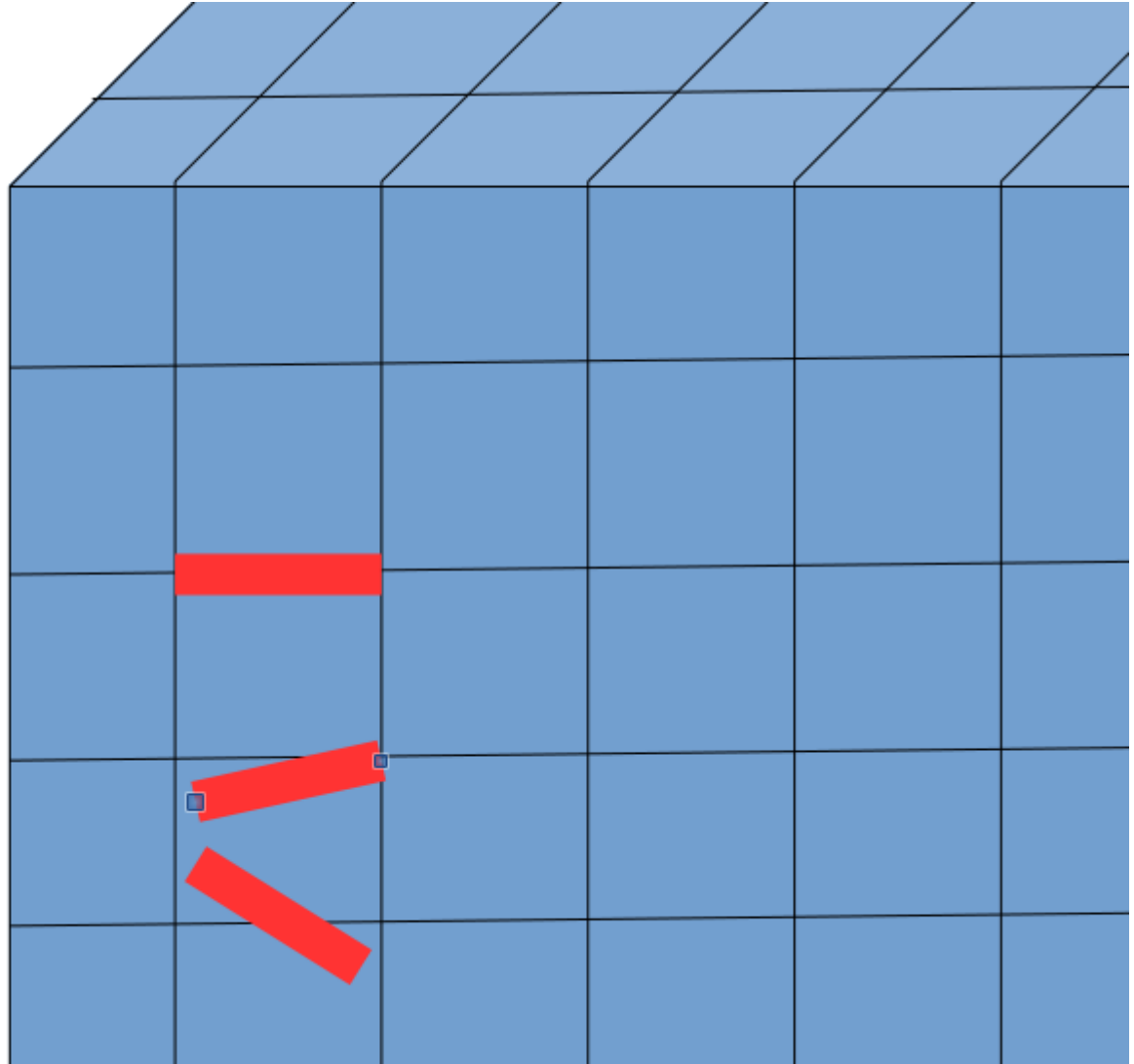


Oui



Plus des « dynagels »

If E is the binding energy,
The proportion of linked ends at
one end at a temperature T is :
 $K \exp(-E/kBT)$



De même pour les suspensions

<https://doi.org/10.1351/goldbook.C01177>

Suspension : A liquid in which solid particles are dispersed.

Colloidal suspension: A suspension in which the size of the particles lies in the colloidal range.

Source:

PAC, 1972, 31, 577. (Manual of Symbols and Terminology for Physicochemical Quantities and Units, Appendix II: Definitions, Terminology and Symbols in Colloid and Surface Chemistry) on page 606

Cite as: IUPAC. Compendium of Chemical Terminology, 2nd ed. (the "Gold Book"). Compiled by A. D. McNaught and A. Wilkinson. Blackwell Scientific Publications, Oxford (1997). Online version (2019-) created by S. J. Chalk. ISBN 0-9678550-9-8. <https://doi.org/10.1351/goldbook>.

Suspensions Classe 1

```
A := [];  
phase := [W, O, S];  
dimension := [D0, D1, D2, D3];  
opérateur := ["X", "/", "@", "&sigma;"];  
formule := "";  
graine := "";  
for dim1 to 4 do  
  for phas1 to 3 do  
    for ope to 2 do  
      formule := cat(graine, dimension[dim1], "(", phase[phas1], ")", opérateur[ope], dimension[4], "(", phase[1],  
        ")); A := [op(A), formule];  
    end do;  
  end do;  
end do;  
formule;  
writedata("suspensions_classe_1_ds_W_brut", A, string);
```

24 systèmes

D0(S)/D3(W) : simple classic dispersion

D1(S)/D3(W) : dispersion of filaments

D2(S)/D3(W) : dispersion of feuilletés

D0(S)/D3(O) : dispersion in oil

D1(S)/D3(O) : dispersion of filaments in oil

D2(S)/D3(O) : dispersion of sheets in oil

Suspensions de classe 2

```
A := [];  
dimension := [D0, D1, D2, D3];  
phase := [W, O, S];  
opérateur := ["X", "/", "@", "&sigma;", "+"];  
formule := "";  
graine := "";  
for dim1 to 4 do  
  for phas1 to 3 do  
    for ope1 to 5 do  
      for dim2 to 4 do  
        for phas2 to 3 do  
          for ope2 to 2 do  
            if ope1 <> opérateur[2] then formule := cat(graine, "[", dimension[dim1], "(", phase[phas1], ")", opérateur[ope1], dimension[dim2], "(", phase[phas2], ")", "]", opérateur[ope2],  
              "D3(S)"); A := [op(A), formule];  
          end if;  
        end do;  
      end do;  
    end do;  
  end do;  
end do;  
writedata("liste deux phases trois objets", A, string);
```

362 systèmes

[D0(G)+D1(S)]/D3(O)
[D0(G)+D1(S)]/D3(O)
[D0(G)+D1(S)]/D3(O)
[D0(G)+D1(S)]/D3(O)
[D0(G)+D2(S)]/D3(O)
[D0(G)+D2(S)]/D3(O)
[D0(G)+D2(S)]/D3(O)
[D0(G)+D2(S)]/D3(O)
[D0(G)+D2(S)]/D3(O)
[D0(O)XD0(S)]/D3(O)
[D0(O)XD0(S)]/D3(O)
[D0(O)XD0(S)]/D3(O)
[D0(O)XD0(S)]/D3(O)
[D0(O)XD1(S)]/D3(O)
[D0(O)XD1(S)]/D3(O)
[D0(O)XD1(S)]/D3(O)

[D0(G)σD0(S)]/D3(O)
[D0(G)σD0(S)]/D3(O)
[D0(G)σD0(S)]/D3(O)
[D0(G)σD0(S)]/D3(O)
[D0(G)σD1(S)]/D3(O)
[D0(G)σD1(S)]/D3(O)
[D0(G)σD1(S)]/D3(O)
[D0(G)σD1(S)]/D3(O)
[D0(G)σD2(S)]/D3(O)
[D0(G)σD2(S)]/D3(O)
[D0(G)σD2(S)]/D3(O)
[D0(G)+D0(S)]/D3(O)
[D0(G)+D0(S)]/D3(O)
[D0(G)+D0(S)]/D3(O)
[D0(G)+D0(S)]/D3(O)

[D0(G)+D1(S)]/D3(O)
[D0(G)+D1(S)]/D3(O)
[D0(G)+D1(S)]/D3(O)
[D0(G)+D1(S)]/D3(O)
[D0(G)+D2(S)]/D3(O)
[D0(G)+D2(S)]/D3(O)
[D0(G)+D2(S)]/D3(O)
[D0(G)+D2(S)]/D3(O)
[D0(O)XD0(S)]/D3(O)
[D0(O)XD0(S)]/D3(O)
[D0(O)XD0(S)]/D3(O)
[D0(O)XD0(S)]/D3(O)
[D0(O)XD1(S)]/D3(O)
[D0(O)XD1(S)]/D3(O)
[D0(O)XD1(S)]/D3(O)

Et d'autres possibilités

Classes of higher orders

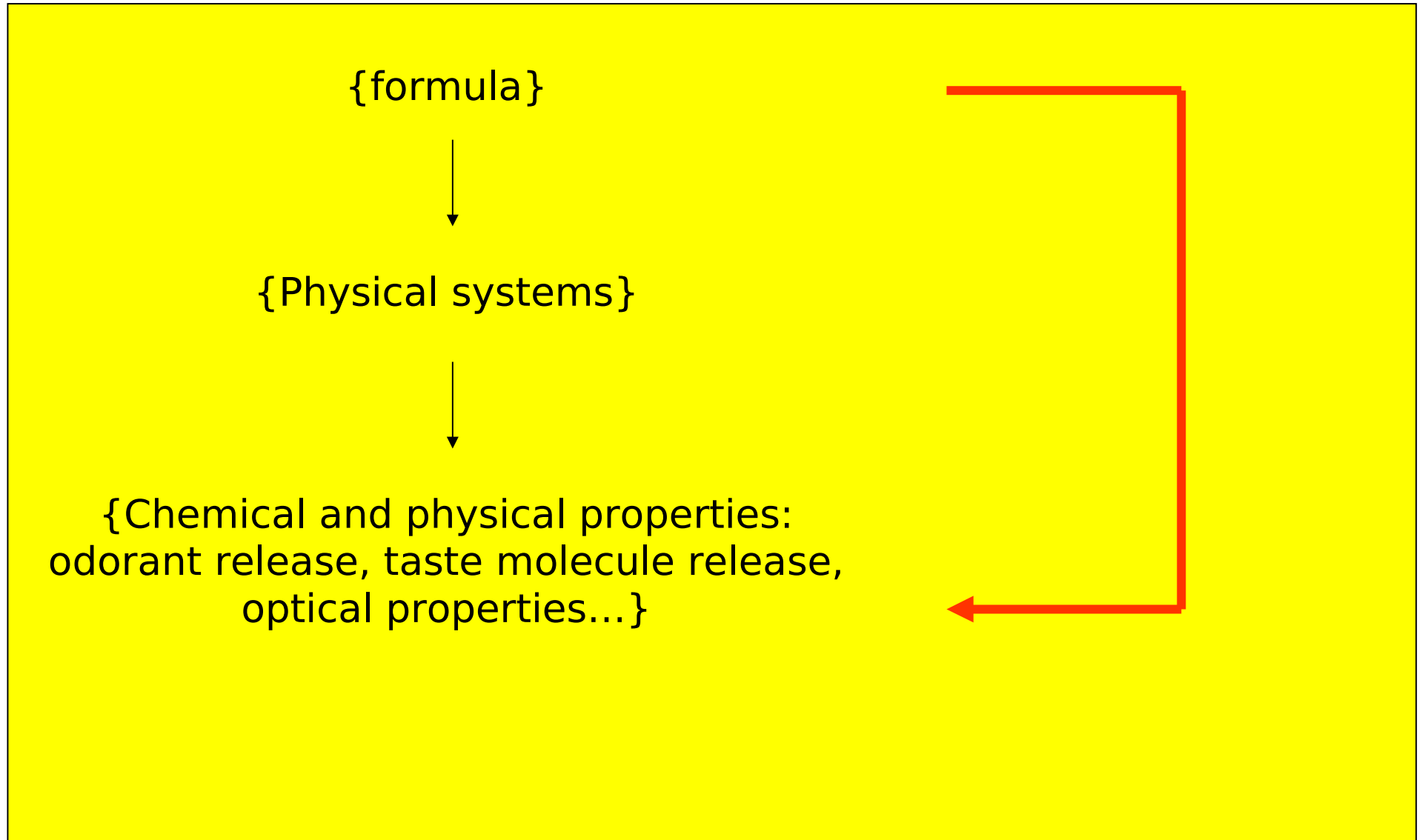
Suspensions in foams

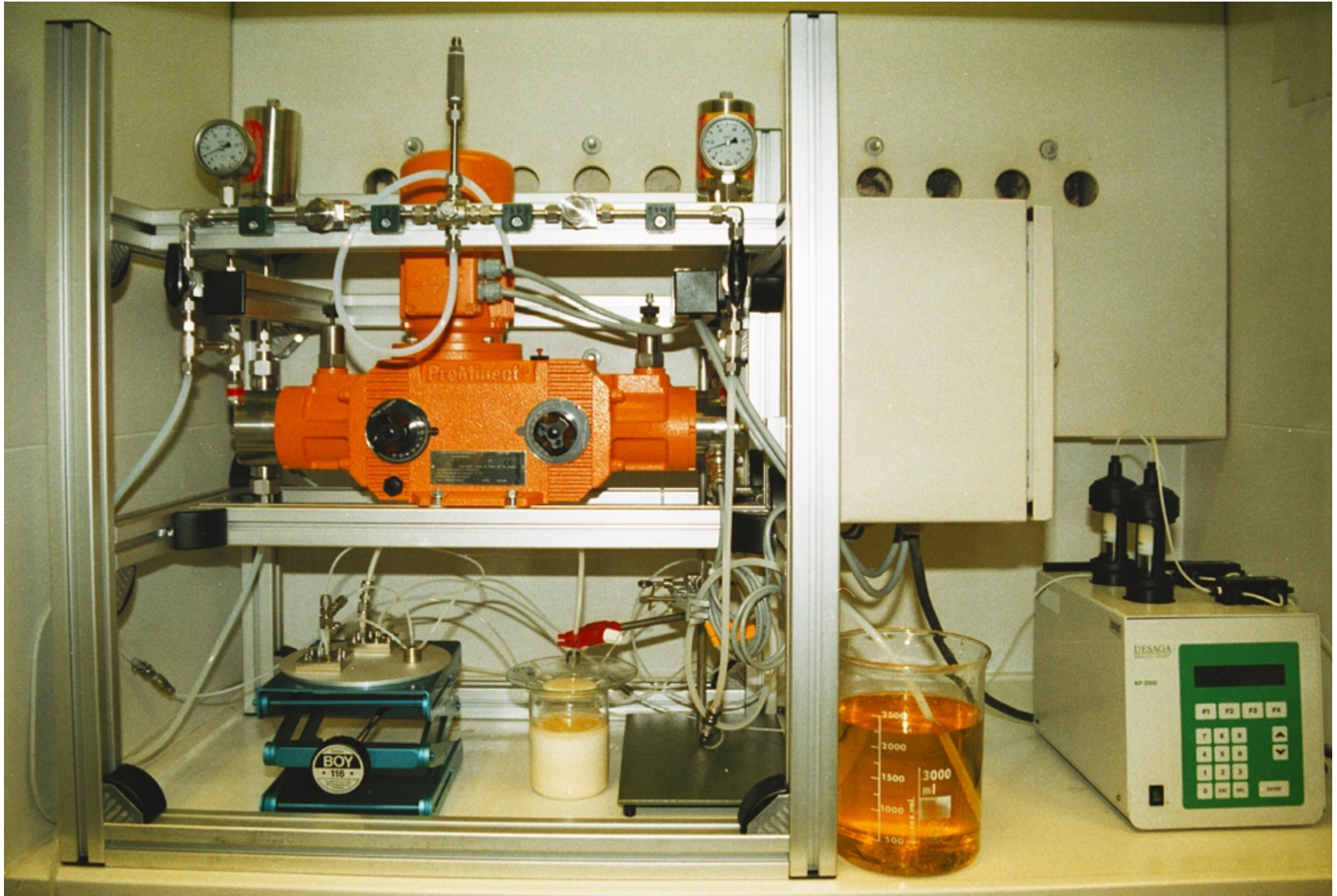
Suspensions in emulsions

Suspensions in gels

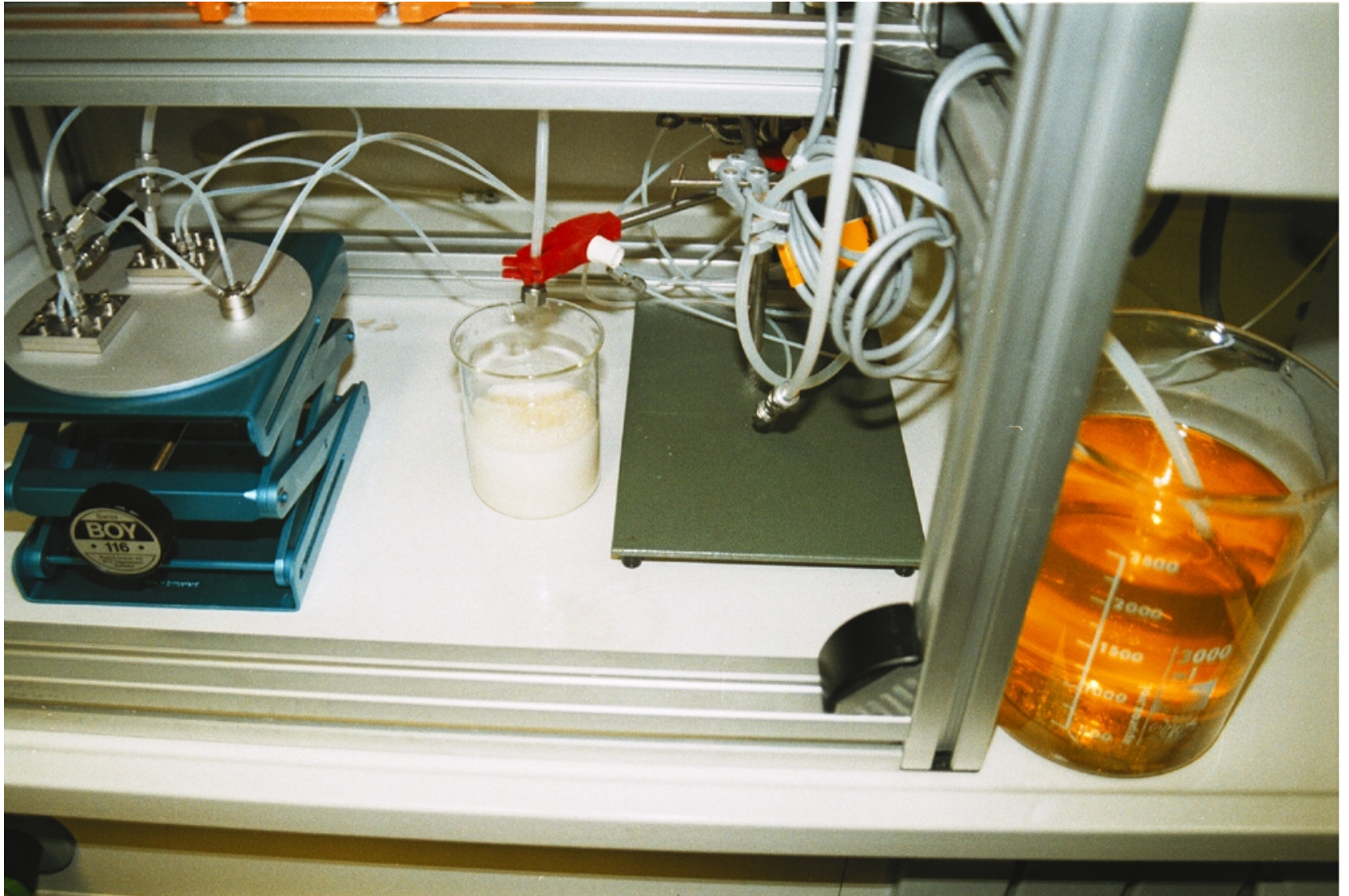
With the same code

La grande question





(G + O + S) / W

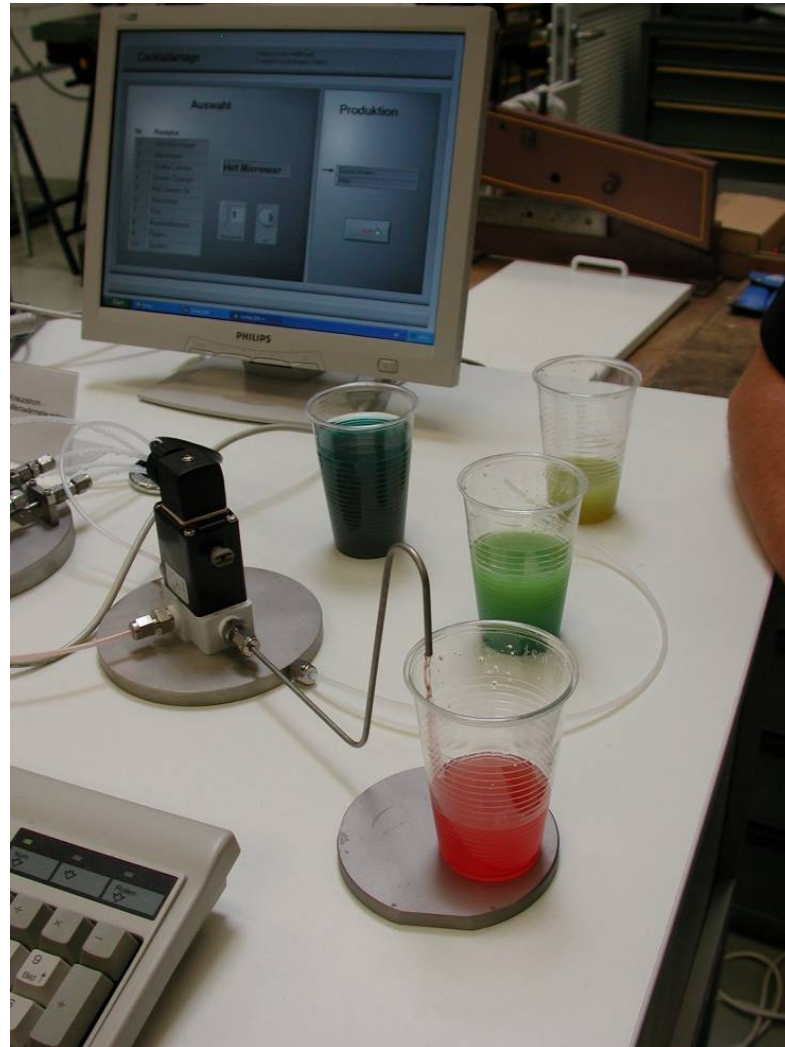




Pilotage par un ordinateur



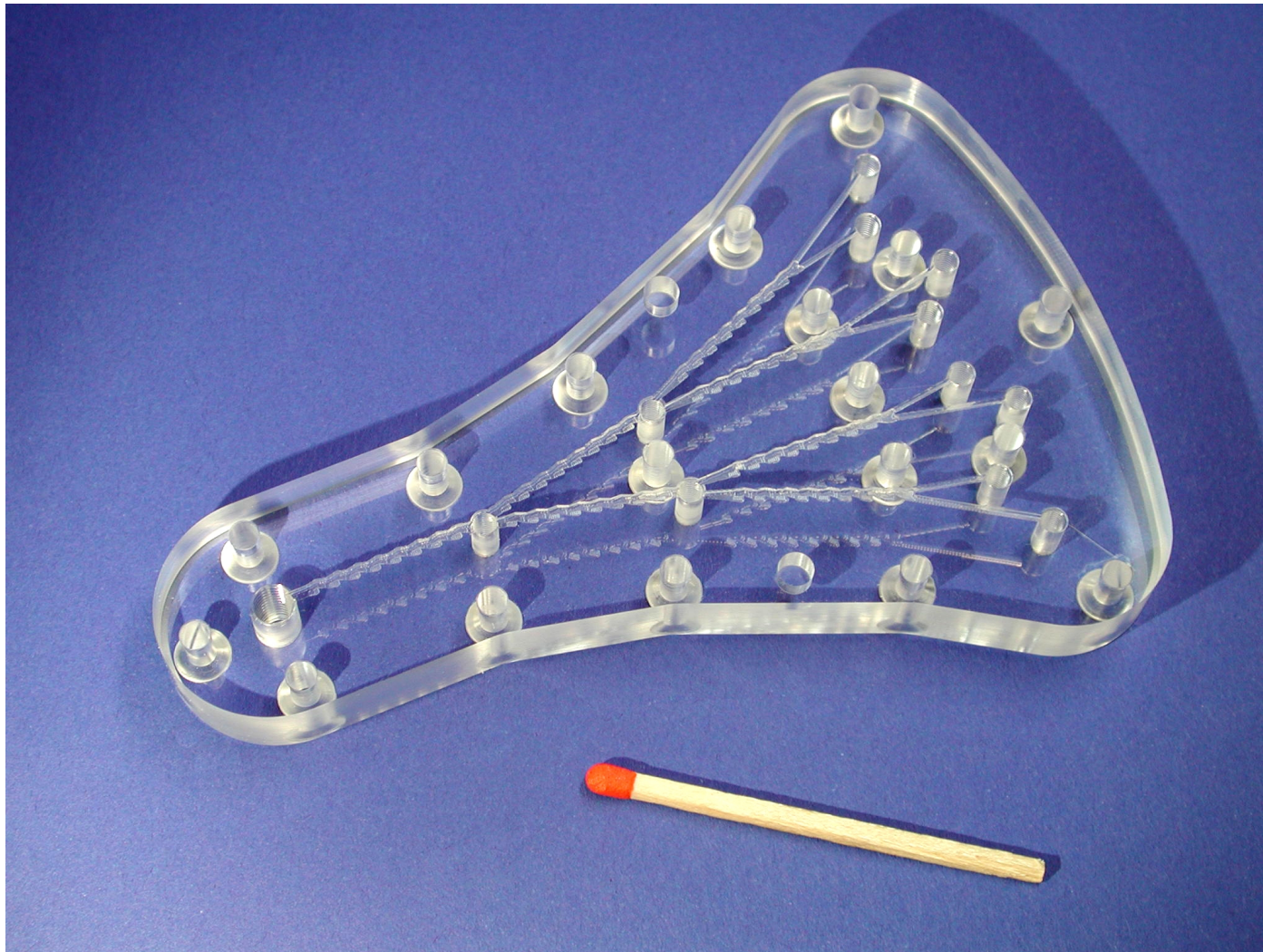
Des cocktails sur mesure



Le « pianocktail »

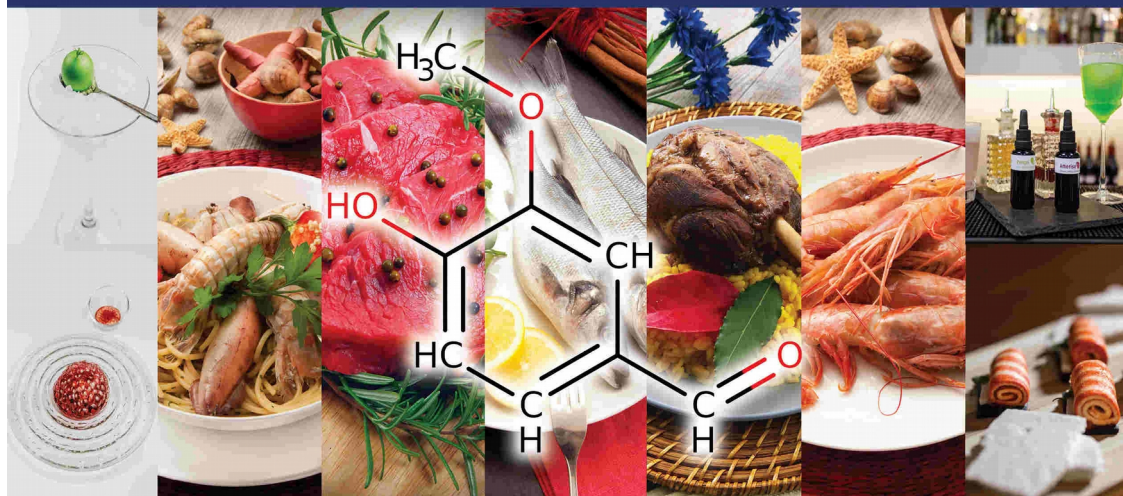


500 milliards de combinaisons possibles



HANDBOOK OF MOLECULAR GASTRONOMY

Scientific Foundations, Educational Practices,
and Culinary Applications



edited by

Róisín Burke • Alan Kelly • Christophe Lavelle
Hervé This vo Kientza

 CRC Press
Taylor & Francis Group

Pourquoi se lève-t-on le matin ?

BOUILLON D'ARTICHAUT TRUFFE, PÉTALES DE CABILLAUD



TYPE : Poisson

4 

LE MARCHÉ

- 3 gros artichauts
- 50 à 80g de truffe fraîche
- 25cl d'huile d'olive vierge suave
- 5cl de Calvados
- 1 pomme reinette
- 2 litre d'eau de source
- 200 à 250g de cabillaud extra frais

MÉTHODE

- 1 Dans un bocal hermétique mélanger huile, calvados, truffes hachées, pomme coupée en quatre. Garder au frais 24 heures en agitant régulièrement le bocal.
- 2 Effeuillez l'artichaut pour ne garder que le cœur avec le foin. Mettre à cuire le tout (cœur & feuilles) dans une casserole haute et épaisse dans laquelle il y aura l'eau froide légèrement salée. Porter à ébullition pendant 30 minutes pour le cœur et poursuivre encore un 1/2 heures pour les feuilles. Arrêter le feu en fin de cuisson et remettre les cœurs dans le bouillon et laisser refroidir. Enlever alors le foin puis filtrer ce bouillon. Reporter ce bouillon à ébullition, éteindre le feu et verser les éléments du bocal dans ce bouillon chaud. Laisser infuser 10 minutes.
- 3 Déposer le cabillaud assaisonné de sel fin dans un plat épais beurré. Le cuire 20 minutes à four doux (80°) le retirer du plat et l'effeuiller délicatement dans les 4 assiettes.
- 4 Pendant ce temps, tailler le cœur d'artichaut en petits dés et le déposer dans 4 assiettes creuses.

LE DRESSAGE

Rectifier l'assaisonnement du bouillon, le poivrer et le verser brûlant dans chaque assiette devant les convives

Celebrate Chemistry !



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