

# Living

POITOU  
CHARENTES

*Dream it • Live it • Love it*

JUNE / JULY 2010

## An emerald wonderland

*The cool, shady paradise of the Marais Poitevin*

**Summer Blues**  
Festival fever in Cognac

**Springs and stones**  
The beautiful gardens at  
Abbaye de Fontaine Vive

**Let's do brunch!**  
Summer dishes for  
long lazy mornings

**FREE**  
MAGAZINE

**Out &  
about**  
*Things to do  
around  
the region*



## Cooking with Ivan Gotfredsen

Being driven by customer satisfaction has earned this chef a growing following, including French superstar Gerard Depardieu

PHOTOS : Domaine du Chatelard, Axcommunication.fr

### CHEF PROFILE : Ivan Gotfredsen

In less than a year, Ivan Gotfredsen has put his beautiful hotel and restaurant – the Domaine du Chatelard at Dirac in the Charente – well and truly on the culinary map. This highly qualified 35-year-old with Swiss and Danish nationality was Executive Chef at the Hôtel Tschuggen, one of the world's leading hotels, in Arosa, Switzerland, before moving to France to open his own restaurant.

After starting his career at the Gstaad Palace hotel, Ivan progressed through prestigious hotels in Montreux, Zurich, St Moritz and Ireland. Now, at the Domaine du Châtelard, he creates fine food in a relaxed atmosphere. Diners are never disappointed by this talented chef, who describes himself as being open minded in his approach to cooking and who also likes to bring his Italian flair to the kitchen.



### Homemade iced tea

1 litre boiled water  
 6g (2 bags) black tea  
 4g (2 bags) peppermint tea  
 8g (4 bags) dog rose tea  
 2g (1 bag) red fruit tea  
 1/2 stick cinnamon  
 120g sugar  
 120g orange juice  
 2 lemons  
 2kg ice cubes

1. Mix the different teas together with the water and let them infuse for 5 minutes.
2. Add the cinnamon and let the mixture brew for another 10 minutes.
3. Filter through a small strainer and add the rest of the ingredients.
4. Pass all the liquid through a cloth strainer, fill bottles with it and then put them in the fridge.



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 restaurant (Relais du Silence):  
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**Cannelloni with squid**

Serves 4-5

For the filling:

- 200g squid, 8-10 cm
- 20g milled hazelnuts
- 50g sliced mushrooms
- 20g fresh spinach
- 150 ml cream
- 1 egg

For the pasta:

- (alternatively you can use prepared sheets of lasagne pasta)
- 300g flour
- 3 eggs
- Olive oil
- Salt

1. For the pasta: mix all the pasta ingredients together.
2. Work the dough until it is elastic and homogenous, and let it rest for one night.
3. The next day, work the dough with a pasta machine or by hand.
4. Make sheets about 10cm wide and 15 cm long.
5. For the filling: wash the squid and take away the skin. Let it dry on kitchen paper and then slice it into rings.
6. Fry the rings until golden.
7. Add the hazelnuts and put to one side. Keep some rings to garnish the finished dish.
8. In the same pan, fry the mushrooms and then add the fresh spinach.
9. Drain the water and then mash the spinach.
10. Put all the filling ingredients together into the pan and add the cream. Let it reduce until you get a smooth mix, then add the egg. Leave to cool.
11. Cook the pasta sheets for 2-3 minutes in salted water, then cool them in cold water and dry them on kitchen paper. Keep some of the salted water.
12. Put the filling in a piping bag and pipe it onto the cooked pasta. Roll up each sheet and stick the edges together with water or egg.
13. Place them in a dish and add some water from the pasta or sauce, or serve as they are.

**Marinated omble chevalier  
(Arctic char)**

Serves 4-5

4 x 200g fillets of Arctic char, salmon or trout

For the accompaniment:

- 200g peas
- 8 stalks of cooked asparagus
- A mix of different lettuces
- Cucumber

For the marinade:

- 400ml water
- 150ml white wine vinegar
- 100g sugar
- 100ml white wine
- Ginger
- 1 vanilla pod
- 1 anise
- 10 coriander seeds
- 1 stalk of lemongrass
- 1 pepper
- Spices

1. Gently cook all the marinade ingredients for 1 hour and let them rest for 2-3 hours.
2. Salt the fillets with sea salt, let them rest for 3 hours and then wash them in water. Check there are no fish bones.
3. Steep them in the marinade for a day and a night (or a couple of days) before cooking them and serving with the accompanying vegetables.



## Maigre in an artichoke sauce

4 x 180g maigre (meagre / jewfish) fillets  
250g of fish bones (ask the fishmonger for them)  
200ml brown sauce (homemade or bought)  
8 small artichokes or 4 big ones  
100ml white wine  
1 onion, cut into 4  
1 carrot  
Mix of herbs from the garden (thyme, bay leaf etc.)  
3 garlic cloves  
2 lemons  
200ml olive oil

1. Peel the artichokes and remove the hard leaves from the head, then cut them into 2 or 4 pieces depending on their size. Take away the fine hairs in the middle and put the artichokes in water with one lemon.
2. Heat the oil in a pan and add the artichokes. Add the wine and the other ingredients and cook slowly, adding some water if necessary.
3. Cook for 30 minutes, depending on the size of the vegetables. Check if cooked by poking a knife into the artichokes, as with potatoes.
4. Fry the fillets and remove them from the pan when they are crispy.
5. Add the fish bones to the sauce in the pan and boil for a couple of minutes. Take them out before serving the fish with the sauce.



## Strawberry tiramisu

Serves 8

For the cream:

60g sugar  
75g egg yolks  
375g Mascarpone  
300g cream  
20g sugar  
1 gelatine sheet (optional)

For the biscuits and the coffee syrup:

Finger biscuits (homemade or bought)  
150ml stock syrup (half water, half sugar)  
30ml Marsala or Pineau  
1tbsp coffee, instant

For the strawberry compote:

500g strawberries  
150g sugar  
1 vanilla pod

1. For the compote: wash the berries and cut into 4. Add the sugar and vanilla and marinate them for 1 or 2 hours. Cook gently until you get a liquid honey texture.
2. For the cream: make a Sabayon (Zabaglione) with the eggs and 60g of the sugar.

3. Soak the gelatine in cold water and then dissolve in a small amount of warm water.
4. Whisk the cream with 20g sugar and then fold the Zabaglione, gelatine and Mascarpone into it.
5. For the syrup: mix the ingredients for the coffee syrup together and soak the biscuits in it.
6. In serving dish, layer the cream with the soaked biscuits and compote.

