

Langoustine escabeche



Serves 4

Preparation: 45 minutes, cooking time: 20 minutes

Ingredients:

- 20 langoustines
- 100 g of carrots
- 100 g of courgettes
- 100 g of cucumber
- 100 g of rhubarb
- 150 g of verjuice
- 150 g of olive oil
- 12 coriander seeds
- 3 cardamom seeds
- 100 g of orange juice
- 100 g of sugar
- 50 cl of water
- saffron (sufficient quantity)
- Espelette chilli pepper
- 100 g of lime juice

Preparation:

Blanch the langoustines, then shell them, leaving the shell on the tail.

Peel the vegetables (carrot, courgette, cucumber), cut them into thick sticks and cook them separately in salted boiling water. Place them in a bowl of iced water to cool.

Prepare a syrup and poach the rhubarb in it.

Prepare the marinade, roast the coriander and cardamom seeds as well as the saffron. Deglaze with the orange and lime juice and verjuice. Leave to simmer for a few minutes. Take off the heat and add the olive oil and Espelette chilli pepper.

Marinate the vegetables in this preparation. Pan-fry the langoustine tails in butter. Serve the langoustines on the warm vegetables and marinade. Decorate as desired.