



Meet Gilles “Frenchy” Epié, Michelin rated chef

Description



Best for Thanksgiving from Michelin Rated
“Frenchy” Epié

Mentioned as one of Alain Ducasse’s favourite restaurants in Paris,

voted by Conde Nast Traveler as one of the Top 100 Hot Restaurants in the world, as well as receiving a Tripadvisor certificate of excellence in 2013, the Citrus Étoile restaurant in Paris has a Michelin star rated Chef at it’s helm. Gilles Epié, who still holds the record for the youngest chef ever to receive the star, and was affectionately



named "Frenchy" from his stint living in Los Angeles where he cooked for the likes of Sharon Stone, Richard Gere, Bruce Springsteen, Sophia Loren, US presidents George W. Bush, Bill Clinton, Gerald Ford, Ronald Reagan and countless other celebrities and people of note, was recently here in Montreal with his beautiful wife Elizabeth. Gilles' two adult children live in our beloved Montreal, so husband and wife decided to come for a week long visit before our winter arrives!

Staying in Old Montreal at the fabled Hotel Place d'Armes, I recently met up with these two jet setters at the hotel's main bar. Elizabeth and I go way back to our shared modelling days both in Paris and in New York. Gilles with his salt and pepper hair, tattoos, jeans and motor cycle jacket is closer to a rock star than what you'd expect to see in a Michelin rated chef but that's part of the appeal. Both of them are possessed of a kindness and friendliness that makes you immediately understand why so many people are drawn to the couple.

Some of the local jaunts Gilles' daughter and son took their parents to included Méchant Boeuf Bar et Brasserie, Enoteca Mozza Pizzeria Moderna, Chez Delmo, Suite 701, L'Atelier d'Argentine, and La Brasserie Le Pois Penche. They both rhapsodized about what a visually beautiful city Montreal is, particularly the Old Quarter because it seemed so European. Chef Epié, who was one of the stars of the French reality t.v. show "Dans la Vraie Vie d'un Grand Chef" in seasons 2012-14, is contemplating the possibility of doing something on our shores, but I can't say



In light of Thanksgiving being just around the corner, Gilles shared

two of his favourite recipes from his famous Parisian restaurant, each using two very Canadian ingredients: Fresh salmon and, what else, Canadian bacon. Known for his rich bold tastes that he creates without butter or cream, his focus is on using pure produce, and he takes pleasure in revisiting and lightening great French classics. The creations express themselves with originality and the dishes stand out by their lightness and their touch of originality. "I use a lot of steam, and with this pure and simple way of cooking you must only use the finest products", the chef explains. So here are his two recipes. Saumon a l'huile comme le Harang, and Soupe de potiron aux chataignes, coriandre et citronnelle. I hope you will enjoy giving these two twists on French classics a try this Thanksgiving Holiday. Wishing you and your loved ones a very Happy Thanksgiving... Bon Appétit!



Salmon in oil “such as herring” original version

for 4 persons

400g of Wild salmon without skin or bones

1 red onion

2 carrots

10 juniper berries

4 bay leaves

Coarse salt

Pepper, salt

Chive

2 tbsp red wine vinegar

½ liter of peanut oil

Marinate the salmon, skinned and boned, for two hours in coarse salt.

Cook the potatoes, with skin, in boiling salted water for 20 minutes

Cut the onions into slices, peel and cut 2 carrots diagonally

Rinse the chives and immerse in water

Rinse the salmon fillets, pat dry, wipe

Put the fish in a pan with the vegetables, add the juniper berries, bay leaf and peanut oil

Marinate for 2 hours in the fridge

Dressing: 2 tbsp of vinegar, salt, pepper and 6 tbsp of marinade oil

Chop the chives

Drain the salmon on a grid

Cut the fish in the width direction, in half centimeter increments.

Drain the onions and carrots, junipers and laurels and place on a plate.



Presentation: Cut the potatoes into thick slices, put only the interiors. Put the salmon around, with the onions and carrots on top, with the juniper berries, chives, bay leaf as decoration. Season with coarse salt. And drizzle generously with vinaigrette.



Pumpkin soup with chestnuts,

lard, coriander and lemongrass

for 4 persons

1kg of pumpkin
1 jar of chestnuts
2 lemongrass
Coriander
12 slices of bacon
1 onion
Olive oil
2 chicken broth cubes

Peel the pumpkin and cut into large cubes

Peel and chop the onion

In a skillet, sauté the onion and chestnuts in olive oil

Top up with water, add the chicken broth and a lemongrass stick, season and cook for 30 minutes

Roll the chestnuts in a slice of bacon and stick with the toothpick

Brown the chestnuts in a pan

Blend the soup

Spread the chestnuts in each soup plate and pour the soup over.

Photo: Nadine Hennelly, Renée Jacob and Sébastien Suchodolski



Nadine Hennelly appeared in fashion editorials and covers for American and European magazines as well as in many national American television commercials and shows. She appeared on The Late Show with David Letterman from 1994-2004. Her photo portraits of women appeared in various European and American Publications. After returning to Montreal in 2008 following the birth of her son, Nadine launched a studio here. Her work can be found in various collections in New York, Paris, London, Los Angeles, Milan, Montreal and Westmount, and can be seen at www.nadinehennelly.ca. She can be reached at studiohrsyp@aol.com

Category

1. Article | Food | Drink
2. Recipe

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