



MONICA
GALETTI

Monica's **KITCHEN**

Exciting home
cooking for
all occasions

*Foreword by
Michel Roux Jnr*

Photography by Yuki Sugiura



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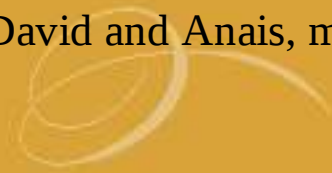


Photographs by Yuki Sugiura

Quadrille

PUBLISHING

For David and Anais, my port in any storm



Publishing director **Jane O'Shea** NOTES

Creative director **Helen Lewis**

Project editor **Janet Illsley** Use fresh herbs unless otherwise

Art direction & design **Lucy Gowats** suggested.

Photographer **Yuki Sugiura**

Food for photography **Monica Galetti** Use organic or free-range eggs.

Props stylist **Cynthia Inions**

Production **Leonie Kellman, Vincent Smith** Buy unwaxed fruit if you are using the zest.

First published in 2012 by

Quadrille Publishing Limited

Alhambra House, 27–31 Charing Cross Road,

London WC2H 0LS

www.quadrille.co.uk

Timings in the recipes are for fan-assisted ovens.

If using a conventional (non-fan)

oven, increase the

temperature by 15°C (1 Gas mark).

Oven temperatures

can deviate significantly from the

actual setting, so

use an oven thermometer to check

the temperature.

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FOREWORD
By Michel Roux Jr

The one thing that unites the Roux
family is without a doubt
the pride and pleasure we get from seeing our
protégés succeed.
That we play a part in that success is a feeling on a par
with giving
pleasure to diners through our cooking.

Monica Faafiti, as she was called then, started her long
and arduous
road to stardom in the kitchens of Le Gavroche in
2000 as a
young Kiwi chef with little experience of high-end
cooking. By all
accounts the first few months were tough, and many
times I caught
her grimacing and holding back the tears. But what I
also saw
in Monica was a drive and desire to do better, with an
insatiable
appetite to learn. Monica soon became a trusted
Gavroche ‘foot
soldier’, the type of battle-hardened cook that head

I was born in Western Samoa, an island in the Pacific. My earliest memory of food is of sitting in a cocoa tree sucking on the creamy sweet fruit that is dried to make chocolate, and my Aunty Pine telling me off, concerned that I might get an upset stomach. I was about 6 years old. To this day, dark chocolate is still my weakness, but the only person that tells me off for it is Michel, when I eat his stash in the kitchen office. I have worked for Michel for almost ten years now, and Le Gavroche is like a home for me. It's my playground. Since arriving on the doorstep back in January 2000, my gastronomic journey has taken a path that I could never have imagined, especially as a barefooted little girl running wild in the plantations in the Pacific Islands. Working in such a revered kitchen has taught me so much about ingredients, the seasons and appreciating food – from its simplest of forms to the most intricate of recipes. From the beginning, Michel encouraged me to dine out and experience what other chefs are doing. I took his advice and have learnt so much from these





From
Work
to Table



Roasted butternut squash

soup

Serves 4 Pre-heat oven to 200°C/Gas 6. Peel, halve and deseed the

butternut squash, then cut into chunks and place in a roasting tray.

Drizzle with olive oil and season with a few pinches of sea salt. Roast in

the oven for about 20 minutes until soft and caramelised.

Meanwhile, heat a drizzle of olive oil in a medium saucepan.

Add the onion and cook gently over a low heat for 7–8 minutes to

soften. Add the garlic and sweat for another minute. Add the pine nuts

and cook for a minute or two until lightly golden. Take the pan off the

heat and season with salt and freshly ground black pepper.

Once the squash is cooked, add it to the onion mixture. Return to the

heat. Pour enough stock to cover and bring to the boil. Lower the heat

and simmer for 5 minutes. Using a freestanding or handheld stick blender, blitz the soup

until smooth, then pour back into the saucepan. Season with salt

and pepper to taste and add enough of the remaining stock to give the

required consistency. Heat through gently.

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Mediterranean puff tart

Serves 4

Heat the oven to 190°C/Gas 5. Lay the puff pastry sheet on a

baking tray lined with baking parchment. Using the blunt edge of a knife,

mark a 2cm border around the edge without cutting right through the

pastry. Scatter the artichoke wedges, sun-dried tomatoes and capers

randomly over the pastry, leaving the border clear. Tear the mozzarella

into pieces

and distribute evenly over the tart. Tear each anchovy fillet in

thirds (as they can be quite strong) and sprinkle over the tart.

Grind some egg yolk, lightly beaten pepper.

Freshly ground black pepper

Brush the pastry border with the beaten egg yolk. Bake in the

oven for

15–17 minutes until the pastry rim is risen and golden brown

and the base

is crisp. Roughly tear the basil leaves and scatter over the

tart. Serve hot,

with a rocket salad.

I always have ready-rolled puff pastry in the freezer or fridge for

convenient quick dishes. This one is great, not only

as a midweek supper

but also as a starter when you're entertaining. If I

have some to hand,

I brush the pastry with umami paste before

applying the topping. For a

special finishing touch, grind some basil leaves in a

mortar with a pinch

of sea salt and 2 tbsp olive oil and drizzle over the

FROM WORK TO TABLE

of sea salt and 2 tbsp olive oil and drizzle over the

Crayfish and celeriac gratin

Serves 4

Heat the oven to 180°C/Gas 4. Peel and coarsely grate the

celeriac

De-string the celery, using a vegetable peeler, then slice

thinly

2 tbsp olive oil

Heat a non-stick wide pan over a medium-low heat and add

400ml double cream

50g butter. Add the grated celeriac with the celery and sweat for 2–3

minutes

sofayfish with salt colouring. Take off the heat and set aside.

Sea salt and freshly ground

black pepper

Lightly beat the eggs and cream together in a bowl, using a fork. Season with nutmeg and a little salt and pepper. Fold in the celeriac mixture and the crayfish tails.

Divide between 4 large ramekins or individual gratin dishes and bake in the oven for 12–15 minutes until bubbling and golden. Serve at once, with toasted baguette and a leafy side salad.

This is an excellent quick supper for the cooler winter months when celeriac is in season. We like to eat it with toasted baguette slices, lightly rubbed with garlic, and a side salad. The mixture can also be used as a quiche filling.

Pollock and saffron stew

Serves 4

Put the pollock into 8 chunky pieces. Sprinkle with the

saffron and

700g skinless pollock fillet

a couple of pinches of salt and set aside. Remove the skin

from the

4 mild cooking chorizos,

chorizos and slice or chop them.

about 65g each

Contra, peeled, carrots, celery and fennel into bite-sized

pieces. Peel

2 tbsp of stitike, oil in a large saucepan over a medium heat

and add the

1 vegetable bulb, trimmed and

olive oil for cooking

3 garlic cloves, peeled,

halved, germ removed

and sliced

1 tsp cumin seeds

wine, followed by the fish stock, stirring.

2 tbsp plain flour

150ml white wine

500ml fish stock

pepper. Simmer gently for 25 minutes, stirring occasionally.

Place the

Sea salt and freshly ground

pollock pieces on top of the stew, cover with the lid and cook

black pepper

gently for

3–5 minutes, depending on the thickness of the fish, until just

cooked.

Serve straight away.

Griddled tuna with cumin

Serves 4

Ingredients
Mustard, curry powder
and wine
vinegar together in a bowl, then whisk in the olive oil.

Olive oil for oiling
To prepare the vegetables, use a swivel vegetable peeler to
Sea salt
remove the
skin from the peppers, then slice off the tops and bottoms.

Cumin vegetables
Cut the
2 red peppers
peppers open, discard the core and seeds and cut the flesh
2 courgettes
into strips.
1 small aubergine
Cut the courgettes and aubergine into thick batons.

3–4 tbsp olive oil
Heat a large frying pan over a medium-high heat and add the
olive sultanas
Now add the peppers, courgettes and aubergine and sauté for
4–5 minutes
until lightly golden.
Sea salt and freshly ground
black pepper
Sprinkle the crushed cumin and some salt and pepper over
the vegetables
and cook, stirring, for another 30 seconds or so. Take the pan
off the heat
and stir in the sultanas and chickpeas. Add 2 tbsp of the
dressing and fold
through, then check the seasoning; keep warm.

Heat a griddle pan until very hot. Season the tuna steaks with
salt, rub all
over with olive oil and place on the griddle pan. Sear for 1
1½ minutes,
depending on the thickness of the steaks, until coloured and
marked with

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Steamed salmon with soy and ginger

Serves 4 into a heavy-based saucepan or a rice cooker and

add enough
250g basmati rice
water to come at least 1.5cm above the level of the rice.

4 skinless salmon fillets,
about 140g each
Bring to the boil
and cook until the rice is tender and dry, 10–12 minutes.
1 garlic clove, peeled and

chopped
1 onion

100g fresh root ginger,
peeled and sliced
comb across with kitchen tweezers. Place the salmon in a

shallow dish
4 tsp good quality soy
sprinkle with the garlic and ginger and rub well into the fish.

Drizzle with
2 large handfuls of bean
sprouts
the soy sauce and set aside to marinate for 5 minutes.

Drizzle with
1 tsp of sesame oil
While the rice is cooking, bring the water in the steamer to
the boil. Put

3–4 spring onions, trimmed
and sliced
the bean sprouts into the top of the steamer and drizzle with
Sea salt and freshly ground

black pepper
oil. Lay the salmon fillets on top, scatter over the spring
onion slices and

To finish,
put the lid on. For lightly cooked pink salmon, which I prefer,
2 tsp toasted sesame seeds
steam for

Handful of coriander leaves,
1 minute only, then turn off the heat, lift the lid and position
roughly chopped
it so the

steamer is partially covered. Set aside for a few minutes until
ready to
to say that she wasn't disappointed.

serve; the residual heat from the steamer will finish cooking
the salmon

to perfection.

(If you do not have a steamer, put the marinated salmon into
a saucepan,
FROM WORK TO TABLE

Salmon with chorizo and peppers

Check the salmon fillets for pin-bones, removing any you come across.
4 salmon fillets (with skin),
with kitchen tweezers. Remove the skin from the chorizos
about 140g each
and slice them,
2 medium-hot cooking
on a slight angle.
chorizos

Use a swivel vegetable peeler to remove the skin from the
peppers, then
slice off the tops and bottoms. Cut the peppers open, discard
the core and
seeds and cut the flesh into strips. Slice the shallots into fine
rings.
Olive oil for cooking

Heat a large frying pan over a medium heat, add the pine nuts
and toast
for a minute, then add the shallot rings and cook for another
minute. Add
the sliced chorizo and cook for 1-2 minutes. Add the cherry
tomatoes
and toss through lightly then stir through the wine vinegar.
Transfer to a
warmed dish, add the toasted pine nuts and keep warm. Wipe
out the pan.

Heat the frying pan again, over a medium-high heat, and add
a drizzle
of olive oil. Lightly season the salmon fillets with salt and
pepper and

1 minute, then add the shallot rings and cook for another
minute. Add

the sliced chorizo and cook for 1-2 minutes. Add the cherry
tomatoes

and toss through lightly then stir through the wine vinegar.

Transfer to a
warmed dish, add the toasted pine nuts and keep warm. Wipe
out the pan.

Heat the frying pan again, over a medium-high heat, and add
a drizzle

of olive oil. Lightly season the salmon fillets with salt and
pepper and

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