



MONICA  
GALETTI

Monica's **KITCHEN**

Exciting home  
cooking for  
all occasions

*Foreword by  
Michel Roux Jnr*

Photography by Yuki Sugiura



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MONICA GALETTI

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**KITCHEN**



Photographs by Yuki Sugiura

**Quadrille**

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For David and Anais, my port in any storm



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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





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# 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 an egg yolk, lightly beaten, with a pinch of 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

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# 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

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

olive double cream

Bring to a boil, then add the 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

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

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 stinks, oil in a large  
and add the  
1 vegetable bulb, trimmed  
olive oil for cooking

3 garlic cloves, peeled  
Add the chorizo, cumin and fennel seeds and toss over the  
halved, germ removed  
heat for a  
and sliced  
minute. Stir in the flour and cook, stirring, for a minute, then  
1 tsp cumin seeds  
add the  
1 tsp fennel seeds  
wine, followed by the fish stock, stirring.

2 tbsp plain flour  
Bring to the boil, then turn the heat down and season with salt  
150ml white wine  
and  
500ml fish stock  
pepper. Simmer gently for 25 minutes, stirring occasionally.  
(see page 185)

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.

This quick one-pot fish stew is ideal for an easy  
midweek family meal. Saffron  
isn't as expensive a spice, but you only need a  
pinch here to lend a subtle  
flavour.  
If you can't get hold of the  
stamens, use powdered saffron  
instead, adding a bit more to achieve a good  
flavour.

# Griddled tuna with cumin

**Serves 4**

**Ingredients**  
Mustard, curry powder  
and wine  
140g each  
Olive oil for oiling

To prepare the vegetables, use a swivel vegetable peeler to 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

**Dressing**  
2 tsp wholegrain mustard  
off the heat  
2 tsp mild curry powder  
and stir in the sultanas and chickpeas. Add 2 tbsp of the  
3 tsp red wine vinegar  
dressing and fold  
6 tbsp extra virgin olive oil  
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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as a fish I prefer to eat either raw in a tartare  
or *mi-cuit* – just sealed on  
the outside and still very pink on the inside. Cumin  
is one of my favourite  
spices and it's particularly good matched with  
these Mediterranean  
vegetables, sweet sultanas and a light curry  
dressing.







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

chopped, check the salmon fillets for pin-bones, removing

any you  
1cm piece fresh root ginger,  
comb across with  
peeled and washed 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

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,

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# 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.  
2 shallots, peeled  
2 tsp pine nuts  
Olive oil for cooking

Heat a large frying pan over a medium heat, add the pine nuts  
and toast  
for 2-3 minutes.

Season a small quantity of plain flour all over, then remove and set  
aside.  
black pepper

Fine-quality balsamic  
vinegar, to drizzle  
turning, for

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

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