

# Recipe for Savory Appetizer

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*by* Sébastien Baud

*Executive Chef,  
The Consulat General of France In New York*

# Step-By-Step Chilled Heirloom Tomato consommé



# Meet The Chef

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Sebastien Baud grew up on the Atlantic Coast of France and comes from a family of fishermen.

At a very young age, he and his father would sell the catch of the day to local restaurants that's! when Sebastien started developing his passion and his cooking skills, at home under the supervision of his mother.

He graduated from La Rochelle Culinary School and had the opportunity to learn from knowledgeable Chefs who taught him many secrets in the Arts of French Cuisine.

**THIS RECIPE IS 100% VEGETARIAN**

# **Chilled Heirloom Tomato Consommé**



# Recipe



Recipe serves

4

Ingredient:	Amount:	
Heirloom Tomato Consommé	Ounces	Grams
Large red local heirloom tomatoes, cored and diced	8	8
Minced shallot	1.17 Ounces	5.69 Grams
Minced garlic	0.05 Ounces	1.42 Grams
Cracked black pepper	0.5 Ounces	7.8 Grams
Local heirloom cherry tomatoes, cut in half	8 Ounces	240 Grams
Extra virgin olive oil	0.70 Ounces	20 Grams
Small basil leaves	1 Ounces	10 Grams
Lemon grass finely chopped	4.05 Ounces	120 Grams
Torn basil leaves	2.02 Ounces	60 Grams
Fine sea salt and freshly ground black pepper	0.2 Ounces	5 Grams

Ingredient:	Amount:	
Saffron Oil	Ounces	Grams
Saffron	1 Ounces	30 Grams
Grapeseed Oil	8.11 Ounces	240 Grams
Water	8.11 Ounces	240 Grams

Ingredient:	Amount:	
Plate Up	Ounces	Grams
Caviar Sturia D'Aquitaine	1 Ounces	30 Grams
Sliced toasted country bread	4	4
Fresh goat cheese	2.11 Ounces	60 Grams
Saffron oil	0.70 Ounces	20 Grams
Thai basil leaves	8	8
Dill blossoms	8	8

# Method

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## ☀️ Chilled Heirloom Tomato Consommé :

1. Place the tomatoes, shallot, garlic, torn basil leaves, cracked pepper, olive oil and a large pinch of sea salt into a blender container and pulse until the mixture becomes smooth.
2. Place a strainer lined with cheesecloth over a bowl and pour the soup into the cheesecloth and tie the bundle closed.
3. Suspend the puree over the bowl and let sit until completely drained.
4. The tomato water can be drained overnight in the refrigerator.

## ☀️ Saffron Oil :

1. Place the saffron and 1 cup of water in a sauce pan over low heat and reduced until almost dry add the oil and warm up gently to evaporate any remaining water, be careful not to burn the saffron.

## ☀️ Plate Up :

1. Dispose a quenelle of Sturia Caviar and fresh goat cheese in the bottom of a soup bowl.
2. Pour gently the chilled tomato consommé over the garnish.
3. Place on top a toasted country bread garnish with goat cheese and caviar and decorate with thai basil leaves, dill blossom and few drops of saffron oil.



Chilled Heirloom Tomato Consommé.