



cast iron

Marinated Grilled Tuna with Mediterranean Tomato Salad

New Marseille 26cm Square Grillit®



Marinated Grilled Tuna with Mediterranean Tomato Salad

Serves 4.

Tuna is best enjoyed when cooked simply. We have marinated and grilled it, leaving it pink in the centre. A fresh tomato salad complements the flavours of the oily fish and looks beautiful served in the azure blue Marseille pie dish. Adding some salad and crusty bread creates a meal that epitomises sunny, alfresco Mediterranean dining.

Le Creuset Cast Iron 26cm Square Grillit®

Ingredients

4 thick cut tuna steaks 140g-175g each, about 2½-3cm thick

Marinade

2 tablespoons olive oil
Juice of a lime
½ teaspoon sugar
1 garlic clove - crushed
½ teaspoon coarse black pepper
1 teaspoon Herbs de Provence or mixed herbs

Mediterranean tomato salad

4 extra large ripe tomatoes 450g

Dressing

3 tablespoons extra virgin olive oil
2 tablespoons white balsamic vinegar
1 teaspoon Dijon mustard
1 garlic clove - finely chopped
Small handful fresh basil – 3/4 sprigs
½ teaspoon salt
¼ teaspoon pepper
Vegetable oil for grilling

Method

1. Mix together the ingredients for the marinade in a medium sized flat bottomed dish. Add the tuna steaks and coat in the marinade. Cover and refrigerate for around 25 minutes, but no longer than 30 minutes.
2. Make the tomato salad dressing by combining the olive oil, white balsamic vinegar, mustard and garlic in a small bowl, adding salt and pepper to taste.
3. Slice the tomatoes 1cm thick and arrange in the stoneware dish in rows before coating in the dressing. Roughly tear the basil leaves and scatter over. Cover and leave at room temperature.
4. Drain the fish from the marinade onto some kitchen paper and season with a little salt.
5. Place the empty Grillit® over a low to medium heat on the hob and allow it to heat for several minutes. Test the grill temperature by dropping a few drops of cold water over the hot surface. If it sizzles and the water evaporates almost immediately, it is hot and ready for use. If the water produces steam and has no sizzle, heat the pan for a little longer and repeat the test again. Use an oven mitt, handle glove or a thick cloth for gripping the cast iron handle at all times.
6. When the Grillit® is ready, lightly oil the grill ribs and the fish with a little vegetable oil. Place the tuna on the grill and allow to sear for 2 minutes before turning and cooking the other side. Cooking time will depend on how thick the steaks are and how well done you like your fish.
7. Serve with the dressed tomatoes, salad and some crusty bread.

Cook's notes

1. Tuna needs to be very fresh, so look for a firm fish with a dark colour. If tuna is not available, ask your local fishmonger for other fishes ideal for grilling.
 2. Score the skin and flesh of the cleaned whole fish before marinating and cook through. This may take a little longer on the grill.
- Note** - If fish is left in a salty or acidic marinade for longer than 30 minutes it will begin to cook.



Marseille Cast Iron
26cm Square Grillit®



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Reference No 4055



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Bouillabaisse with Rouille

New Marseille 29cm Oval Casserole



Bouillabaisse with Rouille

Serves 4-6.

Bouillabaisse is a robust seafood soup made with a variety of fish and shellfish cooked in a broth containing vegetables, tomatoes, garlic and saffron. Originating from the French city of Marseille, the dish has been cooked for centuries. Traditionally made from the catch of the day and the less saleable small and bony fish, Bouillabaisse would be served in two parts. First, the broth accompanied by bread and a spiced garlic sauce called a Rouille, followed by the fish. Today we prefer to eat the dish as a whole, making it a cross between a soup and a stew.

Le Creuset Cast Iron 29cm Oval Casserole

Ingredients

Bouillabaisse

250ml dry white wine
1 kg assorted shellfish in their shells
2 tablespoons olive oil
1 onion - diced, 2 garlic cloves - chopped
450g potatoes peeled and cut into small dice (use a floury potato as this will break down and thicken the sauce a little)
1 medium leek - cleaned and sliced, 1 small fennel bulb - chopped
2 strips of peel from an orange
Pinch saffron, Pinch chilli flakes
A few sprigs parsley, thyme and a bay leaf - tied together
2 tablespoons tomato puree, 4 large ripe tomatoes - diced
500ml fish stock
750g filleted, boned and skinned firm fleshed white fish
2 tablespoons of Pastis (optional)
2 tablespoons chopped parsley to serve

Rouille

1 roasted red pepper approximately 115g
1-2 teaspoons Harissa paste, depending on taste
1½ tablespoons lemon juice
3 garlic gloves - finely minced
6 tablespoons soft white breadcrumbs
2 tablespoons chopped parsley
4-6 tablespoons olive oil
Salt to taste, 1 sliced baguette to serve

Method

Bouillabaisse

1. Heat the wine in the casserole to a simmer, add the cleaned shellfish, cover and cook for between 4-5 minutes until prawns are pink and other shellfish such as mussels and clams are open. Lift the shellfish from the stock into a bowl and discard any unopened shell fish.
2. Strain the cooking stock through a fine sieve to remove any sand or grit and add to the fish stock. It should total around 1 litre.
3. Heat the oil in the casserole and add the onion, garlic, diced potato, leek and fennel, cook for 5-6 minutes until softened but not coloured.
4. Add the orange peel, saffron, chilli flakes, the tied herb bunch, tomato puree and diced tomatoes.
5. Pour in the fish stock with the added shellfish cooking liquid and bring to the boil. Reduce the heat, place on the lid and simmer for 10 minutes. Remove and discard the orange peel and tied herbs.
6. Add the prepared white fish to the casserole. Start with the thickest and densest before adding the softer more delicate fish. This should take only a few minutes or the fish may overcook.
7. Return the cooked shellfish to the casserole along with the optional Pastis. Stir, place on the lid and heat through until piping hot.
8. Sprinkle over the chopped parsley.

Rouille

Blend the roasted pepper, Harissa paste, lemon juice, garlic, breadcrumbs and parsley with 3 tablespoons of the olive oil. Slowly add the remaining olive oil until a thick sauce consistency is achieved. Season to taste with salt and place into a ramekin or serving bowl. Serve the Bouillabaisse with the Rouille and sliced baguette.

Cook's notes

1. Shop bought ready roasted peppers in olive oil are ideal for the Rouille.
2. If using a cube or concentrate always check the seasoning before adding extra salt. A pinch of turmeric can be substituted if Saffron is not available.
3. For white fish variety please ask your local fishmonger.



Marseille Cast Iron
29cm Oval Casserole



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Reference No 4054



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Chicken Tagine with Preserved Lemon and Black Olives

New Marseille 24cm Round Casserole



Chicken Tagine with Preserved Lemon and Black Olives

Serves 6.

Marseille is a culturally diverse city with a rich fusion of food culture, where North African style souks mix with Mediterranean markets. This recipe is inspired by the Moroccan influence on Marseille and combines authentic North African ingredients with some Mediterranean ones to create a wonderfully aromatic and flavoursome dish, which is cooked in our classic cooking vessel, the round casserole.

Le Creuset Cast Iron 24cm Round Casserole

Ingredients

Marinade

3 tablespoons olive oil
2 tablespoons ground cumin
1 tablespoon ground coriander
1 teaspoon coarsely ground black pepper
1 teaspoon salt
4 garlic cloves - lightly crushed
2 bay leaves

Tagine

2 tablespoons olive oil
1½ kg large chicken thighs - bone in and skinned
2 medium onions - sliced
4 tablespoons light brown sugar
200ml dry white wine
2-3 teaspoons harissa paste
115g preserved lemons - roughly chopped
55g pitted black olives
2 tablespoons fresh coriander - chopped
2 tablespoons fresh mint - chopped
3 tablespoons flaked almonds - lightly toasted (optional)
Couscous to serve

Method

1. Mix together the marinade ingredients in a large dish. Add the chicken pieces and coat well. Cover and leave to marinate for 12 hours or overnight in the refrigerator.
2. Heat 1 tablespoon of the olive oil in the casserole, add the onions and sauté until softened but not overbrowned. Remove with a slotted spoon and set to one side.
3. Drain the chicken from the marinade and discard the garlic and bay leaves. Heat the remaining 1 tablespoon of olive oil in the casserole, add half the chicken pieces and lightly brown on all sides. Remove from the pan and repeat with the remaining chicken pieces. You can use the upturned casserole lid as a holding plate for the first batch.
4. Return the chicken and the cooked onions to the casserole before adding the sugar, wine, harissa paste, preserved lemons and olives. Stir well, place on the lid and cook slowly over a very low heat for 1½ hrs. Stir 2-3 times during the cooking time, turning the chicken pieces in the juices. If the mixture becomes too dry add a small amount of water.
5. Stir in half of the chopped coriander and mint and adjust the seasoning to taste with some salt and pepper.
6. To finish, sprinkle with toasted almonds and the remaining chopped coriander and mint.

Serve with simple plain couscous and small flat breads.

Cook's notes

1. Harissa pastes can vary in spiciness, so adjust the amount to personal preference.
2. Removing the skin from the chicken reduces the fat content.



Marseille Cast Iron
24cm Round Casserole



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Reference No. 4056



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Caramelised Peach and Almond Cake

New Marseille 20cm Omelette Pan



Caramelised Peach and Almond Cake

Serves 4-6.

This sticky cake takes its inspiration from the wonderful flavours of Provence and is cooked in the Le Creuset omelette pan. Sweet, ripe peaches caramelised in butter, fragrant local honey, all topped with a rich orange scented almond cake mixture and baked in the oven. Serve warm as a dessert with Chantilly cream, crème fraîche, ice cream or simply on its own with tea or coffee.

Le Creuset Cast Iron 20cm Omelette Pan

Ingredients

Caramelised Fruit

1 tablespoon butter
2 tablespoons orange blossom honey
2 tablespoons light brown muscovado sugar
2 ripe peaches (225g)

Almond cake

115g softened butter
115g light brown muscovado sugar
2 eggs
85g ground almonds
25g plain flour
½ teaspoon baking powder
¼ teaspoon almond extract
¼ teaspoon orange extract

Method

Pre heat the oven 180°C / Gas Mark 4 Fan Oven 160°C

Caramelised Fruit

1. Cut the peaches in half and remove the stones. Slice each of the halves into 4 segments.
2. Melt the butter, honey and sugar in the omelette pan over a low heat. Cook for 3-4 minutes until the sugar is dissolved and the mixture begins to caramelize.
3. Add the peach slices, turning and coating them in the syrup and cook for just a few seconds. Remove from the heat and cool.

Note - if the peaches cook in the syrup for longer, they will release too much juice.

Almond Cake

1. Beat together the softened butter with the sugar and mix in the eggs one at a time. Add the almonds, flour, baking powder and extracts and beat together to make a smooth batter.
2. Arrange the peaches evenly over the base of the pan. Spoon over the cake batter in small amounts, starting from the outside and working inwards as this will help to contain the juices. Smooth over the top and bake in the oven for 25-30 minutes. The cake will be done when it springs back when pressed in the centre.
3. Allow the cake to cool in the pan for about 5 minutes. Place a serving plate upturned on top of the pan and flip the plate and pan together.

Note - take care and use a thick cloth as the pan will still be hot.

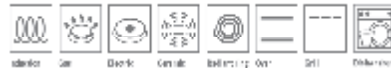
Serve either warm with whipped vanilla cream as a dessert or at room temperature as a cake.

Cook's notes

Salted butter is best for this recipe as the salt enhances the flavour of caramel.



Marseille Cast Iron
20cm Omelette Pan



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