



As spring approaches, chef Arnaud Bignon celebrates fresh flavours and seasonal British seafood at The Greenhouse restaurant in Mayfair

# Kitchen *confidential*

## What I'm cooking with...

A good plate of food should always have an element of lightness to it, and with so much excellent seafood around at this time of year, there's a whole array of dishes we look forward to serving. There's also a lot of lovely citrus fruit about during the winter months, and it's amazing how it can be used to lift a dish.

I like to oven roast wild salmon on a low heat for hours, then pan-fry it at the last minute and serve with yuzu (a Japanese citrus fruit). Our tandoori scallops are glazed with ginger, and served with blanched Savoy cabbage and lemon confit. You get crunchiness from the cabbage – which contrasts with the velvety scallops – and that hit of lemon cutting through it all: it's delicious. It's worth making use of limes too; we do a ravioli using spider crab that's garnished with kaffir lime zest. We pour a consommé made from crab shell over the top, and it becomes infused with the flavour of fresh lime.

This is also the perfect time of year for cockles and razor clams. They taste incredible on a bed of smoked mashed potato, which I like to top with a cos foam; I blanch a few cos leaves, blend them with their own cooking juices and add a little liquid lecithin. It makes a wonderful sauce and is very pretty on the plate.

Of course everyone gets excited about lamb as we begin planning our March menu. Mine comes from the Pyrénées – wild milk-fed breeds have a beautifully delicate flavour. I use shoulder joints a lot, either slow-cooked with plenty of rosemary, garlic and thyme and served up in the roasting pot, or rubbed with ras el hanout (a Moroccan spice mix) and paired with a red pepper coulis.

Interview by Jessica Basi

One vegetable that works in a number of dishes is cauliflower. Pan-fried in chicken stock, heirloom varieties are delicious with simple fregola pasta. Blanched and thinly sliced, cauliflower makes a good starter with a little Mimolette cheese – the French kind of course, it's aged for 25-36 months and has much more flavour than the Dutch variety! This is great finished with a drizzle of olive oil and slices of blood orange. Again, it's amazing how the acidity from the citrus fruit completely elevates the flavour of the dish.

[greenhouserestaurant.co.uk](http://greenhouserestaurant.co.uk)

## Who I'm using...

All our vegetables come from Mash, which does a lot of work with specialist suppliers across the UK ([mashpurveyors.com](http://mashpurveyors.com)). For fish, the best place I've worked with is Marrfish ([marrfish.co.uk](http://marrfish.co.uk)). It's a solid family business and delivers very good langoustine and smoked salmon.

There's a lot of lovely citrus fruit about during winter. Our spider crab ravioli is garnished with kaffir lime zest; a consommé poured over the top becomes infused with a fresh lime flavour



## What's in

### At its peak

Avocado, brill, broccoli, carrots, celery, chicory, cod, duck, forced rhubarb, guinea fowl, hake, halibut, herring, Jerusalem artichokes, lobster, mackerel, mussels, mutton, onions, oranges, oysters, parsnips, radish, Savoy cabbage, scallops, seakale, Seville oranges, shallots, skate, sole, spinach, spring onion, swede, sweet potato, turbot, venison, wild garlic, wild salmon

### Also available

Apples, Brussels sprouts, butternut squash, celeriac, chard, clementines, dates, fennel, hare, kale, leeks, mallard, monkfish, parsnip, partridge, pears, pheasant, radishes, salsify, sorrel, spider crab, walnuts, watercress

## Arnaud's *recipe* for Feb/March

**To make a curried rhubarb and mussel salad for one, start by cleaning 300g mussels. Steam them with 1 garlic clove, some thyme, a little olive oil and 100ml dry white wine for 4-5 minutes. Discard any mussels that have not opened. Once cooked, remove the shells. Add 50g crème fraîche and 1tsp curry powder to the sauce and reduce. When it coats the back of a spoon, cool it. Wash and peel 30g forced rhubarb and slice finely. Pour the curry sauce on to a plate, and make a bed of mixed salad leaves. Add the mussels and slices of rhubarb, spray with a little more olive oil and season with sea salt. The contrast of the raw rhubarb's acidity with the curry sauce is a nice combination that gives this salad some punch.**