

# Chef Bernard Guillas' Chilled Carrot Tangerine Velouté w/ Rock Lobster Salad



Chef Benard Guillas friended me on Facebook. We started talking about our favorite common subjects, food and travel. He's currently promoting his first book, [Flying Pans: Two Chefs, One World](#).<sup>[1]</sup> I took a sneak peek online and realized I just had to talk to this guy. After checking out his book, I have the travel bug again. For now, I am happy to try his Chilled Carrot Tangerine Velouté w/ Rock Lobster Salad inspired by his voyage to Tahiti. Try it yourself and enjoy. Also, check out the special offer for his book below.

## Ingredients

Serves 6

### The Soup

- 2 tablespoons grapeseed oil
- 1/2 cup chopped celery
- 1 bulb fennel, chopped
- 1 1/2 pounds chopped peeled carrots
- 1 cup diced peeled sweet potato
- 1/4 cup sweet vermouth
- 1 cup tangerine juice
- 1 cup vegetable stock
- 1/8 teaspoon hot chile powder
- 1/2 teaspoon sea salt
- pinch saffron threads
- 1/2 cup heavy cream
- 1 cup carrot juice
- to taste sea salt and ground white pepper

Add oil to stock pot over medium heat. Add celery, fennel, carrots, and sweet potato. Cook 5 minutes, without browning, stirring often. Add vermouth, 1/2 cup tangerine juice, vegetable stock, chile powder, sea salt and saffron. Cover. Simmer 20 minutes or until vegetables are soft. Remove from heat. Stir in cream. Working in batches, puree in blender until smooth. Strain through fine sieve. Refrigerate until well-chilled. Whisk in carrot juice and remaining tangerine juice. Season with salt and pepper.

### Vanilla Oil

- 2 vanilla beans
- 1 teaspoon vanilla extract
- 3 tablespoons hazelnut oil

Cut vanilla bean in half lengthwise. Scrape seeds into small mixing bowl. Whisk in vanilla extract and hazelnut oil. Reserve vanilla pod for another use.

### Rock Lobster Salad

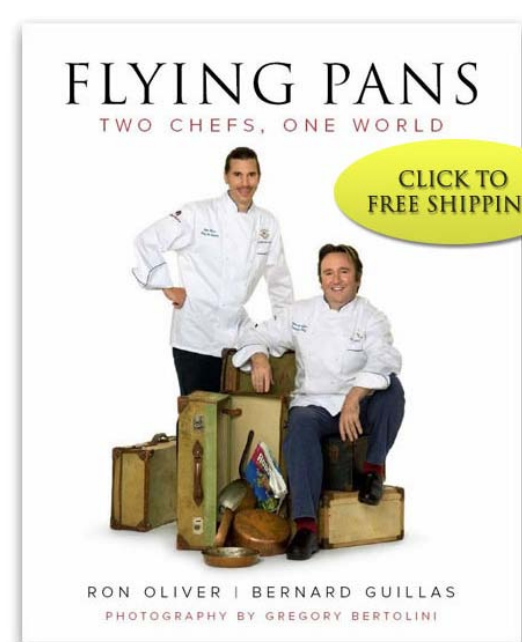
- 2 quarts water
- 1 teaspoon sea salt
- 2 6-ounce rock lobster tails
- 2 tablespoons hazelnut oil
- 1/2 teaspoon vanilla oil
- 1 tablespoon sweet vermouth
- 1 teaspoon minced chives
- 1 tablespoon julienned mint leaves
- to taste sea salt and freshly ground black pepper

Boil water and salt in large pot over high heat. Drop in lobster tails. Return to simmer. Cook 5 minutes. Transfer to ice bath. Remove shell. De-vein. Cut into small cubes. Transfer to mixing bowl. Combine with remaining ingredients. Season with salt and pepper.

### Presentation

- 1/4 cup alfalfa sprouts

Ladle soup into chilled shallow bowls. Place lobster salad in center. Top with sprouts. Drizzle vanilla oil over soup.



## Special Offer:

Get a signed copy of Flying Pans: Two Chefs, One World and free shipping by going to [www.twochefsoneworld.com](http://www.twochefsoneworld.com)<sup>[1]</sup>. When ordering the book, mention Into the Soup, and your name.

## About Chef Bernard Guillas

Brittany-born Bernard Guillas is Executive Chef of the La Jolla Beach and Tennis Club and landmark Marine Room restaurant in California. He is an avid culinary traveler who can share tales from seven continents. He has been featured in Food Arts and "Great Chefs of the World" TV series and was awarded "Chef of the Year" by Chef Magazine.

*Soup Photo by Gregory Bertolini*

The **Soup of the Week** is brought to you by [Savory Creations](#)<sup>[2]</sup> and their **Savory Choice** products. When you don't have time to make your own stock, **Into the Soup recommends** Savory Choice. It's our broth



of choice. Find it in your local grocery store or buy online by [CLICKING HERE](#) [2]

[2]

[Soup of the Week](#)

Copyright © 2009 Into the Soup LLC. All Rights Reserved.