

French & R.U.P Meal

Starter :

Tahitian Salad

***Ingredients (serves 4):**

- 3 slices of white tuna
- The juice of 3 or 4 limes
- 200 ml coconut milk
 - 2 carrots
 - 1 cucumber
 - 1 onion
- Grated ginger

***Preparation:**

Cut the slices of tuna into small pieces (before freeze them, it's easier). Marinate the slices in lemon juice. When the fish is "cooked" remove excess lemon if you need, then add the coconut milk and vegetables cut into julienne. Season with ginger.

Serve chilled.

Main Course :

Steak-Chips

***Ingredients (serves 4)**

- 4 steak
- 8 potatoes

***Preparation :**

Heat oven to 450 ° F. (230° C, th. 8)

Peel potatoes. Wash. Cut into slices 1 cm thick, then each slice into square sticks. You've got your chips.

Cook the steaks in a large frying pan to high fire for 2 minutes, then reduce heat to medium. Cook 10 minutes or until the desired cooking, turning occasionally.

In the meantime, place chips on a baking tray. Cook 8 to 10 minutes or until chips are hot and crispy. Serve steaks with chips.

Dessert :
Tarte Tatin

***Ingredients :**

- 8 to 10 apples
- 150 g of butter
- 150 to 200 grams of powdered sugar
- 200 to 250 g of pastry

***Preparation:**

Melt 50g butter in a mould failed.

Add 5 tablespoons sugar and let caramelize over low heat, stirring the pan until a golden caramel.

Preheat oven to 180 degrees (th 6 / 7).

Peel apples, cut them into four, remove hearts and pips and put them in the mould overlapping tight,
the curved side towards the bottom of the mould.

Cook the pie 30 minutes then let cool off the oven but keep it hot.

In the meantime, prepare the pastry.

Put the pastry on apples in the mould and slide along the edges of apples inside the mould, put it again
in the oven and cook 20 minutes, until the pastry is golden brown.

Out of the oven, unmould the *Tarte Tatin* in the back on a tray.

Serve warm *Tarte Tatin*.

Bon Appétit !