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 レシピ

## Fromage frais and herb sauce

### Ingredients

- 1/2 cup fromage blanc (or Brousse)
- 2 tbsp. olive oil
- 1 tbsp. chopped cilantro
- 1 tbsp. finely chopped chives
- 1 coarsely chopped shallot
- the juice of a lime
- 4 tsp. Reims vinegar (white wine vinegar)
- salt
- a pinch of Cayenne pepper

1. Mix the fromage blanc, the herbs and shallots. 2. When the mixture is, of even consistency, pour in the olive oil, lime juice and vinegar. 3. Season and mix again. 4. Put in a cool place. 5. Mix once more before serving.

## Traditional light mayonnaise sauce

### Ingredients

- 2 egg yolks
- 2 tsp. mustard
- 2 tsp. wine vinegar
- 3 tbsp. rapeseed oil (canola)
- 1 tbsp. thick crème fraîche
- 1 tsp. grain mustard
- salt and pepper

This sauce is runny; it is to be mixed in a rice salad.

1. Put 2 egg yolks into the multi purpose dressing maker. 2. Add 2 tsp. mustard. 3. Pour in 2 tsp. wine vinegar. 4. Salt and pepper. 5. Blend vigorously. 6. Pour in 2 tbsp. rapeseed oil and operate the dressing maker. 7. Repeat until it blends. 8. Repeat with 2 tbsp. oil. 9. When the sauce is solid, blend 1 tsp. grain mustard. 10. Then blend 1 tbsp. crème fraîche. 11. Operate the dressing maker.

Scented mustards may be used if preferred.

## The chef's mayo topping

### Ingredients

- 2 egg yolks
- 2 tsp. mustard
- 2 tbsp. peanut oil
- 1 tbsp. white wine vinegar or lemon juice
- 6 drops Tabasco

This is a mayonnaise sauce topping that will go very well with cold poached fish and seafood.

1. Put the 2 yolks into the dressing maker. 2. Pour in 2 tsp. mustard. 3. Blend vigorously and pour in 2 tbsp. oil. 4. When the mayonnaise takes shape: add 1 tbsp. oil. 5. You may add more oil if you wish: 4 tsp. 6. Finish by adding 1 tbsp. vinegar or lemon juice to scent your mayonnaise sauce. 7. Add 6 drops Tabasco.

## Vinaigrette with mint and citrus fruits

### Ingredients

- 1 tsp. of liquid honey
- 1 tsp. of chopped mint leaves
- 1 tsp. grated orange peel
- 2 tbsp. rapeseed oil (canola)
- 2 tbsp. honey vinegar
- the juice of 1/2 lemon
- the juice of 1/2 orange

1. Pour the liquid honey into the mill, 2 tbsp. rapeseed oil, then 2 tbsp. honey vinegar. 2. Add 1/2 orange pressed and 1/2 lemon pressed. 3. Blend. 4. Add 1 tsp. chopped mint and 1 tsp. grated orange peel. 5. Blend again. You may add 1 tsp. balsamic vinegar for flavor and originality.