



95°

La cuisine dans son
plus simple appareil

by
Marion Kaplan

Special
issue

The soft steaming review

95° is the magazine of soft steam cooking, without gluten nor dairy products. After much thinking and some thorough work, we have decided to propose a gathering around the Vitaliseur and soft steaming, but also health counseling and meetings to perfect your quest for well being.

By joining the 95° community, every other month you'll receive a 100-page beautiful paper hard copy magazine fully optimized about your Vitaliseur.

Every issue contains about 30 official and original recipes adapted to the Vitaliseur, as well as your own recipes, the ones you choose to share with the Vitaliseur community.

95° is a magazine in which Marion Kaplan tells you about her research and gives you advice for a greater awareness. More and more chefs start reflecting on nutrition and use the Vitaliseur; Them too speak out in your magazine.

Your subscription to 95° also grants you access to the private website www.95degres.com. This site offers you exclusive recipes, season after season, videos of steamed courses prepared by chefs or culinary bloggers, original advice and unlimited access to the podcasts of workshop 95.

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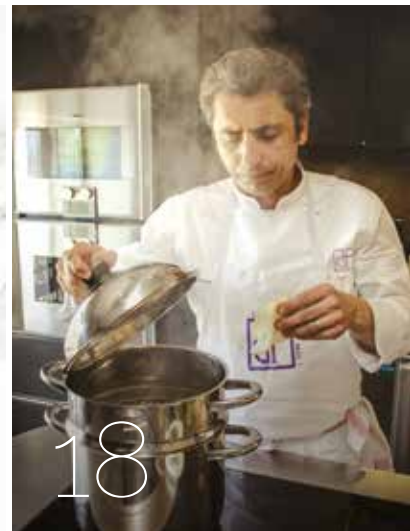
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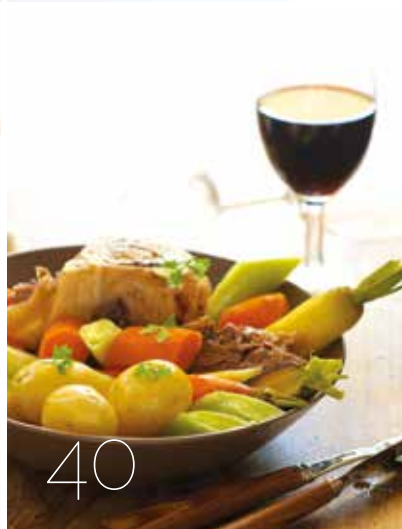
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INTERVIEW



95° by...

MARION KAPLAN

Whoever owns a Vitaliseur knows its creator, Marion Kaplan. In her struggle for health and healthy cooking, she has had an early reflection on cooking types to find the one that respects food the most. Soft steaming has become her hobby horse, a principle she wants to raise awareness about to the greater number.

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Chefs commit
and become tomorrow's doctors

Since when has steaming been around ?

Marion Kaplan : In France, soft steaming has been around for only thirty years. Before that, steaming meant pressure cooker. We used to cook in water, making broths and soups. But the pressure cooker revolutionized cooking in a way people were told it was faster.

However, this appliance caused reluctance from all naturopaths and hygienists who knew this type of cooking destroyed all vitamins and nutritional principles. The cooker only provided our stomachs with boiled food, even extremely boiled, basically dead food. However, soft steaming has existed for 6000 years in China. I can say I was one of the first, along my associate back then André Cocard, to make people understand you could cook more than steamed couscous. And when people compare the Vitaliseur with a couscoussier, I must admit it sort of gets on my nerves (laugh).

As it happens, is the difference essential to you ?

The couscoussier is designed to cook semolina. Therefore, the priority is that holes are small enough to not let semolina fall on meat and vegetables. The flat lid allows the condensation water to fall back right on the semolina and moisturize it. On the other hand, what is expected from soft steaming is precisely that water doesn't fall back on food, so it doesn't get saturated.

I hold this theory from professor Marc Henry, great researcher and expert in molecular chemistry at the Strasbourg University. Designating food enzymes as an absolute law is wrong. What matters is to have digestive enzymes, the ones that can be found in the pancreas or the gallbladder for instance. They help absorb a food and break it down in order to make it assimilable thanks to blood flow. Food enzymes are only relevant in their natural environment, which means in the ground for a leak or a potato, or up in the air, tied to the tree, for an apple or a pear. As soon as they're picked up, we know they'll eventually rot. Why does a ve-

getal keep fresh when tied to a tree or buried in the ground, despite the rain or the sun, and why does it rot once picked up ? Its enzymatic activity, as long as it is tied to life, contributes to photosynthesis and to its sugar intake. But from the moment you remove it from it, its enzymes start degrading it.

The type of cooking matters at that point then ?

How can you cook without destroying a food's nutritional property ? I've always wondered about that. I was a vegan at age 15 and had bought a utensil for steaming. I already had the question in mind. But it wasn't a low temperature cooking. We had to abuse onions and vegetables that yield water so vegetal wouldn't stick and trigger Maillard's reaction.

What is that ?

It is a reaction between proteins and sugars, that create a tanning at a certain temperature and, within the organism, combine with amino acids or even nitrates to form toxic compounds : glycotoxins that caramelize blood. It can be, for instance, toasted bread, meat cooked in the oven, on a grill or a pan, sautéed potatoes, etc. When you eat with reason it's okay, but some people eat it everyday. M. Maillard has proved the carcinogenic property of the type of cooking on mice. By caramelizing blood, glycotoxins thicken it, it is the problem of diabetes.

So soft-steaming is not any kind of steaming ?

There is often a confusion between steaming and the steamer. The steamer is a pressure cooker, it kills everything. Soft steaming mustn't rise pressure but balance with atmospheric pressure. It doesn't go above 102°C. The steam must be free and be able to escape as soon as there's enough density in the container. This soft steam is remarkable because it preserves all vitamins, even the most sensitive to heat, known as « thermosensitive », but also the integrity of cells' membrane. This soft steam skims the

fat off the food's surface. But you have to be well aware that intracellular toxins such as nitrates won't be removed. That is why I always advise to buy organic products or products from a reasonable agriculture, such as permaculture.

How did you get this answer to the question : how to cook without killing ?

It was in the eighties, meeting André Cocard. He had conducted many experiments with soft steaming and designed a utensil with a dome-shaped lid. He had observed that this type of cooking preserved cell identity, killed fat, but also a certain amount of surface pesticides and some heavy metals. It was the beginning of a real soft steaming. So, of course, we started steaming vegetables, but particularly meat. And that is a revolution. There are still people who don't dare to cook meat with the Vitaliseur (quality meat obviously).

Don't you think some consumers still associate steaming to a tasteless restrictive food ?

With a traditional cooker, food is indeed tasteless (laugh). The lids cause a longer cooking, that alters the product. It's better than a water cooking, but still far from ideal. With our Vitaliseur, we have convinced great chefs. They don't make videos for 95° just to please us, it is because they are amazed ! Some vegetables even reveal different tastes, such as turnip rooted chervil that I discovered at Hermance Carro's, and that tastes like Crêpe Suzette after the Vitaliseur, but a much more common taste when water cooked.

Vegetables reveal their true flavor once cooked with the Vitaliseur. There is, for instance, a practice from great chefs that consists in whitening vegetal in boiling water then in ice cold water so they keep their color and stop cooking. I showed them that one minute in the Vitaliseur gives the exact same reaction. The other example that amazes them is beef cooking in two or three minutes that gives a silky melty meat.

INTERVIEW

They can only be convinced. It is simply impossible to compare with other steamers. The sieve's larger holes allow the steam to go through thoroughly and sear the food, which doesn't suffer.

Why doesn't the Vitaliseur have two levels of cooking baskets, as you can see in traditional steamers ?

Imagine that you're in a flat with a hole in the

bathroom ceiling. Your neighbor's water will drip on your head! It is exactly the same for the steamer. technically, we could do it, but I strongly advise against it. First, because it will be harder for the steam to get to the second floor, therefore slowing the cooking down and degrading food. Then, because food on the top will ooze on the lower ones and the Vitaliseur's properties will be lost, for the taste as well as for health.

What advice would you give to those who are about to steam cook for the first time ?

If they can boil water, they can steam cook. I'd remind them that cooking with the Vitaliseur is very fast. I'd advise them to cut food in small pieces because the smaller they are, the faster they are seared and thus preserved. Finally, they mustn't hesitate making sauces to brighten up their food. ♥

Interview by Florent Lamiaux





1980

ANDRÉ COCARD'S COOKING UTENSIL, VAP'OK

Chemistry engineer André Cocard designs first soft steaming device. He partners up with Marion Kaplan. From this partnership is born the Coplan company



1985

BIRTH OF THE VITALISEUR DE MARION®

After years of reflection and research, the Vitaliseur is released along its exceptional properties.



1986

MEETING WITH DR CATHERINE KOUSMINE

Marion Kaplan meets Dr Catherine Kousmine, founder of a medicine that associates health with food. She becomes her student for four years.



1989

1ST COOKING AND HEALTH INTERNATIONAL CONGRESS CHAIRED BY MARION KAPLAN

Marion Kaplan is honored with a bronze medal from philosopher Louis Leprince-Ringuet. She meets Professor Luc Montagnier, whom she educates about food by offering him a book by Dr Kousmine.



1989

MARION KAPLAN'S JOURNEY TO CHINA

Impressed by Chinese physiotherapy techniques, Marion Kaplan also discovers a culture that favors a sugar-free, dairy-free cooking, yet rich in vegetables, fish and rice.



1989

MARION KAPLAN AND DR CATHERINE KOUSMINE

Marion Kaplan releases her first book corrected by Dr Kousmine and co-signed by Dr Alain Bondil, « *Food according to the teachings of Dr Kousmine* ». This book quickly sells 130,000 copies and keeps living at the Editions Flammarion.

Our grandmothers found cooking under pressure in the famous Cocotte-Minute® very modern, as it screamed whenever the pressure got too high. Then, the idea of a healthy cooking, thanks to **soft steaming**, invaded the shelves of specialized stores, offering plastic devices that tended to the same result, an overcooked product, often perverted. It was undeniably the beginning of a new cuisine through the birth of a cooking device, well identified today, the Vitaliseur de Marion®.

This thirty-year-old benefits from the values of its age : the strength of youth and the wisdom of experience. When **Marion Kaplan**, student of **Doctor Kousmine**, created the Vitaliseur in 1985, partnering up with André Cocard who had designed a steamer (the Vap'Ok, not to be confused with the Vapok), she discovered the interest of **steam cooking**. « Meeting **André Cocard** was very important to me » likes to remind the one who never forgets her background and those who were part of it. But this device she is interested in is not quite completed.

Then started **a long research about the gold number and shape waves**. She upgraded this device by enlarging the sieve's holes but also studying the round shape of the lid. Thanks to deep calculus, she defined the diameter of holes, their number and distribution depending on the sieve's diameter as well as the height of both the vat and the lid. To succeed in her project, Marion Kaplan doesn't hesitate to work with a team of scientists.

Is it her childhood frail health caused by lactose intolerance that lead this bio-nutritionist to take care of ours ?

Either way, one thing is certain, **this Vitaliseur is definitely used as the partner of a healthy nutrition** that, still today, gives a hard time to its detractors. « You don't tolerate a food simply because you digest it », specifies again Marion Kaplan. Because our nutrition, like one of her best-sellers*, must be aware et above all, customized. We don't have all the same immunity and magazine 95° is there to remind that, and especially help everyone get a more adapted nutrition.

The Vitaliseur de Marion® promises many things, starting with a maximum 95°C cooking, to the core of foods, thanks to the width and distribution of holes, offering the cooking an homogeneous temperature regulation. Its ingenious steaming system, **offers foods respect of their structure**. It drives the water dripping to the sides of the device, thus avoiding food degradation and also rejecting a considerable layer of pesticides. Simply browse blogs and read users' comments to be convinced.

Thirty years later, the result is staggering : Marion Kaplan's challenge is a success... it works ! **Vegetals have more vitality after cooking than before and meats are incredibly melty.**

Great chefs, absolutely seduced, even use the Vitaliseur in their restaurant's kitchen, like Denis Fétysson or Jean Bretagne.

No retail stores but an exclusive online network whose address is passed on by word to mouth, or shall I say word to taste buds. In thirty years, the company, changed to « Nutrition Quantique », has gained structure, and seems to have understood the proverb « If



1990

GENEVIEVE LETHU AND STEAMING

Marion Kaplan writes a book for Geneviève Lethu, *Hummer gourmande*. The latter will sell the Vitaliseur within her network for many years.



2000

TESTIMONIES FROM PROFESSOR SEIGNALET AND PROFESSOR JOYEUX

Professor Henri Joyeux introduces the Vitaliseur to the author of *L'alimentation ou la 3^e médecine*, Dr Seignalet later advised the Vitaliseur to his patients.



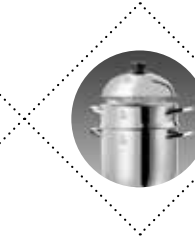
2001

MEDALS AWARDING BY YVES COPPENS



2013

THE VITALISEUR KEEPS ITS SAME ENERGETIC PARAMETERS AND IMPROVES THANKS TO HANDLES CERTIFIED BY A GERMAN PATENT.



2014

NEW MODEL



2017

IN DECEMBER 2017, BIRTH OF THE VITALISEUR GRAND CHEF AND THE TRIO GRAND CHEF.

you want something done, do it yourself ». No distribution, the customers become the best salesmen. Everything is handled internally for a tool whose growing success hasn't been matched since its creation.

Today, designers are studying its appearance to give it the proper makeover adapted to a colorful and contemporary look that respects the aesthetics without altering its technical properties, dear to its creator. ♥

Florent Lamiaux

**Nutrition Consciente*
de Marion Kaplan, Éditions Grancher.

THE VITALISEUR HAS BEEN ENHANCING COOKING FOR + THAN 30 YEARS

RED MULLET WITH STUFFED VEGGIE HOT PEPPER IN THYME STEAM, ENTE'S PLUM CONDIMENT AND BANYULS VINEGAR

PIERRE AUGÉ



PREPARATION 10 MIN
COOKING TIME 3 MIN

INGREDIENTS FOR 4 PEOPLE

- 4 red mullets
- 12 pieces of veggie hot pepper
- 130 gr of black bell pepper (or 1 green bell pepper)
- 16 Ente's plums (or other)
- A handful of thyme (about 10 gr)
- Banyuls vinegar
- Prune vinegar
- Olive oil
- Fleur de sel
- Espelette pepper
- Salt

1. Scale the red mullets, remove the fillets and put aside. Remove the livers and put aside.
2. Cut the top of veggie peppers and put aside. With the back of a spoon, gently empty the inside of peppers as they're very fragile. Put aside. Make a brunoise with the bell pepper. Add a dash of Banyuls vinegar and olive oil. Put aside.
3. Fill one third of the Vitaliseur's vat with water and boil.
4. Mash the livers with a fork and mix the bell pepper brunoise adding a pinch of fleur de sel. Put the stuff in an icing bag and fill it with hot peppers.
5. On the Vitaliseur's sieve, leave the thyme and let infuse for a few seconds. Lay the stuffed peppers and their little hats, as well as the plums over the thyme. Let cook for 1 minute.
6. Remove the plums and stone them. Roughly chop them with a knife, until you get some sort of puréed-condiment. Add a dash of prune vinegar and Banyuls vinegar, a pinch of fleur de sel and a pinch of Espelette pepper.
7. Sprinkle a pinch of Espelette pepper as well as some salt over the red mullets, and pour a dash of olive oil. Lay up the red mullets, on the Vitaliseur's sieve, over the thyme and cook for 2 minutes. Lay the plates and sprinkle the fillets with a dash of olive oil. This starter can be enjoyed hot or cold.



GLUTEN
FREE



LACTOSE
FREE



DIFFICULTY





BUTTERNUT VELOUTE WITH SCALLOP CARPACCIO

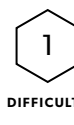
VANESSA ROMANO

PREPARATION **15 MIN**
COOKING TIME **12 MIN**

—

INGREDIENTS FOR 4 TO 6 PEOPLE

- 500 gr of butternut
- 1 carrot
- 1 fennel
- 1 celery stick
- 1 small endive
- 2 big scallops a piece
- 1 Simiane shallot
- 1 garlic clove
- 400 gr of coconut milk
- 200 gr of water (adjust depending the squash)
- 4 sticks of lemongrass
- Chiselled chives
- Salt
- 1 gauze for cooking the brunoise



A recipe by chef Thierry Breton, adapted for the Vitaliseur and dairy-free. A nice association that should please your guests.

- 1.** Fill one quarter of the Vitaliseur's vat with water and boil.
- 2.** Un a saucepan, pour coconut milk and water, then lemongrass sticks roughly cut and mashed with a knife butt. Salt lightly, then cook the whole thing on medium heat, without boiling, just to flavor the broth.
- 3.** While the water is heating, prepare the vegetables. Peel the squash, shallot and garlic, then cut them into big pieces.
- 4.** Cook them covered on the Vitaliseur's sieve for about 10 minutes; the squash must be melty.
- 5.** During this cooking, prepare and wash the other vegetables. Cut them into tiny brunoise. Put the endive aside.
- 6.** Once the squash is cooked, put it aside along the shallot and garlic in a mixer bowl.
- 7.** Filter the coconut milk and lemongrass broth, then trow away the sticks. Pour the broth over the squash and blend finely. Adjust seasoning then keep warm.
- 8.** Lay the gauze on the sieve, then pour the brunoise over it. Cook for a minute. Put aside and add raw endive.
- 9.** Cut the scallops into thin slivers with a sharp knife. To make it easier, you can freeze them for a few minutes in order to get them firm.
- 10.** Cover 4 to 6 small bowls with clingfilm and make a rose of scallop slivers at the bottom of each. Salt lightly then add a big table spoon of brunoise. Salt again then close the clingfilm on the roses. Leave for a little while in the freezer or fridge.
- 11.** When serving, gently tilt the roses into soup plates, remove the clingfilm and sprinkle with chives. Pour the lemongrass squash velouté around the roses; you can execute this final step in front of your guests.

CARBONARA PEARS WITH MOREL AND ASPARAGUS

DENIS FÉTISSON



PREPARATION 10 MIN
COOKING TIME 8 MIN

INGREDIENTS FOR 4 PEOPLE

- 2 pears
- 8 morels (from France)
- 4 asparagus (from Vaucluse)
- 4 Eggs
- 1 lemon (from Menton)
- 1 tablespoon of olive oil
- Fleur de sel
- Black pepper
- Citrus leaves



For the presentation, you can add small grapefruit quarters, as well as crushed and roasted hazelnuts that will bring a subtle feature to your dish.

1. Fill a quarter of the Vitaliseur's vat with water and boil.
2. Clean the morels eight times. Peel the pears and cut them in halves in length. Remove the seeds and seed vessels (pericarp). Carve a hole in the center, wide enough to put an egg yolk into it.
3. Cover the Vitaliseur's sieve with citrus leaves and lay the morels on it. salt lightly and add pepper. Cook for about a minute then put aside.
4. Peel the asparagus and cut them in bevels. Put aside.
5. Place the pears on the Vitaliseur's sieve and cook for 7 minutes. Check pear's cooking with the tip of a knife : it must be too firm.
6. Split whites from egg yolks. Put the yolks aside and keep the whites for another recipe.
7. After 5 minutes cooking the pears, lightly add one egg yolk in the hollow of each half pear. Lay asparagus next to the pears. Cook for 30 seconds.
8. Gently lay the pears on plates. Season the asparagus with olive oil and fleur de sel. Cut thin lemon slivers and lay them on the plates. Enjoy.



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VEGGIE



DIFFICULTY



I've chosen pear, even though it's seasonal, because it's so delicious that I wanted to share this creation with you.



LUKEWARM ASPARAGUS IN SPRING SALAD

OLIVIER ROUBINI



PREPARATION 5 MIN
COOKING TIME 15 MIN

INGREDIENTS FOR 4 PEOPLE

- 1 bunch of asparagus
- 4 spring onions
- 8 garlic cloves
- 1 bunch of sorrel
- 1 bunch of chives
- 1 bunch of coriander
- 20 gr of parmesan cheese
- 1/2 teaspoon of clarified butter
- Olive oil
- Fleur de sel

1. Fill one third of the Vitaliseur's vat with water and boil.
2. Pour into the Vitaliseur's tureen a dash of olive oil, clarified butter and one pinch of fleur de sel. Let brew while preparing the vegetables.
3. Peel the asparagus. Cut into 2 cm sections and put aside the heads for the presentation. Finely slice onions and garlic.
4. Add into the tureen sitting on the Vitaliseur's vat the asparagus sections, onions and garlic then cook for 15 minutes. As the cooking ends, add chives, coriander, sorrel and a handful of parmesan cheese.
5. Serve lukewarm along raw asparagus heads cut in halves. Complete with a dash of olive oil and a bit of fleur de sel.



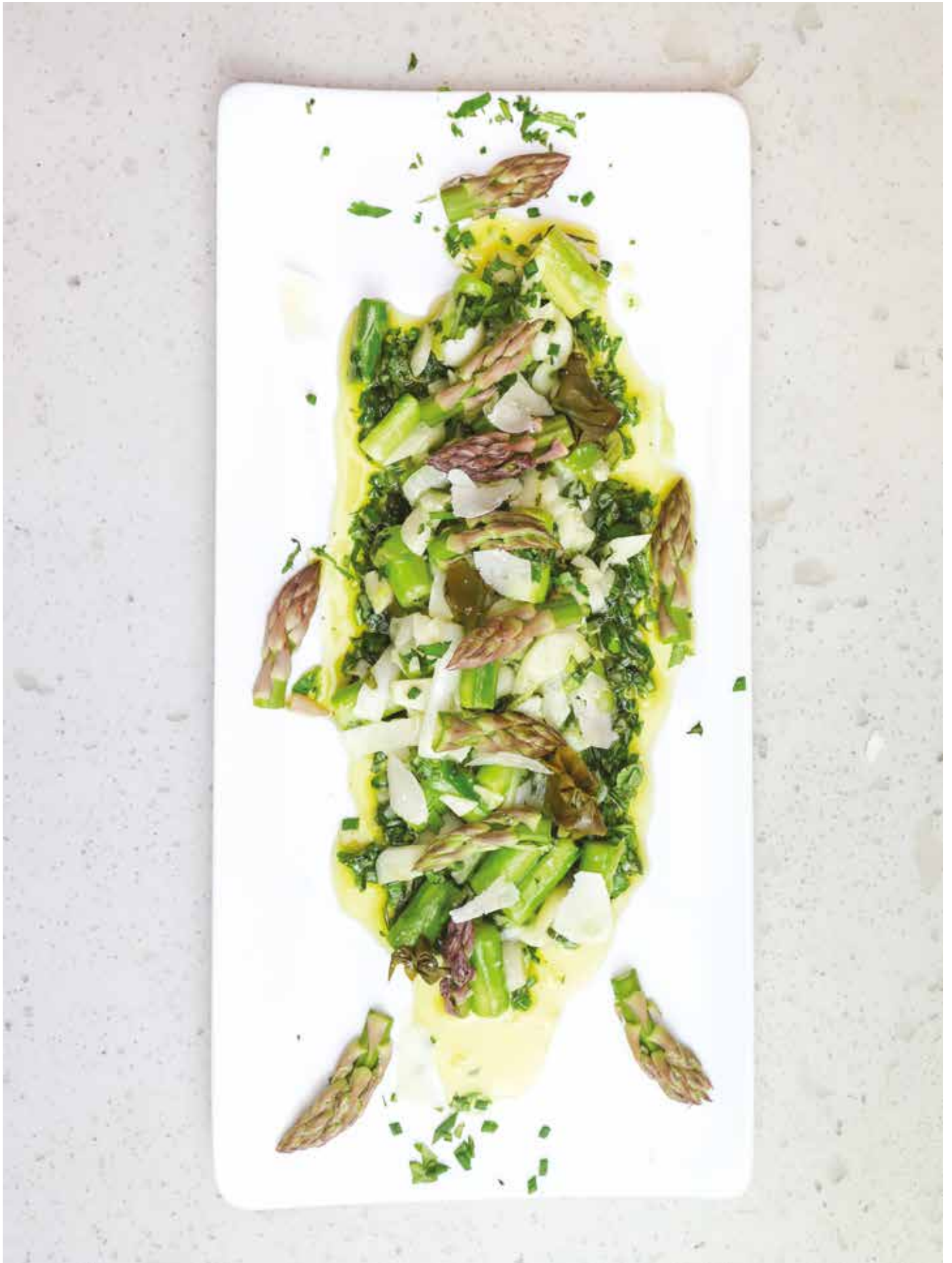
GLUTEN
FREE



VEGGIE



DIFFICULTY



BUCKWHEAT PORRIDGE, GOAT MILK WATERCRESS EMULSION, SOFT- BOILED EGG AND SMOKED TROUT

LAURANE MORRUZZI



PREPARATION 15 MIN
COOKING TIME 6 MIN

—

INGREDIENTS FOR 4 PEOPLE

- 200 gr of shelled and roasted buckwheat (kasha, particularly at Markal)
- 4 organic eggs
- 4 slices of smoked trout
- 300 gr of salt water (or 30 cl)
- 1 bunch of watercress
- 2 de-sprouted garlic cloves
- 100 ml of goat milk
- 1 tablespoon of olive oil

1. In a saucepan, boil the salt water and pour the buckwheat. Cook for 3 minutes on low heat. Stop the cooking and leave to rest covered.
2. Fill a quarter of the Vitaliseur's vat with water and boil.
3. Wash and remove the stalks from watercress. Cook on the Vitaliseur's sieve with garlic for 2 minutes.
4. In a blender, mix watercress with garlic and milk and a dash of olive oil.
5. Gently lay the eggs on the Vitaliseur's sieve and cook for 5-6 minutes depending on eggs' weight. Stop the cooking by immersing them into very cold water, then shell them.
6. Lay into each plate (soup plate) some buckwheat porridge then pour the watercress emulsion. Lay at the center one slice of smoked trout then place the egg over it.



GLUTEN
FREE



LACTOSE
FREE



DIFFICULTY





GLUTEN
FREE



LACTOSE
FREE



VEGAN



DIFFICULTY



LITTLE CARROT CUSTARDS (SALTED)

ELLEN FRÉMONT

PREPARATION **25 MIN**

COOKING TIME **20 MIN**

COOLING TIME **3H**

INGREDIENTS

FOR 4-6 INDIVIDUAL MINI CUSTARDS

• 2 big carrots • 1 garlic clove • 1 onion • 1 tablespoon of olive oil • 200 gr of silky tofu • 1 big pinch of whole salt • 1 curved tablespoon of cashew purée • 10 cl of vegetal milk (rice, almond, oats...) • 1 flat teaspoon of agar-agar (powder) • 1 small bunch of fresh herbs (basil, parsley, etc)

1. Fill one third of the Vitaliseur's vat with water and boil. Peel and remove stalks from carrots, then peel garlic and onion.
2. Cut the carrots in slices or sections, finely slice the garlic and onion then place the whole into the Vitaliseurs for about 20 minutes. At the end of the cooking, the carrots must be tender and melty.
3. Place all ingredients (except vegetal milk and agar-agar) your mixing bowl or blender. Blend the whole until you get an homogeneous preparation.
4. In a saucepan, pour some vegetal milk and agar-agar, then come to boil for a little while. Immediately pour into a blender and mix again for a few seconds.
5. Pour the preparation still hot into ramekins or small custard pans lightly moisturized (to make unmolding easier). Leave to chill in the fridge for 3 hours minimum, then unmold.
6. Serve these small custards quite cool and sprinkled with a bit of olive oil (or nut oil) and decorated with chiseled fresh herbs.



« Saveurs vegan »
By Ellen Frémont
(Éditions Larousse).

MARINE'S BAKED EGGS

VANESSA ROMANO

PREPARATION **1 MIN**

COOKING TIME **6 MIN**

—

INGREDIENTS

FOR 2 PEOPLE

- 2 eggs
- 2 tablespoons of coconut cream
- Grey sea salt

1. Fill one quarter of the Vitaliseur's vat with water and boil.
2. Take some heat-proof ramekins. In each of them, pour one tablespoon of coconut cream, salt then crack an egg over it. Lightly and gently stir together the eggs white with the coconut cream, without breaking the yolk.
3. Place the ramekins on the Vitaliseur's sieve and cook for 6 min.
4. Enjoy right away..



You can add a little curry to these eggs, as well as a few mushrooms, a few spinach leaves, ham or salmon dices, etc., depending on the content of your fridge.



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AVOCADO TOASTS

ANGÈLE FERREUX-MAEGHT

PREPARATION **10 MIN**
COOKING TIME **6 MIN**

INGREDIENTS FOR 2 TOASTS

- 2 avocados
- 4 tablespoons of sesame paste
- 4 slices of gluten-free grilled bread
- 2 organic eggs

1. Fill one quarter of the vitaliseur's vat with water and boil. Lay the eggs on the Vitaliseur's sieve and cook for 6 minutes. Then, immerse the eggs into very cold water to stop the cooking.

2. Cut the avocados in slices. On the bread slices, lay the sesame paste, avocado and egg.

3. Sprinkle with seeds of your choice : gomasio, sesame, linseed, poppyseed, etc. add coriander and sprouted seeds.



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95° by...

EARTH'S ARTISANS

Sylvain Erhardt

Domaine de Roques-Hautes

Sylvain Erhardt is a producer in love with his art. And his art is green asparagus which he has made a reference as great chefs fight over in Spring. Close to the Sainte-Victoire in the Bouches-du-Rhône, the man has imposed excellence on himself to take care of this produce himself considers as a luxury.



Sylvain Huchette

France Haliotis

Sylvain Huchette is one of the only two abalone farmers in France and he owns the only hatchery in the Hexagone. He works in northern Finistère, Brittany, breeding his haliotis, taking great care of them by choosing a respectful water, free of mercury.



Michèle et Joseph François

Kerguelen Farm

Over ten hectares, this couple grows Camus artichokes, kale, onions or even cauliflower, exploiting Brittany's land for its best...



Bruno Cayron

Market gardener in Tourves

In Tourves, Var, Bruno Cayron is a producer for chefs who, among the 200 vegetal varieties he grows in biodynamics and according the « Nature and progress » chart, is an ancient tomato expert, of which he cultivates 35 different sorts.

Sylvie Albrand-Bolmont

La Ferme de Quayvie

Sylvie Albrand-Bolmont specializes in aromatic herbs, young shoots and flowers she grows with passion in Tarn et Garonne.







MARION KAPLAN'S TAKE ON EGGS

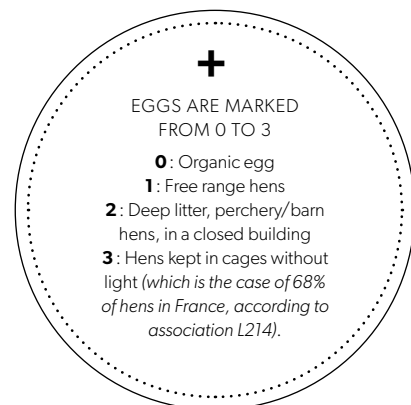
Eggs come from hens' biology. When we eat an egg, we eat what this animal has eaten. Pierre Weil, founder of the Bleu-Blanc-Coeur association, has well understood how an egg can be as pro-inflammatory and pro-cholesterol, as anti-inflammatory and anti bad cholesterol. For this, he advises to feed the hen linseeds rich in omega-3. Organic eggs don't necessarily promise that.

Hens are also a solution to food spoiling, as they love vegetal leftovers you cook.

Quality eggs are very rich in lecithin (against bad cholesterol) as long as the yolk remains flowing and not cooked. Favor soft-boiled eggs, fried eggs or poached eggs. The whole egg is a perfect protein that allows us to do without meat.

Best eggs are fertilized eggs that contain stem cells, whose we now know the importance, and vitamin C (missing from non fertilized eggs). The best, if possible, is to have a rooster and a hen at home, or to go to a producer's farm that owns roosters. European legislation forbids fertilized eggs, considering them systematically « hatchable ». This is wrong as a fertilized egg that is not brooded, will not « hatch ». In China, eggs are naturally fertilized.

Never put eggs in a refrigerator, even when it's hot, because the cold breaks the tiny protective membrane against external contaminations (bacteria or environmental). In order to keep your eggs as long as possible, fill the bottom of a basket with wheat and place your eggs in there, pointed end down. This way, you'll be able to keep them for weeks (even months), as the high vibratory frequency of wheat allows to preserve the eggs'.



ALMOND MILK POACHED COD LOIN, CELERY PRESERVE

VALENTIN NERAUDEAU



PREPARATION 20 MIN
COOKING TIME 15 TO 18 MIN

INGREDIENTS FOR 4 PEOPLE

- 4 cod loins, 120 gr each
- 500 gr of almond milk
- 1 bunch of celery stick
- 1 split and scrubbed vanilla pod
- 1 pinch of fleur de sel
- A few lamb's lettuce leaves
- A few Red Meat radishes, cut in long julienne strips
- A few soy bean sprouts
- A few daisies
- 1 tablespoon of olive oil
- salt, pepper

1. Fill one third of the Vitaliseur's vat with water and boil.
2. In a compartment of the Vitaliseur's Trio Grand Chef, lay the sliced celery. Add a bit of water along vanilla. Lay on the Vitaliseur's sieve and preserve for 10 to 12 minutes.
3. Once the celery is cooked, blend it to get a fine, smooth, well flavored purée. Adjust seasoning with fleur de sel and put aside.
4. Place the cod loins, extra fresh and sized (in order to get a perfect identical cooking), in two compartments of the Trio Grand Chef. Cover the fillets with almond milk and lay on the Vitaliseur's sieve. Cook for 5 to 6 minutes.
5. For the crunchy spring salad, mix in a salad bowl some lamb's lettuce leaves, radishes, soy bean sprouts, daisies, some olive oil, salt and black pepper.
6. Serve and enjoy.



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MARION'S STEW

VANESSA ROMANO

PREPARATION 40 MIN
COOKING TIME 50 MIN + 2H
CHILL 10 MIN

INGREDIENTS

- 500 gr of oxtail
- 500 gr of meat-wrapped ribs
- 500 gr of ox cheek or beef shoulder
- 2 veal bones
- 6 cloves
- 4 onions
- 6 carrots
- 6 turnips
- 10 potatoes
- 4 leeks
- 3 celery sticks
- 1 bouquet garni
- 6 marrowbones
- Coarse salt

1. Fill one third of the Vitaliseur's vat with water and boil. Salt the meat and leave it to chill for 10 minutes.
2. Place the pieces of meat along the veal bones on the Vitaliseur's sieve and cook for 20 minutes.
3. Meanwhile, heat a big saucepan full of mineral water.
4. Place the pre-steamed meat in this hot water. Start to simmer.
5. Meanwhile, peel the leeks. Keep the white parts and save the green ones for the broth. Jab 2 onions with the cloves. Cut 4 carrots in length without peeling. Cut the celery sticks in 3 sections. Wash all these vegetables and put them to steam for 10 minutes. This will cleanse them from all their toxins. Then add them to the meat broth. Let simmer for 2 to 3 hours depending on how melty you like the meat.
6. Thirty minutes before eating, peel the rest of the vegetables : turnips, carrots, leek whites, onions and potatoes. Fill one third of the Vitaliseur's vat with water and boil. Cut them in big pieces and cook them on the Vitaliseur's sieve for 20 minutes, covered. Add the steamed marrowbones after 10 minutes.
7. Then immerse these marrowbones into the broth and keep the vegetables warm aside.
8. Serve the meat sliced in a large dish. Place the vegetables all around it. Serve the broth in the tureen.



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You will proceed in two steps to make this recipe, because when vegetables are cooked into the same broth as the meat's, they charge on nitrosamine because of the presence of the meat's amino acids and the vegetables' nitrates. These vegetables you'll eat along the stew are solely cooked with steam. The broth vegetables will be thrown away or fed to hens, if you have any. The stew is the most typical dish in France, along poule-au-pot. This dish is very digestible and filled with nutritional elements.



CHICKPEA AND MINT BROCCOLI SALAD

FÉLICIE TOCZÉ



PREPARATION 5 MIN
COOKING TIME 45 MIN

INGREDIENTS FOR 4 PEOPLE

- 1 Broccoli head detailed in tiny flowers (save the stems for another recipe)
- 200 gr of chickpeas marinated since the night before
- 2 tablespoons of rapeseed oil
- 2 tablespoons of lemon juice
- 1 teaspoon of mustard
- Zest from 1 lemon
- 1/2 spring onion, finely sliced
- 1 good handful of fresh mint leaves
- Salt

1. Fill one quarter of the Vitaliseur's vat with water and boil.
2. Rinse the chickpeas and cook for 35 minutes on the Vitaliseur's sieve. After that, add the broccoli flowers and cook for another 10 minutes.
3. At the bottom of a salad bowl, mix the oil, mustard, onion, juice and lemon zest with salt. Pour the hot ingredients over it and stir together.
4. Once the salad reaches room temperature, add the mint.
5. Serve immediately or leave to chill.



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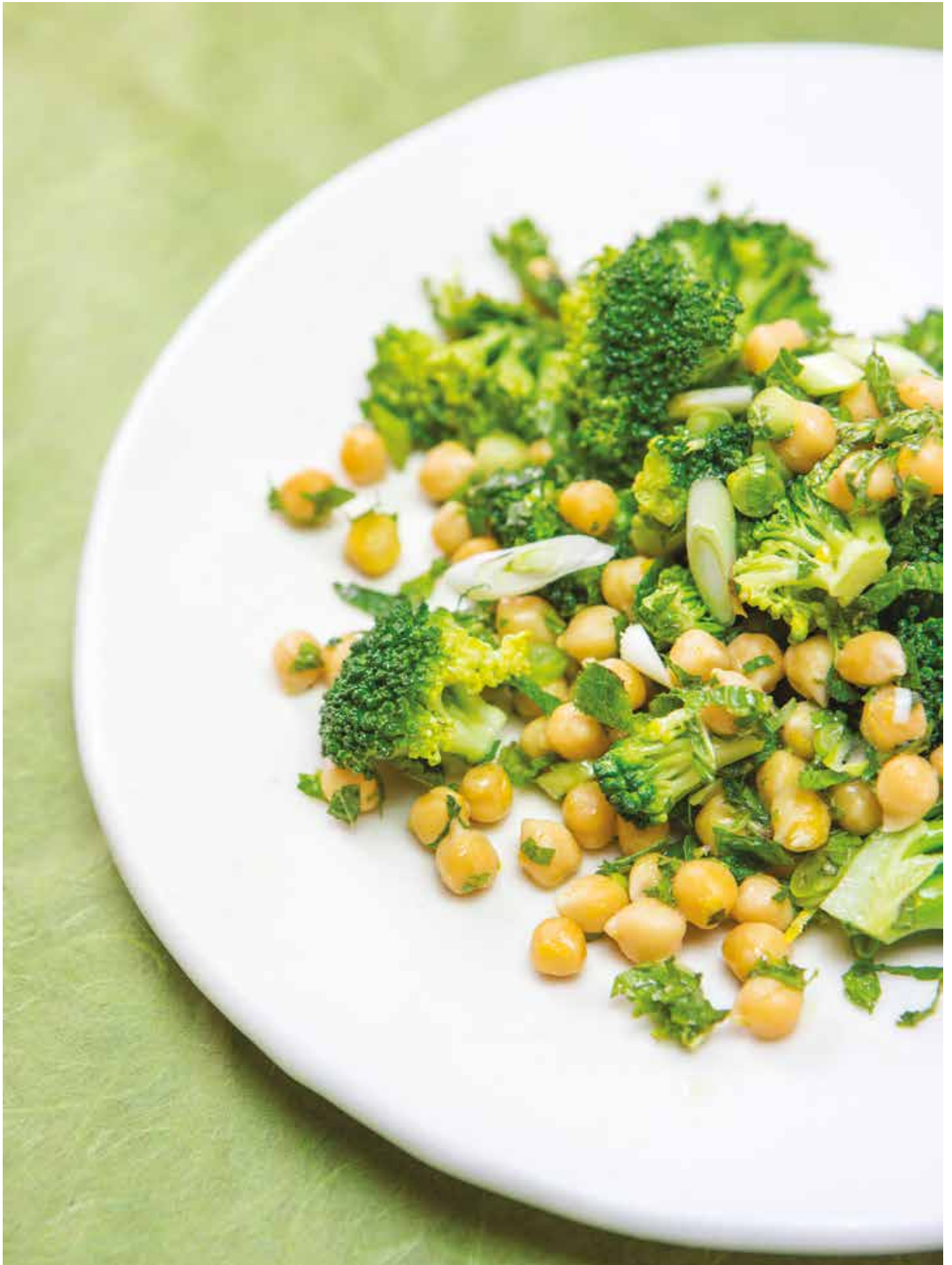
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VEGAN



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PENNY BUN RISOTTO

VANESSA ROMANO

PREPARATION 5 MIN
SOAKING 1 H
COOKING TIME 25 MIN
—

INGREDIENTS
POUR 3-4 PERSONNES

- 200 gr of Arborio rice
- 1 shallot
- 20 gr of dry penny buns
- Olive oil
- Ghee or vegetal butter
- Salt

1. Fill a quarter of the Vitaliseur's vat with water and boil.
2. Break the penny buns with your hands and lay them in a salad bowl filled with 750 gr of lukewarm water. Leave to soak for 1 hour.
3. Cut the shallot in brunoise and put it in the tureen with a dash of olive oil and a little bit of salt.
4. Place the tureen on the Vitaliseur's vat and cook for 10 minutes, checking from time to time.
5. Add rice, penny buns and 500 gr of soaking water. Salt and put back the tureen in the vat, uncovered. Cook slowly and stir every now and then.
6. After 25 minutes cooking, check the rice. If it is cooked, add one good tablespoon of ghee (or vegetal butter) and stir swiftly to make the risotto creamy. Add 1 ladle or 2 of penny bun soaking water, if necessary, in order to get a really creamy risotto.



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*Unconventional method for preparing a risotto, but
which has the merit of requiring little supervision.*



ASPARAGUS CREAM, STEAMED SALMON AND GREMOLATA

JENNIFER TODRANI



PREPARATION 15 MIN
COOKING TIME 14 MIN

INGREDIENTS FOR 4 PEOPLE

- 1 bunch of asparagus, cut in small pieces (keep the heads intact for presentation)
- 2 salmon fillets, cut in two
- 1 garlic clove, finely sliced
- Zest of 1 lemon
- 1 bunch of coriander, finely chiseled
- 100 gr of cashew, finely crushed
- Salt
- Pepper
- Olive oil

1. Fill one quarter of the Vitaliseur's vat with water and boil.
2. Lay the pieces of asparagus (as well as the heads) on the Vitaliseur's sieve, cover and cook for 6 minutes.
3. Prepare the gremolata : in a small bowl, place the lemon zest, coriander, garlic and cashew. Add 1 to 2 big tablespoons of olive oil and stir together to get a texture close to pesto. Put aside fo flavors can soak.
4. Put the asparagus out of the Vitaliseur and lay the salmon fillets on the Vitaliseur's sieve. Cook for 8 minutes.
5. Put the asparagus heads aside in a little bowl and pour the rest in a blender. Add a dash of olive oil, some salt and pepper, then mix until you get a creamy texture.
6. Pour the cream on each plate, at the center, then lay half a salmon fillet, add gremolata over it and arrange the asparagus heads.



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PROVENÇAL VEGETAL STEAK AND SMALL VEGETABLES IN PESTO SAUCE

MARION THELLIEZ



PREPARATION 20 MIN
COOKING TIME 24 MIN

—

INGREDIENTS FOR 2 PEOPLE

VEGETAL STEAK

- 3/4 cup of buckwheat flakes
- 2 tablespoons of whole rice flour
- 2 tablespoons of chia seeds
- 1 tablespoons of sunflower seeds
- 1 teaspoon of thyme
- 1 teaspoon of rosemary
- 1 teaspoon of fennel seeds
- 1/2 cup of water
- 2 eggs
- 3 tablespoons of minced dried tomatoes
- 3 tablespoons of minced black or green olives
- 1 garlic clove
- 1 small carrot
- 1/2 zucchini
- 1/2 onion
- Pepper

SMALL VEGETABLES IN PESTO SAUCE

- 1 zucchini
- 1 carrot
- 1 handful of sprouted alfalfa seeds
- 1 bunch of basil (or coriander, or celery leaves)
- 1 garlic clove
- 1 tablespoon of sunflower seeds
- 1 tablespoon of squash seeds
- Olive oil
- Sel
- Pepper

VEGETAL STEAK

1. Fill one quarter of the Vitaliseur's vat with water and boil.
2. Cut the carrot, zucchini and onion into brunoise. Place them into the Vitaliseur's sieve and cook for 2 minutes.
3. In a bowl, mix the flakes, flour, seeds with herbs. Add water and eggs, then stir together. Add the cooked vegetables, olives and dried tomatoes, then the mashed garlic clove.
4. Ad dpepper and adjust seasoning keeping in mind that both tomatoes and olives are already salted. Place in two ramekins previously oiled and lay on the Vitaliseur's sieve. Cook for 15 minutes.

SMALL VEGETABLES IN PESTO SAUCE

1. Fill one quarter of the Vitaliseur's vat with water and boil.
2. Cut the vegetables into pieces. Place the carrot on the Vitaliseur's sieve and start cooking. After 2 minutes, add zucchini and fennel. Cook for another 5 minutes.
3. Dry-roast sunflower and squash seeds in a frying pan.
4. Blend or grind in mortar the basil, seeds, mashed garlic clove and olive oil until you get a sauce that looks like liquid pesto. Add salt and pepper.
5. Serve the vegetables with a handful of sprouted seeds, then coat with the sauce.



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VEGGIE



DIFFICULTY



PREPARATION **30 MIN**
DRYING **8 H**
COOKING TIME **15 MIN**

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INGREDIENTS
FOR 4 PEOPLE

- 16 Fresh scallops
- 1 green cabbage
- 100 gr of green spinach (for purée)
- 2 bunches of watercress (for purée)
- 2 bunches of watercress (for presentation)
- Elderberry flowers or other edible flowers
- Olive oil
- Zest from 1 lime
- Salt, pepper
- 3 or 4 agastache leaves
- Wild fennel shoots
- Various green vegetables (fresh spinach, long thin broccoli, mizen)
- Hazelnut oil



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1. Fill a quarter of the Vitaliseur's vat with water and boil.
2. Cook on the sieve the spinach and 2 bunches of watercress for 3 to 5 minutes. Mix directly. Put the watercress purée aside in the fridge.
3. Cook the cabbage leaves for 2 to 3 minutes, then put them to dry for 8 hours on a pastry tray in an oven at 70°C.
4. Once they're well dry, turn them to powder with a blender and put aside in a dry place.
5. Sweat the green vegetables in a frying pan with a bit of hazelnut oil.
6. At the bottom of the plate, lay some watercress purée and cook the scallops at the last minute or 1 minute with the Vitaliseur. After cooking, sprinkle them with lime zest, cabbage powder and fennel shoots.
7. Finish the presentation by laying agastache leaves, remaining watercress and the flowers. Add a dash of olive oil and ground a bit of pepper.

SCALLOP AND GREEN VEGETABLES, CABBAGE POWDER

SYLVAIN SENDRA

(In each issue
of 95° magazine,
discover the greatest
chefs' recipes
and culinary tips.)



PREPARATION 30 MIN
COOKING TIME 15 MIN

—

INGREDIENTS
FOR 4 PEOPLE

- 4 pieces of 50 gr cod
- 200 gr of cockles
- 100 gr of smoked haddock
- 200 gr of farmed mussels
- 4 Dublin Bay prawns
- 4 small squids
- 2 whiting fillets
- 4 organic prawns
- 2 red mullet fillets
- 1 lemongrass stick
- 1 bunch of coriander
- 1 yellow carrot
- 1 carrot
- 1 zucchini
- 100 gr of peas
- 100 gr of mini asparagus
- 100 gr of snow peas
- 1 mini Swiss chard
- 200 gr of broccoli
- 1 combava
- 1 bunch of Thai basil
- 1 bunch of ngo-nga (pho herbs)
- 1/2 fish aroma or clear vegetable broth

1. To prepare the fish, clean the shells and squid, cut the fish fillets in 4 pieces and the squid in strips.
2. Fill one third of the Vitaliseur's vat with water and boil. To prepare the vegetables, peel the carrots and peas, cut the broccolis in small bunches, pluck the leaves off the Swiss chard and cut the vegetables (carrot, zucchini) into thin strips using a peeler or a slicer.
3. Cook all vegetables on the Vitaliseur's sieve (must keep them crunchy) then put them aside in 4 soup plates.
4. Make the flavored broth : in a saucepan, boil the fish or vegetable broth, then add coriander, Thai basil, 4 sticks of ngo-nga and a bit of combava zest. Cover with clingfilm, turn off the heat and let brew for 10 minutes, then get the broth through a fine sieve.
5. Fill a quarter of the Vitaliseur's vat with water and boil. Place the lemongrass on the sieve, mince the Thai basil and 4 sticks of ngo-nga that you lay on the sieve as well. Over it, lay the fish and shells. Cook covered for 4 to 5 minutes.
6. For finish and presentation, steam your vegetables again, place them in the plates, with the fish and shells over it, pour the hot broth in the plate, then sprinkle with fleur de sel and a bit of combava zest.



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SEA STEW, PHO STYLE

STÉPHANE GABRIELLY



PREPARATION **25 MIN**
COOKING TIME **20 MIN**

—

INGREDIENTS
FOR 4 PEOPLE

- 4 organic poultry breasts (5-6 min cooking)
- 2 carrots (5 min cooking)
- 200 gr of button mushrooms (8 min cooking)
- 2 small leeks (5-6 min cooking)
- 4 round turnips (9-10 min cooking)
- 8 onions in bunch (10-12 min cooking)
- 1 zucchini (3 min cooking)
- 60 gr of cornstarch
- 200 gr of ewe's crème fraîche
- 50 cl of poultry broth



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DIFFICULTY

- 1.** Fill one third of the Vitaliseur's vat with water and boil. Remove the skin from poultry breasts. Lay the breasts on a plate and season with a bit of coarse salt. Leave to chill for an hour at room temperature. Cut them in dices and cook them on the Vitaliseur's sieve for 5-6 minutes. Put aside on a plate and clingfilm it to avoid drying.
- 2.** Peel the carrots, cut the mushrooms in 4, peel and cut the leeks in 3 cm sections, peel the turnips and cut them in 2 or 4, then remove the first skin of onions.
- 3.** Cut with a peeler or a slicer the carrots and zucchinis into thin strips.
- 4.** Fill one third of the Vitaliseur's vat with water and boil. Cook all vegetables on the Vitaliseur's sieve following the cooking times from the ingredient list. Put them aside in a dish.
- 5.** For the sauce, dilute the cornstarch with a little cold water. Boil the broth in a saucepan. Add the cornstarch progressively to avoid the sauce to be too thick.
- 6.** Once the sauce has reached a nice texture, add the well whipped cream, season then add the poultry breasts and cook for 2-3 minutes. Heat back all vegetables in a bowl places on the Vitaliseur's sieve for 3 to 4 minutes.
- 7.** For presentation, take 4 soup plates, distribute the vegetables in each plate, add the poultry breasts along some sauce, decorate with carrot tops and gently stir together.

**SUPREME
OF CHICKEN
BLANQUETTE**

STÉPHANE GABRIELLY





“
*Filled with colors, flavors, vitamin D and
magnesium, these sweet potato gnocchi
will please youngsters as well
as grownups !*

SWEET POTATO GNOCCHI WITH SPINACH AND SAGE

ANDREEA PIRJE

PREPARATION 30 MIN

COOKING TIME 1 H

CHILL TIME 30 MIN

—

INGREDIENTS

FOR 4 PEOPLE

GNOCCHI

- 600 gr of sweet potato
- 150 gr of cornstarch or potato starch
- 130 gr of whole rice flour
- 1 egg
- 1 teaspoon of sea salt
- 1 pinch of pepper
- 1 pinch of curcuma
- 1 pinch of cinnamon

THE DISH

- 4 Handfuls of baby spinach
- 2 minced garlic cloves
- 1 tablespoon of olive oil
- 1 tablespoon of sage
- 1 tablespoon of gomasio
(mix of roasted sesame and salt)
- 1 pinch of sea salt

GNOCCHI

Fill one third of the Vitaliseur's vat with water and boil. Peel the sweet potatoes, cut them in 2 cm thick slices and let them cook open the Vitaliseur's sieve for 20 minutes. Mash the potatoes into purée. Add the starch, flour, whipped egg, salt, pepper, curcuma and cinnamon. Stir together until you get a flexible, homogeneous dough, yet not sticky. Add flour if needed. Hand-knead the dough, shape a ball and leave to chill for 30 minutes. Cut the dough in 4 equal portions and, on a well floured work surface, shape each of them into a sausage. Section each sausage in one inch long pieces. Roll each small piece of dough on the back of a fork to mark it. Gnocchi are ready.

THE DISH

Cook the gnocchi in salted boiling water for about 4 minutes until they reach the surface. You can do this step in the Vitaliseur's vat : empty the cooking water and fill it with clean water to the third. Drip-dry and put aside the gnocchi. In a frying pan, heat the oil and brown the garlic along the spinach for 2-3 minutes. Add the gnocchi and brown them for 2 to 3 minutes, then salt. Serve this beautiful multicolor dish sparkled with gomasio and sage.



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VEGGIE



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You can freeze the gnocchi. After shaping the gnocchi on the fork, place them on a tray into the freezer for an hour then put them in a special freezing bag.

It's your turn !
Post your nicest
recipes on
95degrees.com



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STEAMED BEEF FILLET

VANESSA ROMANO

CHILL TIME **30 MIN MINIMUM**
PREPARATION **5 MIN**
COOKING TIME **2 MIN**

INGREDIENTS FOR 1 PERSON

- 1 2 cm thick beef fillet •
- FOR SERVING
- Fleur de sel • Olive oil •

“*Pretty straightforward, this dish which remains a holiday dish thanks to the meat quality, will surprise most people ! The meat is not boiled as you may think, it is seared to the core, hence an incredible tenderness and a well preserve taste.*”

1. Take the beef fillet out of the refrigerator 30 minutes minimum, to 1 hour if possible.
2. Once the meat reaches room temperature, fill one quarter of the Vitaliseur's vat with water.
3. When the water boils, place the beef fillet on the sieve and cook for 2 minutes covered, for a cooking between very rare and rare.
4. Serve with a little bit of fleur de sel and olive oil, along some nice green salad.



GLUTEN
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GLUTEN-FREE VITALITY BURGER

KAREN CHEVALLIER

You're looking for a new gluten-free recipe ? Make burgers easily thanks to the Vitaliseur de Marion. This dish can be consumed as starters, for lunch as well as for dinner. I will please youngsters as well as grownups, and will preserve coeliacs from all food intolerance.

PREPARATION 10 MIN
COOKING TIME 20 MIN
CHILL TIME 30 MIN

INGREDIENTS FOR 2 BURGERS

• 1 chicken breast • 1 red tomato • 1 orange tomato • 2 salad leaves • 2 tablespoons of sprouted seeds • 3 tablespoons of soy cream • 1 teaspoon of curry powder • 100 gr of whole rice flour • 10 gr of dry yeast • 1/2 teaspoon of grey salt • 150 ml of water • Olive oil • Sesame seeds

1. Mix the flours. Add yeast, salt and pour the water. Knead the mix until you get an homogeneous dough.
2. Split the dough in two, and knead a ball with each half. Oil two ramekins and lay the dough balls. Sprinkle with sesame seeds.
3. Fill one third of the Vitaliseur's vat with water and slowly get to boiling. Place the ramekins on the Vitaliseur's sieve and cook for 20 minutes. If you have to cook other foods, such as the chicken breast, you can put them together. Be careful not to stick the food to the walls; you need at least 1 cm all around the sieve.
4. Get the buns out of the Vitaliseur and let cool before unmolding. Slice the bread in two and add the garnish as desired, or follow the following recipe of the curry sauce chicken burger.
5. Slice the tomatoes. Prepare the sauce by blending the soy cream with curry powder and a pinch of salt. Slice the chicken in strips.
6. In the bun, place a slice of tomato, some chicken strips, sprouted seeds of your choice, another tomato slice, some salad and pour half the sauce before closing the bun. Repeat for the other burger. Serve right away.



PREPARATION 30 MIN
COOKING TIME 5 MIN

INGREDIENTS
FOR 4 PEOPLE

- 700 gr of cod
- 6 big maracudjas
(other name of passion fruit)
- 2 tablespoons of coconut oil
- 150 ml of coconut milk
- 1 to 2 tablespoons of agave syrup
(to adjust depending
on fruits' acidity)
- 1 vanilla pod
- 4 chives
- 1 stick of lemon basil
- 3 pinches of Himalayan pink salt



2



4



5

COD WITH COCONUT- MARACUDJA SAUCE

SABRINA DE LARROCHE

1. Fill one third of the Vitaliseur's vat with water, cover and boil.
2. Meanwhile, prepare the sauce : cut the maracudjas in two and transfer the pulp into an extractor or a strainer to remove the seeds. You must get around 200 ml of juice.
3. Pour the juice into a saucepan and add some coconut oil, agave syrup, the split vanilla pod, 2 blades of split chives and salt. Leave to reduce on medium heat.
4. When the mix gets thicker, add the coconut milk and leave to simmer for another 10 minutes. Put aside.
5. Cut the cod in 4 pieces and place them on the Vitaliseur's sieve. Cook for 5 minutes.
6. Lay each piece in a soup plate and coat with a few spoons of sauce. Add a few leaves of lemon basil and the remaining minced chives.



SANS
GLUTEN



LACTOSE
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DIFFICULTY



BABY JARS

VANESSA ROMANO

PREPARATION 3 MIN

COOKING TIME 10-12 MIN

INGREDIENTS

FOR 3-4 JARS

- 2 zucchinis (around 400 gr)
- 1 potato (around 200 gr)
- 1 tiny shallot
- 1/4 garlic clove
- 1 tablespoon of basil leaves

Babies will be the first to enjoy the benefits of organic vegetables cooked with the Vitaliseur. Here, a simple purée but still with 4 foods and a fresh herb. For every first purée, you should limit to one food and follow your child's pediatrician's instructions. The purée lasts 2 days in the fridge.

1. Fill a quarter of the Vitaliseur's vat with water and boil.
2. Wash and prepare the vegetables; you can keep the skin of zucchinis as they're organic.
3. Cut the potato and the zucchinis in small dices of about 1 cm. Carve a little brunoise in the shallot and even smaller in the garlic.
4. Once there water boils, place the potato, the garlic and the shallot cook for 5 minutes. After that, add the zucchinis et keep cooking for 5 minutes. Make sure of the vegetables' tenderness by jabbing them with the tip of a knife.
5. Once the vegetables are cooked, transfer them into a powerful blender; add the washed basil leaves and mic until you get a very fine purée, without pieces for toddlers.
6. Serve lukewarm.



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VEGAN



DIFFICULTY



meet the
accessory
by Vitaliseur

Trois
commis
pour un
grand
Chef*

COOKING WITH THE VITALISEUR

HOW LONG ?

Soft steaming encourages an intuitive cuisine for perfect cooking. However, many people wonder about cooking times for vegetal and proteins with the Vitaliseur. Each cooking depends on the weight, thickness, nature, quality, seasonality, condition (frozen or fresh) and the cut (whole, sliced or minced). But cooking times will also depend on your tastes. Would you rather enjoy a meat well done or medium rare, a vegetable crunchy or melty? After a few trials, no doubt you will master the cooking that suits you. The best way to check a cooking is simply to jab the tip of a knife into the food or taste it.

A few tips

For a **quicker cooking**, cut your vegetables very finely. A shorter cooking will preserve nutritional qualities even more.

To cook several foods at the same time, spread cooking times starting with vegetables, which need a longer cooking.

Every sort of bean (lentils, chickpeas, navy beans...) must pre-sprouted through a two-hour minimum soaking in cold water in order to be steamed. Chickpeas will have to soak all night. Once pre-sprouted, you can steam cook legumes for a quarter of an hour.

Sliced **cucurbits** (squash, pumpkin, gourd, etc.) must cook for a good ten minutes.

Cereals cannot be steamed, you'll need a tureen. Cooking time will remain the same (or a bit longer) as when you proceed to a standard saucepan cooking. Read the instructions on the package. However, cereals can be warmed up with steaming.

Salt **meats and fish** 10 minutes before cooking them. Indeed, the purge of toxins and fats will be accelerated.

To open **oysters**, place them closed on your Vitaliseur's sieve for about 30 seconds or more, depending on the variety and freshness. ♥

LÉGUMES

Garlic	1 min
Fresh artichoke	30-35 min (<i>whole</i>)
White asparagus	15-20 min (<i>whole</i>)
Aubergine	5-10 min (<i>minced</i>)
Beetroot	10-15 min (<i>always minced</i>)
Swiss chard	10-15 min (<i>in 2 cm-long sections</i>)
Broccoli	5 min
Carrot	10 min (<i>minced</i>) – 15 min (<i>whole</i>)
Spring onion	4 min
Celeriac	15 min (<i>minced</i>)
Turniprooted chervil	18 min (<i>cut in halves</i>)
Button mushroom	3 min (<i>minced</i>) – 10 min (<i>whole</i>)
Brussels sprout	10-15 min
Cauliflower	7 min (<i>minced</i>)
Red cabbage	15 min (<i>minced</i>)
Green cabbage	15 min (<i>minced</i>)
Butternut squash	15-20 min (<i>depending on slice thickness</i>)
Zucchini	5 min (<i>minced</i>) – 15-20 min (<i>whole</i>)
Shallot	2-4 min
Spinach	5 min (<i>depending on volume</i>)

Fennel	15 min (<i>minced</i>)
Runner bean	4 min
Turnip	5 min (<i>minced</i>) – 20 min (<i>cut in halves</i>)
Onion	10 min
Sweet potato	15-20 min (<i>en rondelles</i>)
Petit pois	5-7 min
Poireau	4-6 min (<i>émincé</i>) – 15-20 min (<i>coupé en deux</i>)
Pois gourmand	5 min
Poivron	15 min (<i>émincé</i>) – 20 min (<i>entier</i>)
Pomme de terre	7 min (<i>émincé</i>) – 20 min (<i>entier</i>)
Potiron	10 min (<i>selon l'épaisseur de la tranche</i>) – 25 min (<i>entier</i>)
Radis	3-5 min

FRUITS

Ananas en tranches	4 min
Banane en tranches	4-5 min
Fruits rouges	4 min
Mandarine	5 min
Pêche	5 min
Poire	5 min - 20min (<i>entier</i>)
Pomme	9 min

POISSONS

Scallop	2 min
Crab	15 min
Raw shrimp (<i>depending on size</i>)	3-5 min
Gilthead bream (<i>depending on thickness</i>)	6-8 min
Squids	4 min
Fillet (blue ling, whiting, etc.) (<i>depending on thickness</i>)	3-5 min
Haddock fillet	4 min
Vintimille Gamberoni	2 min
Lobster	15 min
Dublin Bay prawn	3-4 min
Sea bass	5-6 min
Mackerel	8 min
Mussel	2 min
Cod slab	7 min
Bay scallop	2 min
Red mullet	3-5 min
Salmon (<i>2cm-thick slice</i>)	5 min*
Tuna steak	2-4 min*
Trout, mackerel, red mullet	8 min

VIANDES

Lamb chops	4-6 min
Veal cutlet	4-7 min
Sliced calf liver	4 min
Poultry liver	15 min
Chump on boneless	25 min
Duck breast	8-10 min
Whole chicken	35 min
Poultry quarters	10 min
Tournedos (<i>2 cm-thick</i>)	2 min**

EGGS

Soft-boiled egg	3 min
Flat egg	3 min
Baked egg	6-8 min
Lightly-boiled egg	6 min
Hard-boiled egg	9 min
Purified egg	20 sec
Baked quail egg	4-6 min

CEREALS AND LEGUMES

Pre-sprouted lentils	20 min
Whole rice	45 min
Quinoa	35 min

DESSERTS (COOKING TIME FOR 4 PEOPLE)

Apricot clafoutis	20 min
Cherry clafoutis	20 min
Pistachio custard	10 min
Coconut cream	15 min
Banana cake	20 min
Chocolate cake	15 min
Figs and raspberry gratin	15-20 min
Red berries cake	1h15
Chestnut cake	40-45 min
Pistachio flan	25 min
Chocolate marble cake	45 min
Chocolate frothy cake	10 min
Red berries and polenta muffins	17-20 min
Fruit tartlet	10 min

MISCELLANEOUS

Salmon banh bao	20 min
Clarified butter	5-6 min
Meat balls	10 min
Squash cake	15 min
Carrot cake	15 min
Chestnuts	5 min
Goat crottin	5 min
Citrus fruit Dundee	15 min
Snails	4 min
Buckwheat cake	17-20 min
Baked quail eggs	6-8 min
Lightly-boiled quail eggs	4 min
Buckwheat bread	30 min
Ginger bread	1h30
Cocoa ginger bread	45-55 min
Maple syrup puddings	30 min
Doughless trout quiche	12-13 min
Shrimp ravioli	5-7 min

* For a medium well cooking, it would be a shame to cook it any more.

** If you want it blue, it would be a shame to cook it any more.

HOW TO PROPERLY COOK MEAT WITH THE VITALISEUR ?

MARION KAPLAN'S ADVICE



We have convinced my chefs of the interest of steaming meat. Thirty years ago, when you would tell a cook or a but her that you were going to steam-cook their meat, they'd grin, thinking of boiled meat ! You may think alike. And yet...

Obviously, all meat is not adapted to steaming. If you buy some firm meat, it will remain firm. Steam definitely doesn't soften meat. That's why you'll always need to choose tender pieces: fillet, high quality flank steak, round of beef, spider steak, filet mignon, leg of lamb or prime rib of beef.

Lower pieces will only be steamed for about 10 minutes prior to being placed into a simmering broth. As for pot-au-feu, blanquette and stew, the Vitaliseur acts as a toxin extractor so you'll be able to resume cooking in a broth without any foam on the surface.

However, if you decide to cook a round of beef in the beef fillet, I advise to take your meat out of the fridge one hour before so it is at room temperature. Then, salt it on both sides 5 minutes before cooking. Steam your round of beef for 1 to 2 minutes depending on thickness. The meat mustn't be too cooked. It would lose its texture, even with steaming. If you like well-done meat, I'd advise against this cooking mode as you'd be disappointed. You'll get the best out of the Vitaliseur for an al dente cooking.

For leg of lamb, have your butcher remove the bones so it fits the Vitaliseur's sieve. Jab it with garlic, salt it and cook for 25-30 minutes. Before serving, make it discharge its blood in an oven at less than 100°C; the meat shall be outstanding !

For filet mignon, salt it before cooking, cook it for 20 minutes and serve with sauce on the side.

Do the same with a thick prime rib of beef. Cook it for 10 minutes and leave it discharge for 5 minutes. Your guests will be surprised by your meal's flavor.

You can also cook veal or organic poultry liver. Try to cook them rare at the core. This depends, as you must have understood, on the piece's thickness.

For a poultry terrine, there's nothing easier : simply steam the organic poultry livers for 10 minutes with a dash of olive oil, why not a bit of garlic and some flavor from Madeira wine. Finely blend, place the mixture into terrine and leave it cool. To be enjoyed with a salad or some green vegetables.

Chicken is great for the Vitaliseur's soft-steaming. You can add a lemon at the chicken's core along some tarragon and cook it for 30 to 40 minutes, depending on its weight. Of course, the skin doesn't look good so you can remove it. Serve your chicken along our famous « sauce for every occasion » (see the video on 95degres.com/videos) made of shallots, Tamari and olive oil, in which you'll squeeze the lemon juice with a bit of zest. Enjoy !

Duck breast is delicious with the Vitaliseur. Always process the same way : get the meat to temperature, salt it 5 minutes before cooking. Eight minutes of cooking is more than enough. To serve, scalope it then serve along the sauce of your choice and some steamed vegetables. Fennel, leek and peas work very well with duck breast.

Don't hesitate sharing your recipes with us !♥

ONLY FOOLS DON'T QUESTION THEMSELVES !

MARION KAPLAN'S ADVICE

And yes, I too find out more everyday !

You, who subscribed to 95°, are lucky to receive many recipes and videos from great chefs or bloggers. During a shooting with Vanessa Romano, we made a delicious dish out of scallops, then another with fresh cod.

I must admit I was pretty surprised when she laid the scallops on the Vitaliseur's sieve and she turned off the heat !

— You're turning off the heat ?

— Yes, you'll see, after only 2 minutes it's cooked and melty.

As a matter of fact, I tasted and not only the scallop was both cooked and melty, but it was delicious. Same thing for the cod that was « cooked » in the Vitaliseur for 8 minutes.

Howevern, there's a skill to have : the fish you'll cook this way must absolutely be taken out of the fridge several hours before cooking, because if the product is too cold, the magic of this very low temperature cooking won't work.

I even tried with salmon and chicken fillets and it works perfectly. In this issue, chef Julien Montbabut uses this trick to cook his blanc-manger.

One little perk for those who will receive the new Vitaliseur, le Grand Chef : you'll be able to decrease the heat as the lid being slightly sunken into the sieve, there's no steam loss anymore and you'll get the same result, whether it be in terms time or in terms of flavor, and consuming less energy at the same time. Nothing but joy !

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Find Marion KAPALN's advice on using the Vitaliseur in every issue of **95°**.

CHESTNUT BREAD

VANESSA ROMANO



A tasty bread with whole flours. It will benefit from open air preservation so it can keep drying a little; you'll thus be able to keep it for a few days. The flours' level of humidity varies depending on the weather, the location (higher next to the sea) and the age of flours. It is thus very hard to give water and flour qualities to the gram. Depending on the weather, you'll need to add either one or the other, in small proportion.

PREPARATION 5 MIN

COOKING TIME 1 H

—

INGREDIENTS

FOR 1 BREAD

- 175 gr of whole rice flour
- 70 gr of chestnut flour
- 3 gr of guar gum
- 1 teaspoon of psyllium
- 4 gr of yeast
- 1 teaspoon of salt
- 1 tablespoon of olive oil
- 260 gr of lukewarm water
- 1 pinch of sugar

1. In a salad bowl, pour the flours, guar gum and psyllium. In a bowl, pour 60 gr of lukewarm water, the sugar, the yeast and one tablespoon of the previous flour mix. Leave to chill away from draughts until the mix starts bubbling a little.
2. Then, add this mix to the flours, along the salt, olive oil and the remaining water.
3. Quickly stir together with a wooden spoon. Depending on the humidity level of the flours you're using, you may have to add a little water (1 or 2 spoonfuls) or flour. The dough mustn't be liquid but all the flour must be mixed up.
4. Don't knead : as soon as the dough is mixed up, pour it into a metal charlotte mould, cover with a dish towel and let it rise for 1 hour next to a soft heating source : radiator, behind a sunny window, etc.
5. After an hour, the dough has risen.
6. Fill half the Vitaliseur's vat with water and boil. Once the water boils, place the mould containing the bread on the sieve (make sure it doesn't touch the sides of the sieve and remove the towel), cover and bake for about 1 hour. If the bread doesn't seem baked enough, keep on baking for 10 to 15 minutes.
7. Remove the mould from the sieve and let cool down for 5 minutes before unfolding and leave it cool down completely on the shelf.



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PREPARATION 5 MIN
COOKING TIME 5 MIN

INGREDIENTS
FOR 1 SMALL BOWL

- 30 gr of whole rice flour
- 30 gr of soft olive oil or coconut oil
- 250 gr of vegetable broth
- Grey sea salt

BECHAMEL SAUCE

VANESSA ROMANO

“A classic, quickly prepared in the Vitaliseur's tureen. The rice flour replaces the wheat flour, and both butter and milk are replaced with olive oil and vegetable broth for a gluten-free, casein-free version.



1. Fill one quarter of the Vitaliseur's vat with water and boil.

2. As soon as the water boils, pour the flour and oil in the Vitaliseur's tureen. Stir together with a whisk until the mixture heat up (about 2 minutes).

3. Pour the broth progressively, like a classic béchamel, while constantly stirring with the whisk.

4. Cook the béchamel for a little while until it thickens.

5. Season and serve with some vegetables or add to a gratin.



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MARION'S SAUCE FOR EVERY OCCASION

VANESSA ROMANO

PREPARATION **3 MIN**
COOKING TIME **25 MIN**

—
INGREDIENTS FOR 1 BOWL

• 4 shallots • 2 tablespoons of Tamari • 1-2 teaspoons of thyme • 1 tablespoon of soft olive oil •

“What a sauce ! Once tasted, no way to do without it because beside being delicious, it goes with everything : meats, fish, vegetables, cereals and legumes. But if you must know, I prefer it with some duck breast soft-steamed for 7 to 8 minutes, the way Marion had prepared it during the first shooting.”

1. Fill a quarter of the Vitaliseur's vat with water and boil.
2. Once the water boils, lay the whole shallots with their skin into the Vitaliseur's sieve, cover and cook well for 15-20 minutes, depending on the shallots' size. Carefully check the cooking by jabbing the with the tip of a knife that should get in easily, as you want to get preserved shallots.
3. Once cooked, let them cool down for a little while, then remove their skin and cut them in length. As it slides a bit, you won't get perfect slices, but it's normal.
4. Lay the shallots in a bowl, add olive oil, tamari and thyme then place the bowl on the Vitaliseur's sieve, turned-off heat, in order to brew this sauce for 5 to 10 minutes.
5. Serve with your daily course.



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OPTIMUM : MY VITALISEUR IN 12 TIPS



If soft-steaming, particularly with the Vitaliseur, doesn't require to be a rocket scientist (all for the best !), there remain some tips to know in order to optimize its use. The more you'll handle it, the more pleasure you'll get simply making great dishes... and you'll see how steaming will impress your guests. So follow us, we'll tell you everything !

What is the Vitaliseur made of ?

The Vitaliseur is made of 18/10 stainless steel (18% chrome and 10% nickel). 18/10 inox is inert and coatless. It is therefore harmless when in contact with food : it doesn't alter the taste, nor the appearance or smell of food, and it guarantees a perfect longevity. It's been around for more than 30 years !

How to clean my Vitaliseur ?

The Vitaliseur is easily hand-cleaned with simple dish soap or directly into a dishwasher. To make it shine for great occasions, get some white clay foam or bicarbonate of soda with white vinegar. And if your water is hard, add 1/2 lemon to the vat's water during the cooking to avoid staining the Vitaliseur.

How much water to use ?

Filling the vat to the third or quarter for short cooking can be enough if there's little to cook. For bigger cooking, such as artichoke or chicken, it is preferable to fill the Vitaliseur's vat to the half with the water of your choice.

Can you cook meat ?

You can cook all sorts of meats. For instance, a whole farmer chicken will be perfectly tender in 30-35 minutes (instead of 1H15 to 1H30 in the oven !). Prime rib of beef is very tender, it's surprising and delicious, I suggest you try. Please mind the cooking times because proteins cook

very quickly in the Vitaliseur. Better under-cooked than over-cooked.

Can you cook fish ?

You can cook all fish, they'll be tenderer than with any other cooking type ! Some fish make the vat's water foam; don't worry, it is a normal phenomenon. A recently caught fish doesn't foam; only less fresh fish can foam (cod, coley...). A few drops of cooking oil help reduce this phenomenon.

How does the tureen work ?

The tureen is a utensil only adapted to the big version of the Vitaliseur. It is a plain bottomed-container used instead of the sieve (between the vat and the lid). The tureen allows to cook food with bain-marie technique. After filling the vat with water (as usual), place the tureen on it. To cook cereals, it like as a saucepan : pour a volume of rice and two of water into the tureen and let cook. The cooking time will be a bit longer than a classic cooking. The water in the vat must simmer and not boil, you can thus decrease the heat. Little advice: only salt after cooking. The tureen also allows to keep your dish warm, make broths or sauces.

I only buy organic vegetables, is the Vitaliseur still useful as my vegetables don't contain any pesticides ?

It is obviously very important to buy organic vegetables, or at least produced by a reasonable agri-



culture that mitigates the impact of pesticides. Moreover, an organic vegetable is never 100% pesticide-free, as these get airborne through winds and rains across fields. The Vitaliseur allows the elimination of surface fats and pesticides in the vat's water, so the ideal remain to consume high quality food only. Beware not to consume the cooking water that was used to steam vegetables, no matter how organic !

I haven't got any tureen... how to make a soup ?

You can easily make a soup without the tureen (included in the pack format). First, pre-steam the vegetables for your soup on the sieve. Once the cooking done, pour your vegetables into a new container then add some hot mineral water. With a blender, grind your soup directly in the container and enjoy !

Can you cook in the lower part of the Vitaliseur if you decide to cook without steam, to make a stew for instance ?

The Vitaliseur is strictly meant to soft-steam cooking, in order to avoid any Maillard reaction, chemical reactions which can occur while cooking food. however, you can use the vat as a regular cooking pot to prepare your broths such as stew or poule-au-pot.

Should I use mineral or osmosed water in the vat ?

Spring water and osmosed water are useless since the steam is always composed of distilled water, therefore pure (hence the uselessness of salting or flavoring the vat's water).

Once the water boils, can we decrease the heat ?

You can decrease the heat once the water boils so it just gets simmering.

Can I cook several foods at the same time ?

We advise you to cook several foods at the same. Thanks to the dome-shaped lid, the condensation water doesn't fall back on foods, which avoids saturating them, lose taste, colors and main vitamins (even the most sensitive) and minerals. Thus, flavors don't mix up and you can cook a fish or meat with vegetables without their flavor mixing up !♥

WHY ARE COOKING TEMPERATURES SO IMPORTANT ?

BY MARION KAPLAN



When it is question of cooking impact on foods, you realize many beliefs have become certainties that no-one seems to question. Among such, you must have heard that beyond 42°C, enzymes are destroyed. This is both true and false. One must know that vegetables enzymes for instance, are only useful in its natural environment, in other words in the ground. They thus help photosynthesis of the vegetal's life. Once it is removed from its natural environment, enzymes live to take it apart and make it rot. Luckily, this process exists, because otherwise, we would be flooded with tons of waste ! These destructive enzymes get activated during cooking, when you slowly rise the temperature. Enzymes can't stand upward and downward trends. The food must absolutely be seared. If you place it on the Vitaliseur's sieve, always do so when the water is boiling. This is also why the Chinese, for more than 6000 years, have been soft-steaming food in a wok, cutting food into small pieces, then quickly searing them.

The steam temperature mustn't exceed 102°C

Lorsque vous cuisinez sous pression, la vapeur
When you cook under pressure, steam can rise up to 140°C. It is the exact case of Cocotte-Minute®. The time required for the valve to start rotating and cool down is enough for destruction enzymes to be activated (AAO enzymes) and sensitive vitamins then get broken down. This pressure steaming is thus to be avoided. Soft-steaming cuisine (without pressure) has had a remarkable momentum for about three decades. It has even become an argument for pet food !

I'm really glad to be behind the development of soft-steaming, together André Cocard, back in the eighties. We had, back in the beginning, worked with steam-cookers other than couscoussiers. Thirty years ago, couscoussiers were made of aluminum

with tiny holes and a flat lid, so the water would fall back onto the couscous grains, moisturizing it during the cooking. No-one had thought that condensation water, by dripping on food, could saturate it, burn it and demineralize it. The more water-saturated foods get (boiling water, pressure-cooker, flat lid cooker), the more nutritional elements get destroyed. We were the first to suggest steam-cooking other food than semolina, and imagine a real healthy gastronomy through cooking meats, fish and of course vegetables, fruits, crustaceous or even seashells that way. The Chinese, long before Westerners, had understood how soft-steaming preserved vegetables' nutritional elements. On the other hand, they rarely cooked meat using this technique and their gastronomy was pretty far from ours. Bamboo baskets are a good approach, but cooking times are



long, while the size of holes in the Vitaliseur is designed for a greater efficiency when searing foods and for a better ability to eliminate their toxins (environmental heavy metals or even surface fats). If the cooking temperature is high, its environment isn't less. You won't get the same results at all depending on whether you cook with water, steam, oil or in the oven. Critical destruction thresholds thus vary depending on the environment : vitamins get destroyed beyond 102°C with soft-steaming, beyond 42°C in water, beyond 70°C in oils and 120°C in an oven. Not to mention microwave ovens that destroy the electrons that preserve the antioxidant virtue of foods ! As to most sensitive vitamins, such as Vitamin C and vitamin B1, they get broken down right above 102°C with soft-steaming, 100°C in boiling water and 120°C in an oven. Endobacteria, also known as mycorrhizas (association of mycelium, fungus and good bacteria), resist up to 120°C.

Mind the time !

The time factor must also be part of your priorities. It is the reason why I insist on cooking vegetables al dente, eat meats rather rare and fish slightly rare on the bone.

Lets make a comparison : if you have ever been into a Turkish bath, you observed that at 40°C it feels cold. You can raise its temperature up to 100°C without cooking in it ! You can simply not exceed half an hour of use, without suffering damage. It is the same with saunas, whose temperature can exceed 110°C without killing. However, if you take a really hot bath, you won't be able to dip a single toe if the water is over. 42°C ! You would get burnt... as a matter of fact, water coats the food and first alters its surface, then depending on the cooking time, the whole food itself.

Water is a solvent, for this reason I advise when making broths, to be careful that boiling water doesn't exceed 100°C, critical threshold for the precipitation of mineral salts which then become digestible. A simmering broth makes thin bubbles whereas a 100°C boiling broth makes big bubbles. This is a good mnemonic way to visually recognize a liquid temperature.

Not over 95°C

The food temperature mustn't exceed 95°C. With soft-steaming, it is impossible to go beyond this temperature as the food would be over-cooked and would have lost many nutritional elements. Following my advice, your food will never go through more than 95°C. Meat will be cooked at 60, 70 or 80°C depending on whether it is red or white, fish

rarely exceed 70°C and cakes, 80°C. Unfortunately, in an oven, temperature often rises over 140°C, and if you let foods go brown, you create toxic compounds over 100°C. This is what is called Maillard's reaction, that creates glycotoxins.

So, even if you don't have a Vitaliseur that allows soft-steaming while preventing condensation water to saturate foods, try to cook them as little time as possible using soft-steaming, avoid over-grilled meats, that are concentration of carcinogen substances, and avoid frying which, as we now know, are extremely harmful to health.

You can dehydrate your fruits and vegetables at 40°C in specifically designed appliances. They'll remain tasty and will keep all their nutritional advantages. The only problem remains the time it requires, from 5 to 24 hours, even longer, depending on the foods. It is thus not necessarily adapted to modern life. Remember that viruses are destroyed at 43°C and mycobacteria (thin toxic bacillus) at 60°C.

On-going analyses

I've extensively worked on energetic norms to design the Vitaliseur, the golden number and shape waves. Until now, I had no measuring tool other than radionics, Lecher antenna or sensitive crystallization to demonstrate the influence of geometries on food. Since then, I have discovered an electro-phonic lab, certified by the Department of Research, that should allow me to measure both the consistency and biocompatibility of food with the living when they are cooked with the Vitaliseur.

First images are very promising. You'll soon be able to discover them and as I hope so, they will bring new « certainties » as to the benefits of soft-steaming. ♥

Find Marion KAPLAN's nutritional advice on 95degres.com

COCONUT FLOUR BLUEBERRY- LEMON PALEO CAKE

JENNIFER HART-SMITH

TO DO THE NIGHT BEFORE

PREPARATION **15 + 5 MIN**

COOKING TIME **55 + 1 MIN**

—

INGREDIENTS

POUR 6 PERSONNES

- 5 egg whites
- 3 egg yolks
- 1 handful of ground almonds
- 130 gr virgin coconut oil
- 130 gr of maple syrup
- 150 gr of almond powder or dried okara
- 100 gr of coconut flour
- 50 gr of arrow-root
- 1 teaspoon of soda bicarbonate
- 120 gr of organic blueberries (fresh or frozen)
- 2 pinches of salt
- The zest of 3 organic lemons + the juice from 1 lemon

WHIPPED COCONUT GANACHE

- 500 gr of coconut cream
- 250 gr of vegan white chocolate
- 20 gr of cornstarch

1. Fill one third of the Vitaliseur's vat with water and boil.
2. Mix the egg yolks with the maple syrup, then add almond powder, coconut flour, arrow-root, bicarbonate, the zest of 3 lemons, the juice of one lemon and salt. Melt the coconut oil and mix it lukewarm.
3. Roughly mix the handful of almonds with a blender to keep big pieces and add them to the blueberries.
4. Whip the egg whites and gently add them to the spatula in three times.
5. Pour into a mould lined with baking paper and place it on the Vitaliseur's sieve. Cook for 55 minutes and unmold immediately after cooking. Clingfilm and put aside in the fridge until the next day, it will be even better.

WHIPPED COCONUT GANACHE

1. Whip the cornstarch and the cream while it is cold. Boil for 1 minute in saucepan while keeping stirring. Pour the hot mixture over the white chocolate. Gently stir with the spatula, clingfilm and chill in the fridge for one night.
1. The next day, whip the cream, poach over the cooled cake and decorate with a few fresh blueberries.



GLUTEN
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LACTOSE
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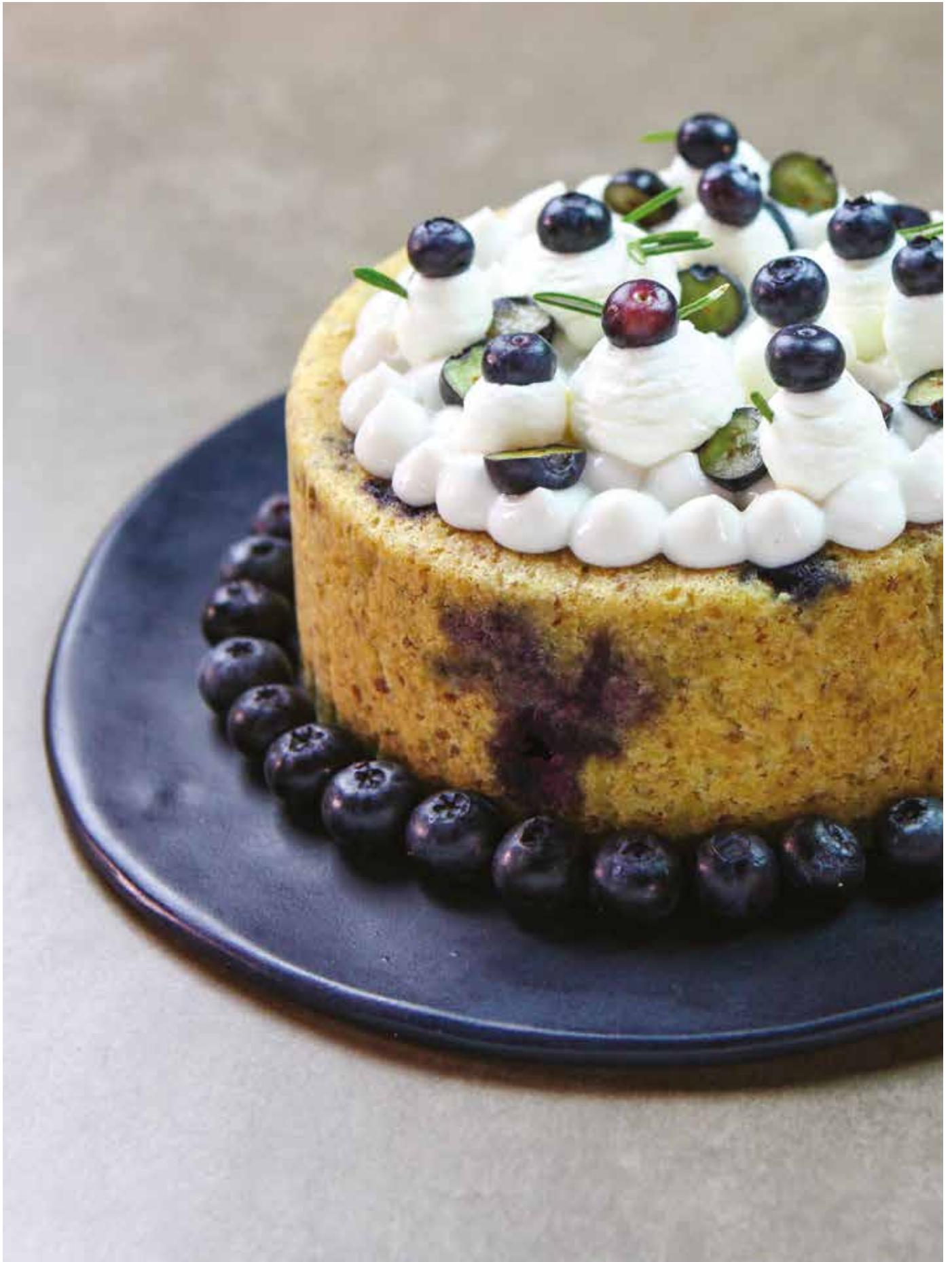
VEGGIE



DIFFICULTY



This little paleo cake is nutritional; it suits any hour of the day. For a version richer in minerals, fibers and mucilages, I like to add a handful of precooked amaranth seeds.



WINTER SQUASH AND POPPY SEED CAKE

FÉLICIE TOCZÉ



PREPARATION 15 MIN
COOKING TIME 40 MIN

INGREDIENTS FOR 6 TO 8 PEOPLE

- 200 gr of winter squash
- 100 gr of soy milk
- 150 gr of honey
- 1 pinch of salt
- 2 teaspoons of 5-spice mix
- 1 bag of baking powder
- 2 eggs
- 30 gr of chickpea flour
- 100 gr of whole rice flour
- 60 gr of buckwheat flour
- 25 gr of poppy seeds
- 50 gr of hazelnuts or roasted/
ground almonds

1. Fill one third of the Vitaliseur's vat and boil. Cut the winter squash into pieces and cook for 15 minutes on the sieve : its flesh must get very soft. Transfer it into a plate. Minding the steam, replace the sieve with the tureen and pour the soy milk along the honey then heat the preparation for 5 minutes.
2. Mash the winter squash with a fork or hand potato masher. Pour the honeyed milk and gently stir. Break and add the eggs one after the other. Add the salt, spices and poppy seeds. Line the flours and add them in three times, stirring in between. Pour and mix the baking powder.
3. Oil the Vitaliseur's cake mold, line with a strip of organic baking paper if you want, and pour the cake dough. Spread the oleaginous and slightly push them in with your fingertips. Place the mold on the sieve. Wipe the inside of the Vitaliseur's lid before putting it back on the sieve.
4. Bake the cake for 40 minutes. Check the baking by jabbing at the center with a knife : the blade must be dry.
- 5 Get the mold out and let cool down for 5 minutes. Unmold with a blade around the cake. Lay on the shelf until complete cooldown.



GLUTEN
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LACTOSE
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VEGGIE



DIFFICULTY

“
*I like to add roasted oleaginous on the top of the
dough to bring some crunch and a roasted flavor
that steam cannot offer.*





GINGER BREAD

VANESSA ROMANO

PREPARATION **10 MIN**

COOKING TIME **1H30**

—
INGREDIENTS

FOR A 15 CM OILED CHARLOTTE MOLD

- 140 gr of whole rice flour • 110 gr of almond powder • 1 egg • 80 gr of organic margarine or ghee • 1/4 teaspoon of soda bicarbonate • 150 gr of mountain honey • 150 gr of orange marmalade • 1 tablespoons of water • 1 teaspoon of ginger bread spices • 1 pinch of salt of a few drops of rum •



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A delicious ginger bread, incredibly melty, perfect for a dessert simply dressed with mandarin sorbet or some vanilla, coffee or licorice ice cream...

- 1.** Fill one third of the Vitaliseur's vat with water and boil. Once the water boils, place a bowl containing margarine or ghee into the steaming basket to cover-melt it.
- 2.** meanwhile, prepare the dough, pouring all ingredients into a salad bowl. Stir together with a wooden spoon or a large whip. Add the melted margarine or ghee and stir again.
- 3.** Oil the mold, pour the dough and place onto the sieve. Cover and cook for 1h30. Check the water level during cooking and add some if necessary.



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CHOCOLATE CREAM JARS

VANESSA ROMANO

PREPARATION **10 MIN**

COOKING TIME **5 TO 10 MIN**

INGREDIENTS **POUR 50 TO 6 POTS**

• 3 egg yolks • 40 gr of brown sugar • 50 cl of coconut milk • 150 gr of 52% dark chocolate • Vanilla • 1 grain of long pepper •

“*These little chocolate creams, both delicious and gourmet, will please you. They can be prepared the day before.*”

1. Fill one third of the Vitaliseur's vat with water and boil.
2. Cut the dark chocolate into small pieces ave wide-bladed knife.
3. Lay the egg yolks into the Vitaliseur's tureen, add the sugar and vanilla, then hand-whip until the mixture whitens and gets creamy. Progressively add the coconut milk and whip again. Add the pepper.
4. Place the tureen over the hot water and whip gently yet regularly until the cream gets thick (it should coat the back of a spoon).
5. Off the heat, add the chocolate shavings in three times, while keeping staring together.
6. Once the mixture is lukewarm, spread into little jars and put them into the fridge until serving time



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PISTACHIO, MATCHA AND COCONUT MARBLE CAKE

ANNE PIOVESAN

PREPARATION **30 MIN**
COOKING TIME **40 MIN**

INGREDIENTS

PISTACHIO AND MATCHA TEA DOUGH

- 3 large eggs • 50 gr of Rapadura®n whole sugar • 50 gr of cashew purée • 50 ml of flavorless sunflower oil
- 1/2 jar (little yogurt glass type) of liquid almond cream
- 75 gr of chestnut flour • 2 handfuls of pistachios • 1 teaspoon of green matcha tea* • 1 teaspoon of icing sugar •



CHOCOLATE DOUGH

- 180 gr of 75% tasting dark chocolate** • 3 eggs • 1 tablespoon of white almond purée • 3 tablespoons of whole rice flour • 50 gr of coconut sugar*** • 1 pinch of fleur de sel • 1/2 jar of almond cream •

*Matcha is a Japanese green tea turned into powder with a stone grinder. Finest matchas are saved to prepare a bitter foamy beverage, deliciously velvety.

** I love excellent gluten-free chocolates by Maison Dardenne.

*** Coconut sugar comes from coconut flowers' sap. It allows to decrease a recipe's glycemic index.

PISTACHIO AND MATCHA TEA DOUGH

1. Break the eggs and slit the whites from the yolks. Whip them until the mixture gets foamy and doubles in volume.
2. Add the cashew purée and the oil
3. Add the flour and matcha tea, the almond cream along the finely ground pistachios (1 generous handful, save the remaining pistachios for decoration). Stir together the whole.
4. Whip the egg whites. Start whipping slowly to slacken the whites, then when they get foamy, whip faster until you get a thick mass. add a little teaspoon of icing sugar to tighten them.
5. Gently mix them to the dough with a spatula. Put aside.

CHOCOLATE DOUGH

1. Make the chocolate dough using the same method as the matcha tea dough.
2. Cut the chocolate in small shavings and slowly melt it in bain-marie (you can use the Vitaliseur's tureen or place a bowl on the sieve for a bain-marie cooking). Off the heat, keep working it, it must be shiny. Add the pinch of fleur de sea.
3. Meanwhile roughly grind the pistachios using a mortar and a masher. Put aside.

PRESENTATION

1. Oil your « Spécial Vitaliseur » cake mold. Fill one third of the Vitaliseur's vat with water and boil.
2. Pour a first layer of dough in your mold, then successively alternate the doughs, matcha-pistachios and chocolate dough until you run out of doughs.
3. Lay the ground pistachios on the cake.
4. Place the mold on the Vitaliseur's vat and cook for 40 to 45 minutes.
5. Let cool down entirely until eating.



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MARION'S BROWNIE

VANESSA ROMANO

PREPARATION **5 MIN**
COOKING TIME **20 MIN**

INGREDIENTS
FOR 6 TO 8 PEOPLE

- 125 gr of clarified or vegetal butter
- 200 gr of 70% chocolate
- 4 eggs
- 50 gr coconut sugar
- 2 tablespoons of organic buckwheat flour
- 2 pinches of fleur de sel
- Pecan nut

1. Fill one third of the Vitaliseur's vat with water and boil.
2. Melt the chocolate along the clarified butter in a tureen placed on the vat.
3. Once the chocolate is melted, remove the tureen from the vat, add coconut sugar and stir together. When the mixture is a bit cooler, add the whole eggs, flour and salt. Blend using a wooden spoon or a spatula. Add the pecan nuts and give one last stir.
4. Grease a mold with the remaining clarified butter or with the coconut oil. Pour the dough and place the mold on the Vitaliseur's sieve. Cook for about 20 minutes.



If you like, you can add a teaspoon
of very strong coffee.



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A SURGEON IN THE KITCHEN

PROFESSOR JOYEUX'S LETTER

•

What is the ideal cooking for health and to obtain best flavors ?

There is one of the most frequently asked questions during my public lectures. I know my answers can be incomplete as I don't master the technique. So I've asked my wife to answer this important question. As a matter of fact, over-cooking or miscooking foods means degrading their nutritional qualities and it also means disturb their digestion and absorption by our alimentary canal. Christine Bouguet-Joyeux has published two books that seriously deal with this topic : *Le Guide pratique de Gastronomie familiale – l'Art et le plaisir pour la Santé et Tout à la vapeur douce* – 100 nouvelles recettes. In early September, she's publishing a book she has fully illustrated for 4 to 12 year-old kids : *Je cuisine en chantant pour ma Santé*, which will be accompanied by songs and lullabies to sing with the family. I thank her warmly for her precious help, one of the reasons of my great physical and mental health.

What can we expect from the ideal cooking

The ideal cooking is without any doubt soft-steaming, under 95-97°C. It gathers many unknown advantages, being labelled as « tasteless » or « boiled », which it is obviously not. It is the only cooking mode that respects the food's identity.

It is an efficient, fast, protective cooking that cleans foods from all toxins, additives and heavy metals caused by agriculture methods, the environment and industrial techniques of food processing. You can cook everything with soft-steaming : vegetables, legumes, cereals, meats, fish, bread, cakes... but you must pay attention to the cooking times, because the longer it lasts, the less vitamins there are and the more degraded nutrients get. A good cooking is a short cooking, unlike the « hot chain ». If you preserve a food at only 63°C for hours, most nu-

trients will be destroyed.

The Food's identity is its color, its smell, taste and texture...

Vitamins' color, aromatic molecules' smell, mineral salts' flavor and fibers' texture are the reflection of the foods' nutritional qualities. These qualities must remain as natural as possible to be well digested and for us to be properly nourished. They thus must not be degraded during cooking.

Watch out for over-cooking !

Over-cooking quickly turns complex carbohydrates into « fast-burning » carbohydrates. It degrades fatty acids or chemically turns them into complex molecules. As for proteins, they unspool into sugar-forming amino acids (also known as « glucogenic ») that make up what I call « hidden sugars ». All these transformed nutrients disturb the digestive process, give way to digestive disorders and, on the long-term, to metabolic diseases, reducing immune defences at the same time. The worst is the long-term spiral : the more you cook, the less you stand crudités and fresh fruits that, alone, can heal our mistreated intestines.

The « steam-cooker » reveals the food's greatest qualities...

Soft-steaming, obtained in some sort of single level couscoussier, with wide holed-shelves and convex lid, that you abundantly fill with water, will right after boiling, surround the food, penetrate the core, make it sweat and cleanse the allergen toxins and cook it quickly.

The best soft-steaming cooking device, that matches all these features, was designed by André Cocard in the eighties, based on the model of Asian or South Mediterranean cooking devices; it named it « Vap'ok ». I was close to



this man, champion of all kinds of patents, who worked at the lab for over a year. He often visited us, convinced me very quickly and taught a lot.

At the moment, a steam-cooker of this kind, very efficient and market-available, is the Vitailiseur. For a maximized efficiency, you must, as Chinese do, cut vegetables or meats in small pieces, spread them on the sieve, cover, stir, cover and remove them when they're just cooked, crunchy, al dente : five minutes are enough. The cooking ends with an accumulation of internal heat while the food is already out of the steamer and being seasoned.

The time-temperature equation

It is very important to respect the time-temperature equation for cooking times. You can cook most foods in five minutes : cut vegetables, meats and poultry, legumes soaked since the previous night (which starts germination and fills them with vitamins and phytohormones).

however, cereals and assimilated grains must be put into an inbox bowl with water : for a volume of whole rice or buckwheat, you need one volume and a half of water; for one volume of quinoa (which must be rinsed three times to re-

move all allergen substances), one volume and three quarters of water; for one volume of millet, two volumes of water; the duration is between 20 to 25 minutes depending on the quantity, in the steamer's sieve with the lid on. The result is astonishing, the rice doesn't stick and grains are perfect and uniformly cooked, even for whole rice.

For fish, boiling must be reduced to minimum, and it must be taken out as soon as it whitens and starts breaking. Breads or cakes will bake in twenty to thirty minutes depending on the volume, rendering a maximum softness, lightness and digestibility, especially if you replace butter with sweet olive oil, and if you use low-gluten flours...♥

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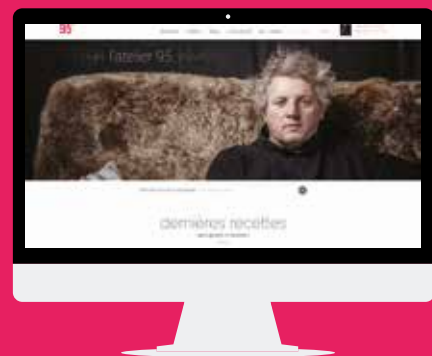
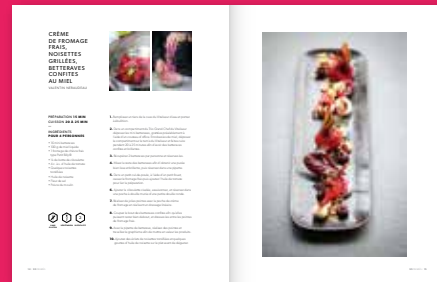
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