

LA TABLE DE L'OURS

THE TABLE OF MICHELIN-STARRED CHEF ANTOINE GRAS



Original drawing

FABIEN VERSCHAERE

SENTIER LIBRE

190

FIRST STEPS

I

Golden mallard
Paysanne beetroot
Gentian and parsley
|
Oyster with steamed
Fermented cabbage
Flavourfom broth
|
Celeriac with beef marrow
Season vegetables
Pot au feu reduction
|
Flash fried crayfish
Carrots julienne
Refreshing grated carrots



LAKES AND SEAS



II

Perch from Leman
Spinach & candied Agata
Velvety vin jaune & sorrel
|
Smoked fresh water trout
Squash and juniper
Silky Mondeuse and verjus

MEADOWS & MOUNTAINS



III

Venison

Fir crusted carrot

Carotene jus



Farm reared pork

Rusted chicory

Sour sauce



ALPAGES

35

Cheese board from the mountains



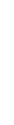
FINAL ASCENSION

IV

Original vanilla

Local juniper

Hollandaise with vanilla pods



Baked apple

Herb salad

Cider sorbet

LA
TABLE DE L'OURS

REFUGE

*Let yourself be guided by Antoine for a great walk to the
rythm of winter...*

220





MAGALI'S WINE PAIRING

ORIGINE

—

Discovering Magali's hometown region

150



ÉVASION

—

Around wines from here and elsewhere

240