



CHENOT

DETOX AT HOME

Edible science to promote
healthy aging

Guido Tommasi Editore



CHENOT

DETOX AT HOME

Edible science to promote
healthy ageing

Guido Tommasi Editore

CONTENTS

PREFACE	06
INTRODUCTION	08
SPRING AND SUMMER	24
Breakfast	24
Salads	34
SPRING	42
Lunch	42
Appetisers	42
Main courses	56
Dinner	70
Appetisers	70
Soups	80
Main courses	88
SUMMER	102
Lunch	102
Appetisers	102
Main courses	116
Dinner	130
Appetisers	130
Soups	142
Main courses	152

AUTUMN AND WINTER	166
Breakfast	166
Salads	178
AUTUMN	186
Lunch	186
Appetisers	186
Main courses	202
Dinner	216
Appetisers	216
Soups	232
Main courses	244
WINTER	258
Lunch	258
Appetisers	258
Main courses	274
Dinner	286
Appetisers	286
Soups	300
Main courses	314
BASIC RECIPES	328
INDEX OF RECIPES	334
CONTRIBUTORS	340
FURTHER READINGS	342



HOW TO USE THIS BOOK

Divided by season, the recipes contained in this book cover a 7-day detox plan at home.

DAILY MEAL PLAN

Morning | Breakfast

Midday | Lunch

Appetiser

Salad

Main course

Evening | Dinner

Appetiser

Soup

Main course

ADDITIONAL NOTES

Breakfasts and salads recipes have been combined together into 2 sections because the ingredients are available in both seasons:

- spring and summer at page 24
- autumn and winter at page 166

All recipes are intended for 4 people.



SPRING AND SUMMER

BREAKFAST
AND SALADS



APRICOT, LAVENDER AND BLUEBERRY TART

INGREDIENTS

For the pastry

100 g wholemeal flour
10 ml agave syrup
10 ml seed oil
30 ml water
1/2 tsp baking powder
Vanilla

For the compote

300 g apricots
Dried lavender flowers
1 tbsp lemon juice
60 ml water

Blueberries

Pour all the pastry ingredients into the bowl of a food processor and process until smooth and homogeneous. Wrap the dough in cling film and place in the fridge for 30 minutes. Line a shallow tart dish with baking paper, roll out three quarters of the dough with a rolling pin and gently place in the tart dish. Pierce the pastry with the prongs of a fork and bake in the oven at 180°C for 10 minutes.

Wash the apricots, remove the skin and stone and put them in a saucepan with the other ingredients. Simmer for 2 hours, stirring every 5–10 minutes.

Pour the apricot and lavender compote into the pastry shell, roll out the remaining dough, cut into long, thin strips and lay them on top of the compote, creating the typical tart grid pattern. Place a blueberry on each rhombus of the tart and finish baking in the oven at 180°C for 15 minutes.

BUCKWHEAT AND CHERRY PORRIDGE

INGREDIENTS

2 pears
100 g buckwheat
20 g goji berries
200 ml water
100 ml almond milk
(see basic recipes)
1 vanilla pod
Cinnamon
16 cherries
1 tsp agave syrup
1 tbsp lemon juice

The zest of 1 lemon

Peel the pears, remove the stalks and cut into cubes.

Put them in a saucepan with the buckwheat, goji berries, water, almond milk, vanilla pod and cinnamon, and cook over medium heat. When the mixture starts to simmer, cook for 15 minutes, then turn off the heat.

Divide the cherries in half and remove the stones. Heat a frying pan and pour in the agave syrup, then immediately add the cherries and lemon juice. Cook over medium heat until the cherries are soft; this will take about 3–4 minutes.

Pour the porridge into a bowl, spread the glazed cherries and a little grated lemon peel on top.

PHOTO ON PAGE 28 TOP LEFT



SPRING

LUNCH

APPETISERS

SALADS

pages 34–40

MAIN COURSES



QUINOA, GREEN TOMATO AND OXALIS CRUSTED CARROTS

INGREDIENTS

16 small carrots
Thyme
80 g quinoa
180 ml vegetable broth
(see basic recipes)

For the sauce

2 green tomatoes
1/2 fennel
1/2 apple
15 basil leaves
10 coriander leaves
10 ml olive oil
4 ice cubes

Oxalis flowers

Peel the carrots well, leaving some of the leaf. Wash them and season with a drizzle of oil and a sprinkling of thyme.

Cook the quinoa in vegetable broth with a pinch of salt for 14 minutes. Bread the carrots with quinoa, place them on a baking tray and bake them in the oven at 190°C for 10 minutes.

Blend all ingredients for the sauce with a mixer at maximum speed for 3 minutes and strain the sauce through a fine-mesh sieve.

Serve the carrots on a plate with dots of green tomato sauce and decorate with oxalis flowers.



CELERIAC CARPACCIO COOKED IN SALT WITH LAVENDER OIL AND BRAZIL NUTS

INGREDIENTS

1 medium celeriac
500 g salt
4 lavender stems
50 ml extra virgin
olive oil

4 Brazil nuts
Maize flowers

Wash the celeriac, place it on the bottom of a baking tray and cover it completely with salt. Heat the oven to 180°C and bake for 1,5 hours, then take out of the oven and let cool at room temperature. Now rinse it very well to remove the salt and cut into 1 mm thick slices.

Pour the oil into a saucepan, add the lavender and heat over a low flame for 5 minutes, but without exceeding 80°C. Turn off the heat and leave to infuse.

Toast the Brazil nuts in the oven at 170°C for 7 minutes, take them out of the oven and let them cool completely, then julienne them.

Arrange the carpaccio in a circle on the plate, season with a few drops of lavender oil and decorate with the nuts and flowers.





SPRING

DINNER

APPETISERS

SOUPS

MAIN COURSES

LASAGNETTE WITH TURNIP TOPS, COURGETTES, SPINACH, PINE NUTS AND BASIL

INGREDIENTS

200 ml rice milk
20 g cornflour
Nutmeg
100 g turnip tops
1 clove of garlic
Chilli
2 courgettes
100 g spinach
1 bunch of turnip greens
50 g roasted pine nuts
35 g nutritional yeast flakes
Salt
Black pepper

Pine nuts

First make a béchamel sauce by pouring the milk into a saucepan and adding the cornflour, a pinch of salt and pepper, then the nutmeg, stirring with a whisk.

Bring to the boil, stirring frequently so that no lumps form.

Divide the béchamel sauce into 2 equal bowls and let it cool.

Wash and clean the turnip tops. Heat a little oil in a frying pan, then add the garlic, chilli and turnip greens and sauté.

Wash the courgettes and cut them into 2 mm thick rounds, then blanch for 4 minutes.

Clean the spinach and blanch in salted water for 2 minutes, drain and immediately plunge it into water and ice for a few minutes. When cold, drain and blend in a blender with half of the béchamel sauce until smooth.

Clean the turnip greens and blanch them in salted water for 4 minutes, drain and immediately plunge them into water and ice for a few minutes.

When cold, drain and blend them with the other half of the béchamel sauce until smooth.

Toast the pine nuts and pour them into a food processor, then add the baking powder and mix until pulverised.

Line a baking tray with baking paper and place 4 pastry cutters of 8 cm diameter on it. Inside each one, layer in the following order: the courgettes, turnip greens, a layer of spinach béchamel sauce, then another layer of courgettes, one of turnip greens, one of turnip greens béchamel sauce and finish with a final layer of courgettes and a sprinkling of crushed pine nuts.

Heat the oven to 175°C and bake the lasagnette for 20 minutes, then serve in the centre of the plates.







SUMMER

LUNCH

APPETISERS

SALADS

pages 34–40

MAIN COURSES



FIG CARPACCIO, SORREL AND MODENA BALSAMIC VINEGAR

INGREDIENTS

4 white figs
200 g sorrel
Modena balsamic vinegar
4 purple figs

Peel the white figs and place them open on a piece of baking parchment. Cover with another sheet, flatten and create 4 discs with a pastry cutter. Compact and place in the freezer for 30 minutes.

Place the frozen carpaccio in the centre of a plate (it will defrost in 2 minutes), cover it with a little sorrel, season with a few drops of balsamic vinegar and garnish with violet fig wedges.



COURGETTE FLOWERS

INGREDIENTS

200 g porcini mushrooms
1/2 clove of garlic
1 bunch of mint
4 flowers with their courgette
2 mini courgettes
2 leeks
100 ml vegetable stock (see basic recipes)
1/2 vanilla pod
1 tsp extra virgin olive oil
Salt

Wash the mushrooms, cut them roughly and sauté them in a pan with 1 teaspoon of hot oil flavoured with half a clove of garlic without the germ. Season with salt and add the mint leaves. Once cooled, place the mixture in a pastry bag.

Remove the pistil from the flowers without detaching them from the courgette and cook them in a steamer for 1 minute with the mini courgettes cut in half.

Fill the courgette flowers with the mushrooms and set them aside.

Remove the outermost part of the leeks, cut them in half lengthwise and wash them well, then cut into strips and sauté over a medium flame with 1 teaspoon of oil, adding the vanilla seeds taken from the pod with a knife. Season with salt. Once the leeks have wilted, whisk them together with the vegetable stock. The cream should be smooth and silky.

Place a small ladle of leek sauce in the centre of a plate, place a stuffed courgette flower and decorate by placing half a courgette next to it.

CAVATELLI

INGREDIENTS

4 red peppers
200 ml water
30 g peanuts
200 g 00 flour
Salt

20 g peanut kernels

Wash the peppers well, dry them, remove the inner seeds and cut them roughly. Cook them in a pan with 100 ml water, then season with salt and blend them together with the peanuts.

Pour the flour and 100 ml water into a bowl and knead it with your hands until you obtain a smooth dough, then cut into 6 parts and roll it out into sheets. Cut the dough into strips about 1 cm wide, then each into pieces of about 2 cm and crush them with two fingers. Cook the pasta in boiling water for about 2 minutes, then toss it in the pan with the pepper sauce.

Serve the cavatelli garnished with a sprinkling of peanut kernels.





SUMMER

DINNER

APPETISERS

SOUPS

MAIN COURSES

STUFFED PEPPERS AND VEGETABLE SAUCE

INGREDIENTS

6 small red peppers
6 small yellow peppers
90 g red lentils
2 round tomatoes
100 g shiitake mushrooms
1/2 onion
1 clove of garlic
1 aubergine
1 tbsp sultanas
5 pitted Taggiasca olives
Parsley
Oregano
Cumin
Smoked paprika
300 ml vegetable stock
(see basic recipes)
1 tsp nutritional yeast

For the sauce

2 carrots
1 celery stalk
1 leek
400 ml vegetable stock
(see basic recipes)
1 bay leaf
1 tsp tamari
Extra virgin olive oil
Black pepper

Cut the top off the peppers and remove the inner seeds, without discarding the stem end that will be used to decorate the dish. Boil the lentils for 25 minutes, cut all the vegetables into small pieces and stir-fry them. Once cooked, add the spices, lentils, herbs and vegetable stock and simmer it.

Fill the peppers, sprinkle them with baking powder and bake them in the oven at 180°C for 20 minutes.

Wash and cut the vegetables into coarse pieces, sauté them in a pan for 7 minutes with 1 teaspoon oil, add the stock, bay leaf, black pepper and tamari and cook over a low heat for 30 minutes. Blend everything until a smooth and homogeneous sauce is obtained.

Serve the stuffed peppers closed with the stem end on a flat plate with drops of sauce on the side.





AUTUMN AND WINTER

BREAKFAST
AND SALADS

CAROB PANCAKES AND COOKED MUST

INGREDIENTS

50 g rice flour
25 g buckwheat flour
25 g cornstarch
25 g locust bean flour
3 g tartar cream
1 pinch of baking soda
10 g rice malt
150 ml almond milk
(see basic recipes)
1/2 tsp extra virgin olive oil

20 g saba
(cooked grape must)
2 white grapes
2 black grapes

In a bowl mix the sifted flours, malt, tartar cream, cornstarch and baking soda. Add the oil, then the milk slowly and mix to obtain a lump-free consistency.

Heat a non-stick pan and, with a ladle, pour a little mixture without levelling it.

When bubbles begin to form and the base is golden, flip the pancakes and cook them on the other side as well. Continue until the mixture is finished.

Serve the pancakes covered with saba and accompanied by the grapes cut into pieces.





GRILLED LETTUCE, PUMPKIN AND LEEKS

INGREDIENTS

4 baby lettuce heads
1/2 pumpkin
1 leek
1/2 green pepper
1/2 red pepper

For the sauce

1 red pepper
2 tomatoes
2 cloves of garlic
50 g almonds
1 onion
1 tbsp white vinegar
1 tbsp olive oil
1 pinch of salt

5 roasted pistachios

Wash and cut the lettuce into quarters. In a hot non-stick pan brown it 30 seconds per side.

Peel and cut the pumpkin into 2 cm cubes, which you will first boil for 5 minutes and then brown in a non-stick pan on all sides.

After cutting the leek and green pepper into thin strips, cook them in a pan over low heat with a tablespoon of water for 20 minutes, stirring occasionally. Do the same with the red pepper.

And now the sauce: peel the red pepper, eliminating the seeds, and peel the tomatoes and garlic.

Put all the ingredients for the sauce on a baking tray with olive oil and salt and cook for 35 minutes at 180°C, then blend until smooth.

On a flat dish, place three quarters of lettuce, leaving a space at the centre to fill with the diced pumpkin. Place the pepper julienne on both sides of the plate.

Decorate the lettuce with the sauce and complete with the toasted pistachio.



KUMQUAT AND FENNEL SALAD

INGREDIENTS

2 fennels
1 tsp apple cider vinegar
1 tbsp fennel seeds
1 tsp extra virgin olive oil
1 pinch of salt
White pepper

12 kumquats
1 bunch of dill

Wash the fennel and remove the hardest leaves. With a mandolin, slice them thinly and place them in a bowl with oil, apple cider vinegar, fennel seeds, salt and white pepper. Mix well, cover with cling film and marinate in the refrigerator for at least 2 hours, stirring occasionally.

Serve the marinated fennel with chopped dill and sliced kumquats.



AUTUMN

LUNCH

APPETISERS

SALADS

pages 178–184

MAIN COURSES





COUSCOUS WITH ALMOND YOGHURT SAUCE, PORTOBELLO MUSHROOMS AND BRUSSEL SPROUTS

INGREDIENTS

For the almond yoghurt

75 g peeled almonds
250 ml water
Salt

For the broth

1 celery stalk
2 onions
1 l water
1/2 tbsp cumin
1/2 tbsp dried coriander
1 tbsp dried turmeric
1/4 tbsp dried garlic
1/2 tbsp saffron
1/2 tbsp dry ginger
1 tsp chili pepper
1 tsp pepper
1/2 tsp nutmeg
2 pieces of mace
3 cinnamon sticks
3 aniseed
1 tsp fennel seeds
2 bay leaves

For the couscous

150 g couscous
200 ml vegetable broth
(see basic recipes)
1 tsp extra virgin olive oil
5 g salt

For the vegetables

1/2 shallot
4 Brussels sprouts
5 g agave
2 Portobello mushrooms
1 tbsp apple cider vinegar
1 tsp olive oil
1 pinch of salt

First, prepare the yoghurt. Soak the almonds for two days in a cool dark place, then drain them, storing the water, and blend by adding the water at a slow steady trickle until obtaining the desired density. Salt to taste.

And now the broth. Put the vegetables in a pot, cover them with cold water and boil them over medium heat for two hours, then turn off the heat, remove the vegetables and flavour the broth with the spices. Leave to rest covered for an hour.

Continue with the couscous. Pour into a container, rehydrate with 200 ml of boiling broth and leave covered for 10 minutes, then break it up with a fork and add olive oil and salt.

Meanwhile, clean the vegetables and cut the shallots into brunoise, Brussels sprouts into julienne and Portobello into regular cubes. Put two pans on the hob and heat a drizzle of oil: in one add the shallot and, when it has taken colour, add the mushrooms and agave. In the other pan, lightly cook the Brussels sprouts and add the apple cider vinegar. When all the vegetables are ready, transfer to a single pan and salt them.

Place the couscous in the centre of a bowl and add a spoonful of vegetables, accompanied by almond yoghurt.

VEGETABLE FIDEUA

INGREDIENTS

1 shallot
1/2 leek
1 onion
1 green pepper
1 carrot
100 g porcini mushrooms
1 tsp tamari
400 g broth
1 tsp miso
1 bay leaf
1 g saffron
2 g smoked paprika
160 g wholemeal spaghetti
1 tsp olive oil
Salt and pepper

For the broth

2 l water
1 kombu seaweed leaf
1 leek
1 onion
2 carrots
2 celery stalks
100 g dried shiitake mushrooms
100 g dried porcini mushrooms

For the glazed mushrooms

100 g fresh shiitake mushrooms
100 g fresh porcini mushrooms
100 g fresh champignon
1 shallot
1 tsp tamari
1 tbsp Modena balsamic vinegar
1 tbsp water
10 g cornstarch

For the pesto

1 quince
100 g dried tomatoes

Start with the broth. Roughly cut the leek, onion and carrots. Place all ingredients in a large pot of water and boil over low heat for 45 minutes. After this time, remove the kombu algae and continue cooking for another hour. When ready, filter the broth.

Cut the shallot, leek, onion, green pepper and porcini into a brunoise and grate the carrot finely.

In a shallow saucepan, fry the shallot, leek, onion and green pepper in oil for 5 minutes, then add the grated carrot and porcini mushrooms and cook for another 5 minutes. Add the tamari, broth, a pinch of salt, miso, bay leaf, saffron, paprika and pepper.

Cook the chopped noodles in a shallow saucepan for 4 minutes, add them to the vegetables after draining and finish cooking in the oven at 180°C for 10 minutes.

Cut the mushrooms into a julienne and the shallot into a brunoise. Mix the tamari, water, balsamic vinegar and cornstarch well.

In a non-stick pan with a drizzle of oil, fry the shallots over high heat. When the colour begins to change add the mushrooms and, when they are cooked, glaze with the mixture of balsamic vinegar and tamari.

Cook the quince in the oven at 180°C for 45 minutes, then remove the peel and seeds and blend it with the dried tomatoes, adding, if necessary, a little vegetable broth and salt.

Serve in a low saucepan, with glazed mushrooms and a few dots of quince pesto on top.





AUTUMN

DINNER

APPETISERS

SOUPS

MAIN COURSES

PORTOBELLO MUSHROOM STUFFED WITH BLACK CABBAGE, RAISINS AND BROCCOLI, BUCKWHEAT CRUMBLE AND MODENA BALSAMIC VINEGAR

INGREDIENTS

For the filling

1 broccoli
150 g black cabbage
1 tbsp raisins
1 tsp extra virgin olive oil
1 pinch of salt
Black pepper

For the mushrooms

8 large Portobello caps
8 sprigs of thyme
1 tsp extra virgin olive oil
1 pinch of salt

For the crumble

30 g buckwheat flakes
20 g buckwheat flour
2 walnuts
1 tsp coconut oil
1 tbsp water

1 tsp Modena balsamic vinegar

Wash and grate the broccoli. Peel the black cabbage and cut into a julienne.

In a pan heat a drizzle of oil and sauté the cabbage, adding a little water after a few minutes to prevent it from burning.

Season with salt and pepper and add the broccoli. When all the ingredients are cooked, turn off the heat and add the raisins.

Line a baking tray with baking paper and place the 4 Portobello caps with the spongy part facing upwards. Season with oil, salt and thyme and bake at 180°C for 10 minutes, then add the filling on the mushroom and cover with the remaining Portobello caps. Finish cooking for another 7 minutes.

For the crumble, combine all the ingredients in a container and spread the mixture between two sheets of baking paper. Cook at 170°C for 20 minutes, then let cool and break the crumble into small pieces.

Place a mushroom at the centre of each dish, sprinkle with the crumble and finish with a splash of Modena balsamic vinegar.





WINTER

LUNCH

APPETISERS

SALADS

pages 178–184

MAIN COURSES

SAVOURY CAKE WITH CANDIED PEAR

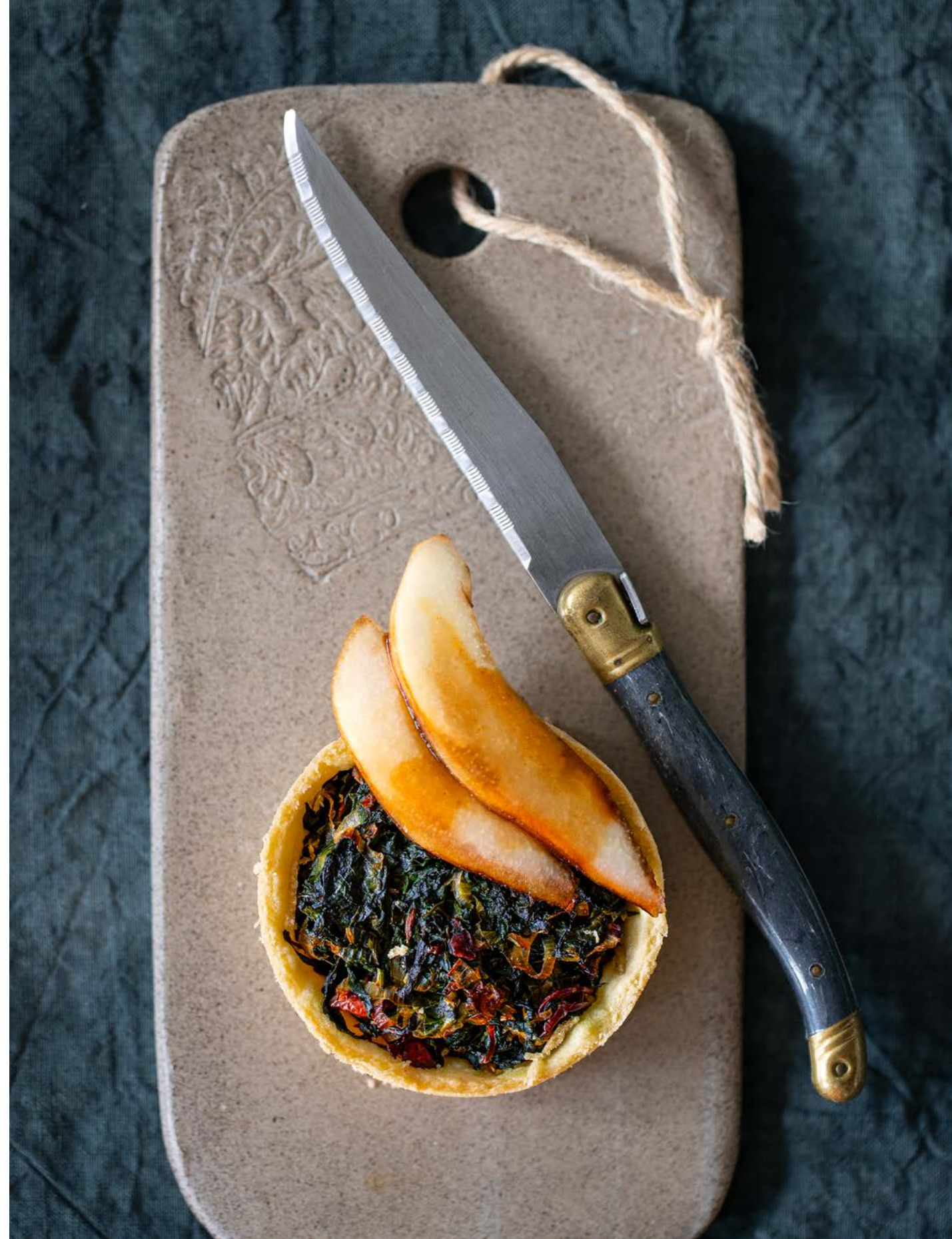
INGREDIENTS

100 g spinach
100 g Swiss chard
1 leek
30 g pitted Kalamata olives
1 stem marjoram
Nutmeg
Vegan shortcrust pastry
(see basic recipes)
2 pears
40 ml balsamic vinegar
reduction
1 tbsp water
Extra virgin olive oil
Salt

Clean the spinach and Swiss chard by removing the tough parts. Remove the outer and innermost parts of the leek, then cut everything into julienne strips. Wash the olives and cut them into rounds. Heat 10 ml of oil in a frying pan and wilt the leek and add the chard and marjoram, then cook for 3–4 minutes. Add the spinach, cook for about 1 minute more and add grated nutmeg, the olive slices and 4 g salt, finally leave the flavour to develop for 1 minute.

Roll out the shortcrust pastry between two sheets of baking paper into a sheet about 2 mm thick, then gently lift it out and line a lightly greased 15 cm diameter cake tin. Make it stick to the mould and cut off the excess dough. Prick the pastry with the tines of a fork and fill the cake with the vegetable filling. Bake at 160°C for about 25 minutes.

Peel the pears, remove the seeds, then chop them into four pieces. Boil them for 5–6 minutes and meanwhile heat the vinegar with a tablespoon of water in a pan. Drain the pears and caramelise them on each side in the vinegar reduction. Place a cupcake in the centre of the plate and garnish it with 2 pear slices.



PURSLANE AND PINE NUT RISOTTO

INGREDIENTS

30 g pine nuts
200 g purslane
30 ml ice water
160 g Carnaroli rice
700 ml vegetable stock
(see basic recipes)
The zest of 1 lemon
1 tsp extra virgin
olive oil
Salt
Black pepper

10 toasted pine nuts
Purslane florets
Marjoram leaves

Toast the pine nuts in a non-stick pan, then leave them to cool completely. Wash the purslane and blanch for a few seconds, then immerse it in water and ice for a few minutes. Drain it, squeeze it and blend it together with the pine nuts, ice water and salt and pepper. Blend everything, starting with a medium speed, and gradually increase as you add the oil in a trickle. Taking care that the pesto does not overheat, mix until homogeneous. Toast the rice in a pan with a pinch of salt, pour in the stock so that it covers it by one centimetre and stir. Cook the rice by adding a little stock at a time and stirring.

Remove from the heat, season the risotto with purslane pesto, stir for a few minutes and then add the grated zest.

Pour the risotto in the centre of the plate and, to ensure that it is evenly distributed, gently tap it under the plate with the palm of your hand. Decorate with the toasted pine nuts, purslane tops and marjoram leaves.



CORN GNOCCHI

INGREDIENTS

1 winter truffle
1 dried chilli pepper
300 ml vegetable stock
(see basic recipes)
100 g cornflour
1 clove of garlic
60 g Enoki mushrooms
100 ml extra virgin olive oil
Salt

Truffle shavings
1 bunch of curly parsley

Gently remove the soil from the truffle with a brush. Pour the oil, the sliced truffle and the chilli pepper into a glass container. Let it steep for 24 hours.

Pour the vegetable stock into a saucepan, bring to the boil, add 4 g salt and the cornflour and cook over a low heat, stirring continuously for 30–40 minutes. Line an oven dish with foil, pour in the polenta and leave to cool. Take small amounts of polenta and shape them into balls, then cut them into gnocchi by pressing them on a fork or with a spatula. When ready, heat 1 teaspoon truffle oil with half a clove of garlic in a frying pan, add the Enoki mushrooms and, when cooked, pour in the gnocchi, leaving them to take on flavour for a few seconds.

Place a portion of gnocchi on a soup plate and decorate with the mushrooms and truffle shavings. Finish with curly parsley leaves.





WINTER

DINNER

APPETISERS

SOUPS

MAIN COURSES





INDEX OF RECIPES

SPRING AND SUMMER

BREAKFAST AND SALADS

Apricot, lavender and blueberry tart	27
Buckwheat and cherry porridge	27
Acai and red fruit granita	29
Doughnut peach and thyme cream	29
Basil panna cotta with strawberry sauce	29
Watermelon aspic and smoked tea	30
Cooked pear with mallow	33
Sesame marinated cress with green lemon gel	34
Belgian endive with tangerines and walnuts	34
Chicory and raspberry salad	37
Caprese with soya ricotta cheese	37
Curled lettuce, grapefruit sauce and caramelised kumquats	39
Salicornia, rocket and watermelon	39
Dandelion and roasted peaches with balsamic red fruit reduction	40

SPRING

LUNCH | APPETISERS

Rice plumcake, avocado and pear	44
Stuffed white asparagus roll, aubergine and tarragon sauce	47
Black rice uramaki with salicornia and cherry teriyaki sauce	48
White asparagus, nori seaweed, caviar and hollandaise sauce	49
Deconstructed spelt panzanella	52
Quinoa, green tomato and oxalis crusted carrots	55
Celeriac carpaccio cooked in salt with lavender oil and brazil nuts	55

LUNCH | MAIN COURSES

Wheat risotto with spinach, strawberries and tomato	57
Brown rice with nettles and yarrow	58
Fettuccine with mushrooms	59
Risotto with creamed broad beans, edamame and white asparagus	63
Spelt spaghetti	64
Barley with creamed courgettes, wild garlic and almond slivers	67
Fresh bean and dill soup	68

DINNER | APPETISERS

Panissa with truffle, wild red mustard leaves and marinated red onion	73
Ratte potatoes with brava sauce, olives and pistachios	74
Soy sauce glazed bok choy with coriander and lime	74
Morel mushroom pie and sautéed chard	77
Kohlrabi stuffed with green leaf pesto	77
Onion with its reduced stock and salted snow peas	79
Wild asparagus in dashi and miso red pesto	79

DINNER | SOUPS

Pea and ginger soup with almond foam	80
Spinach cream with morels	80
Fennel, elderflower, lemon and apricot soup	83
White asparagus, rhubarb and cranberry cream	83
Cream of nettles and wild garlic with bulgar croutons	84
Cauliflower soup	84
Romanesco broccoli cream, curry sauce, saffron and corn chips	87

DINNER | MAIN COURSES

Artichoke, broad beans, green beans and spring onion with brown vegetable soup	88
Mushroom scallops with cherries and green beans	91
Lasagnette with turnip tops, courgettes, spinach, pine nuts and basil	92
Tofu cutlet with wasabi-flavoured broad bean cream and yuzu mayonnaise	95
Torta al testo with field herbs and lemon	96
Grilled spring vegetable garden	97
Chickpea, onion jam and confit tomato farinata	100

SUMMER

LUNCH | APPETISERS

Courgettes in scapece	105
Fig carpaccio, sorrel and Modena balsamic vinegar	107
Courgette flowers	107
Mango and leche de tigre ceviche	108
Courgette and carrot roll	110
Quinoa temaki	111
Pinzimonio	115

LUNCH | MAIN COURSES

Courgette spaghetti	116
Couscous	119
Pokè	120
Pici with tomato sauce	123
Taco	124
Soba noodles and shiso	127
Cavatelli	128

DINNER | APPETISERS

Babaganoush	133
-------------	-----

Roasted okra and pepper and tomato sauce	133
Stewed daikon	135
Watermelon tataki	135
Caponata	136
Aubergine bites and creamed corn	139
Tartare	140

DINNER | SOUPS

Creamy green bean, shallot and radish soup	143
Cantaloupe melon gazpacho with dried peaches	143
Edamame soup	146
Courgettes, mint, marjoram and raspberry cream	146
Tomato and strawberry gazpacho	149
Cucumber, purple rocket and goji berry soup	150
Carrot and passion fruit soup	150

DINNER | MAIN COURSES

Baked vegetables and mushroom béchamel sauce	153
Stuffed peppers and vegetable sauce	154
Beetroot burger, soya bean sprouts and sprout salad	157
Tomato fritters and vegetable tzatziki	158
Wellington seitan	161
Tofu skewers	162
Parmigiana	165

AUTUMN AND WINTER

BREAKFAST AND SALADS

Persimmon and chestnut crème caramels	168
Apple with hazelnut crust and blueberry coulis	171
Coconut-scented chia gelée with kiwi and pineapple	173
Kiwi, golden apple and almond smoothie	173

Prickly pear gelo and Modica chocolate chips	173
Carob pancakes and cooked must	174
Quince, anise, cinnamon and pomegranate soup	177
Cornsalad, grilled apples and mustard	178
Fermented red cabbage, cauliflower and cumin	178
Valerian salad and figs with balsamic vinegar	181
Porcini mushroom carpaccio with spinach, thyme and lime	181
Grilled lettuce, pumpkin and leeks	183
Kumquat and fennel salad	183
Cabbage salad with sour cream and pomegranate sauce	184

AUTUMN

LUNCH | APPETISERS

Sautéed mushroom tartare, red cabbage and mustard	189
Carrot, celery and avocado dumpling	190
Tricolour cauliflower sushi	194
Broccoli hummus and chickpea crackers with pimentón	195
Hazelnut pudding with mango coulis and red fruits	197
Coloured vegetables, orange and walnut mix	198
Beluga falafel with medlar ketchup	201

LUNCH | MAIN COURSES

Leek cannelloni with vegetable olive ricotta and herbal emulsion	203
Spiced spelt cocotte with field herbs, porcini mushrooms, artichokes and grapes	204
Couscous with almond yoghurt sauce, Portobello mushrooms and brussel sprouts	207
Vegetable fideua	208

Pumpkin gnocchi with variations of sage	211
Nettle ravioli	212
Saffron risotto with chestnut butter, porcini and bitter cocoa	215

DINNER | APPETISERS

Braised carrot and its gravy with light pistachio cheese	218
Truffle pumpkin carpaccio and red cabbage	221
Tandoori smoked cauliflower, green sauce and citron chips	222
Fagottino of cabbage, leek and olive with red pepper sauce	225
Portobello mushroom stuffed with black cabbage, raisins and broccoli, buckwheat crumble and Modena balsamic vinegar	226
Vegetable patties with muhammara sauce and celery mayonnaise	229
Spinach and shiitake mushroom mille-feuille with mustard sauce	230

DINNER | SOUPS

Creamy pumpkin and black cabbage soup	233
Parsley root soup and hazelnut	233
Borage and wild pea soup	234
Quince and red cabbage soup	237
Celeriac soup with pear and ginger	238
Green lentil dahl	241
Creamy mushroom and herb soup	242

DINNER | MAIN COURSES

Quinoa, hokkaido pumpkin burger, pink peppercorn and lime mayonnaise	244
Hemp ricotta	245
Sweet and sour tofu	249
Seitan and lentil escalope with citrus aroma and topinambur with rosemary	250
Vegetable strudel with carrot and tarragon béarnaise sauce	253

Gratinée artichokes filled with salsify, topinambur cream, black truffle and beluga crackers	254
Sweet potato gateau	257

WINTER

LUNCH | APPETISERS

Cauliflower al cartoccio	261
Marinated fruit	262
Vietnamese roll and mango chutney	265
Daikon and red cabbage ravioli with zesty lime tangerine sauce and long pepper	266
Vegetable shuba	269
Savoury cake with candied pear	270
Roasted pumpkin with miso and watercress	273

LUNCH | MAIN COURSES

Purslane and pine nut risotto	274
Corn gnocchi	274
Ravioli	277
Buckwheat and artichoke cannelloni	278
Maltagliati pasta in miso broth	281
Tacu tacu	282
Tagliatelle with pumpkin and hazelnut pesto, hazelnut and chanterelle crumble	285

DINNER | APPETISERS

Vegan foie gras	289
Mushroom fillets with jalapeno mayonnaise and lime	290
Winter ratatouille	290
Spinach crêpes with escarole, clementines and walnuts	293
Crispy phyllo with herb sauce and grilled fennel	294
Cauliflower, romanesco broccoli and kale gratin	297
Cardoon tatin	298

DINNER | SOUPS

Broccoli and lemongrass cream with spiced rice chips	301
Minestrone with couscous croutons	302
Chestnut soup	305
Black cabbage soup with cardamom and pumpkin chips	306
Root soup	309
Jerusalem artichoke soup	310
Pho soup	313

DINNER | MAIN COURSES

Sweet potato rosti with vegan raspberry and blueberry mayonnaise	314
Savoy cabbage rolls	315
Warm winter salad with must reduction	319
Cecina with rosemary, sesame sauce and black cabbage	320
Corn cubes	323
Quinoa timbale	324
Curry tofu	327

BASIC RECIPES

Tomato sauce	330
Vegetable broth	330
Almond milk	330
Almond ricotta	331
Seitan	331
Almond mayonnaise	331
Phyllo dough	332
White tofu	332
Vegan cheese	333
Vegan shortcrust pastry (sweet and savoury)	333

CONTRIBUTORS

This book was made possible thanks to the many people who contributed to it, including:

Dominique Chenot, whose belief in the healing power of nutrition and talent in the kitchen continues to inspire the story of Chenot today.

Ettore Moliteo, our Executive Chef, who has used the flavour, texture, scent and colour of choice ingredients to bring to life the science behind the Chenot Diet®, one of our key medicinal therapies. Ettore leads a dedicated kitchen team, which also includes the wonderful **Jorge Luis Alegre** and **Luca Ottoni**, without whom Ettore’s vision could not be realised.

Simone Gulino, **Tiziana Savarese** and **Maria Anne Gaitanos**, three of our esteemed Chenot Palace Weggis nutritionists, who educate and inspire our guests daily. Alongside advising Ettore on nutritional composition and ingredient selection, they have been instrumental in condensing years of knowledge and experience into these pages, to explain the scientific principles that underpin the Chenot Diet®.

Stefania Giorgi, who traveled in every season to portray the dishes prepared with fresh ingredients, chasing the unchanged rhythms of nature.

Guido Tommasi, our publisher, and his collaborators **Anita Ravasio**, **Carolina Quaresima** and **Leida Federico** for their passion and belief in this work.

Federica Amati PhD, who has contributed her knowledge of nutritional science, ensuring the contents of this book are presented in a clear, accurate and practical way.

George C. Gaitanos PhD, our Chief Operating & Scientific Officer who has protected the renowned Chenot Method®, while adopting a new innovative and scientific approach that has made us leaders in the health wellness sector.

The team at Chenot would like to offer unconditional thanks to **our valued guests** who have stayed at our retreats over the years, sharing their experience of our services, and carrying the inspiration and aspiration for a full and gratifying life that our founder, **Henri Chenot**, always professed.

ABOUT THE CHEF

Ettore Moliteo

Executive Chef, HC International

Ettore Moliteo was born and grew up in Catania in Sicily. As a child he loved watching his mother cooking, and to this day, the first ingredient of all his recipes is the passion he inherited from her.

After High School, Ettore decided to study Engineering at university, but quickly realised there was another path he was destined to take, and he enrolled at the Gambero Rosso cooking school in Catania, where he met world-renowned chef Peppe Barone.

Having worked in several restaurants, it was during his internship at Joia in Milan, Europe’s first Michelin starred vegan restaurant, that Ettore worked under celebrated vegan and vegetarian chef, Pietro Leemann. Here, he developed a deep appreciation for organic cooking and, in particular, vegetarian cuisine.

In his role as Executive Chef at Mater Terrae restaurant at Rome’s Relais & Chateaux Hotel Raphaël, Ettore’s culinary creativity came into its own as he combined his passion for the ‘green art’ of natural cooking with his love for traditional Sicilian cuisine.

Today, Ettore continually builds on his belief that eating consciously and intelligently is an artform and an act of self-love. Translating science into food, Ettore ensures that the principles of the renowned detoxifying Chenot Diet® come to life in an emotionally enriching and health-enhancing experience, combining taste, texture, scent and colour.



CHENOT

Ageing might be inevitable,
but how you age is in your hands.

Chenot Detox at Home is a proactive health
wellness intervention with inventive recipes designed to
be used individually or as a 7-day periodic nutrition plan.

Promote vitality, strengthen resilience, and improve your
health span and quality of life. This is edible science.



Guido Tommasi Editore

www.guidotommasi.it

35 £ | 45 \$ | 40 € v.i.

ISBN: 978 88 6753 413 5



9 788867 534135