



Banyuls
VINEGAR
RECIPE
book

ABBE **AR** ROUS



OUR STORY

“Sculpted by Man, our vineyards are located between the last foothills of the Pyrenees mountain range and the turquoise waters of the Mediterranean.”

On the first steep slopes of the Albera Massif, over 6000 kilometers of low drystone walls create surprising geometrical shapes on the mountain that are witness to 25 centuries of history.

With roots drawing their strength from the depths of the shale, these vines inherited from the Phoenicians cling to the mountainside in a dry, stark decor broken by the beating waves and the blowing wind. It is this extreme and hostile natural environment that provides a striking contrast offering

shade and minerals to our deliberately rich and generous wines.

The Knights Templar were won over by those wines and perfected wine-making and maturing techniques to satisfy the most prestigious European tables.

The true architects of our vineyards, the Knights Templar also built low drystone walls against the erosion that threatened these *“vignes du vertige”* (“vertiginous vines”) and created a singular and unique terroir.

The name of Cave de l'Abbé Rous was chosen in homage to the abbot who, in the late 19th century was the first to become a Banyuls wine grower and merchant to finance the building of a church in the village. Its unique know-how in the maturing of Banyuls and Banyuls Grand Cru wines, gives it a rich range of wines.

Today, the region counts 650 wine-growers and almost 700 hectares of vineyards on which the wines recognized by the top guides and international competitions deploy their infinite flavors, from aperitifs to desserts and cocktails to accompany traditional, resolutely indulgent gastronomy.

This recipe book contains a selection of unique and authentic culinary creations that are sublimed by their exquisite use of Banyuls vinegar.



ABBOT ROUS WINE CELLARS

reveal the secrets of their exceptional vinegar...



An unforgettable gourmet experience for those who taste it. This exceptional vinegar that is deeply rooted in the history of a terroir whose origins go back to bygone eras, is reserved for an elite of connoisseurs. Indeed, at the foot of the Pyrenees, the capacity to keep secrets is a well observed tradition. The Cave de l'Abbé Rous converts its great Banyuls wines into a genuine treasure: Banyuls vinegar.

The exceptional vinegar that sublimes the local cuisine deserves a special homage. Which is why we have created this recipe book which is entirely dedicated to revealing its unique flavors. Chef Bruno Léger, a cookery professor at the Christian Bourquin hospitality school in Argelès-sur-Mer, a disciple of Escoffier and a member of the prestigious Toques Blanches, has created these recipes with unrivaled passion and expertise. Alongside Jauffrey Canier, our cellar master, he has worked extensively to provide a new perspective on the use of vinegar in cuisine.

The result of their collaboration is a set of seven innovating recipes that highlight the diversity and richness of flavors that the vinegar provides. Each dish shows the perfect harmony between Chef Léger's culinary skills and the art of the cellar master, to give a unique and surprising gastronomic experience. Try out these unique and authentic culinary creations sublimed by the richness of Banyuls vinegar in this booklet that elegantly celebrates this jewel in the crown of our terroir.

To create a great vinegar, you must first create a great wine.



Banyuls vinegar draws its aromatic complexity from a great sweet wine that is naturally rich in sugar (almost 3 ounces of residual grape sugars per liter). Patiently matured for 4 years in half-muids exposed to the uncertainties of the weather in an open air aging area, the Banyuls ages prematurely, thereby creating an exceptional aromatic complex. All these qualities can be found in the vinegar, with its burnt topaz robe and golden reflections, with its woody and spicy first fragrance, and then the characteristic "rancio" aroma (fresh walnut and menthol) predominates.

The subtleness of a natural sweet wine comes through in this gourmet vinegar. The vinegar fermentation is done in stainless steel, temperature-controlled vats in which the bacteria break the ethanol down into acetic acid. Conversely to the traditional "Orléannais" method, the bacteria grow on the entire surface, thus favoring their development by the oxygenation of the liquid.

After 12 months of maturing in 220-liter oak barrels in the vinegar cellar, the Banyuls vinegar fully reveals its character. It takes a total of five years for all the gastronomic secrets of this exceptional vinegar to be revealed.

Notes of walnuts, gingerbread, beeswax, vanilla and liquorice combine to bring flavor and character to every dish. A simple drizzle of Banyuls vinegar with its amber and luminous robe, its rancio notes, immediately transforms dishes into flavorful and surprising creations. Ideal in marinades, it gives sauces and deglazing a distinctive touch that highlights the seasoning.

The 7 recipes we are sharing here are suggestions.

Let yourself be carried away by Banyuls vinegar to discover all the flavors of a great vinegar.

FONDANT EGG PLANT

Banyuls vinegar virgin sauce

FOR
4 people

COOKING TIME
20 min

PREPARATION
10 min

INGREDIENTS

EGG PLANTS

2 egg plants
Olive oil

VIRGIN SAUCE

2 tbs. Banyuls vinegar
¼ red bell pepper
¼ yellow bell pepper
¼ zucchini
¼ red onion
¼ tomato
Seasoning
Tabasco

DECORATION

¼ pomegranate
¾ oz. pine nuts
¼ bunch of cilantro
Red onion pickles



Wine & dish SUGGESTIONS

Collioure Rosé
CUVÉE DES
PEINTRES

RECIPE

EGG PLANTS

Char the egg plants over a flame then roast them in the oven for 20 minutes at 340°F.

Peel them and cut them in half along the length.

VIRGIN SAUCE

Slice the red onion. Chop the vegetables into a brunoise. Blanch the tomatoes and then dice them. Add the Banyuls vinegar, the oil and the chili. Mix together.

DECORATION

Separate the pomegranate seeds. Grill the pine nuts. Add the cilantro leaves and the pickles.



TATIN STYLE SHALLOT TART

With Banyuls vinegar and fresh goat's cheese quenelle

 FOR
4 people

 COOKING TIME
40 min

 PREPARATION
55 min

INGREDIENTS

SHORT PASTRY

3 1/2 oz of flour
3/4 oz. grated Parmesan
cheese
1 3/4 oz. butter
1 oz. water
1 egg yolk
Salt, paprika, oregano

FILLING

1 3/4 oz. Banyuls vinegar
1 oz. butter
15 shallots
3 tbs. sugar

QUENELLE

5 1/3 oz. fresh goat's cheese
Cream

DECORATION

Banyuls vinegar
1 sprig of dill
4 colored cherry tomatoes
Tapenade
Walnut oil
Cream of balsamic vinegar

RECIPE

BASE

Make a short pastry : sift the flour, create a fountain with all the ingredients (diced butter). Rub, pulse and knead a little, then **place in the refrigerator for 30 min.** Roll out, cut out 4" 3/4 circles using a cookie cutter.

FILLING

Sauté the half shallots in butter until golden. Deglaze with Banyuls vinegar, sprinkle with sugar and cover to reduce on a low heat. Season. Prick to check whether cooked. Fill the tarts with shallots flat-side down and then place a circle of pastry on top. **Cook in the oven at 340°F for 25 min.** Leave to cool before carefully taking out of the mold. Warm before serving.

GOAT'S CHEESE QUENELLES

Whip the goat's cheese with a little cream and then season. Shape the quenelles.

DECORATION

Cut the cheery tomatoes into quarters and arrange them on the tatin style tart. Add the fresh goat's cheese quenelle, a touch of tapenade and a sprig of dill. Around it, pour the dressing, the walnut oil and the Banyuls vinegar.



Wine & dish SUGGESTIONS

Rancio Sec
MATIFOC
Collioure Rosé
CUVÉE DES
PEINTRES

PIQUILLOS STUFFED WITH SALT COD MIX

with garlic cream and Banyuls vinegar

FOR
4 people

COOKING TIME
2 hours

PREPARATION
15 min

INGREDIENTS

PIQUILLOS

4 piquillos to stuff
2 oz. of desalted salt cod
Milk
3 1/2 oz. potatoes
1 oz. cream
1 clove garlic
1/4 bunch chives
Olive oil

GARLIC CREAM

1 garlic bulb
7 oz. cream

VINEGAR CARMEL

1 3/4 oz. Banyuls vinegar
1 3/4 oz. sugar

DECORATION

8/10 oz. black olive tapenade
Seasoning

RECIPe

PIQUILLOS

Poach the salt cod in the milk.
Poach the potatoes with their skins on in water.
Crush the potatoes, salt cod, cream, chopped garlic and olive oil together. Add the chopped chives. Season. Stuff the piquillos.

GARLIC CREAM

Crush the garlic and gently poach it in the cream. Reduce.
Blend, strain and season.

VINEGAR CARMEL

Reduce the vinegar and sugar until it has the consistency of a syrup.

DECORATION

Decorate the piquillos with spots of tapenade.
Add the sprigs of chives.

PLATE UP

Make a circle of salt cod mix in the middle, place a piquillo on top.
Pour the sauce and vinegar caramel around it.



Wine & dish SUGGESTIONS

Collioure Blanc
IN FINE
Collioure Blanc
CORNET & CIE

GRILLED BEEF SKEWER

with deviled sauce made with Banyuls vinegar and dill

 FOR
4 people

 COOKING TIME
20 min

 PREPARATION
10 min

INGREDIENTS

BASE

4 fennel branches
17 1/2 oz fillet of beef
Olive oil

DEVILED SAUCE

5 oz. Banyuls vinegar
½ tsp. coarse ground pepper
1 shallot
2 tbs. sugar
1/4 oz. brown veal stock
3/4 oz. butter
¼ bunch of dill

SIDES

4 small mushrooms
4 new potatoes
4 cocktail tomatoes
½ zucchini
½ fennel

DECORATION

4 sprigs of dill
¼ fennel
½ lemon
Olive oil
Seasoning

RECIPE

BASE

Cut the fillet into large cubes and skewer onto a branch of fennel.
When ready : Grill to taste.

DEVILED SAUCE

Chop 1 shallot and the dill stalks.
Reduce the shallots and dill stalks with the vinegar and pepper by ¼.
Add the sugar.
Add the base and reduce more.
Strain, add the butter in chunks and the chopped dill.

SIDES

Grill the mushroom caps, the fennel slices, zucchini slices and tomatoes.
Cut the poached potatoes in half and grill them.

DECORATION

Finely chop the fennel, add lemon juice and place in the middle. Place the fillet and dill sprigs on top.
Add the vegetables round the outside.



Wine & dish SUGGESTIONS

Collioure Rouge
IN FINE

MANCHEGO

Banyuls vinegar gel and quince paste

FOR
4 people

COOKING TIME
5 min

PREPARATION
15 min

INGREDIENTS

MANCHEGO

5 oz. Manchego or sheep's
Tome cheese
1 1/2 oz. quince paste

VINEGAR GEL

2 1/2 oz. Banyuls vinegar
2 1/2 oz water
2 1/2 oz. sugar
4/10 oz. agar agar

RECIPE

MANCHEGO

Cut 1/4 oz. slices.
Cut 5 slices per person, or 20 slices.
Cut small cubes of quince paste.

VINEGAR GEL

Boil the Banyuls vinegar, the water,
and the sugar with the agar agar for
5 minutes.
Place in the refrigerator for 1 hour.

PLATE UP

Lay the Manchego slices on a plate
and put a drop of vinegar gel and a
quince paste cube on each slice.



Wine & dish SUGGESTIONS

Banyuls Ambré
CORNET & CIE



PA D'OUS

Banyuls vinegar caramel

FOR
4 people

COOKING TIME
35 min

PREPARATION
15 min

INGREDIENTS

FLAN

3 eggs
8 1/2 oz. whole milk
1 3/4 oz. sugar

CARAMEL

1 1/5 oz. Banyuls vinegar
2 3/4 oz. sugar
Water

RECIPE

CARAMEL

Make a brown caramel with the sugar and deglaze with Banyuls vinegar then pour into the molds.

FLAN

Boil the milk.
Beat the egg yolks and sugar in a bowl.
Add the boiling milk to the mixture and mix together.
Pour into ramekins after having poured the caramel into them.
Put them in the oven at 350° F in a water bath for 35 minutes.



Wine & dish SUGGESTIONS

Banyuls Ambré
CORNET & CIE



MERINGUE CAKE WITH RAW strawberries and strawberries cooked in Banyuls vinegar, pieces of meringue and cream cheese

 FOR
4 people

 COOKING TIME
5 min

 PREPARATION
20 min

INGREDIENTS

BASE

2 tbs. Banyuls vinegar
1 lb strawberries
2 tbs. sugar
Butter

SIDE

4 scoops vanilla ice cream

CREAM CHEESE

3 oz. Mascarpone
3 oz. cream
3 oz. Philadelphia cheese
1 tbs. icing sugar

DECORATION

1 strawberry
4 medium-sized meringues



Wine & dish SUGGESTIONS

Banyuls Rimage
Mise Précoce
CORNET & CIE

RECIPE

BASE

Cut the strawberries in 2 or 4 along the length depending on their size. Set $\frac{1}{4}$ of them aside in the refrigerator along with 1 whole strawberry with its stalk. Sauté the remainder in a little butter, caramelize with sugar and deglaze with Banyuls vinegar. Serve hot, mixed with the raw strawberries.

SIDE

Scoops of ice cream.

CREAM CHEESE

Beat the cream, Mascarpone and cheese using a beater. Add the icing sugar. Put in an piping bag and create tips.

DECORATION

Cut the strawberry in 4.
Break the meringues.

PLATE UP

Put the strawberries in the center of the plate with a scoop of ice cream on top, with blobs of cream cheese, pieces of meringue and the decoration.





SAUCES



ROMESCO SAUCE

COOKING TIME: 30 min
PREPARATION : 10 min



INGREDIENTS

1 1/3 oz. Banyuls vinegar
5 tomatoes
1 red bell pepper
1 3/4 oz. powdered almonds
2 slices of bread
4 cloves garlic
1 tsp. sugar
7/10 oz. olive oil
Seasoning

RECIPE

Roast the tomatoes, the garlic and the bell pepper in the oven for 30 minutes and then peel them.
Sauté the bread in the olive oil. Blend it all in a food processor, add the powdered almonds, the Banyuls vinegar and the olive oil. Season. Mix all the ingredients. **This sauce accompanies tender onions and grilled fish.**

BANYULS VINEGAR *dressing*

PREPARATION: 5 min



INGREDIENTS

2 1/3 oz Banyuls vinegar
1 lemon
5 oz. olive oil
2 tbs. soy sauce
2 tsp. Maggi sauce

RECIPE

Mix the ingredients together while adding the lemon zest and lemon juice.

SWEET AND SOUR SAUCE *with Banyuls vinegar*

PREPARATION: 40 min



INGREDIENTS

1 3/4 oz. Banyuls vinegar
1 3/4 oz. sugar
1 orange
1 lemon
1 1/2 oz. brown veal base

RECIPE

Make a light caramel with the sugar and the vinegar. Deglaze with the orange and lemon juice and zests. Add the base and reduce for 50 minutes. Strain, check the taste, the thickening, and the seasoning.

BANYULS VINEGAR *gel*

COOKING TIME: 5 min
COOL: For 1 hour



INGREDIENTS

5 oz Banyuls vinegar
5 1/4 oz. sugar
5 oz. water
7/10 oz. agar agar

RECIPE

Boil everything for 5 minutes. Leave in the refrigerator for 1 hour.

BANYULS VINEGAR *pickles*

PREPARATION: 5 min
COOL: For 2 hours



INGREDIENTS

3 1/3 oz Banyuls vinegar
3 1/2 oz. sugar
3 1/3 oz. water
1 red onion

RECIPE

Mix the vinegar, sugar and water together, bring to the boil and pour onto the onion slices or other vegetables and leave to cool.

ABBE **AR** ROUS

8 ROUTE DU MAS REIG
66650 BANYULS-SUR-MER • FRANCE

+33 (0)4 68 88 72 72 ✉ CONTACT@ABBEROUS.COM

WWW.ABBEROUS.COM

FOLLOW US ON SOCIAL MEDIA



TOO MUCH ALCOHOL IS HARMFUL TO HEALTH, DRINK MODERATELY.