



Le San Regis

Dining at a Paris Icon

Text by Alice White Walker - Photography by Sharon Santoni

At the heart of the 'Golden Triangle' in Paris's 8th arrondissement, San Regis is one of those treasured addresses that people don't want to share.

Set in an inconspicuous but impressive 19th-century hotel particulier, the San Regis has a prestigious history and many famous guests. Its location near Christian Dior meant the San Regis attracted the 1950s fashion crowd, including Editor-in-Chief of Harper's Bazaar, Carmel Snow; Lauren Bacall, Romy Schneider, and Gene Kelly.

History has seen San Regis kept in good hands, with every owner striving to adapt the hotel to modern standards while keeping the beautiful architecture and period decoration that best compliments it. Each of the 30 rooms and 12 suites are beautiful, filled with the highest quality fabrics and design. For those lucky enough to bag a terrace view of the Eiffel Tower, one stay is never long enough. . .



A 5-star hotel must have the cuisine to match, which Les Confidences does. Covered by a majestic glass roof, Les Confidences has been designed as a winter garden, making it an elegant and verdant place. The vegetal-inspired decor - think soft green tones and floral trimmings - is translated onto the plate where the new chef, Romain Leydier, delivers innovative, natural and flavoursome seasonal dishes.

Romain has had a vibrant career in hotel gastronomy, working at the Hôtel Vendome and the Tour d'Argent; incidentally, a restaurant that the San Regis's second owner Simon André Terrail founded! Leading a young and energetic team, Romain knows how to bring the best out of ordinary ingredients to create innovative and surprising recipes.

Read on for three recipes that they have created exclusively for My French Country Home.

Les Confidences restaurant is open daily.
Lunch: 12 p.m to 2.30 p.m.
Dinner: 7 p.m to 10.30 p.m.

Lunch is reserved for hotel guests on Saturday and Sunday, and for dinner on Sunday and Monday.

For more information visit hotel-sanregis.fr



SERVES: 6

Preparation time: 10 minutes
 Cooking time: 20 minutes

INGREDIENTS

- 12 Gambero Rosso prawns, or other large prawns
- 1 medium butternut squash
- fennel flowers (optional)
- 50 g (3.5 tbsp) unsalted butter
- 500 ml (2 ¼ cups) chicken stock
- salt and pepper

Peel the butternut and chop into fairly small cubes (keep the peelings).

Put 20 g (1.5 tbsp) unsalted butter in a casserole, once it has melted add in the butternut squash peel and sweat for 4 min before adding the chicken stock. Boil for 20 min, mix with another 20 g (1.5 tbsp) cold butter to make a creamy velouté. Set aside, keeping it hot.

Poach the butternut squash cubes for 2 min in salted water and set to one side.

Shell and devein the prawns. Chop into small 1 cm pieces and keep chilled.

In a martini glass, add the cubes of squash around the outside, followed by the prawns. Carefully top with fennel flowers (optional) and season with salt and pepper. (This part can be done several hours in advance and kept in the fridge. Remove 10 min before serving.)

Heat the squash velouté and put in a small jug. Let your guests pour this into their glasses, to see the prawns cook in front of them - wow effect, guaranteed!



SERVES: 6

Preparation time: 1 hour
Cooking time: 1 hour 30 minutes

INGREDIENTS

- 1 small duck between 2.5 - 3.5 kg (can substitute chicken)
- 2 l chicken stock
- 6 small orange carrots, peeled, greens trimmed to 1-2 inches
- 6 small yellow carrots, peeled, greens trimmed to 1-2 inches
- 6 small purple carrots, peeled, greens trimmed to 1-2 inches
- 500 g (1 lb) washed mushrooms
- 100 g (7 tbsp) cold butter
- 3 tbsp chestnut honey (or other honey)
- 50 g (3 tbsp) grated fresh ginger
- 4 green cardamom pods
- 1 tsp yellow curry
- 20 grenaille potatoes

Season the small duck or chicken, adding it to a pot of simmering chicken stock for 20 min. Don't let this boil, the temperature should be around 75°C.

Remove and set aside to cool. (Cooking is done in two stages, the first poaching to remove excess fat from the bird, and then roasted in the oven with the honey and spice sauce. You can do the poaching in advance, simply chill the bird afterwards and bring to room temperature when ready to cook.)

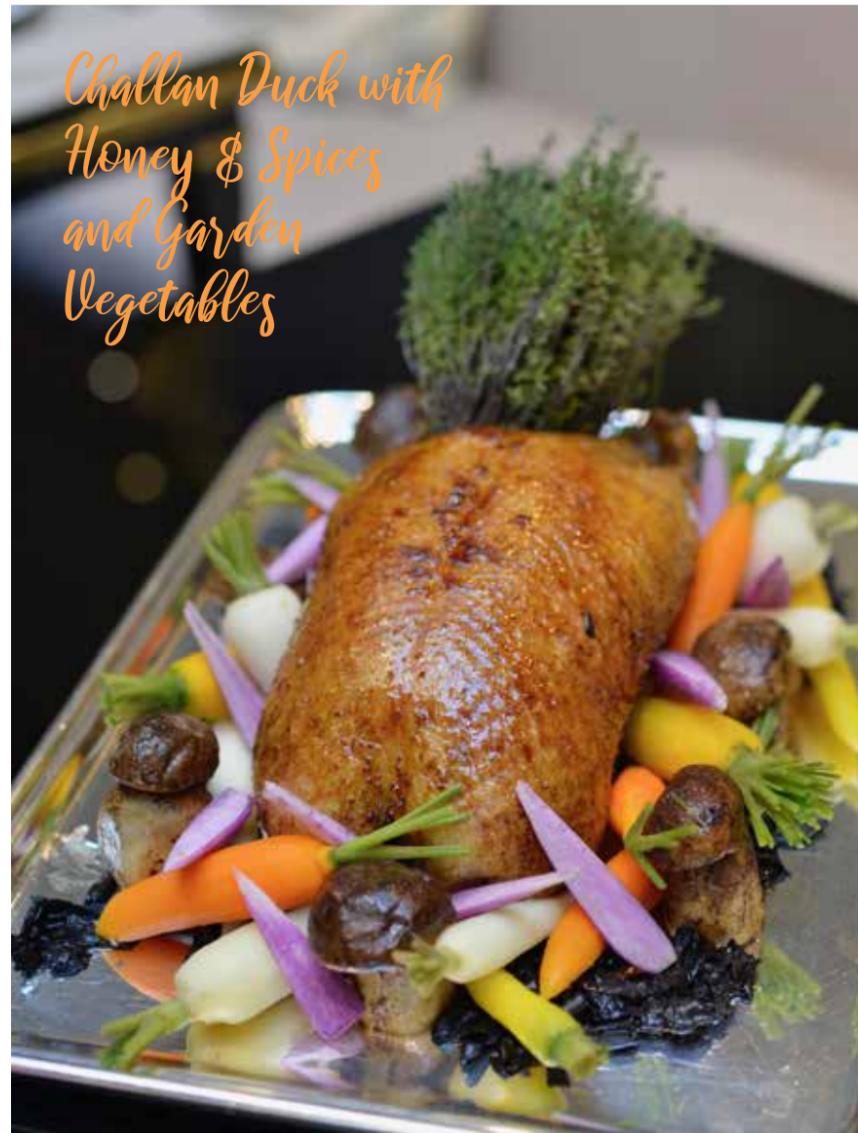
Boil the vegetables in a pot - they won't all have the same cooking times. Peel the potatoes and cook them separately in salted water before cooling in cold water to stop cooking further.

Preheat the oven or 170°C/350°F. Add the honey, ginger and spices to a small saucepan. Heat, mix, leave to cool and set to one side - keeping it hot.

Baste the bird with the sauce using a brush, then bake for 35 min, basting every 10 min for a golden color.

Meanwhile, reheat the vegetables in a pan with a bit of butter.

Once the bird is cooked, remove from the oven, cover with aluminium paper to rest the meat and keep it hot until the time you plate the vegetables. Carve and garnish with some sauce.



*Please note, as chicken has less fat than duck, it is not necessary to first poach the chicken before roasting it.



SERVES: 6

Preparation time: 10 minutes
Cooking time: 20 minutes

INGREDIENTS

- 1 ripe pineapple
- 250 g (1 ¼ cups) granulated / caster sugar (for the caramel)
- 50 g (3.5 tbsp) butter
- 200 g (1 ½ cups) dark chocolate
- vanilla ice cream
- nougat pieces

Remove and core the pineapple skin. Slice horizontally into 6 rings.

In a pan on a medium heat, add the sugar and a little water to make a caramel, waiting until it becomes golden. Add in the pineapple using tongs - be careful the caramel will be very hot!

Leave to cook on a low heat between 4 - 6 min, turning them over from time to time. Prick them with a knife edge to see if they're cooked, they should be soft.

Melt the chocolate (using a bain marie or microwave) to make a sauce.

Plate the pineapple, pour the chocolate sauce into the center, and top with a scoop of vanilla ice cream and some nougat pieces.

