

Beat: Lifestyle

WHEN GASTRONOMY MEETS FRENCH TERROIR IN KB RESTAURANT

CULINARY JOURNEY IN HISTORICAL BICETRE

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USPA NEWS - Something simple and delicious is in the air at le KB. A cuisine relied on local produce, fresh, where everything is "homemade".

The authentic and delicious culinary preparations such as "Foie gras" (Duck Liver), most excellent, fragrant pepper along Java, prepared by the young chef Antoine Versini

The Little bonus of Antoine's tips, will not be revealed by the very young chief of his trade secrets. A dish rare and difficult to prepare, especially that the Chef Antoine does not come from Perigord at all. Like what all can learn, even the holy "Foie Gras" in this restaurant that looks like an inn. Indeed upon arrival, Christophe, Manager of the KB, welcomes you, both smiling and attentive to his customers' expectations. As an innkeeper he comes and goes, comes back and checks that all is well and " At your disposal if there is anything he can do to meet your wishes." This is what makes the charm of this small delicate place, where the meals are delicious accompanied with great wines (The winery is quite comprehensive at this level) and does the welcome warm, professional and unpretentious. Dinner or lunch is the right decision to be here or more to celebrate and/or just the pleasure to turn around high stable over a land flooring beautiful with amazing mosaic designed by an Italian designer.

THE CHIEF ANTOINE VERSINI IS SO YOUNG AND GLOBETROTTER GASTRONOME-----Chef Antoine Versini the top of his 26 years, has already scoured the seriously famous kitchens of the best chefs like Joel Robuchon in London (where he participated in obtaining the second Michelin star). Then he worked at "La Tour d'Argent" in 2010, almost sacred institution in France. where many celebrities had dinner at least once, like Vladimir Poutine or Woody Allen.The world's biggest gastronomes know that the Tour d'Argent is both part of culinary heritage smashes but a necessary step along the quays of the Seine, in Paris.-----

It is marvelous to produce such maturity kitchen at the age of 26, after two years of training at the Ferrandi school, one of the most prestigious (Some say this is the best World's gastronomy school).

This young chef curious to discover other culinary horizons moved to Vietnam, Cambodia, India, Lebanon, Jordan, Czech Republic, Morocco and Spain ... So many destinations that make people dreaming. He made his dream of cooking abroad and learning from the foreign cuisines. He learned there and soaks local culinary traditions and retained the essence to better revisit French classics back to Paris. Thus he offers dishes with exotic flavors such as "Pho broth" with spices, eggplant caviar to tahini, dressed crispy shrimp pastry sheet, pea soup combawa, ceviche saithe . As for the classic shrimp Avocado, Chief Versini reverse the usual process by seasoning shrimp lightly fried, then associate them to the avocado flesh. Chef Antoine adds the magic ingredient : the grapefruit, as a subtle blend hot and cold enhancing the flavor of a duo if seen again and again, here embellished grapefruit pieces. A perfect equilibrium of this natural taste enhancer. Well done Chef !

Chef Antoine Versini, signs his Globetrotter style gourmet menu which includes his card at the mercy of his travels, desires of the moment and the seasonal fruits and vegetables from the local market, at his disposal.-----

Sweet side, the "Tiramisu Isfahan", is inspired by the famous dessert from Pierre Hermé (macaroon pink), to decline a dessert sacred and dear to Italians, by replacing the coffee by the rose. It lightens the rose cream and thus presents has its way ... to the curious palate. The cheesecake is a New York's institution, a sacred recipe and imported Jews of Eastern European countries, to make it so symbolic of the Big Apple. Here the chef Versini admits not liking the real cheese cake, and found an alternative to make it appealing to his own taste. A daring risk that pays by the result of a refreshing dessert "Lime Cheesecake ".

About the "Lemon pie " (Tarte au Citron) is here displayed unstructured and presented faithfully to the original composition of the sandblasted and curd lemon which makes its fame. The recipe is maintained even if the presentation is modern and original, for the sake of the chef Versini.The Head Versini defines himself his cuisine because he believes in simplicity and the concept of "New Bistrot" : "I defined my cuisine as simple, balanced on the tastes and flavors. I am focused on the exotic following my many trips abroad. And what inspires me to a dish, is a multitude of factors: a trip, a desire, a sleepless night, a mood, a folly, a memory. The while still based on seasonal ingredients! "

TASTING: WHAT WE HAVE AND LOVED AT THE KB

We tasted the "foie gras", terribly delicious, whole, no frills. For the "Foie gras" to be allowed presented to the blind crude, must be tasty. Chef Antoine's "foie gras" is prepared without fail, with a melting texture, perfectly seasoned, and no sensations of fat. No frills here we go to the essential, delicately placed (For the connaisseur never slice of liver-fat) well managed with traditional thick bread slices. This introduction was a delightful rustic step.

The invitation to travel is tempting because we taste, just after, the crispy shrimp accompanied by a pesto. The shrimp seem outputs of fishing net, as their taste is so freshly pronounced and not impaired by other devices no need to be married to this noble seafood. "Brick leaf" is just there to dress slightly shrimp such as a light and crispy veil wish. A beautiful feat of finesse.

The terroir is there, because we start with a plump seasonal vegetables that would push some people to become vegetarians ... Artichokes dressed naturally dressed over red onions finely laminated so pickles, alongside the gardener meal. Eggplant, zucchini, parsnips, Pata Negra. A harmonious mix crispy sweet salty, that explodes smoothly in the mouth by natural sound.

THE MOOD FOR MODERN INFORMAL DINING OR INCOGNITO AT KB RESTAURANT

The great room of KB restaurant, is divided in two, in a contemporary casual style, with touches reminiscent of the terroir. One part of the dining room is used for the "Epicerie", a French delicatessen concept, selling local fresh products, at this corner of the restaurant. The bathroom is worth a visit for the originality of the unusual and functional decoration. The logo of KB in rounded is well conceived by the designer who designed it has "Delicatessen, Wine Cellar" accompanied by culinary symbols.

It recalls the good terroir, with its glass and bottle for the wine, the pig or his meats, the wow for its cheeses and meat, the rabbit for its stew, and finally the French rooster for its poultry meat and all its symbolic linked to the National emblem.

Bamboo wood, white plinths on the wall attest to the former delicatessen corner.

It is totally by chance, once we come to KB, where there is a jovial atmosphere because of a large table already feasted ... A group of Italian researchers mathematicians came having dinner at KB, on the occasion of a symposium. The geometry of the quadrature of the diners seemed to enjoy good wine watering their delicious meal that smells like French terroir, in a modern and relaxed setting. Euclid would have loved to be part of the lucky guests.

KREMLIN BICĀSTRE IS THE NEW SUBURB CHIC OR WHERE STANDS THE MEMORY OF HISTORY?

While the chef Antoine in a short notice prepares the dish you ordered to slate, you can also stroll helpful, with the eyes. On the walls, the glance wanders to see beautiful paintings Street Art, designed by an artist of the Kremlin Bicetre's neighborhood. Christophe the Manager says he grew up in this neighborhood and wants to give it the value stamp by installing his restaurant incorporating local artists from the next corner. A genuine note and well-deserved name where the legitimacy of the KB, to designate the Kremlin Bicetre (Same name as the subway station of that name and the famous Bicetre Hospital).

Until the eighteenth century, the history of Kremlin Bicetre merges with that of the area that will become the castle and the hospital of Bicetre. It was also during this period probably the only building in that territory. The first owner mentioned this place is Peter Cooks who owned a domain, La Grange-aux-Queulx which he would have been offered by Louis VIII. Bicetre successively became a hospice, hospital, asylum, crazy, and a Parisian prison infamous. The name of Bicetre is that this fortress dating from 1290 was built on land owned by the Bishop as John Winchester Ponty's. He was charged with the interests of the King of England, Edward 1st at the Court of France. The name was later Frenchified by "Vincestre" then "Bicester" became the current "Bicetre".

KREMLIN BICETRE CELEBRATED BY THE RUSSIANS-----The town of Kremlin Bicetre was then created in the 19th century. During the First Empire, many wounded soldiers during the Russian campaign were hospitalized at Bicetre. He founded near the hospital, a tavern at the sign of "Kremlin" or "Sergeant At the Kremlin", which gave its name to the small town that developed gradually around the hospital from 1830. Hence the "Russenko" festival, organized by the city of Kremlin Bicetre, is devoted to art and Russian culture and Russian. It takes place every last weekend of January since 2010.

-----FRENCH NATIONAL 7 AS MYTHIC AS THE HIGHWAY 66 -----

Kremlin Bicetre is a small town of Val de Marne to the limit of Paris 13th, close to the famous "Bicetre Hospital". The KB is located in the avenue itself on the N7 ("Nationale 7" as N7, if you drive in along this road will lead you to the French Riviera. It is also called the "Route Nationale 7" or the "Blue Route" or the "Route of the Holidays." This was long before the current highways, the longest national highways in France with 996 km. it connects Paris to Menton via Burgundy North Auvergne, Rhone Valley on Rock Estelle to reach the French Riviera.

114 avenue de Fontainebleau 94270, Kremlin Bicetre.

Metro : Station Kremlin Bicetre

Route : On the N7 Road from Paris 13th area, towards the South of France

KB IS A GOURMET MANDATORY STOP WHEN VISTING PARIS-----If you have any interest in finding unusual places as full of history during your visit to Paris or the surrounding area, then you should take a trip to the "Kremlin Bicetre" and at the same time taste a simplified-gastronomic cuisine by Chef Antoine in KB.The cumulative sympathy that of Christophe Le Gros, the manager, and the Chief Versini, accessible, available, smiling, laughing, despite the requirement of their tasks in the kitchen and bathroom, add a extra pleasure palace satisfied with this tasting.For more information see:
www.lekb.fr, www.kremlinbicetre.fr, <http://pietondeparis.canalblog.com/archives/2008/03/22/8418792.html>

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