



recipe

Just because your wallet isn't up to a meal at The Most doesn't mean you can't enjoy a taste of elite cuisine. Chef Vincent Bluy reveals how to make a The Most-worthy seafood tartare — aristocratic decor not included.

Avocado Tartare and Crab

Avocado	60 g
Kamchatka crab	20 g
Lemon juice	2 g
Red caviar	10 g
Royal shrimp	4
Olive oil	30 g
Arugula	20 g
Shallots	5 g

Salt	1 g
Pepper	1 g
Cherry Tomatoes	10 g

1. Peel half a fresh avocado, remove pit and chop into fine cubes. Add lemon juice, Kamchatka crab, salt, pepper, mix.

2. Remove shell of shrimp leaving tail, fry in olive oil and season with salt and pepper.

3. Place avocado with crab in the center of a plate and top with red caviar. Place shrimp on four sides, cover with arugula, add olive oil to moisten. Sprinkle with salt, pepper and chopped shallots. Add a cherry tomato for decoration, chopped in quarters.

taste test

Only Moscow's boldest and most beautiful are worthy of sampling the delights created by Thomas Vincent Bluy. He's the head chef at The Most.

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What are the ingredients that any chef must always have in the kitchen?

Olive oil, salt, spices, fresh vegetables, herbs, garlic, eggs, vinegars, cream, milk, pepper, butter, pasta, and cereals.

How does the cuisine differ in different parts of France?

The different regions in France are almost all like different countries because they all have different products, spices and styles of cooking which all change according to the season. This stems from the fact that all the regions of France have different historical traditions: a lot of the culture in the Northeast comes from Germany, so they take traditions from Alsace. Bretagne traditionally has a lot of seafood (as it should do considering it is generally considered to have the best fish in the world.) The Southwest is more famous for its meat, such as duck, goose, lamb, and beef, while Provence is sunnier so the cuisine there is lighter, with more vegetables, pasta, herbs, fruits and fresh seafood from the Mediterranean.

Which part of France has the best cuisine?

I couldn't possibly say which region is the best. Each one has its own style of cooking and preparation, and all of them are very special and tasty in their own way.



What attracted you to come to work in Moscow?

Mainly for the experience and because I love to travel, experience new things and meet new people.

In which other cities in the world have you worked?

I have worked in Paris, Sydney, Beirut and Marbella. I loved Paris because I learnt so many new things and used the best French ingredients. Sydney was great too; all the produce is so fresh and it has such a vibrant atmosphere. The restaurants there are all so multinational, with a touch of Asia about them.

What is the strangest dish you have ever made?

Carpaccio of beef with oysters and horseradish sauce. That was the kind of thing I was cooking when I worked at the world-famous Bayswater Brasserie in Sydney.

Do you have a signature dish that you serve at The Most of which you are especially proud?

I am especially proud of my Saint Jacques scallops served with a puree of artichokes and a chanterelle sauce, lobster risotto with morel sauce, and canette de barbarie with a sauce Genevieve.

dining details

• Culinary genius Ilya Shalyov at **Remi** (pictured) has added some new dishes to the menu. You'll think you've died and gone to heaven when you try his salmon pie with mushroom puree (1,250 rubles), onion tart (500 rubles), and profiteroles with vanilla ice cream and chocolate sauce (430 rubles).

• From Nov. 27-29 Kirill Gusyev's **Beefbar** will be inviting one of London's best mixologists, Jason Fendick, to come and work behind the bar. Fendick is the man behind celebrity hangouts like Pintxo People, Hakkasan and Pinchito Tapas, and as his trip coincides with the release of "Quantum of Solace," he will be making cocktails inspired by James Bond.

• New Head Chef Eric Mapin has given the menu an overhaul at **Gandhara**. Among the new dishes are chicken thigh in an aromatic yoghurt and onion gravy (500 rubles), an assortment of lentils smothered in oil, jeera and onions



(350 rubles) and grilled lobster with ginger, curry, masala and yoghurt (1,900 rubles).

• Sushi chain **Malenkaya Yaponiya** now has some new seafood and meat dishes on the menu. Don't miss the fried beef with soy, fried onions and sweet peppers (360 rubles), pork in a pepper sauce (280 rubles) and chicken wings fried in a hot sauce with spices and fried onions (210 rubles).

• From Dec. 1-7 Arkady Novikov's **GQ Bar** will host Chef Renato Piccolotto of the Cipriani Hotel in Venice to present a special "Golden Menu." All the dishes on Piccolotto's "Golden Menu" are decorated with miniscule flakes of gold.

• On Dec. 3 diners at **Yakimono** will be treated to a special culinary show in which the head chef will carve up a gigantic blue fin tuna specially caught for Yakimono by the La Maree company. The fish will weigh over 200 kilograms.

in/out

• Finally a club with a concept that everyone can agree on. **Noch** on Dubininskaya Ul. charges a flat entry fee of 500 rubles for girls and 1,500 for boys and then all the drinks inside are free. Load up on booze and dance to the best commercial house and Euro dance the city has to offer.

• Continuing the general democratization of restaurants in the city, **Osteria U Dzhovanni** is a cheap and cheerful new Italian restaurant on Samotechnaya Ul. Head Chef Giovanni Susini, formally of Italyanets, serves up home-style Italian cuisine at rock bottom prices in bright, comfortable surroundings.