



PRESS RELEASE

Le Principal

by Yannick Alléno

Paris, April 2016 – Alléno Paris at Pavillon Ledoyen, Yannick Alléno's three starred Maison, introduces the "Principal" (or the "Main"): a modern version of lunch. This flexible and simple solution, also gastronomic and affordable, offers every weekday a main course and a coffee with delicacies in only 30 minutes.

Where?

Alléno Paris au Pavillon Ledoyen
8, avenue Dutuit - 75008 Paris
(Valet parking, Autolib station)

Reservations:

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With the "Principal", a simple yet tasteful, quick and affordable menu, Yannick Alléno suggests his vision of a modern lunch: a main course plus a coffee with delicacies, accompanied by a perfectly paired glass of wine only if one wish one!

With this new ritual, the multi-starred chef is focusing on flexibility, simplicity, reasonability and pleasure:

Flexibility: the opportunity to have a lunch without the formalism of a traditional gastronomic restaurant. This moment is based on what is essential; the guest settles, orders, and appreciates 30 minutes of pure enjoyment.

Simplicity: only two options are suggested, either the "omnivore" course or the "vegetarian" one... in any case, the recipes are both a blend of pure taste, with extraordinary products and a lot of gastronomic common sense.

Reasonability: the meal is healthy, revitalizing, and offers a generous dish, while preserving lightness.

Pleasure: first, the guest settles in the gorgeous, light-bathed dining room where everything feels comfortable and depicts the French genius for the art of living; then the Maître d'Hôtel arouses the senses evoking the dishes; and at last, at the very first bite, the well-being rises to the top. Those courses are definitely ones of Yannick Alléno's 3 star modern cuisine.



About Modern Cuisine

Modern cuisine is a visionary approach to the culinary arts in which the research is fundamental.

Today, Yannick Alléno's unique know-how and excellence are combined with a certain audacity that pushes boundaries to better experience new flavours and exalt tastes.

This Modern Cuisine lays the foundations of an evolution of French cuisine and initiates a new movement thanks notably to the chef's technical work on sauces and Extractions®.

Modern Cuisine is also a study on meal sequencing, highlighting and promoting the importance of the main course.

In the idea, the Omnivore course could be the "Turbot": a turbot fillet, slightly poached in a turbot Extraction® accompanied by some Noirmoutier baby potatoes covered with the fish's dried skin powder; on the side, some cucumber raviolis with smoked cottage cheese sublimes the meal bringing freshness; a modern tangy mayonnaise with cucumber Extraction® drops and a seaweed marmalade are served as condiments; and to accompany the dish, a seaweed infusion spiced up with ginger, cinnamon and coriander is served in a transparent tea pot.

Whereas the vegetarian version could be the "Artichokes": three Italian poivrade artichokes stuffed with black rice for an intense taste that top a tomato Extraction® sprinkled with Iran black lemon powder; on top of the artichokes, some stewed morels mushrooms and crispy capers offers more texture and subtlety. Aside is served a concentrate of vitamins made of a red currant/celeriac/olive oil Extraction® with some tender raw white asparagus, spring onions and garden peas. In short, a spring and fresh dish, definitely healthy and well balanced.

**The "Principal" is served everyday, from Monday to Friday
and from 12:30 AM to 2 PM.**

Main course, coffee and delicacies: 78€

**Main course, coffee, delicacies and a glass of wine
chosen by our Chef Sommelier: 97€**

PRESS CONTACT

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Photos on demand