

# GET CREATIVE WITH... MELON

EVERY CHEF HAS THEIR CREATIVE CHALLENGES. ARE YOU LOOKING FOR A FRESH COMPONENT TO COMPLETE YOUR DISH? DO YOU WANT TO GIVE ONE OF YOUR MOST POPULAR STARTERS A UNIQUE TWIST? HAVE YOU BEEN TASKED WITH DEVELOPING A THREE-COURSE VEGETARIAN MENU? OR... THE QUESTION WE ASK OURSELVES IN THIS ARTICLE: WHAT COOKING TECHNIQUES CAN WE USE TO PREPARE MELON, TO SERVE IT IN A MORE CREATIVE WAY? TOGETHER WITH [GASTRONOMIXS.COM](http://GASTRONOMIXS.COM), WE SHOW YOU WHAT YOU CAN DO WITH THIS BEAUTIFUL INGREDIENT!



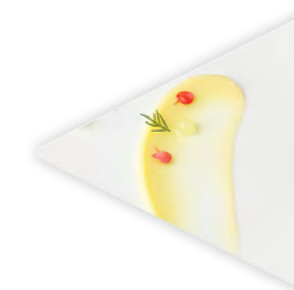
Bacon of brined watermelon



Firm melon espuma



Grilled watermelon with feta and basil



Melon ganache

‘Just as you use the best quality knives and other equipment, Gastronomixs is an advanced tool for your brain.’

**THE PURPOSE OF GASTRONOMIXS**

Gastronomixs is based on thousands of preparations – called components – of everyday ingredients. These are the building blocks for an endless supply of dishes, which are called compositions.

As a chef, you love your profession and are driven by your passion for cooking. However, like many of your colleagues, you are also busy doing all sorts of jobs that have very little to do with cooking at all... If you scarcely have any time to experiment with new recipes, want to stay ahead in your profession, and want to keep stimulating your creativity, then Gastronomixs is the answer!

**INGREDIENT IS ALWAYS KEY**

Melon is family of the cucumber. Just like the cucumber, the melon consists of a seed list covered by flesh, which is protected by the skin.

**Basic techniques:** gratinating, grilling, baking, puréeing, caramelising, flambéing, marinating, infusing.

**Taste combinations:** raw ham, goat’s cheese, strawberry, almond, aniseed, cinnamon, grape, tomato, coriander, ginger, chilli pepper, cucumber, mint, rose, orange, lime.

## FACTS ABOUT MELON

- The color, taste and structure of melon varies according to species. For example, the watermelon can have a fairly grainy texture while the galia melon feels silky smooth.
- Summer melons (cantaloupe, galia, charentais) are very fragrant and perishable and usually have a rough skin.
- Winter melons (honey or sugar melon) are a lot less fragrant and perishable than summer melons.
- Keep a whole melon outside the refrigerator at a temperature between 10-13 °C. A cut melon is sensitive to water loss and is therefore best stored in plastic. A whole watermelon can be kept for 1-2 weeks, other types of melon must be processed within 3 to 10 days.
- A melon consists of 85-95% water.
- The skin of the watermelon can be used in sweet or sour preserves. Melon seeds can be eaten roasted (and ground) or made into a drink.
- Seedless watermelons were first created over 50 years ago.
- Watermelons have been cultivated in Egypt for more than 5,000 years.
- Because watermelons are native to Africa, they need hot, sunny conditions to thrive. Some varieties need up to 130 warm days to ripen. Most watermelons mature in 85 to 100 days.
- Today, China grows more watermelon than any other country.
- A watermelon will not grow in your belly if you eat the seeds. In fact, the seeds are actually quite nutritious with high levels of magnesium, zinc and protein. Chew the seeds before swallowing for optimum nutrition.
- Melon grows as vine. It has round stem that produces lateral tendrils. Green leaves are oval or circular in shape. They have shallow lobes.
- Melons have high nutritional value. They are rich source of vitamin C, vitamin A, vitamins of the B group, and minerals such as manganese, iron and phosphorus.
- Knocking on a melon’s shell can actually works to test if the volume of sugar has settled, to allow full ripeness. A dull thump should be expected.

# GRILLED AND ICE-COLD PEARLS

OF WATERMELON WITH LIME CRÈME, YOGHURT HONEY ICE CREAM, COUSCOUS OF YOGHURT AND YOGHURT SHEETS



Grilled watermelon



Ice cold pearls of watermelon and vodka



Couscous of yogurt and bitter almonds



Yogurt sheets



Lime creme



Yogurt honey ice cream

## Grilled watermelon

### INGREDIENTS

- As needed: watermelon
- As needed: olive oil
- As needed: Maldon salt

### PREPARATION METHOD

- Cut the melon in the desired shape, ensuring that the flesh does not become bruised.
- Pat the melon surface dry and grill on a hot grill or barbecue.
- Sprinkle with olive oil and Maldon salt.

## Ice-cold pearls of watermelon and vodka

### INGREDIENTS

- 1 ripe watermelon, preferably seedless
- 500 g sugar water (1:1)
- 2 dl vodka

### PREPARATION METHOD

- Hollow out a watermelon with a small melon baller.
- Put the balls in a tray that will fit in your vacuum sealer, and add the sugar solution and vodka.
- Vacuum pump the bag three or four times so that the balls are fully impregnated with the syrup.
- Place the balls in the freezer and let them freeze for several hours.

If you are curious to discover how Gastronomixs can inspire you, you can take out a **free trial account** to give the platform a decent test-drive! More than 26,000 chefs are already using this online tool which contains thousands of recipes. Go to [Gastronomixs.com](https://www.gastronomixs.com) and be inspired!

