



Reflecting the diverse communities living in New Caledonia: Melanesian, Asian, Wallisian, Tahitian and French, the Caledonian cuisine is full of richness, colours and flavours!

Below a typical Caledonian menu is a 3 courses meal, easy and tasty:

- Entrée: Salade de papaye (Pawpaw Salad)
- Main: Poulet au soyo (Soy Sauce Chicken)
- Dessert: Tarte à la banane (Banane Tart)

Pawpaw salad

Serves 4

Preparation 20 mins – No cooking

- 1 green pawpaw
- 1 carrot
- 1 tomato
- 1 chili
- 1 clove garlic

For the Seasoning:

- 3 teaspoons fish sauce
- 1 teaspoon sugar
- the juice of a lime

1. Cut the pawpaw in half and remove seeds. Peel it.
2. Grate the peeled carrot and the pawpaw.
3. Crush the garlic and the chili.
4. Cut the tomato in dices.
5. Combine the vegetables in a salad bowl.
6. Prepare the seasoning with the lime juice, the fish sauce and the sugar.
7. Add to the preparation, mix well and taste.



Bon appétit !



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Soy sauce chicken

Serves 4

Preparation 30 mins – Marinade 30 mins - Cooking 20 mins

- 1 kg chicken pieces
- 1 cm piece of fresh ginger
- 1 tablespoon rice wine vinegar
- ¼ teaspoon five-spice powder
- 4 green onions
- 3 garlic cloves, crushed
- 1 cl soy sauce
- 4 tablespoons black thick soy sauce
- 2 tablespoons sugar
- 2 tablespoons olive oil
- 12 cl water
- ½ cup fresh coriander
- Steamed white rice, to serve

For the marinade:

- 1 tablespoon rice wine vinegar
- 1 teaspoon grated ginger
- 2 teaspoons soy sauce, pepper



1. Prepare the marinade, rub onto chicken pieces and marinade for 30 mins.
2. Fry gently in the olive oil, 2 of the green onions sliced in 3 and the ginger chopped in 5 mm pieces.
3. Add the other ingredients (rice wine vinegar, five-spice powder, soy sauces, sugar, water), the marinated chicken pieces and bring to a boil. Stir well in order the sauce to coat the chicken.
4. Cover and cook 15 mins.
5. Season according to taste.
6. Sprinkle with chopped coriander and green onions.
7. Serve with steamed rice.

Bon appétit!



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Banana Tart

Serves 4 to 6

Preparation 30 mins – Marinade 30 mins - Cooking 20 mins

For the sweet shortcrust pastry:

- 1 ½ cup plain flour
- 150 gr chilled butter
- 2 tablespoons sugar
- 1 good pinch salt
- 3-3 ½ tablespoons water

For the topping:

- 3 medium bananas, sliced thinly
- 20 gr butter
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon



1. Preheat the oven to 220°C (th.7) and butter a tart dish (23 cm).
2. Place the sugar, flour and salt in a medium mixing bowl, add the chilled butter cut in dices. Use your fingertips to rub in the butter until the mixture resembles coarse breadcrumbs.
3. Sprinkle 3 tablespoons of the water over the flour and butter mixture. Mix again using your fingers until evenly combined and the mixture starts holding together.
4. Press a little of the mixture between your fingers: if it holds together easily, there is no need to add more water. If it doesn't, add the remaining ½ tbsp water and combine. The pastry should be soft but not sticky.
5. Place pastry in the buttered tart dish, prick it with a fork and bake for 10 mins.
6. For the topping, place butter, sugar and cinnamon in a small pot and stir over low heat until smooth.
7. Mix in the sliced bananas.
8. Top tart with banana mixture. Bake for about 10-15 minutes or until bananas are slightly caramelised.
9. Allow tart to cool before cutting it.

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