

Green Goddess

WITH HER CHIC, CASUAL APPROACH TO VEGETABLE-FORWARD COOKING, SELF-TAUGHT CHEF AND NATUROPATH **ANGÈLE FERREUX-MAEGHT** IS WAKING PARISIANS UP TO A NEW WAY OF EATING.

BY JANE SIGAL PHOTOGRAPHS BY JOANNA VAN MULDER

THE LINE IS SHORT this morning at the greengrocer A La Bonne Ménagère (The Good Housewife). That's because it's August and it's hot; most of Paris emptied out last weekend for a monthlong holiday, clogging the autoroutes from here to Saint-Tropez. So today on the rue Daguerre, a cobbled pedestrian market street in Montparnasse on the Left Bank where cart-toting shoppers usually dodge chalkboard menu easels, the organic fruit-and-vegetable vendor, Monsieur Benayed, has extra time for gossiping with longtime neighbor Angèle Ferreux-Maeght. "It's like a little village here," says the 30-year-old chef and founder of La Guinguette d'Angèle, her rapidly expanding, produce-centric food company. "The owner of the wine shop married the butcher's daughter across the street. The hairdresser's dating the music shop guy. The two rival florists are now in love."

Ferreux-Maeght, who grew up on the close-knit rue Daguerre and now has her atelier in her family compound, is leaving for a break soon, too. To catch up with city friends and family before they all disperse, she's hosting lunch in the courtyard. The menu reads like an itinerary of her anticipated stops in the coming weeks. Pillowy sweet potato gnocchi drizzled with pine nut-herb sauce suggests Italy, the first leg of vacation.



The rest—virgin pastis, *petits farcis* (stuffed vegetables), a tart topped with fragrant berries from A La Bonne Ménagère—owes an obvious debt to her next stop, the Côte d'Azur, where she lived until the age of five and still visits every summer.

Her vegetable-leaning cooking (she's not a purist) has its roots in the kitchen garden of a Grasse farm, near Nice, where she spent her earliest years. "My bohemian parents wanted us to experience the importance

of nature," she says. Ferreux-Maeght is the great-granddaughter of the legendary art dealer Aimé Maeght, and the farmhouse was near Fondation Maeght, the modern art museum he opened in 1964. "We didn't have electricity or running water, but we used to play in the Miró fountains."

Coming from art-world royalty on her mother's side and film on her father's (Benoît Ferreux starred in Louis Malle's *Murmur of the Heart*), Ferreux-Maeght nevertheless chose her own path. The first stirrings of a gourmet wellness lifestyle came in 2006 when she was studying at the French American International School in San Francisco. The city's liberal tech culture was the initial draw, but she was soon taken with its eco-consciousness as well. When the trained naturopath and

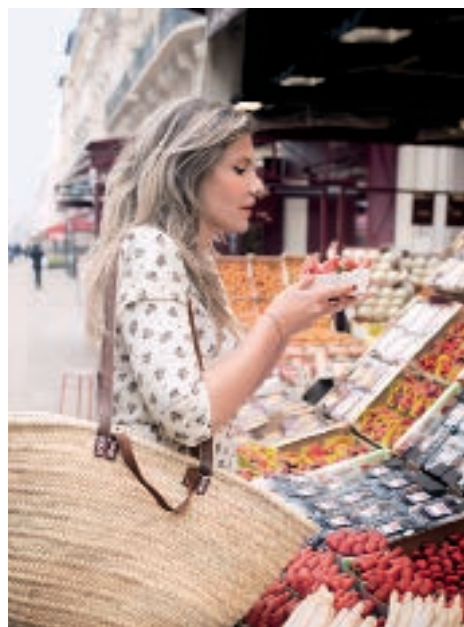
self-taught chef launched her Paris catering company in 2013, most Parisians still saw a meal without meat as a form of deprivation. But her colorful menu was a megahit with designer clients such as Schiaparelli, Christian Louboutin and Isabel Marant, and she opened a chic takeaway counter in the Place des Victoires fashion district in 2015, followed last year by a cookbook, a line of healthy snacks and a tea salon in the 11th arrondissement, a hub for the capital's young entrepreneurs. Ferreux-Maeght also consults for Alain Ducasse, whose eponymous restaurant in Paris's Hôtel Plaza Athénée earned three Michelin stars for its menu focused around vegetables, grains and sustainable seafood. And, a few days from now, while she's swimming in the Mediterranean, she'll add TV to her résumé when she debuts as the face of *Aux Racines de la Longévité*, a new French series about wellness and longevity.

So how does a successful Parisian caterer run her own party? It's more laid-back than you'd think. The chef is still stuffing tomatoes, zucchini and onions in her cheery blue-and-white kitchen when girlhood pal Aimie Ferry-Sauvaire arrives and helps herself to a glass of iced "pastis," infused with star anise, fennel seeds and licorice root. Ferry-Sauvaire, an international project manager at L'Oréal, is pregnant, so the nonalcoholic *apéro* is especially appreciated. She moved home from China two years ago to raise her own family on the rue Daguerre, and she's noticed a new bounty of vegetarian,

vegan and gluten-free dishes across Paris, from neighborhood bistros to bastions of haute cuisine. "People used to look at me like I was crazy when I ate a tofu steak," she says. Another guest, food writer Valentine Oudard, agrees: "Two or three years ago, eating this way seemed excessive. Now there's a natural food store—an *épicerie bio*—on every corner."

Before the meal, Ferreux-Maeght totes a basket into the garden courtyard to harvest nasturtiums, thyme blossoms and pansies. "I put flowers in my food, on the table, in my hair. It's completely wild," she says. She wants her get-together to be just as beautiful and carefree. According to this caterer, a party done right is about good food that makes you feel good, but "it's also the vibe. People need to be able to say what they want, to sing, to dance, to leave, to flirt without shame. I want my guests to feel free."

Ferreux-Maeght has friends over for lunch in the garden behind her family's home on the rue Daguerre.



Rue Daguerre Essentials

FROMAGERIE VACROUX (NO. 5)

With two life-size cows perched over its awning, this cheese shop's draw is the 300-plus *fromages* from all across France. Ferreux-Maeght is mad for their alpine cream, which she uses to enrich her gratin dauphinois.

MAISON PÉRET (NO. 6)

The Péret brothers run side-by-side businesses: The cozy wine bar specializes in hearty food from the Auvergne but also makes a mean vegan tartine; the wine shop is full of surprises, such as exciting bottles from cult Rhône producer Yves Cuilleron.

A LA BONNE MÉNAGÈRE (NO. 8)

Ferreux-Maeght's organic greengrocer is also the source for her favorite French mineral water: Mont Roucous.

FAMILLE MARY (NO. 11)

Third-generation beekeepers, the Mary family sells more than 40 kinds of honey, ranging from pine to clementine, as well as other bee-centric products. Ferreux-Maeght loves their propolis in a pineapple smoothie.

PELOPS (NO. 15)

Ferreux-Maeght has a standing order with this Greek gourmet shop for vegan tzatziki, hummus, olives and nut-rich halvah.

LA CHOPE DAGUERRE (NO. 17)

The chef drinks her morning lemon verbena tea at this old-school neighborhood café that has outdoor tables; it's also a popular spot to sit and watch Paris Saint-Germain FC soccer matches.

LA CAVE DES PAPILLES (NO. 35)

Gérard Katz helped introduce natural wines to the area by stocking his corner shop with bottles from France's best organic and biodynamic producers, like Mas Foulaquier from the Languedoc-Roussillon region, and Domaine l'Octavin from the Jura.

Faux Pastis

Active **10 min**; Total **1 hr 10 min**
plus overnight steeping
Serves **6**

"I don't drink," says Ferreux-Maeght. "If I do, it's to make my parents happy." So, to start off a meal, she serves this playful, nonalcoholic infusion. "It's very herbal and smells just like French pastis. The star anise is also great for digestion."

½ cup agave syrup

1½ stalks of lemongrass, thinly sliced (1½ oz.)

One 6-inch piece of licorice root (see Note), halved crosswise

One 3-inch piece of fresh turmeric, thinly sliced

4 star anise pods

5 tsp. fennel seeds

Ice

Lemon wedges, for serving

1. In a medium saucepan, bring 9 cups of water to a boil over high heat. Remove the saucepan from the heat and stir in the agave, lemongrass, licorice root, turmeric, star anise and fennel seeds. Let cool, then cover and refrigerate overnight.

2. Strain the drink through a fine sieve set over a large pitcher, pressing on the solids; discard the solids. Pour into ice-filled glasses and serve with lemon wedges.

NOTE Licorice root is available at most health food stores and on nuts.com.

MAKE AHEAD The drink can be refrigerated for up to 1 week.

Maple-Roasted Radishes

 Total **20 min**; Serves **6**

1 bunch of small radishes with greens (½ lb.)

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3 Tbsp. extra-virgin olive oil

1 Tbsp. maple syrup

Gray sea salt and pepper

Dukka, for sprinkling

Preheat the oven to 400°. On a large rimmed baking sheet, toss the radishes with the olive oil and maple syrup. Season with salt. Spread in a single layer and bake until crisp-tender, about 10 minutes. Sprinkle with more salt, pepper and dukka and serve.

NOTE Dukka, an Egyptian spice blend, is available at kalustyans.com.

Raw Berry Tart with Coconut Cream

Active **30 min**; Total **3 hr 30 min**
Serves **8 to 10**

This nutty tart, made with almond flour and hazelnuts, is the perfect dessert for a late-summer dinner party because there's no oven required. Sweet, gooey dates hold the crust together, and the entire dish can be prepared a day in advance and pulled out of the fridge right before you eat.

¾ lb. Medjool dates

2 cups hazelnuts (½ lb.)

¼ cup almond flour

Gray sea salt

½ cup coconut oil, melted and cooled

1½ cups (12 oz.) unsweetened coconut cream (see Note)

2 Tbsp. agar flakes (see Note)

¼ cup confectioners' sugar, plus more for dusting

12 oz. blackberries and/or raspberries

Microbasil (optional), for garnish

1. In a medium bowl, cover the dates with water and let soak for 2 hours; drain. Pit the dates.

2. Line a baking sheet with parchment paper. In a food processor, pulse the hazelnuts until coarsely chopped. Add the dates, almond flour, a pinch of salt and 6 tablespoons of the coconut oil and pulse until the dough just comes together. Turn the dough out onto the prepared baking sheet. Top with a sheet of parchment



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paper and press the dough into a 10-inch round, about ¼ inch thick. Freeze the crust until firm, at least 1 hour.

3. Meanwhile, in a medium saucepan, bring the coconut cream and agar to a simmer, whisking to dissolve the agar. Remove from the heat and whisk in the ¼ cup of confectioners' sugar and the remaining 2 tablespoons of coconut oil. Scrape into a large bowl, cover and refrigerate until chilled and firm, at least 1 hour.

4. Carefully transfer the tart shell to a platter and peel off the top sheet of parchment

paper. Using a hand mixer, beat the coconut cream mixture at high speed until smooth and fluffy, about 5 minutes. Spread it all over the tart shell, leaving a ¼-inch border, and top with the berries. Loosely cover the tart and refrigerate for 30 minutes. Dust with confectioners' sugar and garnish with microbasil, if desired. Serve cold.

NOTE Coconut cream and agar, a natural thickener, are available at Whole Foods and on amazon.com.

MAKE AHEAD The tart can be refrigerated overnight.

Smoked Tofu–Stuffed Vegetables

Active **25 min**; Total **50 min**; Serves **6**

In place of a traditional veal, pork or beef filling, Ferreux-Maeght stuffs the vegetables in this Provençal-inspired recipe with a firm smoked tofu and plenty of fresh herbs and garlic. The earthiness of the tofu and the savory miso give the dish a hearty, meaty quality.

- ⅓ cup extra-virgin olive oil, plus more for greasing**
- ¾ lb. smoked tofu, finely chopped**
 - 1 medium yellow onion, finely chopped, plus 3 small yellow onions**
 - 2 garlic cloves, minced**
 - 1 cup packed parsley leaves, chopped**
- ½ cup packed mint leaves, chopped**
- 5 scallions, thinly sliced**
- 3 Tbsp. white miso**
- 1 Tbsp. capers, drained and chopped**
- Fine gray sea salt**
- 6 firm-ripe small heirloom tomatoes**
- 3 small zucchini**

1. Preheat the oven to 400°. In a large skillet, heat the ⅓ cup of olive oil. Add the tofu, finely chopped onion and garlic and cook over moderately high heat, stirring occasionally, until lightly browned, about 8 minutes. Scrape into a medium bowl and stir in the parsley, mint, scallions, miso and capers. Season with salt.

2. Trim as little as possible from the bottom of the vegetables so they sit flat. Cut off the top ¼ inch of the small onions and tomatoes. Lay the zucchini flat and trim ¼ inch lengthwise off the top. Set the vegetable tops aside. Using a small spoon, scoop out the insides of the vegetables, leaving ¼-inch-thick walls.

3. Brush a large rimmed baking sheet with olive oil and arrange the vegetables on the baking sheet. Spoon the filling into the vegetables and cover with the tops. Bake until the vegetables are tender and the filling is hot, 20 to 22 minutes for the tomatoes and 25 to 30 minutes for the onions and zucchini. Transfer to a platter and serve.

MAKE AHEAD The tofu filling can be refrigerated overnight.

Sweet Potato Gnocchi with Mint–Pine Nut Pesto

Active **30 min**; Total **50 min**; Serves **6**

This vegan and gluten-free gnocchi is surprisingly light and pillowy. Ferreux-Maeght binds the simple sweet potato dough with cornstarch instead of eggs.

- ½ cup pine nuts**
- ¼ cup packed mint leaves, chopped**
- 1 tsp. finely grated lemon zest plus 2 Tbsp. fresh lemon juice**
- 6 Tbsp. extra-virgin olive oil**
- Gray sea salt**
- 2 large sweet potatoes (1¾ lb.), peeled and sliced ½ inch thick**
- 1 cup gluten-free flour, such as Cup4Cup or King Arthur brand (see Note), plus more for dusting**
- 5 Tbsp. cornstarch**
- Thyme leaves, for sprinkling**

1. Preheat the oven to 425°. Spread the pine nuts on a rimmed baking sheet and toast until golden brown, about 3 minutes. Transfer the nuts to a work surface and let cool, then chop and transfer to a small bowl. Stir in the mint, lemon zest and juice and ¼ cup of the olive oil. Season the pesto with salt.

2. On a large rimmed baking sheet, spread the sweet potatoes in a single layer. Bake until tender, about 20 minutes. Transfer to a food processor and let cool, then pulse until smooth. Scrape the pureed sweet potatoes into a large bowl and stir in the flour, cornstarch and 1 teaspoon of salt.

3. Lightly dust a rimmed baking sheet with flour. On a lightly floured work surface, cut the dough into 8 pieces and roll each piece into a ½-inch-thick rope, about 15 inches long. Using a knife, cut the ropes into 1-inch pieces. Roll each piece against the tines of a fork to make ridges and transfer to the prepared baking sheet.

4. In a large pot of salted boiling water, cook the gnocchi until they rise to the surface, then cook for 1 minute longer. Drain well and transfer to a serving bowl. Toss with the remaining 2 tablespoons of olive oil, then spoon the pesto on top. Sprinkle with thyme leaves and more salt; serve.

NOTE Gluten-free flour can be found at Whole Foods or on amazon.com.

MAKE AHEAD The uncooked gnocchi can be covered and refrigerated overnight.



17g OF PROTEIN

NO ARTIFICIAL INGREDIENTS