



# MICHEL BRAS

*Toya · Japon*

## sugar

“We can say that the sugar and spices in southern Europe, and the herring and whale oil in northern Europe were the first of the great discoveries. Although medieval Europe called sugar cane juice “white salt”, (as opposed to sea salt, gray and unrefined) or “Indian salt”, the first manufacturing of sugar from sugar cane, like many other inventions, has been attributed to the Chinese.

They would have practised it since ancient times in the area of Kouang-Tong (Canton). However, it seems more probable and more logical that its true origins are to be found in India and more precisely the area of the Ganges river delta.

Seven centuries later at the time of the conquering of Darius in the Indus valley, the Persians discovered “a reed which gives honey without the help of the bees” and took it back to Persia. It seems that initially, jealousy prevented the trading of this new product, and it was guarded like a state secret. Then the invasions came, the conquests, the caravans, in particular those of the Assyrians, ended up spreading and exploiting the sugar cane throughout the Middle-East, from Indus to the Black Sea, and from the Sahara to the Persian Gulf.

Thus, these were the first instances of “import-export” of this soft reed of which the Bible speaks, brought from the East to the Mediterranean world by caravans. Its syrup, considered a spice was rarer and even more expensive than the others of the day. It was used in medicines by the Egyptians and Phoenicians, well before the Greeks and Romans discovered its pharmaceutical properties.

Until modern times, sugar remained for Europeans an invaluable medication or a luxury reserved for the richest people, a fabulous product brought from beyond the deserts by caravans arriving from the Eastern Mediterranean ...” Maguelonne Toussaint.

Sugar! All in all, money, international barter or medicinal sweet, it was even recommended as a ‘bedroom spice’ which could aid virility.

What a marvelous epic! Today, sugar has become a bit of a curse, and has a bad reputation for the ills that it causes: diabetes, obesity ... Between ‘too much’ and ‘not at all’, the proper balance is the most enjoyable. Our society has methods and systems, which try to put us off our fondness of sweet things. It would thus be necessary to forget the sweets, the ice-creams and the glazed chestnuts ... because of course we all know that naturally occurring sugar is better for us than the artificially induced product!

Today, I ask you to forget all that, and to share its enchanting side, the sugar of my fondest memories; the wet finger that I rolled in the vanilla sugar, the banana split that I sprinkled with sugar, and many other “small pleasures”...

I discovered a fabulous sugar whilst in Mauritius, an unrefined cane sugar, particularly rich in vitamins and rock salt in such proportions, that it is almost unbelievable. Ingenious are the ancient peoples who had already understood the therapeutic virtues of this sugar ...

Moreover, it tastes good, and is very aromatic. It is made up of four extractions which give a typical but complementary flavour; one white, one blond with a caramel flavour, one brown which is slightly spicy, and one black with a deep flavour of molasses.

The preparations of our desserts are made for the most part with these unrefined sugars.

Enjoy your discovery!

## Desserts

Michel Bras coulants <sup>®</sup>	<i>the original coulant from 81;</i> chocolate biscuit, chocolate coulant <sup>®</sup> ; <i>calamintha grandiflora</i> ice-cream and caramel-cocoa.	4,200	(4,000)
	<i>from the original idea of a coulant in 81;</i> warm quince coulant <sup>®</sup> ; Akane sorbet & related textures...	3,990	(3,800)
	<i>from the original idea of a coulant in 81;</i> warm chestnut biscuit coulant <sup>®</sup> ; praline & toasted barley ice-cream.	3,990	(3,800)
	<i>from the original idea of a coulant in 81;</i> warm mandarin & yuzu coulant <sup>®</sup> ; cardamon ice-cream.	3,990	(3,800)
	<i>from the original idea of a coulant in 81;</i> warm Tonka broad bean biscuit coulant <sup>®</sup> ; liquorice ice-cream.	4,200	(4,000)
nougatine, vegetable & consorts	<i>provocative but so tasty ...</i> caramelised potato wafer, brown butter cream & lightly salted caramel butter.	3,570	(3,400)
	<i>served on a lava's stone,</i> spiral of crunchy nougatine, chocolate mousse and grilled bread, walnuts ice-cream.	3,780	(3,600)
	<i>tones of roasting,</i> a coffee-flavoured nougatine like a surprise, softened with a whole milk ice cream.	3,780	(3,600)
ice-cold	<i>a little surprise,</i> yoghurt sorbet refreshed with citrus ; passion fruit & orange coulis, lemon marigold.	3,780	(3,600)
	<i>dressed in white ;</i> a ball of meringue filled with 'creme vierge' of vanilla, orange flower scents and an almond sorbet.	3,570	(3,400)
	an assortment of ice-cream and sorbet cones.	3,150	(3,000)
	A selection of cheeses from France and Hokkaido.	3,990	(3,800)

5% consummation tax included. A discretionary 10% gratuity will be added to your bill.