

[Transcript] Les Grosses Têtes / INVITÉ - Jean-François Piège présente son livre "Zéro gaspi"

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like our exclusive new 8-foot animated Santa and reindeer inflatable for just \$149,
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How doers get more done?

Let's welcome Jean-François Piège,
from the Home Depot at Cloverville,
passing by the Grand Restaurant.

I imagine that in your own restaurants,
you're chasing the gasp, Mr. Piège.

Sure, especially at the moment.

You have to chase the gasp,
except for not chasing the gasp,
and I've learned that through your wonderful book,
which offers us almost 50 economic recipes and gourmand recipes,
but in order to be able to cook the rest,
you have to have the rest, for example, with Bernard Maby.

There's no rest!

Continue, Laurent.

If you have one or two more dishes to recover...

Still, still, still.

But it's really...

And finally, be careful, don't get confused.

There's a lot of gasp in restaurants.

There are too many.

In restaurants, there are too many.

But that's for the house, it's a practical side.

But even in the house, it's not easy.

There are people who are very gifted,
who know how to cook,
and then cook what's left.

They take what's left in their refrigerator,
they do wonderful things.

I don't even know how to cook with fresh products.

Maybe you should start with the rest.

For example, I give you an extra book
that I particularly appreciate,
because when you have...

It often happens to me, not always,

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but when you have a world at home on weekends,
you buy croissants for everyone.
We'll say 8 friends who are at home.
They all sleep there.
Yes, yes, yes, yes.
Bernard, you're not that,
you came to my house and broke my wallet.
Yes, yes, yes.
You're right.
And you don't remember the wallet.
I remember the wallet, but not the croissants.
You broke my wallet.
You have an expression.
You buy croissants, there are too many.
There are 3 or 4 left.
The weekend after, you say,
well, we'll buy a little less.
We don't like the waste, we buy a little less.
And then, don't fall on you,
but on cuckoos who take 3 per person,
there is no more croissant.
In short, it's not easy,
but it's true that often, it remains.
And that's a good idea.
What to do with croissants that remain
in a small Dominican breakfast?
You offer us solutions.
A fork.
A fork.
We can make a fork with old croissants.
Exactly.
A fork is very, very easy.
A small mixer, an egg,
a little milk, a little cream,
we mix and we put in a fork.
We can add a little water if we want.
It's crazy.
It's not very easy for you.
You have to add an egg.
I only have the egg in everything you add.
And the milk.
You don't put an egg with the coke in the mixer.
No, but I don't have a mixer,

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I don't have a fork.
Come on, and for you, I made it easier.
We put a little more liquid,
it will make a crepe.
Come on.
Yes, it's true that you go from crepe to crepe,
fork of croissant of the veil.
We don't have to tell people that we'll get the next day.
It's not a seller.
I admit it, it's not a seller.
If there is any left of the fork,
what do we do with the fork?
Croissants.
No, but it's great.
The lemon, orange juice,
of course, of these vegetables,
can be used again.
The cortes.
The cortes of...
Of fruits.
Yes.
Not the people.
No.
The lemon pods,
if you prefer,
to make, for example,
confit lemon pods.
Yes, and a lemon cream
if you make a lemon tart.
Yes.
Look.
But if...
Great.
How did that happen?
I don't know what he told us.
Yes.
It's not what he said in Paris.
There are even leftovers.
Oh!
What are you talking about?
Oh no!
What are you talking about?
There is cream.

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Oh!
Don't be mad.
Pardon me.
It's a leaf on the gas pipe,
not on the leftovers.
Pardon me, Mr. Piedge.
Croissants' heads.
So what do we do with the Croissants' heads?
Once we have them, we cut them.
We make a broth, bravo.
Oh yeah, I'm going to wash them.
There you go.
Yes, a broth.
Yes.
It's great.
How do we do it?
What do we do with the broth?
With pasta?
With pasta?
With pasta?
Yes.
How do we do it?
With pasta?
With pasta?
Yes.
We can consume it at this moment.
It's something elegant.
We can make a cream
which can be a little more consistent
and we put pasta in it.
For example,
I was surprised.
The most sure of potatoes
we can make fries with.
Yes, it's the point of Paris street.
But it's true that
it's a little torn by the hair.
But what I like,
is to keep the worst potatoes
broken by eggs
and made like a tortilla.
It's a complete meal
with a nice salad.

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We can have
to cook potatoes
for other things
and have fun with it.
Oh yeah.
Fried potatoes
of potatoes skin.
Oh, that's good.
They'll ask for a plate
when you're done.
And then,
one of my favorite vegetables,
I love that,
the little fish.
So it's true that
when we cook the little fish,
what do we do with the bones?
Well,
we make a flan,
a soup,
we make a lot of things.
But for the little anecdote,
it's the first thing that I cooked
when I entered the kitchen
of a great cook.
Oh yeah?
I cooked because of the little fish.
I didn't know what it was
and I said to myself,
it's so good.
I kept it in my head
and then,
in these times of inflation,
I think it's not bad
to remember
what we were raised with.
And what can we do
with the concert box
that we opened?
There are little...
Painting pots, painting pots.
This chef,
it was Bruno Cirino,

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it was Cass,
it was...
It was Christian Constant.
Christian Constant
because he was going to work
with Bruno Cirino,
with Christian Constant,
with Ducasse too.
And obviously,
for several years now,
you have your own...
How many restaurants do you have?
Mr. Piege.
Eight.
Eight restaurants.
Oh la la.
And the last one is abroad,
is that it?
Yeah, the last one is in Taiwan.
Made in Taiwan.
And then,
at the Marine Hotel,
I didn't know
that you had...
I passed by.
You have an establishment.
To enter?
To enter.
At the Marine Hotel,
it's not the one of Crayon.
It's just on the side,
it's the place of the Concorde,
it's Mimosa.
Mimosa.
What do we eat at Mimosa?
The neighbors of the Riviera.
And the Mimosa eggs.
So listen,
I want to go to your restaurants.
If you don't guarantee me
that I'm not going to eat
the rest of the people who came.
Who came.

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La Veille.
Yes, La Veille.
Guaranteed.
That's true.
Guaranteed.
La Veille,
it's still going on.
It's still going on.
It's still going on.
Mimosa.
But in any case,
it's called Zero Gaspi.
It's a series,
by the way,
you had made
several...
Zero meat,
zero fish,
that was for vegans,
the vegetarians,
who had made others in zero then.
Zero fat.
Zero fat.
Ah!
Maybe I'll buy it.
Zero fat.
Zero sugar.
Zero sugar, no?
No, I didn't do it.
No, no, no, no.
Zero Gaspi,
nearly 50% of this economy is gourmand.
So you told us
a restaurant abroad.
You told us
the Mimosa
at the Marine Hotel.
So the opposite,
it's still going on.
It's still going on.
That's true.
It's one of my dreams
when I was able to buy it

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in Léal.
Look at the plates.
Small plates.
Especially?
Ah, yes.
I think there are certain
names that we can find
in Léal.
So I'll tell you,
I was very moved
because you're going to know
who I'm talking about,
dear Bernard.
Because I went
once to the octopus.
I didn't know the place.
And I sat down at random.
We designed a table.
We were six friends.
I sat on the bench,
so back to the wall.
And then I went to the coast.
Indeed,
there were plates
of famous people
who were
above everyone's heads.
And it turns out
it's an old friend of mine
who had his name
decided,
who was one of my best friends
who was D'Azu,
the singer D'Azu.
And then
it troubled me.
I thought,
well,
those who believe in coincidence
and coincidence,
it was really my best friend
when I arrived in Paris.
And I sat down at this place

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without knowing
that above my head
there was a plate dedicated
to my friend D'Azou.
You didn't take these plates away.
Especially not.
And I think there is
yours too now
because it was the tribute
of the old owner
as soon as he saw someone
of his kind,
he put a plate.
That's not a good tip.
If we go to your restaurants
and then we have plates
afterwards,
that's not a good tip
for you, Mr. Pierre.
Well,
apart from the octopus,
I make the list.
There are several types of
clovers.
Well,
that too,
basically,
it's not the hunting
of the gaspi,
but it's
come
green,
vegetable,
the clover green.
Yes.
Who will be baptized
in 15 days
who will be
Clauver Saint-Germain.
Who will open
is the novelty
in making a restaurant
of pasta.

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Oh no,
what are you doing?
Oh no,
what are you doing?
No,
I'm not Italian.
Well,
I hope so.
French pasta,
but not fresh.
Well,
we're going to make
Ritvo pasta,
for example.
Oh.
Ah,
try that.
You can eat Ritvo
and make pasta.
Well,
here's the news
of Jean-François Piège,
but especially in the library
to hunt the gaspi,
zero gaspi,
published
at Hachette Cuisine.
Thank you,
Jean-François Piège,
for coming to see
the big parties tonight.
We'll meet
tomorrow at 5.30
for our big parties.