

LE CARNET SOIRÉE

Recettes pour les moments partagés

Soft tables. Shared glances. A spoon. A breath. A memory.



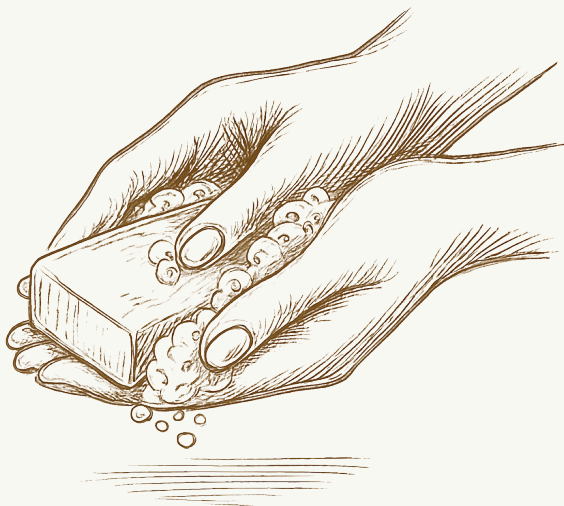
YUGENZO

The Ritual of the Hands

Before you prepare a dish, prepare your hands.
Use the Calm Ritual soap — with calendula, lemon and lavender —
to mark the beginning of the moment.

Inspired by the Japanese gesture “Itadakimasu”,
this small act brings calm, presence and gratitude
to those who serve and care.

Lather slowly. Breathe. Begin.



Setting the Table Softly

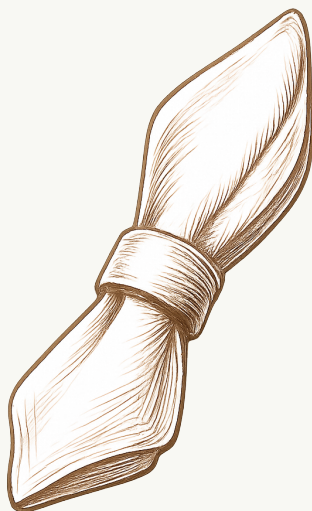
Before the meal, fold two napkin rings — one for you, one for your companion.

Use soft card or kraft paper (around 16–18 cm long, 4–5 cm wide).

Form a loop, tape the ends, and write a phrase inside: something warm, simple, or quietly funny.

Place them on the table. Add a little light.

Let this be your sign that dinner has meaning.



Sharing with care

These recipes are not diets.
They're invitations to pause.
Not every ingredient is for every cat —
introduce gently, and always watch reactions.

One bite is enough. The memory lasts longer.



*These companion recipes are a symbolic and occasional gesture.
They are not intended as a complete or balanced diet.*

*Every cat is unique. Some ingredients may not be suitable
for all companions.*

*If your cat has allergies, sensitivities, or any medical condition,
always consult your veterinarian before offering new preparations.*

*Yugenzo accepts no responsibility for adverse effects resulting
from improper use or overfeeding of these recipes.*

Cassoulet lent

A slow bean dish for when you don't need to rush.

For You:

Ingredients:

- ½ cup cooked white beans
- ¼ finely chopped onion
- 1 small diced carrot
- 1 tbsp (tablespoon) olive oil
- 1 clove garlic (optional)
- 1 sprig of thyme or rosemary
- Salt & pepper

1. Heat olive oil in a small pot and sauté onion and carrot until softened.
2. Add garlic and herbs, stir gently.
3. Add the white beans and enough water or vegetable stock to barely cover.
4. Simmer gently for 15–20 minutes until everything is tender.
5. Season with salt and pepper to taste.

Serve warm with a slice of rustic bread and time to enjoy it slowly.



For Your Companion

Ingredients:

- 1 tbsp (tablespoon) plain mashed white beans
- 1 tsp (teaspoon) shredded boiled chicken or turkey
- ½ tsp (teaspoon) carrot purée
- 1 drop of olive oil

1. Combine all ingredients into a soft mash.
2. Let cool slightly and serve in a shallow dish.



Suggested song

Autumn Leaves – Instrumental Piano

Final thought

Sometimes the spoon rests. But the company stays.

Tartelette à la douceur

A mini fig & ricotta tart for warm evenings.

For You:

Ingredients:

- Puff pastry
- Ricotta
- Sliced figs
- Honey or maple syrup
- Lemon zest or thyme

1. Cut puff pastry into small rounds.
2. Spread a spoonful of ricotta on each piece.
3. Top with sliced figs and a drizzle of honey.
4. Sprinkle with lemon zest or thyme.
5. Bake at 180°C (350°F) for 12–15 minutes until golden.

Serve warm, ideally with soft lighting.



For Your Companion

Ingredients:

- 1 plain rice cracker
- 1 tbsp (tablespoon) lactose-free cream cheese
- 1 tsp (teaspoon) shredded cooked chicken
- Sprinkle of bonito flakes

1. Spread cream cheese on the rice cracker.
2. Top with shredded chicken and a light sprinkle of bonito flakes.



Suggested song

La Vie en Rose – Carla Bruni

Final thought

The oven warms the tart. You warm the room.

Velouté aux légumes

A soft vegetable soup to cozy up with.

For You:

Ingredients:

- 1 small potato
- ½ leek (white part)
- 1 zucchini
- 1 tbsp (tablespoon) olive oil
- 1 cup vegetable broth or water
- Salt & pepper

1. Sauté the leek in olive oil until soft.
2. Add chopped potato and zucchini, stir gently.
3. Pour in broth, bring to a boil, then reduce heat.
4. Simmer until vegetables are tender (around 15 minutes).
5. Blend until creamy and season to taste.

Serve warm in a deep bowl with a napkin.

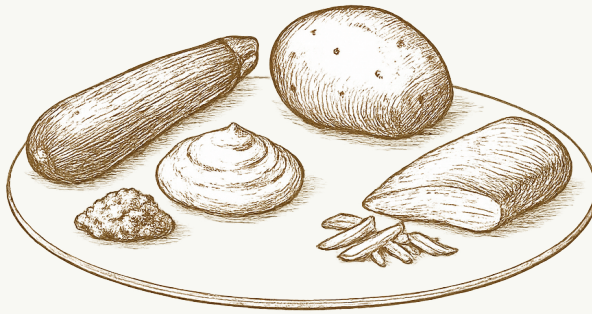


For Your Companion

Ingredients:

- 1 tbsp (tablespoon) steamed mashed zucchini
- 1 tbsp (tablespoon) plain mashed potato
- 1 tsp (teaspoon) shredded chicken or tuna

1. Mix all ingredients until smooth.
2. Let it cool slightly and serve lukewarm in a shallow dish.
3. Watch your cat approach with curiosity.



Suggested song

Clair de Lune – Debussy

Final thought

Let it be soft. The night will do the rest.

Galette de fin de marché

A rustic galette with what's left at the end of the week.

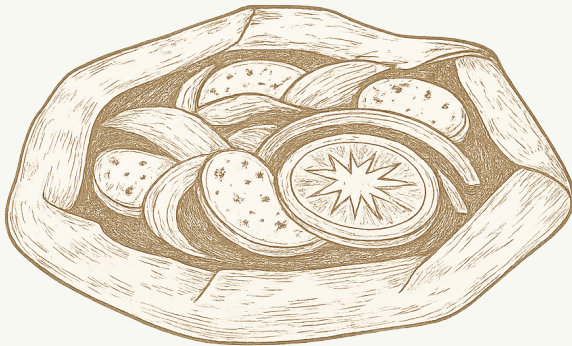
For You:

Ingredients:

- Puff pastry
- ¼ zucchini
- ¼ bell pepper
- ½ tomato
- 1 tbsp (tablespoon) cream cheese or goat cheese
- Olive oil
- Herbs (thyme, oregano)

1. Preheat oven to 190°C (375°F).
2. Spread cheese on pastry, leaving edges clear.
3. Add sliced vegetables and sprinkle with herbs.
4. Drizzle with olive oil.
5. Fold edges inward to create a rustic crust.

Serve on a wooden board if you wish.



For Your Companion

Ingredients:

- 1 plain rice cracker
- 1 tsp (teaspoon) steamed zucchini or carrot
- 1 tsp (teaspoon) mashed sardine or tuna in water

1. Spread the steamed vegetables on the cracker.
2. Top with soft mashed fish.
3. Serve it gently in their favorite bowl.



Suggested song

Sous le ciel de Paris – Juliette Greco

Final thought

Not perfect. Just enough.

Pomme au four pour deux

A warm apple, shared like a story.

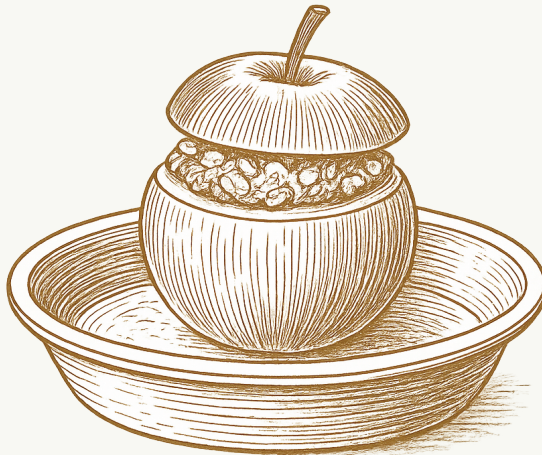
For You:

Ingredients:

- 1 apple (red or golden)
- 1 tsp (teaspoon) honey or maple syrup
- ½ tsp (teaspoon) cinnamon
- Crushed walnuts (optional)
- Oat flakes or granola (optional)

1. Core the apple and place it in a small oven-safe dish.
2. Fill with honey, cinnamon, and walnuts if desired.
3. Bake at 180°C (350°F) for 20–25 minutes.
4. Serve warm with a sprinkle of oats or granola.

Perfect for quiet Sundays. With socks.



For Your Companion

Ingredients:

- 1 tsp (teaspoon) steamed apple, mashed
- 1 small cube of cooked sweet potato
- 1 sprinkle of freeze-dried chicken

1. Let all ingredients cool completely.
2. Mash them together or layer in a dish.
3. Keep the portion small. This is a moment, not a meal.



Suggested song

Spiegel im Spiegel – Arvo Pärt

Final thought

You peeled it. They blinked. That's all it took

You've cooked. You've paused.

Now, let the silence linger.

This carnet lives in your box —

among folded napkins, playlists, and quiet thoughts.

It's not over. Just resting.

Until the next time you feel like saying:

“Let's make this moment matter.”

ごちそうさまでした (*Gochisōsama deshita*)

A quiet thank you, until the next shared pause.

