



Culinary Institute of America

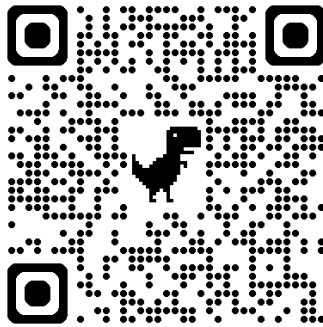
CULINARY INSTITUTE OF THE PACIFIC A TASTE OF FRANCE



CIA Consulting
The Culinary Institute of America

Culinary Institute of the Pacific, Diamond Head campus, Oahu, Hawai'i

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Welcome to the CIA!

Education is a gift. And those of us in the foodservice industry have a chance to “pay it forward” by sharing our gifts with others. For over 70 years, The Culinary Institute of America has provided students with unparalleled training, setting the gold standard for culinary excellence.

Whether you are here to learn new skills and techniques, develop an appreciation for a global cuisine, or are in pursuit of ProChef Certification, our continuing education courses provide the training you need to achieve your personal and professional development goals.

While on campus, we want you to have the best experience possible. If you have any questions along the way, please ask your chef-instructor or anyone on the Continuing Education staff. Once your training is complete, please feel free to stay in touch - we always enjoy hearing your success stories.

And, because so many of our students ask how they can keep in touch with each other after class is over, we’ve made it easy to do through our Facebook page. Just log in and search for “CIA ProChef.”

Wishing you all the best,

A handwritten signature in black ink that reads "David Kamen". The signature is fluid and cursive.

David Kamen '88 MBA PC^{III}
Director CIA Consulting
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P.S. Did you know that the CIA is an independent, not-for-profit college? As such, your tuition supports our core mission of providing the world’s best professional culinary education. If you’d like to further support the future of food with the gift of education, please visit www.ciagiving.org.

EXPECTATIONS FOR PARTICIPANTS

- ☑ Silence and put away phones during class.
- ☑ Actively participate.
- ☑ Return promptly from breaks.
- ☑ Remain in attendance for the class duration.
- ☑ Complete the course evaluation.
- ☑ Follow all established health and safety regulations.
 - In addition to the precautions necessary to guard against food-borne illness, care must also be taken to avoid accidents. The following safety measures should be practiced.
 - Wash hands before beginning work in the kitchen.
 - Keep all perishable items refrigerated until needed.
 - NYS law – when handling “ready-to-eat” food items, if you don’t cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables.
- ☑ Maintain CIA uniform standards.
- ☑ Act within the guidelines of the CIA’s policy on harassment.
 - The Culinary Institute of America (CIA) is committed to providing a working and learning environment free from harassment. Members of the CIA community, guests, and visitors have the right to be free from any form of harassment (which includes sexual misconduct and sexual harassment) or discrimination; all are expected to conduct themselves in a manner that does not infringe upon the rights of others.

CIA UNIFORM POLICY

To foster a professional working environment and to maintain the highest standards of safety and sanitation, the CIA has adopted the following uniform code. Each item has been designed with a practical function in mind. These items must be worn in all production classes unless otherwise stated.

- ☑ Chef's jacket
 - Double-breasted structure creates a two-layer cloth barrier to help prevent steam burns, splashes, and spills
 - Can be re-buttoned on the opposite side to cover spills
 - Sleeves are long to cover as much arm as possible to reduce burns
- ☑ Pants
 - Hounds-tooth helps camouflage stains
 - Best without cuffs, which can trap hot liquids and debris
- ☑ Shoes and Socks
 - Shoes
 - Should be made of hard leather, with low heels, slip-resistant soles, and no open toes
 - Prevent slips and falls in the kitchen
 - Offer support
 - Protect feet from falling pots
 - Socks
 - Must be worn for hygienic purposes and to prevent burns
- ☑ Neckerchief (optional)
 - Helps to absorb sweat
- ☑ Toque (provided in class)
 - Contains hair
 - Absorbs sweat
- ☑ Apron (provided in class)
 - Protects jacket and pants from excessive staining
- ☑ Side towel (provided in class)
 - Protects hands when working with hot pans, dishes, and equipment
- ☑ Jewelry
 - Not permitted except for one plain ring to minimize exposure to potential hazards
- ☑ Hair
 - Should be neatly maintained, clean, and under control at all times

COURSE DESCRIPTION

A TASTE OF FRANCE

French cooking is the backbone of many of the world's cuisines. During this five-day course you will venture on a rigorous gastronomic tour of France. Each day you will explore a different region of the country, improving your French geography while learning about the flavor profiles that distinguish French cuisine. You'll learn to prepare classical and contemporary French dishes as well as expand your French and culinary vocabulary. Along the way, you'll learn how to incorporate Hawaiian ingredients into the French repertoire creating a truly unique dining experience for your guests.

LEARNING OBJECTIVES

Throughout this course, you will...

- Prepare and use a variety of classical and contemporary French sauces.
- Discuss the regional influences that make different styles of French cuisine unique.
- Prepare a variety of French inspired dishes using Hawaiian produce.
- Study the food, wine, history, culture, and influence of modern-day France.

COURSE SYLLABUS

DAY ONE

- ☑ Lecture
 - Regional French Cuisine
 - Bretagne
 - Normandy
 - Hauts de France
 - Île de France
- ☑ Kitchen Exercise
 - Group Demonstrations
 - Production
 - Review and Critique

DAY TWO

- ☑ Lecture
 - Regional French Cuisine
 - Grand Est
 - Bourgogne-Franche-Comté
 - Auvergne-Rhône-Alpes
 - Provence-Alpes-Côte d'Azur
- ☑ Kitchen Exercise
 - Group Demonstrations
 - Production
 - Review and Critique

DAY THREE

- ☑ Lecture
 - Regional French Cuisine
 - Pays de La Loire
 - Centre Val de Loire
 - Nouvelle-Aquitaine
 - Occitanie
- ☑ Kitchen Exercise
 - Group Demonstrations
 - Production
 - Review and Critique

DAY FOUR

- ☑ Lecture
 - Bistros and Brasseries
- ☑ Kitchen Exercise
 - Group Demonstrations
 - Production
 - Review and Critique

DAY FIVE

- ☑ Lecture
 - Desserts
- ☑ Kitchen Exercise
 - Group Demonstrations
 - Production
 - Review and Critique

DAY ONE: BRETAGNE, NORMANDY, HAUTS DE FRANCE, AND ÎLE DE FRANCE

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Understand the influence of geography and climate on regional cuisine.
- Recognize the major foods produced and used in each region.
- Describe the flavor profiles and cooking techniques of each region.
- Identify popular dishes typical of each region.
- Prepare a variety of dishes representative of these areas using standardized recipes.

DAY ONE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Arugula Salad with Crispy Bacon
Roquette aux Lardons

Tripe with Smoked Bacon in Apple Parcels
Tripes au Goût Fumé en Écrin de Pommes

Rabbit Braised with Prunes
Lapin aux Pruneaux

Sautéed Pohole Fern Shoots
Sauté de Pohole Fougere

TEAM TWO

Camembert Crisp with Apple-Pear Conserve

Buckwheat Crêpe with Ham, Egg, and Cheese
Galette Complète

Mahi-mahi Barigoule

Potato and Cauliflower Duchesse

**Marinate Beef for Boeuf Bourguignon – Day Two*

TEAM THREE

Fried Mahi-mahi Strips
Goujonettes de Coryphene

Leek and Cheese Tart
Tarte Flamiche

Beef Braised with Beer and Onions
Carbonnade de Boeuf

Glazed Baby Beets
Petites Betteraves Glacées

**Marinate Duck for Duck Confit – Day Two*

**Soak Beans for White Bean and Meat Stew – Day Two*

TEAM FOUR

French Onion Soup
Soupe à l'Oignon Gratinée

Griddled Kalua Pork and Cheese Sandwich
Croque Monsieur

Sweet Potatoes Sautéed in Butter
Pommes de Terre à la Parisienne

Breadfruit au Gratin
Gratin de Ulu

**Marinate Rabbit for Lapin à la Dijonnaise – Day Two*

BONUS RECIPES

Mussels in Cider and Cream
Moules à la Normande

Artichoke Soufflé
Soufflé de Fonds d'Artichauts

ARUGULA SALAD WITH CRISPY BACON

ROQUETTE AUX LARDONS

Yield: 6 portions

Ingredients	Amounts
Lettuce, arugula	6 cups
Pork, bacon, thickly sliced, med. diced	$\frac{3}{4}$ lb.
Vinegar, wine, white	$\frac{1}{3}$ cup
Sugar, brown, light	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Wash the arugula. Pat with a clean linen towel to dry. Reserve.
2. In a medium sauté pan over medium heat, place the bacon. Cook until lightly brown and crispy. Remove and reserve the bacon. Leave the fat in the pan.
3. For the dressing, in a small saucepan over medium heat, combine the vinegar and sugar. Simmer until reduced by half. Whisk the reduction into the warm bacon fat.
4. In a large bowl, add the arugula and the dressing. Toss to coat. Season with salt and pepper to taste.
5. Serve the dressed arugula topped with the crispy bacon.

Note: Slab bacon can be substituted for the thickly sliced bacon.

TRIBE WITH SMOKED BACON IN APPLE PARCELS

TRIPES AU GOUT FUME EN ÉCRIN DE POMMES

Yield: 8 portions

Ingredients	Amounts
Tripe, cleaned, parboiled, 1/2-in. x 1/2-in. diced	2 lb.
Stock, chicken,	2 qt.
Onion, yellow, large diced	1/2 lb.
Carrot, large diced	1/4 lb.
Celery, stalk, large diced	1/4 lb.
Pepper, black, ground	1 Tbsp.
Brandy, Calvados	4 oz.
Garlic, clove, whole	2 ea.
Thyme, bunch, sprig, fresh	1/2 ea.
Apple, cooking	8 ea.
Pork, bacon, 8 strips, thinly sliced	1/2 lb.
Cider, apple	1 cup

Method

1. Preheat the oven to 275 °F.
2. In a large pot over high heat, place the tripe, stock, onions, carrots, celery, pepper, brandy, garlic, and thyme. Heat until boiling. Reduce to a simmer. Simmer, while covered, until the tripe is tender, about 1 hour.
3. Remove the tripe from the simmering liquid. Reserve and keep warm.
4. Strain the simmering liquid into a medium bowl. Reserve. Discard the solids.
5. Cut off the top 1/4 of each apple. Using a spoon, hollow out the inside. Discard the innards.
6. Wrap each apple in a slice of bacon. Secure it with a cocktail stick.
7. Place the apples in a baking dish. Pour the cider into the hollowed-out apples.
8. Fill the apple with the tripe. Pour the reserved simmering liquid over the apples.
9. Place the baking dish into the preheated oven. Bake until the apples are cooked, 15 to 20 minutes.
10. Transfer each apple to individual serving plates. Serve hot.

Source: Adapted from *Culinaria France*, edited by André Dominé

RABBIT BRAISED WITH PRUNES

LAPIN AUX PRUNEAUX

Yield: 6 portions

Ingredients	Amounts
Prune, pitted	½ lb.
Brandy, eau-de-vie, prune	¼ cup
Water	3 Tbsp.
Rabbit, 3-3 ½ lb., cut into 6 pieces	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, vegetable	2 Tbsp.
Pork, bacon, cubed	2 wt. oz.
Shallot, sliced	4 ea.
Garlic, clove, minced	1 ea.
Flour, all-purpose	1 Tbsp.
Wine, white	1 cup
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Parsley, flat-leaf, stem, fresh	1 ea.
Stock, chicken	as needed
Cornstarch (Optional)	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a small bowl, place the prunes, brandy, and water. Allow the prunes to soak until needed.
2. Season the rabbit pieces with salt and pepper as needed.
3. Heat the oil in a medium Dutch oven over medium-high heat. Add the rabbit pieces. Cook, turning as necessary, until browned on all sides. Remove and reserve.
4. Add the bacon cubes. Cook over medium heat until some of the fat has melted out and the bacon has started to crisp.
5. Add the shallots and cook until translucent. Add the garlic and sauté until aromatic.
6. Add the flour. Cook, stirring constantly, until thoroughly incorporated.
7. Add the white wine. Stir to scrape up any brown bits stuck to the bottom of the pan.
8. Tie the bay leaf, thyme, and parsley together with twine. Add to the Dutch oven.
9. Return the rabbit to the Dutch oven with any juices it released. Add the prunes and their soaking liquid. Add chicken stock (if necessary) to cover half of the rabbit. Cover and simmer for about 1 hour.

10. When the rabbit very tender, remove and discard the herbs. Transfer and arrange the rabbit, prunes, and shallots on a heated serving dish.
11. For the sauce, return the Dutch oven to the stove. Degrease and bring to a simmer. To thicken the sauce, a cornstarch slurry may be used. Season with salt and pepper to taste.
12. To serve, place the sauce over the rabbit, prunes, and shallots.

Note: To make a cornstarch slurry, in a small bowl, mix 1 tablespoon of the cornstarch with 1 ½ tablespoons of cold water until smooth. Add to the sauce and stir to incorporate. Repeat as necessary to reach desired thickness.

SAUTEED POHOLE FERN SHOOTS

SAUTE DE POHOLE FOUGERE

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Fern, pohole, shoots, trimmed, washed	1 ½ lb.
Butter, unsalted	2 Tbsp.
Shallot, minced	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Bring a large pot of salted water to a boil. Add the pohole shoots. Cook until firm to the bite (*al dente*). Shock in an ice bath. Drain well.
2. When ready to serve, in a sauté pan over medium heat, melt the butter. Add the shallots. Sweat until translucent.
3. Add the pohole shoots. Season with salt and pepper to taste and toss to coat. Sauté until heated through.
4. Serve on a heated platter.

CAMEMBERT CRISP WITH APPLE-PEAR CONSERVE

Yield: 6 portions

Ingredients	Amounts
Flour, all-purpose	1/3 cup
Egg, whole	2 ea.
Pecans, finely ground	1/3 cup
Breadcrumbs	1/3 cup
Cheese, Camembert, 6 oz. wheels	3 ea.
Oil, olive, pure	1/3 cup
Vinegar, wine, red	1/3 cup
Mustard, Dijon	1 1/2 tsp.
Garlic, minced	1 1/2 tsp.
Oil, olive, pure	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Lettuce, mesclun greens	6 cups
Apple-Pear Conserve (Recipe follows)	2 1/2 cups

Method

1. In a small bowl, place the flour.
2. In another small bowl, lightly beat the eggs.
3. In a third small bowl, combine the pecans and breadcrumbs.
4. Cut the camembert in half crosswise. Dredge each piece in the flour, dip in the egg, and dredge in the breadcrumb mixture. Shake off any excess at each stage. Reserve.
5. In a large, straight-sided sauté pan (*sautoir*), heat the olive oil over medium heat until hot, but not smoking. Add the cheese and fry, turning once, until the cheese becomes golden brown on both sides, about 2 minutes. Drain on paper towels. Reserve.
6. For the vinaigrette, in a small bowl, whisk the vinegar, mustard, and garlic to combine. Add the oil in a thin stream while whisking constantly. Season with salt and pepper to taste.
7. Place the mesclun greens in a large bowl. Add the vinaigrette. Toss to evenly coat.
8. To serve place the dressed greens on a chilled platter. Top with the conserve and the fried camembert.

Source: Adapted from *An American Place*, by Larry Forgione

APPLE-PEAR CONSERVE

Yield: 2 ½ cups

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Apple, Granny Smith, peeled, cored, diced	2 ea.
Pear, Bartlett, cored, diced	2 ea.
Vinegar, cider	2 Tbsp.
Sugar, brown	2 tsp.
Cherries, sour, halved	2 Tbsp.
Allspice, ground	1/8 tsp.
Cumin, ground	1/8 tsp.
Nutmeg, whole, grated	1/8 tsp.

Method

1. Heat the butter in a heavy skillet over medium heat until it begins to foam.
2. Add the apples and pears. Cook, stirring often, until the apples are tender, 2 to 3 minutes.
3. Stir in the vinegar, sugar, cherries, and spices. Cook, stirring continuously, 1 to 2 minutes.
4. Spoon the conserve into a bowl. Cool to room temperature.

BUCKWHEAT CRÊPE WITH HAM, EGG, AND CHEESE

GALETTE COMPLÈTE

Yield: 6 portions

Ingredients	Amounts
Flour, buckwheat	1 cup
Flour, all-purpose	1/3 cup
Salt, kosher	2 tsp.
Egg, whole, beaten	2 ea.
Milk, whole	1 cup
Water	1 1/2 cups
Oil, vegetable	1 1/2 tsp.
Butter, unsalted, melted	1 1/2 Tbsp.
Butter, unsalted, melted	as needed
Butter, unsalted, melted	2 Tbsp.
Egg, whole	6 ea.
Cheese, Gruyère, shredded	2 cups
Pork, ham, sliced	12 ea.

Method

1. In a large bowl, whisk the flours and salt to combine. Make a well in the center.
2. In a separate large bowl, whisk the eggs, milk, water, oil and butter to combine.
3. Add the liquid to the dry ingredients, about a 1/2 cup at a time, whisking after each addition. Whisk only long enough to form a smooth batter.
4. Heat a 12-inch, nonstick skillet over medium heat. Brush the skillet lightly with melted butter. Add 1/3 cup of batter and immediately after pouring, rotate pan to spread the batter so it coats the pan evenly. Cook until golden brown. Turn and cook on the other side. Transfer to a warm platter and reserve. Repeat the process until all of the batter is used.
5. When ready to serve, for the filling, heat the butter in a large nonstick skillet over medium heat. Add the eggs. Cook sunny-side up, just until the whites are set.
6. Heat another skillet over medium heat. Place one crêpe in the pan. Evenly distribute 1/3 cup of the shredded cheese and 2 slices of ham on the crêpe. Heat until the cheese is melted.
7. Place one cooked egg in the center of the crêpe. Fold the sides of the crêpe over the ham and melted cheese, leaving the egg yolk exposed. Transfer the completed crêpe to a heated serving dish. Reserve warm.
8. Repeat with the remaining crêpes, eggs, ham, and cheese.

MAHI-MAHI BARIGOULE

Yield: 8 portions

Ingredients	Amounts
Lemon, juice, fresh	as needed
Artichoke, globe, whole	4 ea.
Oil, olive, pure (Divided)	4 Tbsp.
Carrot, diced	2 ea.
Onion, yellow, diced	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Wine, white, dry	1 cup
Stock, chicken	6 cups
Coriander, seed	5 ea.
Thyme, bunch, stems, tied	1/2 ea.
Bay leaf, dried	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Fish, mahi-mahi, fillet	2 1/2 lb.
Oil, olive, pure	as needed

Method

1. In a large bowl, combine lemon juice and water as needed.
2. Wash the artichokes. Slit the stalks. Remove the leaves and the stringy choke. Place the cleaned artichokes in the lemon water until needed to prevent discoloration.
3. Heat half of the oil in a large pan over medium-low heat. Add artichokes, carrots, and onions. Sweat for 3 minutes. Season with salt and pepper as needed.
4. Add the wine. Simmer until reduced. Add enough stock to just cover the ingredients.
5. Add the coriander, thyme, and bay leaf. Cover and cook for 35 minutes. Season with salt and pepper to taste.
6. Score the skin of the fish. Rub with oil until fully coated. Season with salt and pepper as needed.
7. Heat the remaining oil in a separate pan over medium-high heat. Sear the fish skin side down until golden brown, about 3 minutes.
8. To serve, place the mahi-mahi overtop of the barigoule.

POTATO AND CAULIFLOWER DUCHESSE

Yield: 6 portions

Ingredients	Amounts
Cauliflower, head	1 ea.
Oil, olive, pure	as needed
Salt, kosher	as needed
Pepper, black, ground	as needed
Potato, russet, peeled, quartered	1 ¼ lb.
Egg, yolk	3 ea.
Butter, unsalted, softened	¼ lb.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Nutmeg, whole, grated	⅛ tsp.

Method

1. Preheat oven to 400°F.
2. Remove the cauliflower florets from the head. Cut the florets into silver dollar sized pieces. Large dice the core and trim to match the size of the quartered potatoes.
3. Toss the florets in oil until evenly coated and glossy. Season with salt and pepper as needed.
4. Place the florets on a sheet tray. Roast in the preheated oven until golden brown, about 15 minutes. Reserve and keep warm.
5. Place cold water and salt as needed in a large pot. Add the potatoes and the reserved cauliflower pieces and bring to a boil. Reduce heat to a simmer. Cook until the potatoes are just tender.
6. Drain the potatoes and cauliflower pieces. Return them to the pot and heat at a very low temperature until no more steam rises from the vegetables. Be sure not to brown the potatoes.
7. Using a food mill, purée the hot potato and cauliflower pieces.
8. Mix the egg yolks and butter into the hot purée. Season with the salt, pepper, and nutmeg.
9. Transfer the mixture to a piping bag fitted with a star tip. Pipe the purée onto a parchment paper-lined sheet pan. Bake in the preheated oven until the potatoes are heated through and golden brown.
10. Serve immediately on a warm platter alongside the roasted cauliflower florets.

FRIED MAHI-MAHI STRIPS

GOUJONNETES DE CORYPHENE

Yield: 6 portions

Ingredients	Amounts
Oil, fryer	as needed
Fish, mahi-mahi, fillet	1 ½ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	1 cup
Egg, whole, beaten	4 ea.
Breadcrumbs	2 ¼ cups
Lemon, cut into wedges	2 ea.

Method

1. Preheat the fryer to 360°F.
2. Skin the fish and cut into elongated triangles. Each piece should be about 2-3 inches long: ½-inch wide at the wider end and taper to a point. Season with salt and pepper as needed.
3. Dredge each piece of fish in the flour, dip in the egg, and dredge in the breadcrumbs. Shake off any excess at each stage.
4. Place the fish in the fryer. Fry until golden brown, about 3 minutes. Drain on paper towels. Season with salt as needed.
5. Serve on a heated platter with the lemon wedges.

LEEK AND CHEESE TART

TARTE FLAMICHE

Yield: 8 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Leeks, diced, washed	2 cups
Egg, whole	4 ea.
Egg, yolk	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Milk, whole	1 cup
Heavy cream	1 cup
Cheese, Gruyère, grated	1 cup
Pâte Brisée, blind-baked (Recipe follows)	1x recipe

Method

1. Preheat the oven to 325°F.
2. In a sauté pan over medium heat, melt the butter. Add the leeks and sweat until soft, about 5 minutes. Cool and reserve.
3. In a medium bowl, whisk the eggs and egg yolk to combine. Season with salt and pepper as needed.
4. Over medium heat, in a small saucepan, heat the milk and cream until just under boiling.
5. To temper, add $\frac{1}{3}$ of the hot milk into the bowl with the eggs and stir to combine. Add the remaining hot milk and stir to combine. Pass the custard through a fine-mesh strainer and into another bowl.
6. Layer the leeks and cheese in the blind-baked tart. Pour the custard over the leeks and cheese to completely fill the tart.
7. Bake in the preheated oven until the custard is set and has a golden color, 30 to 45 minutes.
8. Allow the tart to cool before cutting, about 10 minutes.
9. To serve, cut into 8 equal pieces and plate.

PÂTE BRISÉE

Yield: ¾ pound

Ingredients	Amounts
Butter, unsalted, cubed, cold	½ cup
Flour, all-purpose	1 ⅓ cups
Egg, yolk	1 ea.
Water, ice cold	3 Tbsp.
Beans, dried	as needed

Method

1. Preheat the oven to 375°F.
2. In a large bowl, place the butter and flour. Rub the butter into the flour until a light, sandy texture is achieved. Small pieces of butter should remain within the mixture.
3. In a small bowl, whisk the egg yolk and water to combine. Add to the flour mixture.
4. Thoroughly combine the flour and egg mixtures by hand. Push together to form a uniform dough ball. Rest the dough in the refrigerator for at least 1 hour.
5. On a clean surface, roll the pastry dough out to ⅛-inch thickness. Line a 9-inch tart mold with the dough. Make sure there are no pleats or breaks in the pastry. Pierce the dough with a fork to prevent bubbling.
6. Line the tart with parchment paper and fill it with the dried beans to prevent the pastry from puffing.
7. Blind bake in the preheated oven until golden brown.
8. Remove the tart from the oven and discard the parchment paper and beans. Return the tart to the oven to evenly brown the dough, about 5 minutes.
9. Remove from the oven and allow it to cool. The shell is now ready to fill.

Note: Pastry weights or uncooked rice can be substituted for the dried beans.

BRAISED BEEF WITH BEER AND ONIONS

CARBONNADE DE BOEUF

Yield: 6-8 portions

Ingredients	Amounts
Beef, chuck	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, pure	6 Tbsp.
Onion, yellow, thinly sliced	2 lb.
Garlic, clove, minced	2 ea.
Flour, all-purpose	1 Tbsp.
Beer, dark	1 ½ cups
Thyme, sprig, fresh	2 ea.
Bay leaf, dried	2 ea.
Vinegar, malt	1 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Cut the beef into 1-inch slices. Season with salt and pepper as needed.
2. Heat 2 tablespoons of the oil in a large sauté pan over medium-high heat. Add the seasoned beef, working in batches as necessary to avoid overcrowding. Brown the beef on both sides. Remove and reserve. Repeat with the remaining beef.
3. Heat 2 tablespoons of the oil in a Dutch oven over medium heat. Add the onions. Sauté until softened and lightly caramelized. Add the garlic and sauté until aromatic.
4. Add the flour. Stir to incorporate. Cook until the raw smell dissipates.
5. Add the beer, thyme, and bay leaves. Stir to combine with the flour.
6. Add the reserved beef and its juices. Stir to combine. Simmer partially covered until fork tender, about 3 hours.
7. If the liquid is too thin, remove and reserve the beef and onions once the beef is tender. Remove and discard the herbs. Return the Dutch oven to the stove and simmer the liquid over medium-high heat. Reduce until the liquid is syrupy. Return the meat and onions to the Dutch oven and heat through.
8. Season the liquid with the vinegar and salt and pepper to taste.
9. Serve on a heated platter.

Note: Bottom round can be substituted for the beef chuck.

GLAZED BABY BEETS

PETITES BETTERAVES GLACÉES

Yield: 6 portions

Ingredients	Amounts
Beet, baby, red, tops trimmed, skin on	1 ½ lb.
Sugar, granulated	¼ cup
Vinegar, wine, red	1 Tbsp.
Orange, juice, fresh	2 Tbsp.
Stock, chicken	⅔ cup
Butter, unsalted	2 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, chopped	1 Tbsp.

Method

1. In a large pot, place the beets and enough water to completely cover. Bring the water to a boil. Reduce heat to a simmer. Cook the beets until they are soft when pierced with a fork, 30 to 40 minutes.
2. Drain and cool the beets slightly. Remove the skin from the beets. The beets may be served whole, halved or quartered, or sliced depending on size. Reserve.
3. For the glaze, in a sauté pan over low-medium heat, combine the sugar, vinegar, orange juice, stock, and butter. Simmer until the glaze has the consistency of a light syrup, about 15 minutes.
4. Add the reserved beets. Toss with the glaze to combine. Cook over medium heat until heated through. Season with salt and pepper to taste.
5. Serve on a heated platter. Garnish with the parsley.

Note: If using white or golden beets, white wine vinegar should be substituted for red wine vinegar.

FRENCH ONION SOUP

SOUPE À L'OIGNON GRATINÉE

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	6 Tbsp.
Onion, yellow, thinly sliced	8 ½ cups
Garlic, clove, minced	4 ea.
Wine, Chablis	1 ½ cups
Flour, all-purpose	2 Tbsp.
Stock, beef, cold	2 qt.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pepper, cayenne, ground	to taste
Bread, baguette, sliced, toasted	12 ea.
Cheese, Gruyere, grated	3 cups
Parsley, flat-leaf, fresh, chopped	1 Tbsp.

Method

1. Preheat the oven to 450°F.
2. In a large, thick-bottomed pan over medium, melt the butter. Add the onions. Sauté until soft and lightly caramelized, 20 to 25 minutes.
3. Add the garlic and sauté until aromatic. Add the Chablis and reduce until almost dry, 18 to 20 minutes.
4. Stir in the flour. Cook for 2 minutes. Add the stock. Stir thoroughly to combine with the flour. Add the bay leaf and thyme.
5. Bring to a boil. Reduce the heat and simmer for about 30 minutes. Season with salt, black pepper, and cayenne pepper to taste.
6. Place 6 oven-safe bowls onto a sheet pan. Ladle the soup into the bowls. Top with slices of toasted baguette covered with the Gruyere cheese.
7. Broil in the preheated oven until golden brown and bubbly, about 10 minutes.
8. To serve, top each bowl of soup with parsley. Serve immediately.

GRIDDLED KALUA PORK AND CHEESE SANDWICH

CROQUE MONSIEUR "LUAU"

Yield: 6 portions

Ingredients	Amounts
Bread, French, crusty, sliced, ¼-in. thick	12 ea.
Mustard, Dijon	¾ cup
Cheese, Gruyère, sliced into 6	6 oz.
Shredded Kalua Pork (Recipe follows)	18 oz.
Cheese, Muenster, sliced into 6	6 oz.
Butter, unsalted, melted	6 Tbsp.
Butter, unsalted	as needed

Method

1. Preheat the griddle to 325°F.
2. To assemble the sandwiches, spread each of the bread slices with mustard.
3. On 6 of the bread slices, layer 1 slice of Gruyère, 3 ounces of Kalua pork, and 1 slice of Muenster.
4. Top the sandwiches with the remaining slices of bread.
5. Brush the sandwiches on both sides with the melted butter.
6. Butter the preheated griddle.
7. Place each sandwich on the griddle. Griddle both sides of the sandwiches until the bread is golden, the cheese is melted, and the sandwich is heated through.
8. Cut the sandwiches on the diagonal and serve immediately.

Note: A baguette is not a substitute for French bread. French bread is generally shorter, softer, and wider, while a baguette is longer, thinner, and has a crisp outside.

Variations:

Croque Madame: Some recipes add a fried egg to the Croque Monsieur. In the United States and England, the protein is usually replaced with sliced chicken breast and Emmenthaler is substituted for the Gruyere.

Monte Cristo: Dip either the Croque Monsieur or Croque Madame in beaten egg and griddle as you would French toast.

SHREDDED KALUA PORK

Yield: 6 portions

Ingredients	Amounts
Pork, Boston butt	4 lb.
Salt, kosher	2 Tbsp.
Banana, leaf, rinsed	5 ea.

Method

1. Preheat the smoker or grill to 215°F.
2. Massage the pork butt well with the salt.
3. Lay the banana leaves flat. Place the salted pork on top. Fold the banana leaves around the pork. Secure with butcher's twine.
4. Transfer the wrapped pork to the smoker. Smoke until the pork is tender and falling apart, about 1 ½ hours per pound.
5. Remove the pork and allow to rest for 20 to 30 minutes. "Pull" the pork by shredding into small pieces using two forks. Serve as is or in the Croque Monsieur.

SWEET POTATOES SAUTEED IN BUTTER

POMMES DE TERRE A LA PARISIANNE

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Potato, sweet, peeled	3 lb.
Butter, unsalted	6 Tbsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, minced	2 Tbsp.

Method

1. Place cold water and salt as needed in a large pot.
2. Using a parisienne scoop, scoop at least 36 balls out of the potatoes.
3. Place the balls in the pot. Bring to a boil and par-cook the potatoes, about 5 minutes.
4. Drain and allow to air-dry.
5. Heat the butter in a large sauté pan over medium-high heat. When the bubbling subsides, add the potatoes. Sauté, shaking occasionally, until cooked through and well browned.
6. Season with salt and pepper to taste. Add the parsley and toss to coat.
7. Serve in a heated bowl.

BREADFRUIT AU GRATIN

GRATIN DE ULU

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted (Divided)	4 Tbsp.
Salt, kosher	as needed
Breadfruit	1 ea.
Flour, all-purpose	2 Tbsp.
Milk, whole	1 cup
Cheese, Gruyère, shredded (Divided)	1 ½ cups
Nutmeg, ground	1 pinch
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 350°F.
2. Grease a baking dish with 2 tablespoons of the butter.
3. Bring a large pot of salted water to a boil.
4. Core and cut the breadfruit into thin slices, about 1/8 inch. Add the breadfruit to the boiling water. Par cook until not quite tender.
5. Drain the breadfruit and shock in an ice water bath. Drain again. Reserve.
6. For the roux, in a small saucepan over medium heat, melt the remaining 2 tablespoons of butter. Stir in the flour. Reduce the heat to low. Cook until the roux turns a golden color.
7. Gradually whisk in the milk to form a smooth sauce. Simmer for 10 to 15 minutes to cook the flour. Remove from the heat.
8. Stir in half of the cheese. Add the nutmeg. Season with salt and pepper to taste.
9. Place the breadfruit into the buttered baking dish. Cover with the sauce and top with the remaining cheese.
10. Bake in the preheated oven until the breadfruit is cooked through and the top is golden brown, about 25 minutes.

MUSSELS IN CIDER AND CREAM

MOULES À LA NORMANDE

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	2 Tbsp.
Shallot, minced	½ cup
Brandy, Calvados	¼ cup
Apple, cider	1 cup
Mussels, fresh, washed, de-bearded	3 lb.
Heavy cream	1 cup
Salt, kosher	to taste
Pepper, black, ground	to taste
Parsley, flat-leaf, fresh, minced	¼ cup

Method

1. In a medium pot over medium heat, melt the butter. Add the shallots and sweat until translucent.
2. Increase the heat to medium-high, remove the pot from the stove, add the calvados, and return the pot to the heat. Carefully tilt the pot until the Calvados comes up the side and ignites. Allow it to burn until it extinguishes itself and reduces by half.
3. Add the apple cider and mussels. Cover and bring to a boil. Allow the mussels to steam, shaking the pot occasionally, for 4 minutes. Check if the mussels have begun to open. Transfer the open mussels to a heated plate and cover with a warm, damp cloth. Cook the unopened mussels for 1 to 2 minutes. Transfer the remaining open mussels to the heated plate. Discard any unopened mussels.
4. Add the cream. Simmer until the liquid reduces to about ¾ cup. Strain and return to the pot. Season with salt and pepper to taste.
5. To serve, pour the cream over the mussels. Garnish with the parsley.

ARTICHOKE SOUFFLE

SOUFFLE DE FONDS D'ARTICHAUTS

Yield: 8 portions

Ingredients	Amounts
Salt, kosher	as needed
Lemon, juiced	1 ea.
Artichoke, globe, whole	6 ea.
Butter, unsalted	5 Tbsp.
Flour, all-purpose	1/3 cup
Milk, whole	3 cups
Salt, kosher	as needed
Nutmeg, ground	1 tsp.
Egg, whole, separated	6 ea.
Cheese, Gruyère, grated	2 Tbsp.
Butter, unsalted	as needed

Method

1. Preheat the oven to 390 °F.
2. Bring a large pot of salted water to a boil. Add the lemon juice and stir to combine. Add the artichokes and boil for 30 minutes.
3. Rinse in cold water. Remove and reserve the fleshy hearts. Discard the leaves.
4. For the béchamel sauce, in a saucepot over medium heat, place the butter and flour. Cook until there is a toasty aroma and pale color, about 5 minutes.
5. Add the milk. Whisk to incorporate. Stir until thickened.
6. Add the salt and nutmeg. Simmer for 3 to 5 minutes. Remove from the heat and allow to cool.
7. In a blender, puree the artichoke hearts until smooth. Add the cooled sauce and blend. Remove the mixture from the blender and transfer to a large mixing bowl.
8. Add the egg yolks and cheese to the mixture. Whisk by hand until incorporated.
9. In a separate bowl, whisk the egg whites until stiff. Carefully fold them into the artichoke mixture.
10. Grease 8, 4 inch x 2 inch ramekins with butter. Place the ramekins on a sheet pan. Distribute the mixture evenly between the ramekins.
11. Bake in the preheated oven until the souffle has risen and is golden brown on top, 8 to 12 minutes.
12. Remove from the oven. Serve hot.

Source: Adapted from *Culinaria France*, edited by André Dominé

DAY TWO: GRAND EST, BOURGOGNE-FRANCHE-COMTE, AUVERGNE- RHONE-ALPES, AND PROVENCE-ALPES-COTE D'AZUR

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Understand the influence of geography and climate on regional cuisine.
- Recognize the major foods produced and used in each region.
- Describe the flavor profiles and cooking techniques of each region.
- Identify popular dishes typical of each region.
- Prepare a variety of dishes representative of these areas using standardized recipes.

DAY TWO

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Provençal-Style Salad
Salade Niçoise

Provençal Fish Stew
Bouillabaisse

Eggplant, Tomato, and Zucchini Stew
Ratatouille

Chickpea Flour Fritters
Panisse

**Marinate Lamb for Gigot à la Solognote – Day Three*

**Marinate Pork for Salade Tourangelle – Day Three*

TEAM TWO

Onion, Cheese, and Bacon Quiche
Quiche Lorraine

Red Wine Braised Beef
Boeuf Bourguignon

Sweet Potatoes au Gratin
U'ala Tartiflette

Braised Baby Bok Choy
Blettes Braisés

**Soak Beans for Potage Garbure – Day Three*

TEAM THREE

Sauerkraut Braised with Assorted Meats
Choucroute Garnie

Ono Dumplings with Mushroom Cream Sauce
Quenelle de Wahoo

Egg Dumplings
Spätzle

**Make White Bean and Meat Stew for Cassoulet – Day Three*

**Confit Duck for Cassoulet – Day Three*

TEAM FOUR

“Pizza” with Cream, Onion, and Bacon
Tarte Flambé

Rabbit in Mustard Sauce
Lapin à la Dijonnaise

Potato Cakes
Galette de Pommes de Terre

Braised Green Peas
Petits Pois Braisés à la Dinonnaise

BONUS RECIPES

Glazed Daikon
Daikon Glacées

Green Lentils with Salt Pork
Lentilles au Lard

Mushroom Ragout
Ragout de Champignons

PROVENÇAL-STYLE SALAD

SALADE NIÇOISE

Yield: 8 portions

Ingredients	Amounts
Potato, fingerling, washed, skin on, cut in ½	2 ¼ lb.
Oil, olive, pure	¼ cup
Garlic, clove, whole	8 ea.
Thyme, bunch, sprig, fresh	¼ ea.
Bay leaf, dried	2 ea.
Salt, kosher	1 ½ tsp.
Pepper, black, ground	1 tsp.
Salt, kosher	as needed
Bean, green	1 lb.
Onion, red, julienned	1 cup
Parsley, flat-leaf, fresh, chopped	4 Tbsp.
Capers, canned, rinsed, chopped	3 Tbsp.
Red Wine Vinaigrette (Recipe follows)	4 cups
Lettuce, mixed greens	½ lb.
Tomato, Roma, peeled, quartered	4 ea.
Egg, whole	4 ea.
Anchovy, fillet	16 ea.
Olive, Niçoise, halved, pitted	32 ea.

Method

1. Preheat the oven to 375°F.
2. In a large bowl, toss the potatoes with the oil, garlic, thyme, bay leaves, salt, and pepper to combine.
3. On a hotel pan, distribute the potato mixture evenly in a single layer.
4. Roast the potatoes in the preheated oven until fork-tender. Shake the pan occasionally to evenly roast the potatoes. Remove and reserve.
5. Bring a large pot of salted water to a boil.
6. Trim the ends of the green beans. Add the green beans to the boiling water. Cook until firm to the bite. Drain and shock in an ice bath. Drain again and reserve.
7. In a medium saucepan, place the eggs and enough cold water to cover by 1 inch. Bring to a boil. Turn off the heat, cover, and let sit for 10 to 12 minutes.
8. Remove the eggs from the hot water and place in an ice bath until cool. Peel and quarter the eggs. Reserve.

9. In a large bowl, toss the roasted potatoes, green beans, onion, parsley, and capers to combine. Add 1 cup of the vinaigrette. Toss to coat.
10. To serve, arrange the greens on a platter. Arrange the green bean and potato mixture on top of the greens. Serve the remaining red wine vinaigrette on the side.
11. Garnish the plate with the tomatoes, eggs, anchovies, and olives.

Note: Kalamata olives can be substituted for the Niçoise olives.

RED WINE VINAIGRETTE

Yield: 1 quart

Ingredients	Amounts
Vinegar, wine, red	1 cup
Mustard, Dijon	2 tsp.
Shallot, minced	2 ea.
Oil, olive, pure	3 cups
Sugar, granulated (Optional)	2 tsp.
Salt, kosher	2 tsp.
Pepper, black, ground	½ tsp.
Parsley, flat-leaf, fresh, minced	3 Tbsp.

Method

1. In a medium bowl, combine the vinegar, mustard, and shallots.
2. Gradually add the oil while whisking.
3. Season with the sugar, salt, and pepper.
4. Add the fresh parsley. Mix to combine.

Note: Chives or tarragon can be substituted for the parsley.

PROVENÇAL FISH STEW

BOUILLABAISSE

Yield: 8 portions

Ingredients	Amounts
Fish, Opakapaka, fillet	1 lb.
Fish, Oprah, fillet	1 lb.
Fish, red snapper, fillet	1 lb.
Fish, hapu'upu'u, fillet	1 lb.
Oil, olive, pure	½ cup
Pastis aperitif, Pernod	1 Tbsp.
Saffron, threads, crumbled	2 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Fish stock (Recipe follows)	1x recipe
Potato, boiling, peeled, cut into ½-in. slices	2 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pepper, cayenne, ground	to taste
Bread, baguette, sliced, dried in oven	1 ea.
Garlic, clove, split in half	2 ea.
Rouille (Recipe follows)	1x recipe

Method

1. Cut each of the fish fillets into 3 inch chunks. In a large bowl, place the fish, oil, pastis, and 2 pinches of the saffron. Season with salt and pepper as needed. Delicately mix to avoid damaging the fish fillets. Cover and refrigerate for 1 hour.
2. In a large heavy-bottomed stockpot, combine the fish stock with the remaining saffron. Bring the stock to a rapid boil. Add the potatoes and cook until tender, about 7 minutes.
3. Reduce the heat to low. Add the fish and its marinating liquid. Gently simmer until cooked through. Season with salt, pepper, and cayenne to taste.
4. To serve, remove the fish and potatoes from the soup and arrange in a large serving bowl. Ladle some of the broth over the fish to keep it warm.
5. Rub the dried bread slices with the split garlic cloves. Spread the rouille on the bread. Place one slice in the bottom of each of the 8 soup bowls.
6. Ladle soup over the bread and top with a serving of the fish and potatoes.

Source: Adapted from Daniel Young, *Made in Marseille*, Harper Collins, 2002

FISH STOCK

Yield: 1 gallon

Ingredients	Amounts
Oil, olive, pure	¼ cup
Onion, yellow, peeled, minced	2 ea.
Leek, white only, minced	2 ea.
Garlic, clove, peeled, crushed	4 ea.
Fish, bones	3 lb.
Tomato, plum, quartered	8 ea.
Orange, peel, julienned	1 ea.
Celery, stalk, cut in pieces	1 ea.
Bay leaf, dried	3 ea.
Pastis aperitif, Pernod	2 tsp.
Thyme, sprig, fresh	2 ea.
Pepper, cayenne, ground	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Water, boiling	1 gal.

Method

1. Heat the oil in a large heavy-bottomed stockpot over medium heat. Add the onions and leeks. Cook over low heat for 10 minutes without browning. Add the garlic. Cook until the onions and leeks are very soft, 5 to 10 minutes.
2. Add the fish bones. Increase heat to high and stir vigorously until pieces begin to break apart, 7 to 10 minutes.
3. Add the tomatoes, orange peel, celery, bay leaves, pastis, thyme, and cayenne. Season with salt and pepper to taste. Reduce heat to medium. Sauté for 10 minutes.
4. Add the boiling water and simmer for 25 minutes.
5. Pass mixture through a fine strainer.

Note: Lemon peel can be substituted for the orange peel.

Source: Adapted from Daniel Young, *Made in Marseille*, Harper Collins, 2002

ROUILLE

Yield: 1 cup

Ingredients	Amounts
Chile, Hawaiian	2 ea.
Garlic, clove, whole	3 ea.
Salt, kosher	¼ tsp.
Saffron, powdered, dissolved in 1 Tbsp. boiling water	½ tsp.
Breadcrumbs, fresh	¼ tsp.
Egg, yolk, room temperature	1 ea.
Lemon, juice, fresh	1 tsp.
Oil, olive, pure, room temperature	1 cup

Method

1. Remove the stem and seeds from the chili. Place the chili in a mortar and pestle and crush finely. Add the garlic and salt. Pound to form a paste.
2. Mix in the dissolved saffron and breadcrumbs. Pound to a paste.
3. Place the egg yolk in a small bowl. Mix in the paste and lemon juice.
4. Add the oil in a slow steady stream, whisking vigorously until the sauce emulsifies and thickens.

Note: This rouille can also be made with a whisk or an electric hand mixer.

EGGPLANT, TOMATO, AND ZUCCHINI STEW

RATATOUILLE

Yield: 6-8 portions

Ingredients	Amounts
Oil, olive, pure	1 tsp.
Onion, red, diced	$\frac{2}{3}$ cup
Garlic, minced	1 $\frac{1}{2}$ Tbsp.
Shallot, minced	1 Tbsp.
Tomato, paste	1 Tbsp.
Tomato, plum, seeded, sliced, $\frac{1}{4}$ " thick	5 ea.
Zucchini, diced	1 cup
Pepper, bell, red, diced	1 cup
Eggplant, Japanese (Nasubi), diced	1 $\frac{1}{2}$ cups
Squash, yellow, diced	1 cup
Stock, vegetable	1 cup
Basil, fresh, chiffonade	to taste
Oregano, dried	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a medium saucepot over medium-high heat. Add the onions, garlic, and shallots. Sauté until the onions are translucent, 5 to 7 minutes.
2. Add the tomato paste. Sauté until it becomes brown, 3 to 4 minutes.
3. Add the tomatoes, zucchini, bell pepper, eggplant, squash, and stock. Bring to a gentle simmer over low heat. Stew, stirring occasionally, until the vegetables are tender, about 15 minutes.
4. Season with the basil, oregano, salt, and pepper to taste.

CHICKPEA FLOUR FRITTERS

PANISSE

Yield: 6 portions

Ingredients	Amounts
Oil, olive, extra-virgin	as needed
Water	4 cups
Salt, kosher	$\frac{3}{4}$ tsp.
Flour, chickpea	2 $\frac{1}{2}$ cups
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Grease a 9-inch square cake pan with olive oil.
2. In a heavy bottomed sauce pan, place the water and salt. Heat until hot but not boiling. Add the flour slowly, whisking to prevent lumping. Whisk continuously until the mixture is thickened, about 3 minutes.
3. Switch to a wooden spoon and cook while stirring constantly for about 10 minutes. The batter should be very thick and hold its shape when it is done.
4. Add the batter to the cake pan and spread it into one even layer. Let the batter cool, about 1 hour.
5. Turn out the cooled batter onto a cutting board. Cut it into pieces about $\frac{3}{4}$ -inch by 3-inches.
6. In a cast iron skillet over medium-high heat, add about 1-inch of olive oil and heat until hot but not smoking. Place the batter pieces in the skillet and fry until golden brown on all sides, 5 to 7 minutes. Fry the fritters in batches, being sure not to overcrowd the pan. Drain the cooked fritters on paper towels. Repeat until all fritters are cooked, replenishing the oil as necessary.
7. Season with salt and pepper to taste.
8. Serve immediately or keep warm in a low oven.

Source: Adapted from *Flavors of the Riviera*, by Colman Andrews

ONION, CHEESE, AND BACON QUICHE

QUICHE LORRAINE

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, sliced	5 ea.
Onion, yellow, small diced	½ cup
Heavy cream	1 cup
Egg, whole	4 ea.
Salt, kosher	as needed
Pepper, white, ground	as needed
Pâte Brisée, blind baked (Recipe follows)	1x recipe
Cheese, Gruyère, shredded	½ cup

Method

1. Preheat the oven to 325°F.
2. In a medium sauté pan over medium heat, cook the bacon until browned and crisp. Remove and drain on paper towels. Crumble and reserve.
3. Keep 1 tablespoon of the bacon fat in the pan. Over medium heat, sauté the onions in the bacon fat until tender, 6 to 8 minutes. Remove and allow them to cool to room temperature.
4. Heat the cream in a small saucepan over low heat until it is just under boiling.
5. In a medium bowl, whisk the eggs. Add half of the hot cream while whisking constantly so the eggs do not curdle. Add the remaining cream and mix until blended. Strain the custard if necessary. Season with salt and pepper as needed.
6. In the cooked Pâte Brisée, scatter the bacon, onions, and cheese evenly. Pour the custard mixture over the contents.
7. Place the quiche onto a baking sheet and onto the middle rack of the preheated oven. Cook until the center is barely set, about 30 minutes. A 2-inch circle in the center of the quiche should jiggle when you jiggle the quiche.
8. Remove from the oven and allow it to cool on a wire rack. Serve warm or at room temperature.

PÂTE BRISÉE

Yield: ¾ pound

Ingredients	Amounts
Butter, unsalted, cubed, cold	½ cup
Flour, all-purpose	1 ⅓ cups
Egg, yolk	1 ea.
Water, ice cold	3 Tbsp.
Beans, dried	as needed

Method

1. Preheat the oven to 375°F.
2. In a large bowl, place the butter and flour. Rub the butter into the flour until a light, sandy texture is achieved. Small pieces of butter should remain within the mixture.
3. In a small bowl, whisk the egg yolk and water to combine. Add to the flour mixture.
4. Thoroughly combine the flour and egg mixtures by hand. Push together to form a uniform dough ball. Rest the dough in the refrigerator for at least 1 hour.
5. On a clean surface, roll the pastry dough out to ⅛-inch thickness. Line a 9-inch tart mold with the dough. Make sure there are no pleats or breaks in the pastry. Pierce the dough with a fork to prevent bubbling.
6. Line the tart with parchment paper and fill it with the dried beans to prevent the pastry from puffing.
7. Blind bake in the preheated oven until golden brown.
8. Remove the tart from the oven and discard the parchment paper and beans. Return the tart to the oven to evenly brown the dough, about 5 minutes.
9. Remove from the oven and allow it to cool. The shell is now ready to fill.

Note: Pastry weights or uncooked rice can be substituted for the dried beans.

RED WINE BRAISED BEEF

BOEUF BOURGUIGNON

Yield: 6 portions

Ingredients	Amounts
Beef, shin, cut into 2-in. cubes marinated overnight	3 lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Onion, yellow, med. diced	2 cups
Carrot, med. diced	1 cup
Celery, med diced	1 cup
Wine, Red, Burgundy, bottle, 750mL	2 ea.
Flour, all-purpose	½ cup
Butter, unsalted, clarified	½ cup
Garlic, clove, minced	6 ea.
Tomato, paste (Optional)	1 Tbsp.
 <i>Sachet d'Épices</i>	
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	2 ea.
Parsley flat-leaf, stem, fresh	4 ea.
Peppercorns, black	5 ea.
 Sugar, granulated	 1 tsp.
Pork, bacon, slab, diced	¾ lb.
Onion, pearl, peeled	24 ea.
Mushrooms, white, wiped clean	3 ½ cups
Parsley, flat-leaf, fresh, minced	1 Tbsp.

Method

1. In a large bowl, place the beef. Season with salt and pepper as needed. Add the onions, carrots, celery, and wine. Mix to combine. Refrigerate and marinate overnight.
2. Preheat the oven to 350°F.
3. Line a sheet pan with parchment paper. Place the flour on pan, making sure it is evenly distributed. Bake in the preheated oven, stirring occasionally, until the flour is golden brown. Remove from the oven, transfer the flour to a small bowl, and reserve.
4. Reduce the oven temperature to 300°F.
5. Remove the beef from the marinade and pat dry. Reserve the liquid and vegetables.

6. Heat 2 tablespoons of clarified butter in a medium Dutch oven over high heat. Add the beef, being sure not to overcrowd the pan. Sear until well browned on all sides. Remove and reserve. Repeat with remaining beef.
7. Reduce the heat to medium. Add the garlic and sauté until just aromatic. Add the tomato paste and sauté, stirring constantly, until it turns a rust color. Sift in ½ cup of the toasted flour. Stir to combine thoroughly.
8. Add the reserved marinating liquid and vegetables. Stir to release any browned bits from the bottom of the Dutch oven. Return the meat and its juices. Stir to thoroughly combine.
9. Bring to a simmer over low heat. Add the sachet and sugar. Cover with a lid and transfer to the preheated oven. Cook for about 3 hours, checking every hour to ensure it is simmering and not drying out.
10. Heat 1 tablespoon of clarified butter in a large sauté pan over medium heat. Add the bacon cubes. Cook until the bacon has started to crisp and most of the fat has melted out. Remove and reserve the bacon, leaving the fat in the pan.
11. Increase the heat to medium-high. Add the pearl onions and quickly brown. Remove and reserve. Add the mushrooms and quickly brown. Remove and reserve.
12. After the beef has been cooking for about 2 ½ hours, add the onions, mushrooms, and bacon to the Dutch oven. Return to the oven and braise for the final 30 minutes.
13. Transfer the beef to a heated serving dish and cover with foil to keep warm.
14. For the sauce, place the Dutch oven with the remaining liquid on the stove top. Remove and discard the sachet. Simmer the liquid to achieve the desired consistency.
15. Return the beef to the sauce. Heat if necessary.
16. To serve, place the beef, vegetables, and sauce on the warm serving dish. Garnish with parsley.

Note: Beef neck can be substituted for beef shin.

SWEET POTATOES AU GRATIN

U'ALA TARTIFLETTE

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	as needed
Pork, bacon, sliced	16 ea.
Salt, kosher	as needed
Potato, sweet, medium diced	6 cups
Butter, unsalted	2 Tbsp.
Flour, all-purpose	1/3 cup
Milk, whole	2 cups
Bay leaf, dried	1 ea.
Onion, yellow, peeled	1/4 ea.
Clove, whole	1 ea.
Heavy cream	1/4 cup
Salt, kosher	to taste
Pepper, white, ground	to taste
Nutmeg, whole, grated	to taste
Cheese, Reblochon, grated (Divided)	1 1/4 cups
Chives, snipped	1 Tbsp.

Method

1. Preheat the oven to 350°F.
2. Butter a 2-quart gratin dish.
3. Line a sheet pan with parchment paper. Place the bacon on the pan. Bake in the preheated oven until cooked through and crisp, 8 to 10 minutes. Remove from the oven and drain on paper towels. Cut the bacon into 1/4-inch strips. Reserve.
4. Raise the temperature of the oven to 450°F.
5. In a large pot, place cold water and salt as needed.
6. Place sweet potatoes in the pot. Bring to a boil and simmer until cooked through, about 20 minutes. Drain and cut into 1/4-inch thick slices. Keep warm.
7. For the roux, in a saucepan over medium heat, melt the butter. Add the flour. Cook it for 30 seconds while stirring constantly.
8. Take the pan off the heat and allow the roux to cool slightly. Whisk in the milk until thoroughly combined. Return the pan to the stove.
9. Attach the bay leaf to the onion using the clove as a pin (*onion piqué*) and add it to the sauce. Simmer over medium heat, stirring occasionally, until it is well flavored and has the desired consistency, about 30 minutes. When the sauce is finished, remove and discard the onion piqué.
10. Add the heavy cream. Season with salt, pepper, and nutmeg to taste. Mix to combine.

11. In a large bowl, combine the potatoes, $\frac{4}{5}$ of the bacon, and enough sauce to lightly bind the two. Add half of the cheese. Mix to combine.
12. Pour the mixture into the buttered gratin dish. Top the mixture with the remaining sauce, cheese, and bacon.
13. Bake in the preheated oven until the top is golden brown, 15 to 20 minutes.
14. Garnish by sprinkling the top with chives. Serve.

BRAISED BABY BOK CHOY

BLETTES BRAISÉS

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, diced, cut into 3 strips	¼ lb.
Onion, yellow, large, diced	½ ea.
Bok choy, baby, trimmed, washed thoroughly	2 lb.
Stock, vegetable	1 cup
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat a Dutch oven over medium-high heat. Add the bacon. Cook, stirring often, until the bacon is crisp and the fat has rendered.
2. Reduce the heat slightly. Add the onion and sauté until translucent, about 5 minutes.
3. Add the baby bok choy, stock, salt, and pepper. Bring to a boil and reduce the heat to low. Cover and simmer until tender, 5 to 8 minutes.
4. Season with salt and pepper to taste.
5. Serve on a heated platter.

Note: Chicken stock can be substituted for vegetable stock. Other greens may be substituted for the baby bok choy. The length of cooking time will vary depending upon the type of green selected. Beet greens will cook in as little as 3 minutes, whereas tougher greens such as mustard greens, collards, and kale can take up to 1 hour to become tender.

SAUERKRAUT BRAISED WITH ASSORTED MEATS

CHOUCROUTE GARNIE

Yield: 6 portions

Ingredients	Amounts
Goose, fat	¼ cup
Onion, yellow, thinly sliced	1 ½ cups
Garlic, minced	2 Tbsp.
Sauerkraut	1 ½ lb.
Wine, white, dry	¾ cup
Sachet d'Épices	
Coriander, seeds	1 ½ tsp.
Juniper berries, dried	4 ea.
Cumin, seed	1 tsp.
Clove, whole	1 ea.
Bay leaf, dried	1 ea.
Peppercorns, black	2 ea.
Pork, ham, hock, smoked	1 ea.
Pork, loin, smoked	1 lb.
Pork, bacon, slab, 1-in x 2-in. slices	1 lb.
Sausage, garlic	1 lb.
Knockwurst	1 lb.
Potato, red, washed, peeled	2 lb.
Stock, chicken	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 350°F.
2. Heat the fat in a straight-sided pot (*rondeau*) over medium heat. Add the onions and garlic. Sweat until the onions are translucent, without browning. Add the sauerkraut, wine, sachet, and ham hock. Stir to combine.
3. Lay the pork loin and bacon on top of the sauerkraut. Bring to a simmer over low heat. Cover and braise in the preheated oven for 45 minutes.
4. Prick the casing of the garlic sausage and knockwurst. Remove the *rondeau* from the oven and add the sausages. Cover and return to the oven until the meat is fully cooked.
5. Transfer the meat to a hotel pan and keep warm. Remove and discard the sachet.

6. To the sauerkraut left in the rondeau, add the potatoes and chicken stock as needed. Simmer over medium heat until the potatoes are fully cooked, about 15 minutes. Season with salt and pepper to taste.
7. To serve, slice the pork loin and sausages. Place the sliced meats on a bed of the sauerkraut and potatoes.

Note: Canadian bacon can be substituted for the smoked pork loin. Frankfurters, bratwurst, or kielbasa can be substituted for the knockwurst. Lard can be substituted for the goose fat.

ONO DUMPLINGS WITH MUSHROOM CREAM SAUCE

QUENELLES DE WAHOO

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted (Divided)	½ cup
Heavy cream (Divided)	2 ½ cups
Nutmeg, whole, grated	1 tsp.
Flour, all-purpose (Divided)	1 ¾ cups
Egg, whole	4 ea.
Fish, Ono, finely minced	1 ¼ lb.
Salt, kosher	to taste
Pepper, black, ground	to taste
Stock, chicken	1 ⅓ cups
Mushrooms, cremini, sliced	3 cups
Parsley, flat-leaf, fresh, minced	1 Tbsp.

Method

1. Heat ½ cup of the butter in a saucepan over medium heat. Add ¾ cup of the cream and the nutmeg. Sift in 1 ⅔ cup of the flour while stirring. Cook while constantly stirring until the mixture pulls away from the sides of the pan. Remove from the heat, transfer to a bowl, cover, and refrigerate until cool.
2. Add the eggs one at a time, mixing between additions. Add the minced Ono. Season with salt and pepper to taste. Mix to combine.
3. Preheat the oven to 350°F.
4. In a small pot over medium heat, bring water to a simmer. Take a small piece of the mixture and use two spoons in opposite hands to make one little football (*quenelle*).
5. Poach the quenelle until cooked through, about 10 minutes. Adjust the seasoning with salt and pepper to taste. Once the seasoning is adjusted, form the remaining mixture into quenelles.
6. In a larger pot over medium heat, bring water to a simmer. Poach the quenelles until cooked through, about 10 minutes. Remove and reserve.
7. For the sauce, in a saucepan over medium heat, melt the remaining butter. Stir in the remaining flour and cook for 5 minutes.
8. Add the stock, mushrooms, and remaining cream. Season with salt and pepper to taste. Bring to a simmer and cook for 5 minutes.
9. Arrange the quenelles in a baking dish and top with the mushroom sauce. Bake in the preheated oven for 20 minutes. Top with the parsley and serve warm.

Note: Any other firm white fish fillet can be substituted for the Ono.

Source: Adapted from *French Feast*, by Stéphane Reynaud

EGG DUMPLINGS

SPÄTZLE

Yield: 6 portions

Ingredients	Amounts
<i>Fines herbs</i>	
Parsley, flat-leaf, fresh, minced	1 Tbsp.
Chervil, fresh, minced	1 Tbsp.
Chives, minced	1 Tbsp.
Tarragon, fresh, minced	1 Tbsp.
Egg, whole	4 ea.
Milk, whole	$\frac{1}{3}$ cup
Water	$\frac{2}{3}$ cup
Salt, kosher	to taste
Pepper, white, ground	to taste
Nutmeg, whole, grated	to taste
Flour, all-purpose	2 $\frac{1}{4}$ cups
Salt, kosher	as needed
Butter, unsalted	$\frac{1}{3}$ cup
Pepper, white, ground	as needed

Method

1. Toss the fines herbs together in a small bowl. Reserve until needed.
2. In a large bowl, combine the eggs, milk, and water. Season with salt, pepper, and nutmeg to taste. Add the fines herbes. Stir to combine.
3. Add the flour. Work in by hand until smooth. Allow the mixture to rest for 1 hour.
4. Bring a large pot of salted water to a simmer.
5. Working in batches, press the dough through a Spätzle maker into the simmering water. Remove the Spätzle with a spider once it floats. Transfer to a hotel pan and reserve until all the Spätzle has been made.
6. Heat the butter in a large sauté pan over medium-high heat. Add the Spätzle and sauté until very hot. Adjust seasoning with salt and white pepper as needed.
7. Serve on a heated platter.

WHITE BEAN AND MEAT STEW

Yield: 2 quarts

Ingredients	Amounts
Duck, fat, rendered	¼ cup
Pork, pancetta (one piece)	½ lb.
Pork, belly, cut into 1-in. x 2-in. pieces	1 lb.
Pork, butt, cut into 2-in. cubes	1 lb.
Carrot, large dice	3 ea.
Onion, yellow, small dice	2 ea.
Shallot, small diced	1 ea.
Garlic, clove, whole	5 ea.
Tomato, canned	3 ea.
Stock, chicken	2 qt.
Parsley, flat-leaf, sprig, fresh	3 ea.
Thyme, sprig, fresh	3 ea.
Celery, stalk, cut into 3 pieces	1 ea.
Bay leaf, dried	2 ea.
Pepper, black, ground	¼ tsp.
Beans, Great Northern, dried, soaked overnight	2 lb.

Method

1. Heat the duck fat in a straight-sided pot (*rondeau*) over medium heat. Add the pancetta. Sauté until lightly browned, about 3 minutes. Remove, drain on a paper towel, and reserve, leaving the fat in the *rondeau*. Repeat with the pork belly and pork butt pieces, cooking for 8 to 10 minutes each.
2. Add the carrots, onions, and shallots. Sauté until lightly caramelized.
3. Add the garlic cloves. Sauté until aromatic.
4. Add the tomatoes and bring to a simmer. Cook until slightly reduced.
5. Add the stock, parsley, thyme, celery, bay leaves, and black pepper.
6. Return the pancetta, pork belly, pork butt, and their juices to the pot. Bring to a boil and reduce heat to a simmer. Cook for 1 hour.
7. Drain the soaking beans and add to the stew. Cook until the beans are tender, about 2 hours. Remove the *rondeau* from the stove.
8. Cool, cover, and refrigerate overnight.

Note: Any other white bean can be substituted for the Great Northern beans.

DUCK CONFIT

Yield: 6 legs

Ingredients	Amounts
Duck, legs	6 ea.
Dry cure	
Salt, kosher	1 cup
Garlic, chopped	½ cup
Thyme, bunch, fresh	1 ea.
Bay leaf, dried, crushed	10 ea.
Peppercorns, black	1 Tbsp.

Method

1. To cure the duck legs, remove the thigh bones, leaving the thigh meat attached to the legs. Trim the skin and excess fat from around the legs. Reserve the skin for rendering.
2. In a bowl, combine all the dry cure ingredients. Sprinkle half of the mix onto the bottom of a non-reactive pan. Lay the duck legs on top of the cure and cover them with the remainder of the cure. Place in the refrigerator to cure overnight.
3. To render the fat from the reserved duck skins, place them in a large, heavy pot with ¼ cup of water. Simmer over medium heat until the skin is browned and crisp (*cracklings*), about 1 hour and 15 minutes.
4. Strain the fat into a storage bowl to cool. Store in the refrigerator overnight.
5. The next day, scrape the excess cure from the legs and wash them well under cold running water.
6. To make the confit, place the cured duck legs into a large, thick-bottomed saucepan. Pour enough reserved duck fat over the legs to submerge them. Cook the legs over a very low heat for until the duck is fork tender, about 1 ½ hours.
7. When the duck begins to brown slightly, remove from the heat. Store the cooked duck in a crock or bowl, covered with the duck fat, in the refrigerator for up to 3 weeks.
8. When you're ready to finish your duck legs, pull them from the fat and scrape the excess back into the dish. The excess can be used to make confit again.

CREAM, ONION, AND BACON “PIZZA”

TARTE FLAMBÉ

Yield: 6 portions

Ingredients	Amounts
Water, warm (110°F)	1 cup
Yeast, active dry	2 tsp.
Honey	¼ tsp.
Salt, kosher	1 tsp.
Flour, all-purpose (Divided)	3 cups
Oil, vegetable	as needed
Butter, unsalted	1 Tbsp.
Pork, bacon, slab, julienned	¼ lb.
Onion, yellow, small diced	1 ea.
Crème fraîche	1 cup
Salt, kosher	½ tsp.
Pepper, black, ground	¼ tsp.
Nutmeg, whole, grated	⅛ tsp.

Method

1. Preheat the oven to 450°F.
2. To prepare the dough, in a large bowl, combine the warm water, yeast, and honey. Let the mixture sit until it becomes foamy, about 10 minutes.
3. In the bowl of an electric mixture, place yeast mixture, salt, and 2 ½ cups of the flour. Using the dough hook attachment, mix on low speed until a dough forms, about 4 minutes (adding additional flour as necessary). Mix on medium speed for 5 minutes.
4. Transfer the dough to a large, lightly oiled bowl and cover it in plastic wrap. The bowl must be large enough for the dough to double in size. Set the bowl in a warm place. Let the dough rise until it doubled in bulk, about 30 minutes.
5. To prepare the topping, melt the butter in a sauté pan over medium heat. Add the bacon. Cook until the bacon is brown, crisp, and most of the fat has melted out. Remove and reserve the bacon, leaving the fat in the pan.
6. Add the onions. Sauté until lightly golden brown. Remove from heat and allow to cool.
7. In a separate bowl, combine the crème fraîche, salt, pepper, nutmeg, and the cooled onions. Reserve.
8. Press the dough into a rough rectangle. Bring the corners into the center and pinch together to seal. Turn the dough over and form into a round. Return to the bowl, cover, and allow to rest for 20 minutes.

9. Oil a 14 x 16 inch baking sheet. Transfer the dough to a lightly floured work surface and roll out to fit the pan. Place the dough in the pan and stretch to fit. Spread the onion mixture over the surface of the dough, leaving a ¼-inch rim around the edge. Scatter the bacon evenly over the top.
10. Bake in the preheated oven until cooked through and golden brown, about 20 minutes.
11. Remove from the oven and allow to cool slightly. Cut into pieces and serve on a heated platter.

RABBIT IN MUSTARD SAUCE

LAPIN A LA DIJONNAISE

Yield: 6 portions

Ingredients	Amounts
Rabbit, 3 ½-4 lb., cut into 6 pieces	1 ea.
Mustard, Dijon	½ cup
Pork, bacon, sliced, cut into 1-in. pieces	4 ea.
Oil, vegetable (Divided)	3 Tbsp.
Onion, yellow, diced	1 ea.
Wine, white	1 cup
Thyme, leaves, fresh, chopped	1 ½ tsp.
Rosemary, leaves, fresh, chopped	1 tsp.
Bay leaf, dried	1 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Half and half	¼ cup

Method

1. In a large bowl, place the rabbit pieces. Coat the rabbit evenly with mustard. Cover, refrigerate, and marinate overnight.
2. In a straight-sided pot (*rondeau*), place the bacon. Sauté over medium heat until the bacon is brown, crisp, and the fat has melted out. Remove and reserve the bacon.
3. Drain and reserve the bacon fat, leaving 1 tablespoon in the *rondeau*. Add 1 tablespoon of the oil. Increase the heat to medium-high. Add the rabbit pieces and brown on all sides. Work in batches as necessary. Remove and reserve the rabbit.
4. Add 1 tablespoon of reserved bacon fat and 1 tablespoon of the oil. Add the onions and sauté until golden.
5. Add the wine, scraping up any browned bits left on the bottom of the *rondeau*. Return the rabbit with its juices. Add the bacon, thyme, rosemary and bay leaf. Season with salt and pepper to taste.
6. Cover and simmer until the rabbit is very tender, 40 to 50 minutes. Add the half and half and simmer for 5 minutes.
7. Serve the rabbit with the sauce on a heated platter.

Source: Adapted from *The French Country Kitchen*, by James Villas

POTATO CAKES

GALETTE DE POMMES DE TERRE

Yield: 6 portions

Ingredients	Amounts
Potato, russet	3 ½ lb.
Shallot, thinly sliced	2 ⅔ cups
Chives, chopped	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted, melted	½ cup
Butter, unsalted, clarified	¼ cup

Method

1. Peel the potatoes. Using a mandolin, cut them into long matchsticks about 2 inches long.
2. In a bowl, combine the potatoes, shallots, and chives. Season with salt and pepper as needed. Pour the melted butter over the mixture. Mix well.
3. Heat the clarified butter in a large sauté pan over medium heat. Add the potato mixture in an even layer. Cook slowly over medium-low heat until the edges become a golden color, about 15 minutes.
4. Turn it over by flipping or using a large spatula. Cook until golden on the other side, about 15 minutes.
5. Turn the finished potato cake out onto a board. Cut it into 6 pieces. Serve on a heated platter.

BRAISED GREEN PEAS

PETITS POIS BRAISES A LA DINONNAISE

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted (Divided)	6 Tbsp.
Onion, pearl, peeled, scored with an "X" at the root ends	12 ea.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Thyme, leaves, fresh, chopped	1 Tbsp.
Savory, fresh, chopped	½ Tbsp.
Peas, shelled, fresh	3 cups
Lettuce, Boston, head, rinsed dried, chopped	1 ea.
Sugar, granulated	2 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat 4 tablespoons of butter in a large saucepan over medium heat. Add the onions, parsley, thyme, and savory. Sauté for 5 minutes.
2. Add the peas, lettuce, and sugar. Stir to combine. Season with salt and pepper to taste. Add enough water to just cover the vegetables.
3. Bring to a boil and reduce the heat to a simmer. Cover and cook for about 18 minutes.
4. Using a slotted spoon, transfer the peas, onions, lettuce, and herbs to a serving bowl.
5. Add the remaining butter to the serving bowl. Stir to combine. Season with salt and pepper to taste.

Note: If frozen peas are substituted for the fresh peas, reduce the cooking time to 10 minutes.

Source: Adapted from *The French Country Kitchen*, by James Villas

GLAZED DAIKON

DAIKON GLACÉES

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	¼ cup
Radish, daikon, oblique cut	1 ½ lb.
Sugar, granulated	2 ¼ Tbsp.
Stock, chicken, hot	1 cup
Salt, kosher	to taste
Pepper, white, ground	to taste

Method

1. In a large sauté pan over medium-low heat, melt the butter. Add the daikon. Cover and sweat the daikon, 2 to 3 minutes.
2. Add the sugar and stock. Season with salt and white pepper to taste. Bring to a simmer over medium heat.
3. Cover the pan and reduce the heat to low. Cook until the daikon is almost tender, about 4 minutes.
4. Remove the cover and cook until the liquid reduces to a glaze and the daikon are tender, 2 to 3 minutes.
5. Season with salt and white pepper to taste.
6. Serve in a heated bowl.

GREEN LENTILS WITH SALT PORK

LENTILLES AU LARD

Yield: 6 portions

Ingredients	Amounts
Lentil, green (Puy)	1 lb.
Pork, salt, lean	½ lb.
Onion, yellow, diced	2 ea.
Garlic, clove, minced	2 ea.
<i>Bouquet garni</i>	
Thyme, sprig, fresh	1 ea.
Bay leaf, dried	1 ea.
Clove, whole	2 ea.
Peppercorns, black	5 ea.
Salt, kosher	as needed
Oil, vegetable	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.

Method

1. In a saucepan, combine the lentils, salt pork, onions, garlic, and bouquet garni. Add enough water to cover and salt as needed. Bring to the boil and reduce heat. Cover and simmer until the lentils are tender, about 1 hour.
2. Remove the salt pork from the saucepan. Cut off and discard the rind and most of the fat. Cut the lean meat into cubes.
3. Heat the oil in a sauté pan over medium-high heat. Add the salt pork. Sauté until lightly browned. Reserve.
4. Remove and discard the bouquet garni. Drain the lentils and return to the pot. Add the sautéed salt pork and the parsley. Stir to combine.
5. Serve in a heated bowl.

Source: Adapted from *The French Country Kitchen*, by James Villas

MUSHROOM RAGOUT

RAGOUT DE CHAMPIGNONS

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted (Divided)	4 Tbsp.
Shallot, minced	2 ea.
Mushrooms, Ali'l oyster, sliced	5 cups
Mushrooms, Pepeiao, roughly chopped	1 cup
Thyme, leaves, fresh, chopped	1 ½ tsp.
Garlic, clove, minced	2 ea.
Wine, white, dry	1/3 cup
Stock, chicken	1/3 cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat 2 tablespoons of the butter in a large sauté pan over medium heat. Add the shallots and sauté until translucent, about 1 minute.
2. Increase the heat to high. Add the mushrooms and thyme. Sauté until the mushrooms are lightly browned, about 2 minutes. Add the garlic and sauté until aromatic.
3. Add the wine and stir to deglaze the pan, scraping up any browned bits from the bottom of the pan. Add the stock and simmer over high heat until the liquid has reduced by half, about 5 minutes.
4. Remove the pan from the heat and stir in the remaining butter. Season with salt and pepper to taste.
5. Serve in a heated bowl.

DAY THREE: PAYS DE LA LOIRE, CENTRE-VAL DE LOIRE, NOUVELLE- AQUITAINE, AND OCCITANIE

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Understand the influence of geography and climate on regional cuisine.
- Recognize the major foods produced and used in each region.
- Describe the flavor profiles and cooking techniques of each region.
- Identify popular dishes typical of each region.
- Prepare a variety of dishes representative of these areas using standardized recipes.

DAY THREE

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Mesclun Salad with Rillons, Macadamia Nuts, and Local Goat Cheese
Salade Tourangelle

Omelet Filled with Piperade
Omelette à la Basquaise

Roasted Leg of Lamb
Gigot à la Solognote

Potato, Garlic, and Cheese Purée
Aligot

TEAM TWO

Cheese Soufflé
Soufflé au Fromage

Cabbage and Meat Stew
Potage Garbure

Tuna and Potato Stew
Marmitako

Red Wine Braised Onions
Daube d'Oignons

**Marinate Chicken for Coq au Vin – Day Four*

TEAM THREE

Stewed Opihi
Escargots à la Sommeroise

Moi in Butter Sauce
Moi Beurre Blanc

White Bean and Meat Casserole
Cassoulet

Poached Asparagus with Béarnaise Sauce

TEAM FOUR

Mussels and Saffron Soup
Soupe de Moules au Safran

Basque Style Chicken
Poulet à la Basquaise

Sautéed Local Mushrooms
Champignons Locaux Sautés

Roasted U'ala Sweet Potatoes
Patates Douces Rôties

**Soak Beans for Potage au Pistou – Day Four*

BONUS RECIPES

Stuffed Mushrooms
Cépes Farcis

Breaded Goat Cheese
Chevre Fermier Pain

MESCLUN SALAD WITH RILLONS, MACADAMIA NUTS, AND LOCAL GOAT CHEESE

SALADE TOURANGELLE

Yield: 6 portions

Ingredients	Amounts
Pork, belly, cut into 1 ½-in. cubes marinated overnight	2 lb.
Salt, kosher	3 Tbsp.
Lard	¼ cup
Wine, white	1 cup
Bay leaf, dried	3 ea.
Garlic, clove, halved	4 ea.
Thyme, sprig, fresh	1 ea.
Peppercorns, black	10 ea.
Water	½ cup
Salt, kosher	to taste
Lettuce, mesclun greens, cleaned, dried	9 cups
White Wine Vinaigrette (Recipe follows)	1x recipe
Cheese, goat, local crumbled	¾ lb.
Macadamia nuts, skinned, toasted, crushed	6 Tbsp.

Method

1. Toss the pork belly cubes with the salt and refrigerate overnight. When ready to use, rinse and pat dry.
2. Preheat the oven to 300°F.
3. Heat the lard in a sauté pan over medium-high heat. Add the pork belly cubes and sear on all sides.
4. Transfer the pork and lard to a roasting pan, placing the pork in a single layer. Add the wine, bay leaves, garlic, thyme, peppercorns, and water.
5. Roast in the preheated oven until the pork is tender, 1 ½ to 2 hours. If the pork starts to get too dark, add additional water to the pan and adjust temperature as necessary.
6. Transfer the cooked pork (*rillons*) to a small bowl. Strain the cooking fat from the roasting pan onto the rillons. Allow to cool in the fat.

7. When ready to serve, over medium heat in a sauté pan, heat a couple tablespoons of fat from the rillons. Add the rillons to reheat and crisp the outside. Season to taste with salt.
8. Into a large bowl, combine the mesclun greens and enough dressing to coat.
9. To serve, place the dressed salad on a chilled serving platter. Top with the warm rillons, cheese, and macadamia nuts.

Note: Any other aged goat cheese can be substituted for the Sainte Maure cheese.

WHITE WINE VINAIGRETTE

Yield: 2 cups

Ingredients	Amounts
Vinegar, wine, white	½ cup
Mustard, Dijon (Optional)	1 tsp.
Shallot, minced	½ Tbsp.
Sugar, granulated	1 tsp.
Salt, kosher	1 tsp.
Pepper, black, ground	¼ tsp.
Oil, olive, pure	1 ½ cups
Tarragon, fresh, minced	1 ½ Tbsp.

Method

1. In a medium bowl, whisk the vinegar, mustard (if using), shallots, sugar, salt, and pepper to combine. Gradually add in the oil while whisking.
2. Stir in the tarragon and adjust the seasonings, if necessary.

OMELET FILLED WITH PIPERADE

OMELETTE À LA BASQUAISE

Yield: 6 portions

Ingredients	Amounts
Egg, whole	18 ea.
Butter, unsalted, clarified	as needed
Piperade (Recipe follows)	1x recipe
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. For each portion, beat 3 eggs well.
2. Heat the butter in an omelet pan over high heat. Tilt the pan to coat the entire surface.
3. Pour the egg mixture into the pan. Scramble it with a wooden spoon or heat-proof rubber spatula. Move the pan and utensil at the same time until the egg mixture has coagulated slightly. Add a portion of the piperade to the eggs.
4. Let the egg mixture finish cooking without stirring.
5. Tilt the pan, slide a spatula around the lip of the pan, and under the omelet to be sure it is not sticking. Slide the omelet to the front of the pan and use a wooden spoon or heat-proof rubber spatula to fold it inside to the center. Turn the pan upside down, rolling the omelet onto a heated platter. The finished omelet should be oval shaped. Repeat with the remaining eggs.
6. Season with salt and pepper to taste. Serve hot.

PIPERADE

Yield: 6 portions

Ingredients	Amounts
Pepper, bell, red	3 ea.
Oil, olive, extra-virgin	¼ cup
Onion, white, diced	1 ¼ cups
Garlic, sliced	3 Tbsp.
Tomatoes, chopped	2 cups
Paprika	⅛ tsp.
Bay leaf, dried	1 ea.
Sugar, granulated	½ tsp.
Salt, kosher	1 Tbsp.

Method

1. Preheat the oven to 375°F.
2. Place the whole peppers on a baking sheet. Roast in the preheated oven until tender, about 30 minutes.
3. Transfer the peppers to a bowl and cover with plastic wrap. Allow them to steam until cool enough to handle.
4. Remove the skin, seeds, and stems. Cut the peppers into ¼-inch strips. Strain the juices into a clean bowl. Add the peppers and reserve.
5. Heat the oil in a large sauté pan over medium heat. Add the onions and sauté until translucent. Add the garlic and sauté until aromatic.
6. Add the tomatoes, paprika, bay leaf, sugar, and salt. Stir to combine. Bring to a boil over medium-high heat. Reduce the heat to low. Simmer for about 15 minutes, until thick and creamy.
7. Allow the mixture to cool to room temperature. Fold in the reserved peppers.
8. When ready to use, heat piperade up in a pan over low heat.

ROASTED LEG OF LAMB

GIGOT À LA SOLOGNOTE

Yield: 6 portions

Ingredients	Amounts
<i>Marinade</i>	
Wine, white	1 qt.
Vinegar, wine, red	½ cup
Onion, yellow, sliced	2 ea.
Garlic, clove, crushed	2 ea.
Thyme, leaves, fresh, chopped	1 Tbsp.
Marjoram, leaves, fresh, chopped	1 Tbsp.
Rosemary, leaves, fresh, chopped	2 tsp.
Bay leaf, dried	1 ea.
Clove, whole	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Lamb, leg, boneless, 3-4 lb., marinated	1 ea.
Garlic, clove, cut into slivers	2 ea.
Oil, vegetable	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Capers, canned, drained	½ cup

Method

1. In a large bowl, combine the marinade ingredients. Add the leg of lamb and coat in the marinade. Cover and refrigerate for 24 hours.
2. Preheat the oven to 425°F.
3. Remove the lamb from the marinade and pat dry. Strain the marinade into a bowl, discarding the solids. Reserve.
4. Make slits in the lamb, fill with the garlic slivers, and coat with the oil. Season with salt and pepper as needed. Place the lamb on a roasting rack and into a roasting pan.
5. Roast in the preheated oven for 1 hour, basting occasionally. Add 1 cup of the reserved marinade to the bottom of the roasting pan. Roast for another 30 minutes, basting periodically. Cook to desired temperature (145°F for medium).
6. Transfer the lamb to a cutting board. Tent and rest for 15 minutes.
7. For the sauce, place the roasting pan with the marinade onto the stove. Add the capers and heat for 2 minutes.
8. To serve, carve the lamb and place on a heated platter. Top with the sauce.

Source: Adapted from *The French Country Kitchen*, by James Villas

POTATO, GARLIC, AND CHEESE PURÉE

ALIGOT

Yield: 6 portions

Ingredients	Amounts
Potato, russet	6 ea.
Salt, kosher	as needed
Garlic, clove, minced	1 ea.
Butter, unsalted, softened	6 Tbsp.
Half and half	1 ½ cups
Cheese, Gruyère, grated	1 lb.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Peel the potatoes and cut them into large cubes.
2. In a large saucepan, place cold salted water. Add the potatoes and bring to a boil. Reduce heat, cover, and simmer until tender, about 20 minutes. Drain.
3. Pass the hot potatoes through a ricer or food mill and into a large saucepan. Add the garlic and butter. Beat vigorously over low heat with a wooden spoon until fluffy. Increase the heat slightly and add the half and half. Beat until thoroughly incorporated.
4. Add the cheese. Beat vigorously but steadily until the mixture is elastic and falls in strings when lifted with a spoon. Season with salt and pepper to taste.
5. Serve hot, directly from the pan.

Note: Cantal or Comtè cheese can be substituted for the Gruyère cheese.

Source: Adapted *The French Country Kitchen*, by James Villas

CHEESE SOUFFLE

SOUFFLE AU FROMAGE

Yield: 8 portions

Ingredients	Amounts
Butter, unsalted	as needed
Flour, all-purpose	as needed
Egg, whole	6 ea.
Egg, whites	2 ea.
Milk, whole	1 ³ / ₄ cup
Butter, unsalted	¹ / ₂ cup
Flour, all-purpose	¹ / ₂ cup
Cheese, Gruyere, grated	¹ / ₄ cup
Cheese, Parmesan, finely grated	2 Tbsp.
Nutmeg, whole, grated	¹ / ₈ tsp.
Worcestershire sauce	¹ / ₄ tsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Cheese, cheddar, grated	4 Tbsp.

Method

1. Preheat the oven to 400°F.
2. Grease 8, 3 ½-inch, 4-ounce ramekins with butter and lightly dust with flour. Reserve.
3. Separate the whole eggs. Place the whites into the bowl of an electric mixer with the additional 2 egg whites. Reserve the yolks.
4. In a small saucepan over medium-high heat, bring the milk to a boil. Remove from the heat and reserve.
5. In a medium saucepan over medium-high heat, melt the butter. When the bubbles subside, add the flour, one tablespoon at a time, while whisking it into the butter.
6. Gradually add the hot milk. Bring the mixture to a boil while whisking constantly. Remove from the heat once it is smooth and thick. Add the egg yolks, one at a time, whisking after each addition.
7. Whisk in the gruyere and parmesan cheese, nutmeg, Worcestershire sauce, and parsley. Season with salt and pepper as needed. Reserve.
8. Add a pinch of salt to the egg whites in the electric mixer. Using the whisk attachment, beat until the whites hold a soft peak. Vigorously stir one-quarter of the egg whites into the cheese mixture. Fold the remaining egg whites into the mixture.
9. In the prepared ramekins, evenly distribute the batter, filling each mold to the rim. Sprinkle each with 1 ½ teaspoons of the grated cheddar cheese.
10. Bake in the preheated oven until golden and doubled in size, 10 to 12 minutes.

CABBAGE AND MEAT STEW

POTAGE GARBURE

Yield: 6 portions

Ingredients	Amounts
Beans, navy, dried	1/3 cup
Stock, chicken	2 qt.
Pork, bacon, slab	1/2 lb.
Pork, ham, hock	1 ea.
 <i>Bouquet garni</i>	
Parsley, flat-leaf, sprig, fresh	4 ea.
Celery, tops	1 ea.
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Sausage, garlic	1/2 lb.
Breadfruit, large diced	1 ea.
Garlic, clove, crushed	2 ea.
Cabbage, shredded	1 1/2 cups
Radish, daikon, cut in small chunks	1 ea.
Carrot, sliced	1 ea.
Onion, yellow, thickly sliced	1 ea.
Leek, white part plus 2-in. of green, thickly sliced (Optional)	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Croûtes (Recipe follows)	1x recipe

Method

1. In a large stock pot, place the beans and chicken stock. Add the bacon, ham hock, bouquet garni. Simmer for 45 minutes to 1 hour.
2. Using the tip of a knife, prick each sausage in 4 to 5 places.
3. Add the pricked sausage and breadfruit. Simmer for 20 minutes.
4. Stir in the garlic, cabbage, daikon, carrots, onions, and leeks. Cook until the vegetables are tender. Remove bouquet garni and discard. Remove the bacon, ham hock, and sausage. Cut the meats into 1/4-inch slices. Reserve.
5. Season the soup with salt and pepper to taste. Portion the croûtes into 6 soup bowls and ladle the soup over top. Serve meat separately on a heated platter.

Note: Great Northern or marrow beans can be substituted for the navy beans.

*Source: Adapted from *Recipés: The Cooking of Provincial France* by MFK Fisher*

CROÛTES

Yield: 6 portions

Ingredients	Amounts
Bread, baguette, sliced, ½ inch	½ ea.
Oil, olive, pure	2 tsp.
Garlic, clove, cut in half	1 ea.

Method

1. Preheat the oven to 325°F.
2. Spread the slices of bread in a single layer on a baking sheet. Brush both sides of the bread with olive oil.
3. Bake in the preheated oven for 15 minutes. Remove from the oven and turn slices over. Return to the oven and bake until bread is completely dry and lightly browned, about 15 minutes.
4. Rub each slice with the cut garlic clove.

TUNA AND POTATO STEW

MARMITAKO

Yield: 6 portions

Ingredients	Amounts
Chile, Hawaiian	2 ea.
Fish, tuna, fillet	1 ½ lb.
Salt, kosher	as needed
Potato, russet	2 lb.
Oil, olive, extra-virgin	⅓ cup
Onion, yellow, small diced	1 ea.
Pepper, bell, green, julienned	1 ea.
Garlic, clove, minced	1 ea.
Paprika	1 Tbsp.
Wine, white	1 cup
Stock, fish	5 cups (or as needed)

Method

1. Remove the seeds and stems from the chiles. Reserve the flesh.
2. Cut the tuna into 1-inch pieces. Season with salt as needed. Reserve.
3. Peel the potatoes. To “crack” the potatoes into chestnut-size pieces, make a cut partway into the potato and break apart. This allows more of the potato starch to get into the stew. Reserve.
4. Heat the oil in a pot over medium-high heat. Add the onion, pepper, and reserved flesh from the chiles. Sauté until the onion and pepper have softened. Add the garlic and sauté until aromatic.
5. Add the paprika and the potatoes. Mix well. Season with salt as needed.
6. Add the white wine and bring to a simmer. Cook until slightly reduced to cook out the alcohol.
7. Add enough fish stock to cover the potatoes by 2-inches. Bring to a boil, cover, and simmer until the potatoes are tender, about 30 minutes.
8. Add the tuna. Simmer until the tuna is opaque, about 5 minutes.
9. Remove the stew from the heat and allow to stand for 30 minutes before serving.
10. If the broth is too thin, smash one or two pieces of the potato and stir into the broth.
11. Serve in a heated bowl.

RED WINE BRAISED ONIONS

DAUBE D'OIGNONS

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted	¼ cup
Onion, Maui, julienned	3 lb.
Sugar, granulated	1 Tbsp.
Wine, red	1 ½ cups
Salt, kosher	to taste
Pepper, black, ground	to taste
Vinegar, wine, red	to taste

Method

1. Heat the butter in a saucepot over medium heat. Add the onions. Cover and cook over low heat for 45 minutes, stirring occasionally.
2. Uncover the pan and increase the heat to medium-high. Cook for an additional 20 minutes, stirring frequently, until the onions are golden brown.
3. Add the sugar and red wine. Simmer until the wine has reduced to a syrup. Season with salt, pepper, and vinegar to taste.
4. Serve in a heated bowl.

Source: Adapted from *The French Country Kitchen*, by James Villas

STEWED OPIHI

ESCARGOTS À LA SOMMEROISE

Yield: 6 portions

Ingredients	Amounts
Pork, bacon, strips, diced	5 ea.
Oil, olive, pure	3 Tbsp.
Pork, ham, diced	1 cup
Garlic, clove, minced	2 ea.
Fish, anchovy, fillet, drained, finely chopped	6 ea.
Walnuts, finely chopped	$\frac{3}{4}$ cup
Thyme, leaves, fresh, chopped	$\frac{3}{4}$ tsp.
Tomato, paste	1 $\frac{1}{2}$ Tbsp.
Stock, chicken	1 $\frac{1}{2}$ cup
Opihi, shucked	20 wt. oz.
Salt, kosher	to taste
Pepper, black, ground	to taste
Breadcrumbs	3 Tbsp.

Method

1. In a large, deep sauté pan over medium heat, cook the bacon until it is about halfway done.
2. Add the olive oil, ham, and garlic. Sauté until the bacon and ham are lightly browned.
3. Reduce the heat to low. Add the anchovies, walnuts, and thyme. Stir to combine. Sauté for 2 to 3 minutes.
4. Add the tomato paste and stock. Bring to a boil.
5. Add the Opihi. Season with salt and pepper to taste. Reduce the heat and simmer for about 10 minutes.
6. Add the breadcrumbs. Stir until thickened.
7. Serve in a heated bowl.

Source: Adapted from *The French Country Kitchen*, by James Villas

MOI IN BUTTER SAUCE

MOI BEURRE BLANC

Yield: 6 portions

Ingredients	Amounts
Fish, moi, fillet	6 ea.
Salt, kosher	as needed
Pepper, white, ground	as needed
Butter, unsalted	1 ½ Tbsp.
Shallot, minced	2 ea.
Parsley, flat-leaf, stem, fresh	3 ea.
Chives, stem, fresh	3 ea.
Peppercorns, white, cracked	⅛ tsp.
Wine, white, dry	⅔ cup
Stock, fish	2 cups
Butter, unsalted	as needed
Heavy cream	⅔ cup
Lemon, Meyer, local, juice	1 Tbsp.
Chives, leaves, fresh, minced	2 ½ Tbsp.
Parsley, flat-leaf, fresh, finely chopped	2 ½ Tbsp.

Method

1. Preheat the oven to 325°F.
2. Season the fish with salt and pepper as needed. Roll the fish from tail to head.
3. Butter a large, straight sided sauté pan (*sautoir*). Add the shallots. Place the parsley stems, chive stems, and peppercorns on top of the shallots.
4. Arrange the rolled fish over the shallots. Add enough of the wine and stock to submerge the fish by half. Heat the liquid to a bare simmer.
5. Butter a piece of parchment paper and place butter side down over the fillets in the sautoir. Poach the fillets in the preheated oven until the fish is opaque and gives under slight pressure, 10 to 12 minutes. Remove the fish from the oven and from the sautoir. Cover and keep warm.
6. Reduce the remaining cooking liquid by half. Stir in the heavy cream and reduce until it lightly coats the back of a spoon (*nappé*). Strain through a fine mesh sieve.
7. Stir in the lemon juice, chives, and parsley. Season with salt and pepper as needed.
8. To serve, top the fish with the sauce on a serving platter.

WHITE BEAN AND MEAT CASSEROLE

CASSOULET

Yield: 6-8 portions

Ingredients	Amounts
White Bean and Meat Stew, refrigerated overnight (See day 2)	2 qt.
Duck Confit (See day 2)	4 legs
Garlic, clove, minced	2 ea.
Sausage, garlic	1 lb.
Breadcrumbs	½ cup

Method

1. Preheat the oven to 350°F. Place a 5½ -quart enameled cast-iron casserole dish into the oven to preheat.
2. Remove the stew from the refrigerator. Remove the solidified pork fat from the surface of the stew. Reserve 6 tablespoons of it.
3. Remove and discard the parsley, thyme, celery, and bay leaves.
4. Pull out the pancetta. Cut off the excess fat and cut it into 1 ½-inch chunks. Return it to the pot.
5. From the duck confit, pull the duck meat from the bones and add it to the stew. Add the garlic.
6. Place the stew into the preheated casserole dish. Cook in the preheated oven until it is heated to an internal temperature of 165°F.
7. Heat 2 tablespoons of the reserved pork fat in a large sauté pan over medium heat. Add the sausage and brown on all sides. Cut the sausage into 1-inch pieces.
8. Heat the remaining 4 tablespoons of the reserved pork fat in a small pot.
9. Remove the casserole from the oven and stir well. Top with the sausage and breadcrumbs. Drizzle the hot pork fat over the sausage and breadcrumbs.
10. Lower the oven to 275°F.
11. Return the cassoulet, uncovered to the oven. Bake until the crust is lightly browned, 18 to 20 minutes. Lightly break up the crust and push it just below the surface of the liquid. If desired, repeat several times until a thick crust forms and the casserole is well browned on top.
12. Remove the casserole from the oven and allow it to rest for about 30 minutes.
13. Be sure that each portion contains crust, beans, and one piece of each kind of meat when serving.

POACHED ASPARAGUS WITH BÉARNAISE SAUCE

Yield: 6 portions

Ingredients	Amounts
Shallot, small diced	¼ cup
Peppercorns, black, cracked	1 tsp.
Tarragon, stem, fresh, chopped	1 ea.
Vinegar, tarragon	2 Tbsp.
Wine, white, dry	1 Tbsp.
Water	2 Tbsp.
Egg, yolk	2 ea.
Butter, unsalted, melted	1 cup
Tarragon, fresh, chopped	1 Tbsp.
Chervil, fresh, chopped	½ Tbsp.
Salt, kosher	to taste
Asparagus	24 ea.
Salt, kosher	as needed

Method

1. For the sauce, in a small saucepan over medium heat, combine the shallots, peppercorns, tarragon stems, and vinegar. Reduce until nearly dry.
2. Add the wine and water. Strain into a medium stainless-steel bowl. Whisk in the egg yolks.
3. Place the bowl over simmering water. Cook, whisking constantly, until the eggs are thickened and form ribbons when they fall from the whisk.
4. Gradually add the butter in a thin stream, whisking constantly, until all the butter is added, and the sauce has thickened.
5. Add the chopped tarragon and chervil. Season with salt to taste.
6. The sauce is ready to serve now, or it may be held warm for up to two hours.
7. Peel and trim the asparagus. Cook in salted boiling water until tender. Depending on the size and age of the asparagus, this will take 3 to 7 minutes.
8. To serve, arrange the asparagus on a serving platter and top with the sauce.

MUSSELS AND SAFFRON SOUP

SOUPE DE MOULES AU SAFRON

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	¼ cup
Onion, yellow, diced	2 ea.
Celery, ribs, diced	3 ea.
Leeks, whites only, diced, washed	2 ea.
Garlic, clove, crushed	2 ea.
Parsley, flat-leaf, sprig, fresh	2 ea.
Aniseed, ground	¼ tsp.
Bay leaf, dried	1 ea.
Saffron, threads	¼ tsp.
Brandy, Cognac	¼ cup
Wine, white	1 ¾ cups
Fish, white, bones and heads	1 ½ lb.
Mussels, fresh, scrubbed, debearded	5 lb.
Stock, fish	1 qt.
Arrowroot, blended with 5 Tbsp. water	½ cup
Heavy cream	½ cup
Salt, kosher	to taste
Pepper, cayenne, ground	to taste

Method

1. Heat the oil in a large soup pot over medium heat. Add the onions, celery, leeks, garlic, and parsley. Sauté until the leeks are wilted.
2. Add the aniseed, bay leaf, saffron, cognac, and wine. Stir to combine.
3. Add the fish bones, mussels, and stock. Simmer, covered, for one hour.
4. Strain through a double layer of cheesecloth and into another soup pot. Discard the fish bones.
5. Remove the mussels from their shells, discarding any that are not open. Chop half of the mussels finely. Reserve the whole and chopped mussels.
6. Bring the soup to a simmer. Add the arrowroot blended with water (*slurry*). Simmer until thickened.
7. Add the mussels and cream. Season with salt and cayenne to taste. Heat until simmering.
8. Serve in a heated bowl.

Source: Adapted from *The French Country Kitchen*, by James Villas

BASQUE STYLE CHICKEN

POULET A LA BASQUAISE

Yield: 6 portions

Ingredients	Amounts
Chicken, whole	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Pork, bacon, fat	3 fl. oz.
Onion, yellow, thinly sliced	2 ea.
Orange, peel, sliced	2 ea.
Stock, chicken	1 qt.
 Sachet d'Épices	
Bay leaf, dried	2 ea.
Thyme, leaves, dried	2 tsp.
Peppercorns, black	½ Tbsp.
Pork, sausage, chorizo, sliced	1 lb.
Oil, olive, pure	as needed
Pepper, bell, green, julienned	6 ea.
Tomato, plum, peeled, seeded, diced	6 ea.
Marjoram, dried	1 tsp.
Paprika	2 Tbsp.
Salt, kosher	to taste
Stock, chicken	1 gal.
Rice, long-grain, white	2 cups

Method

1. Cut each chicken into 8 serving pieces. Season with salt and pepper as needed.
2. Heat all but 1 tablespoon of the bacon fat in a Dutch oven over medium heat. Add the chicken. Cook until evenly browned on all sides. Work in batches as necessary to avoid overcrowding.
3. Drain the fat. Add the onion, orange peel, stock, and sachet. Bring to a simmer. Cover and cook until the chicken is tender, about 25 minutes.
4. Heat the last tablespoon of the bacon fat in a large skillet over medium heat. Add the chorizo. Sauté until well browned on all sides. Drain and reserve.
5. Remove all but 2 tablespoons of the sausage fat (or add oil if there is less). Add the peppers and sauté until softened.
6. Add the tomatoes, marjoram, and paprika. Season with salt to taste. Cook for about 5 minutes. Reserve in the skillet.

7. Remove chicken from the Dutch oven and keep warm.
8. Strain the broth into a large saucepan. Discard the solids and sachet. Add enough chicken stock to make 1 ¼ qt. Bring to a boil and stir in the rice.
9. Reduce heat, cover, and simmer slowly until the broth is absorbed and rice is tender, about 20 minutes.
10. Add the reserved chorizo to the skillet with the reserved pepper mixture. Reheat over low heat.
11. To serve, place the rice on a warmed serving dish. Add the chicken pieces and garnish with peppers and sausage.

SAUTEED LOCAL MUSHROOMS

CHAMPIGNONS LOCAUX SAUTES

Yield: 6 portions

Ingredients	Amounts
Oil, olive, pure	6 Tbsp.
Mushrooms, mixed, local, trimmed, cleaned	2 ½ lb.
Garlic, clove, minced	2 ea.
Parsley, flat-leaf, fresh, minced	¼ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a large sauté pan over high heat. Add the mushrooms. Sauté until the liquid they release evaporates and they are lightly brown.
2. Add the garlic and parsley. Reduce the heat and sauté for 2 minutes. Season with salt and pepper to taste.
3. Cover and cook over low heat until the mushrooms are tender.
4. Serve in a heated bowl.

Note: Any other wild mushroom can be substituted for the Chanterelle mushrooms.

Source: Adapted from *The French Country Kitchen*, by James Villas

ROASTED U'ALA SWEET POTATOES

PATATES DOUCES RÔTIÉS

Yield: 6 portions

Ingredients	Amounts
Potato, sweet, peeled	3 ea.
Duck, fat	3 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Preheat the oven to 400°F.
2. Cut the potatoes into quarters and place in a large bowl. Add the duck fat. Season with salt and pepper as needed. Toss to combine.
3. Line a baking sheet with parchment paper. Evenly distribute the potatoes, making sure there is no overlapping.
4. Roast in the preheated oven for 20 minutes. Remove the potatoes from the oven and flip one each over. Return them to the oven and roast until cooked through and crispy on the outside, about 20 minutes.
5. Serve on a heated platter.

Source: Adapted from *The French Country Kitchen*, by James Villas

STUFFED MUSHROOMS

CÈPES FARCIS

Yield: 8 portions

Ingredients	Amounts
Mushroom, cépes	16 ea.
Butter, unsalted	4 Tbsp.
Bread, Pullman, sliced	2 ea.
Milk, whole	as needed
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Onion, yellow, small, finely chopped	2 ea.
Garlic, clove, crushed	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted	as needed
Wine, white	½ cup

Method

1. Preheat the oven to 350°F.
2. Remove the stems from the mushroom caps. Finely chop the stems.
3. In a medium sauté pan over medium-high heat, melt the butter. Add the mushroom caps and fry for about 5 minutes. Remove from the pan and reserve.
4. Remove the crust from the bread. Discard.
5. In a large bowl, place the bread and add enough milk to saturate. Let the bread soak for about 3 minutes. Wring until almost dry.
6. Into a medium bowl, combine the soaked bread, chopped mushroom stems, parsley, onion, and garlic. Season with salt and pepper as needed.
7. Grease a baking dish with butter. Lay the mushroom caps in the dish and fill each one with the stuffing mixture. Sprinkle the wine over the stuffed caps.
8. Cover the baking dish and bake in the preheated oven until the stuffing is golden brown and the mushrooms are tender, about 20 minutes.

Source: Adapted from *Traditional French Cooking*, by Jennie Reekie

BREADED GOAT CHEESE

CHEVRE FERMIER PAIN

Yield: 12 portions

Ingredients	Amounts
Cheese, goat, local	8 oz.
Egg, whole	2 ea.
Milk, whole	1 Tbsp.
Oil, canola	$\frac{3}{4}$ cup
Flour, all-purpose	as needed
Breadcrumbs, fresh	$\frac{3}{4}$ cup
Lettuce, mesclun greens	$\frac{1}{3}$ lb.
Salt, kosher	as needed
Pepper, black, ground	as needed
Sherry Vinaigrette (Recipe follows)	$\frac{1}{3}$ cup

Method

1. Cut the goat cheese crosswise into twelve, $\frac{3}{4}$ -inch disks. (You can use a piece of plain dental floss to easily slice through the log.)
2. For the egg wash, whisk together the egg and milk.
3. Heat about $\frac{1}{4}$ inch of oil in a medium pan over medium heat. Dredge each disk in the flour, dip in the egg wash, and dredge in the breadcrumbs. Shake off any excess at each stage.
4. Pan-fry the disks until they're golden, about 2 minutes. Remove them with a slotted spoon and drain on paper towels.
5. Season the greens with salt and pepper. Toss with the vinaigrette.
6. To serve, separate the greens onto chilled salad plates. Place one of the warmed cheese disks on top of each salad.

Source: *Bistros and Brasseries*, p. 18

SHERRY VINAIGRETTE

Yield: 2 cups

Ingredients	Amounts
Vinegar, sherry	½ cup
Shallot, minced	2 Tbsp.
Parsley, flat-leaf, fresh, chopped	2 Tbsp.
Thyme, leaves, fresh, chopped	2 tsp.
Honey (Optional)	2 tsp.
Oil, olive, pure	1 ½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a medium bowl, combine the vinegar, shallot, parsley, thyme, and honey.
2. Gradually whisk in the olive oil until the dressing is lightly thickened.
3. Season with salt and pepper to taste.

Source: *Bistros and Brasseries*, p. 180

DAY FOUR: BISTROS AND BRASSERIES

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Understand the influence of geography and climate on regional cuisine.
- Recognize the major foods produced and used in each region.
- Describe the flavor profiles and cooking techniques of each region.
- Identify popular dishes typical of each region.
- Prepare a variety of dishes representative of these areas using standardized recipes.

DAY FOUR

TEAM PRODUCTION ASSIGNMENTS

TEAM ONE

Sautéed Frogs' Legs with Local Mushrooms
Cuisses de Grenouilles Sauté aux Champignons Locaux

Lyonnaise Salad
Salade Lyonnaise

Pan-Fried Steak
Steak Ulu Frites

Stuffed Onions
Oignons Farcies

TEAM TWO

Local Watercress Salad with Roquefort and Walnuts

Red Wine Braised Rooster
Coq au Vin

Fresh Egg Pasta with Herb Butter

Sautéed Petit Peas and Pearl Onions

TEAM THREE

Leeks in Vinaigrette
Poireaux Vinaigrette

Duck in Lilikoi Sauce
Carnard à l'Lilikoi

Baked Potatoes and Onions
Pommes de Terre Boulangère

Sautéed Spinach and Tomatoes
Sauté de Epinards et Tomates

TEAM FOUR

Provençal-Style Vegetable Soup
Potage au Pistou

Shrimp Provençal

Seared Mahi-mahi Steaks with Local Mushrooms
Tronçon de Mahi-mahi aux Champignons Locaux

Rice Pilaf

**Bake Crème Brûlée – Day Five*

BONUS RECIPES

Ask your chef for ingredients to create your own dish based on the flavors and techniques used in bistros and brasseries.

SAUTEED FROGS' LEGS WITH LOCAL MUSHROOMS

CUISSES DE GRENOUILLES SAUTE AUX CHAMPIGNONS LOCAUX

Yield: 6 portions

Ingredients	Amounts
Frog, legs, pairs, about 2 lb.	48 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Flour, all-purpose	½ cup
Butter, unsalted (Divided)	1 cup
Mushrooms, local, cleaned, diced	2 ½ cups
Garlic, minced	1 Tbsp.
Truffle, juice, canned	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Lemon, juice, fresh	½ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. In a large bowl, soak the frogs' legs in ice-cold water for 1 hour to whiten and plump them. Drain and pat them dry with a paper towel.
2. Season the frogs' legs with salt and pepper as needed. Dust them with flour, shaking off the excess.
3. Heat ½ cup of the butter in a large, thick-bottomed sauté pan over medium-high heat until hot but not browned. Sauté the frogs' legs until golden brown, 2 to 3 minutes per side. Remove and reserve on a warm serving platter.
4. For the sauce, add the remaining butter to the pan. Heat until the butter just begins to brown. Add the mushrooms and garlic. Sauté until the mushrooms are limp, about 4 minutes.
5. Add the truffle juice. Reduce until the sauce reaches a lightly thick consistency (*nappé*), 3 to 4 minutes.
6. Remove the pan from the heat. Add the parsley and lemon juice. Season with salt and pepper to taste.
7. Pour the sauce over the reserved frogs' legs. Serve immediately.

LYONNAISE SALAD

SALADE LYONNAISE

Yield: 8 portions

Ingredients	Amounts
Lettuce, frisee, head	4 ea.
Pork, bacon, slab	1 lb.
Shallot, minced	4 ea.
Butter, unsalted, clarified	½ cup
Bread, sourdough, cut into ½-in. cubes	2 cups
<i>Fines herbs</i>	
Parsley, flat-leaf, fresh, minced	2 tsp.
Chervil, fresh, minced	2 tsp.
Chives, minced	2 tsp.
Tarragon, fresh, minced	2 tsp.
Water	1 gal.
Vinegar, white, distilled	½ cup
Salt, kosher	2 tsp.
Egg, whole	8 ea.
Sherry Vinaigrette (Recipe follows)	2 cups
Salt, kosher	as needed
Pepper, black, ground	as needed

Method

1. Separate the frisee into leaves. Rinse well with cool water. Dry in a salad spinner or blot dry with a clean towel. Place in a large mixing bowl. Reserve.
2. Cut the slab bacon into sticks measuring ¼ inch by ¼ inch by 1 inch (*lardons*). Heat a medium sauté pan over medium heat. Add the lardons and cook, stirring frequently, until evenly browned on all sides, about 3 minutes. Leaving the bacon in the pan, remove all but 2 tablespoons of the bacon fat.
3. Add the shallots. Cook, stirring frequently, until they are tender and translucent but not browning, about 2 minutes. Transfer the bacon and shallot mixture to a bowl. Reserve.
4. For the croutons, place enough of the clarified butter to a sauté pan to come to a depth of about ½-inch. Add the bread cubes in batches and cook, turning as necessary, until they are an even golden brown on all sides. Drain on a paper towel. Reserve.
5. Toss the fines herbs together in a small bowl and reserve until ready to serve.

6. In a large deep pan over medium heat, combine the water, vinegar, and salt. Bring to a gentle simmer. There should be enough water in the pot to have a depth of about 3 inches.
7. Break each egg into a clean cup. Carefully slide each egg into the simmering water. Cook until the whites are set and opaque, about 3 minutes. Remove the eggs from the water with a slotted spoon. Blot on absorbent toweling. Keep warm.
8. Add 1 cup of the vinaigrette to the reserved frisee lettuce and toss to evenly coat. Divide the frisee among 8 salad plates.
9. Heat 2 tablespoons of the vinaigrette in a small sauté pan over medium heat. Add the bacon and shallot mixture. Cook until just warm, about 1 minute. Divide this mixture evenly among the salads.
10. To serve, top each salad with a portion of the croutons and a warm poached egg. Season with salt and pepper as needed. Serve the remaining vinaigrette on the side.
11. Garnish with a sprinkle of the fines herbs.

Note: To prepare the eggs in advance, poach them as directed above. Once they are poached, transfer them to a bowl of ice water to cool them rapidly. Store directly in the water in the refrigerator until needed. To warm poached eggs, lower them into simmering water for about 30 seconds, blot as directed above, and serve.

SHERRY VINAIGRETTE

Yield: 2 cups

Ingredients

Amounts

Vinegar, wine, sherry	½ cup
Mustard, Dijon	2 tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, olive, extra-virgin	1 ½ cups

Method

1. In a small bowl, whisk the vinegar and mustard to combine. Season with salt and pepper as needed.
2. Gradually add in the oil while whisking until incorporated. The vinaigrette should be smooth and lightly thickened.
3. Season with additional salt and pepper as needed.
4. Before using, whisk to recombine the vinaigrette if necessary.

PAN-FRIED STEAK

STEAK ULU FRÎTES

Yield: 6 portions

Ingredients	Amounts
Oil, fryer	as needed
Breadfruit	3 lb.
Beef, steak, strip, ½ lb. ea., ½-in. thick	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Oil, peanut	1 ½ tsp.
Butter, unsalted (Divided)	¼ cup
Stock, beef	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the fryer to 300°F.
2. Peel and core the breadfruit. Using a knife or mandolin, cut the breadfruit into ¼-inch x ¼-inch sticks. Place in cold water until ready to blanch.
3. Drain the breadfruit and pat dry. Blanch in the preheated fryer until they are tender but have no color, 3 to 4 minutes. Work in batches as necessary to avoid overcrowding. Remove from the oil and drain on paper towels. Reserve.
4. Heat the fryer to 360°F.
5. Remove all the fat from the sides of the steaks. Generously season the steaks on both sides with salt and pepper as needed.
6. Heat a large, well-seasoned cast iron pan on high until hot but not smoking. Place the steaks in the pan with no added fat, working in batches as necessary to avoid overcrowding. There will be quite a bit of smoke.
7. Once the first side is browned, after about 1 minute, turn the steaks over and reduce the heat to medium. Add the peanut oil and 2 tablespoons of the butter to the pan.
8. When the juice seeps to the surface of the steaks, after 1 to 2 minutes, remove them from the pan. They will be around medium-rare. Reserve on a warm serving platter and cover. Repeat with any remaining steaks.
9. For the sauce, reduce the heat to low. Deglaze the pan with the stock, scraping up the browned bits. Add any juices the steaks have accumulated on the serving platter. Bring to a simmer and reduce the liquid by half, about 4 minutes. Reduce the heat to low and whisk in the remaining butter. Season with salt and pepper to taste.
10. Preheat the oven to 200°F.

11. Fry the reserved blanched breadfruit in the preheated fryer in batches until crisp and golden. Drain on fresh paper towels. Season with salt and pepper to taste. Keep warm in the preheated oven.
12. Serve the steaks on the fries topped with the butter sauce.

Note: Water or chicken stock can be substituted for the beef stock.

STUFFED ONIONS

OIGNONS FARCIES

Yield: 6 portions

Ingredients	Amounts
Onion, Maui, sweet, 6 to 8 oz. each	6 ea.
Salt, kosher	as needed
Butter, unsalted	2 Tbsp.
Garlic, clove, crushed to a paste	1 ea.
Mushrooms, cremini, chopped	1 ³ / ₄ cups
Wine, white	¹ / ₄ cup
Pork, shoulder, ground	³ / ₄ lb.
Sage, fresh, minced	1 Tbsp.
Nutmeg, whole, grated	¹ / ₈ tsp.
Egg, whole	1 ea.
Breadcrumbs	1 cup
Parsley, flat-leaf, fresh, chopped, (Divided)	2 Tbsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Stock, veal, brown	1 qt.

Method

1. Preheat the oven to 325°F.
2. Trim the root end of the onions, removing the roots but leaving the root end intact. Peel the onions from the root up, removing only the first layer of peel. This may leave some peel at the top from the second layer of the onion.
3. Bring a large pot of salted water to a boil. Add the onions and blanch for 5 minutes. Shock in cold water until they are cool. Cut off about 1 inch of the tops. Reserve.
4. To remove the inside of the onion for stuffing, hold the paring knife horizontally so that the tip can be inserted into the onion. Pierce into the onion about ¹/₂ inch up from its base and about ¹/₂ inch in from the outer edge. Cut across the onion to within ¹/₂ inch of the other side. Be careful not to cut completely across the onion.
5. Cut into the top of the onion, holding the knife vertically so the knife blade can cut from the top of the onion and around the center of the onion. This cut should be about ¹/₄ inch in from the edge.
6. Cut all around the onion and down to the horizontal cut. When the circle cut is completed, the inside of the onion can be extracted with the tip of the knife.
7. To prepare the stuffing, heat the butter in a medium saucepan over low heat. Add the garlic and sauté for 30 seconds. Add the mushrooms. Sauté until soft, about 2 minutes.

8. Add the wine. Reduce the liquid by half over medium heat. Remove the mushroom mixture from the burner and allow it to cool.
9. In a bowl, combine the mushroom mixture, pork, sage, nutmeg, egg, breadcrumbs, and 1 tablespoon of the chopped parsley. Season with salt and pepper as needed.
10. Stuff the onions with the mixture until they're completely full. Cover them with their tops. Place them into a 2-inch deep roasting pan that is just big enough for the onions to fit snugly.
11. In a medium pot, bring the veal stock to a boil and pour it over the onions. Liberally baste the onions with the veal stock once poured.
12. Place the roasting pan in the preheated oven. Bake the onions uncovered until they're tender, about 1½ hours. Baste them frequently throughout the cooking time.
13. When the onions are cooked, carefully remove them from the pan. Transfer them to a warm serving dish.
14. Reduce the remaining braising liquid over high heat until it coats the back of a spoon. Season the sauce with salt and pepper to taste.
15. To serve, spoon the sauce over the onions. Sprinkle the onions with the remaining tablespoon of chopped parsley and serve.

LOCAL WATERCRESS WITH ROQUEFORT AND WALNUTS

Yield: 6 portions

Ingredients	Amounts
Lemon, juice, fresh	3 Tbsp.
Oil, walnut	4 Tbsp.
Tarragon, fresh, chopped	1 Tbsp.
Salt, kosher	1/2 tsp.
Pepper, black, ground	1/8 tsp.
Watercress, local	2 lb.
Walnut, halved, toasted	3/4 cup
Cheese, Roquefort, crumbled	3/4 cup

Method

1. To prepare the dressing, in a small bowl, whisk the lemon juice, oil, tarragon, salt, and pepper together. Let stand for about 30 minutes.
2. Wash and trim watercress. Dry well and place into a large bowl.
3. Just before serving, add the walnuts and Roquefort cheese.
4. Whisk the dressing to recombine the ingredients. Add to the watercress. Toss gently until the salad is evenly coated. Serve immediately.

Note: To toast walnuts, place in a dry sauté pan or skillet and heat over medium-high heat until a rich aroma is apparent. Transfer to a plate to cool before chopping or grinding.

RED WINE BRAISED ROOSTER

COQ AU VIN

Yield: 6-8 portions

Ingredients	Amounts
Chicken, whole, 3 lb. ea.	2 ea.
Wine, red, full-bodied, bottle, 750 mL	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Pork, bacon, slab, med. diced	¼ lb.
Butter, unsalted	1 tsp.
Onion, pearl, peeled	24 ea.
Mushroom, white, small	12 ea.
Onion, yellow, large diced	1 ea.
Carrot, large diced	2 ea.
Celery, rib, large diced	1 ea.
Garlic, clove, crushed	3 ea.
Flour, all-purpose, toasted	2 Tbsp.
Brandy	2 Tbsp.
Thyme, sprig, fresh	3 ea.
Bay leaf, dried	2 ea.
Stock, chicken	1 qt. (or as needed)
Butter, unsalted	1 Tbsp.

Method

1. Cut each chicken into 8 serving pieces (see chef demo).
2. In a bowl, combine the chicken, wine, and salt and pepper as needed. Place in the refrigerator to marinate overnight.
3. In a Dutch oven over medium-low heat, cook the bacon and butter until the bacon is medium brown but not yet crispy and the fat is rendered, about 6 minutes. Remove the bacon with a slotted spoon and drain on a paper towel. Remove and reserve the bacon, leaving the bacon fat in the Dutch oven.
4. Remove the chicken from the marinade and pat dry. Reserve the marinating liquid. Season the chicken on both sides with salt and pepper as needed.
5. Heat the bacon fat in the Dutch oven over medium heat. Add the chicken and sear until well browned on all sides, about 4 minutes per side. Remove and reserve the browned chicken pieces. Leave two tablespoons of fat in the Dutch oven, reserving the removed fat.
6. Add the pearl onions and sear until lightly browned. Remove and reserve.
7. Add the mushrooms and sear until lightly browned. Remove and reserve.

8. Add the onions, carrots, and celery. Sauté over medium heat until the onion turns a deep brown, 10 to 12 minutes. Add the garlic and sauté until fragrant, about 3 minutes.
9. Sift the flour into the vegetables and cook until evenly combined, 1 to 3 minutes.
10. To deglaze, add the brandy and reserved marinade. Stir to evenly blend with the flour and loosen any drippings that have begun to stick.
11. Add the thyme and bay leaves. Return the chicken, its juices, and bacon to the Dutch oven.
12. Add enough stock so the chicken pieces are just covered. Bring to a boil and then lower to a simmer. Cook partially covered for 1 hour. Add the pearl onions and cook for 45 minutes.
13. When the chicken is tender but not falling off the bone, remove the pieces and keep warm.
14. For the sauce, reduce the remaining liquid to a slightly syrupy consistency, about 10 minutes.
15. Swirl in the butter and add the mushrooms. Return the chicken to the sauce and heat it through. Season with salt and pepper to taste.
16. Serve the chicken coated with the sauce and vegetables.

Note: The traditional rooster or stewing hen can be substituted for the chicken.

FRESH EGG PASTA WITH HERB BUTTER

Yield: 6 portions

Ingredients	Amounts
Flour, durum	1 lb.
Salt, kosher	1 pinch
Egg, whole	4 ea.
Oil, olive, pure (Optional)	2 Tbsp.
 Herb butter	
Butter, unsalted, room temperature	1 cup
Parsley, flat-leaf, fresh, minced	3 ½ Tbsp.
Lemon, juice, fresh	2 ¼ tsp.
Salt, kosher	as needed
Pepper, black, ground	as needed
Water	6 qt.
Salt, kosher	1 ½ Tbsp.

Method

1. In a food processor, combine the flour and salt. Add the eggs and oil, if using. Process the mixture until it resembles coarse meal. When pressed, the dough will form a cohesive mass.
2. Turn the dough out onto a work surface. Knead until the dough is very firm, yet pliable. Cover and let the dough relax at room temperature for at least 1 hour.
3. Roll the dough into thin sheets. Using a pasta machine or by hand, cut the dough into the desired shape.
4. For the herb butter, with an electric mixer or by hand, work the butter until it is soft. Add the parsley and lemon juice. Blend well. Season with salt and pepper as needed. Reserve.
5. Bring a large pot of salted water to a boil. Add the pasta and stir to separate the strands or shapes.
6. Cook the pasta until it gives slight resistance when bitten into (*al dente*). Drain immediately in a colander.
7. Toss the pasta with enough herb butter to coat the strands and flavor the pasta. Serve hot.

Note: Tarragon, basil, dill, or other herbs can be substituted for the parsley.

SAUTÉED PETIT PEAS AND PEARL ONIONS

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Peas, petit	1 ½ lb.
Onions, pearl	¼ lb.
Butter, unsalted	⅓ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Bring a medium pot of salted water to a boil. Add the peas and blanch until tender. Drain, shock in an ice bath, and drain again. Reserve.
2. Bring a medium pot of salted water to a boil. Add the onions and blanch until tender. Drain, shock in an ice bath, and drain again. Peel and reserve.
3. In a sauté pan over medium heat, melt the butter. Add the peas and onions. Sauté until they are heated through.
4. Season with salt and pepper to taste.
5. Serve in a heated bowl.

LEEKS IN VINAIGRETTE

POIREAUX VINAIGRETTE

Yield: 6 portions

Ingredients	Amounts
Leeks	6 ea.
Salt, kosher	as needed
White Wine Vinaigrette (Recipe follows)	1/2 cup

Method

1. Cut off the dark green leaves and root ends off the leeks. Split in half lengthwise. Wash the halves thoroughly, including between all the leaves.
2. Tie the leeks back together with butcher's twine to help maintain their shape.
3. Bring a medium pot of salted water to a boil. Add the leeks and boil until a paring knife can be easily inserted into the thickest part of the bulb, 10 to 12 minutes.
4. Place the cooked leeks in a nonreactive dish. Pour the vinaigrette over them and allow them to cool. The leeks will absorb some of the vinaigrette.
5. Serve the leeks either at room temperature or slightly chilled.

WHITE WINE VINAIGRETTE

Yield: 2 cups

Ingredients	Amounts
Vinegar, wine, white	½ cup
Mustard, Dijon	1 tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste
Oil, olive, extra-virgin	¾ cup
Oil, vegetable	¾ cup
Tarragon, fresh, minced (Optional)	1 ½ Tbsp.

Method

1. In a medium bowl, whisk together the vinegar, mustard, salt, and pepper.
2. Gradually whisk in the oils until they are incorporated. The vinaigrette will be smooth and lightly thickened.
3. Season with the tarragon, if using, and additional salt and pepper to taste.
4. Before using, whisk to recombine the vinaigrette if necessary.

DUCK IN LILIKOI SAUCE

CANARD À L'LILIKOI

Yield: 6 portions

Ingredients	Amounts
Duckling, whole, 3 lb. ea.	2 ea.
Lemon	4 ea.
Lilikoi	4 ea.
Sugar, granulated	½ cup
Vinegar, wine, red	⅓ cup
Stock, veal, brown	5 cups
Butter, unsalted, clarified	¼ cup
Salt, kosher	as needed
Pepper, black, ground	as needed
Brandy, Grand Marnier	¼ cup

Method

1. Preheat the oven to 400°F.
2. Cut the legs and wings away from the ducks. Cut down both sides of the backbone, removing the breast portion from the backbone. Separate the collar bone from the meat by cutting through the joint. Put the legs and breasts to the side. Remove all skin and fat from the back bones.
3. Brown the bones and wings in the preheated oven for 30 to 40 minutes. Reserve.
4. Using a peeler, remove the zest from the lemons. Carefully cut off any pith and julienne the zest. In a small pot over high heat, blanch the zest for 30 seconds, strain, and reserve. Juice 1 lemon and reserve the juices.
5. Cut lilikois in half and remove the pulp. Pass the pulp through a food mill to remove seeds. Reserve the juices.
6. For the sauce, in a large skillet over medium heat, cook the sugar until golden, 2 or 3 minutes.
7. Add the red wine vinegar. Reduce until nearly dry without stirring. Quickly add the reserved lemon juice, lilikoi juice, veal stock, and reserved browned duck bones and bring to a boil. Reduce the heat and simmer gently for 40 minutes to form a stock.
8. Lower the oven to 350°F.
9. Heat the clarified butter in a large sauté pan over high heat. Add the duck breasts and legs. Sear until golden brown, about 10 minutes. Transfer the cooked duck to a roasting pan. Season with salt and pepper as needed. Repeat for the remaining duck breasts and legs.
10. Roast the duck breasts and legs in the preheated oven for 40 minutes. Remove and keep warm.

11. Pour off the fat from the roasting pan. Deglaze the pan juices with the Grand Marnier.
12. Remove the bones from the stock and discard. Add the deglazed juices from the roasting pan into the stock. Increase the heat to high and simmer.
13. When the sauce lightly coats the back of a spoon (*nappé*) and has good flavor, pass it through a fine strainer. Season with salt and pepper as needed. Add the reserved lemon zest.
14. Cut each duck breast into two pieces by cutting cross-ways through the thickest portion of the breast. Separate the legs into thighs and drumsticks by cutting through the joint.
15. To serve, place the duck on a serving platter and top with the sauce.

BAKED POTATOES AND ONIONS

POMMES DE TERRE BOULANGERE

Yield: 6 portions

Ingredients	Amounts
Potato, russet	6 ea.
Onion, yellow, thinly sliced	2 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted	as needed
Stock, veal, brown	1 cup
Butter, unsalted, melted (Divided)	¼ cup
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Butter, unsalted	as needed

Method

1. Preheat the oven to 350°F.
2. Peel the potatoes and slice them ¼-inch thick. Reserve half of the slices for the top of the dish.
3. In a bowl, combine the onions and half of the potato slices. Season with salt and pepper as needed.
4. Butter a 9 by 13-inch baking dish. Place the mixture into the dish. Neatly shingle the reserved slices of potato on top.
5. In a small pot over high heat, heat the stock until boiling. Pour enough hot stock over the potatoes to come halfway up the baking dish. Brush the shingled top with half of the melted butter.
6. Bake in the preheated oven until the top is golden brown and the bottom layers are soft, about 1 hour. Brush occasionally with the remaining melted butter during baking. Moisten the top layer by pushing it down and allowing the stock to baste the potatoes.
7. Remove from the oven and sprinkle with chopped parsley. Before serving, let the potatoes sit for a few minutes to absorb any excess stock.

SAUTEED SPINACH AND TOMATOES

SAUTE DE EPINARDS ET TOMATES

Yield: 6 portions

Ingredients	Amounts
Spinach, fresh	2 ¼ lb.
Tomato, plum	3 ea.
Butter, unsalted	3 Tbsp.
Garlic, clove, peeled	2 ea.
Nutmeg, whole, grated	⅛ tsp.
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Remove stems from spinach and wash leaves thoroughly in cool water. Drain well.
2. Core the tomatoes, halve them, squeeze out seeds, and cut into small cubes.
3. Heat the butter in a large sauté pan over medium heat. Add the garlic and sauté until aromatic.
4. Add the tomatoes and cook briefly. Add the spinach and nutmeg. Season with salt and pepper to taste. Sauté until the spinach is fully wilted.
5. Serve on a heated platter.

PROVENÇAL-STYLE VEGETABLE SOUP

POTAGE AU PISTOU

Yield: 6-8 portions

Ingredients	Amounts
Beans, navy, dry, soaked overnight in 3 cups of water	$\frac{3}{4}$ cup
Water	1 qt.
Oil, olive, pure	2 Tbsp.
Carrot, diced	3 ea.
Leek, white and green parts, diced	2 ea.
Onion, yellow, diced	1 ea.
Stock, chicken	2 $\frac{1}{2}$ qt.
Saffron, threads (Optional)	1 pinch
Beans, green, cut into 1-in. lengths	$\frac{1}{2}$ lb.
Potato, yellow, peeled, diced	1 ea.
Zucchini, diced	1 ea.
Pasta, vermicelli, broken into 2 in. lengths	2 wt. oz.
Tomato, peeled, seeded, diced	2 ea.
Salt, kosher	to taste
Pepper, black, ground	to taste
Pistou (Recipe follows)	to taste

Method

1. Drain the beans. In a large saucepan, place the beans and water. Simmer until the beans are tender, about 1 hour. During cooking, add more water to keep the beans covered, if necessary.
2. Heat the oil in a soup pot over medium heat. Add the carrots, leeks, and onions. Sauté until the onions are translucent, about 10 minutes.
3. Add the stock and the saffron (if using) to the vegetables. Bring to a simmer. Cook for 10 minutes.
4. Add the green beans, potato, and zucchini. Simmer for about 10 minutes.
5. Add the vermicelli. Simmer until tender, about 8 minutes.
6. Drain the beans of their cooking liquid. Add the drained beans and tomatoes to the soup. Season with salt and pepper to taste. Simmer for 1 minute.
7. Just before serving, add the pistou to taste. Serve in heated bowls.

Note: Angel hair pasta can be substituted for the vermicelli pasta.

PESTO

PISTOU

Yield: ¾ cup

Ingredients	Amounts
Macadamia nuts	1 ½ oz.
Basil, leaves, fresh, chopped	½ cup
Cheese, Parmesan, grated	½ cup
Garlic, clove, chopped	2 ea.
Oil, olive, pure	⅓ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Preheat the oven to 350°F.
2. Spread the macadamia nuts on a baking sheet in a single layer.
3. Roast the nuts in the preheated oven until they are golden, 7 to 10 minutes. Stir the nuts frequently, as they can burn quickly. Allow to cool.
4. In a food processor, add the toasted nuts, basil, parmesan, and garlic. Purée to a fine paste.
5. With the machine running, add the olive oil in a thin stream. Scrape the sides of the food processor bowl as necessary. Purée until the oil is completely incorporated.
6. Season with salt and pepper to taste.

Note: You can also toast the nuts in a heavy, dry skillet over medium-low heat. Toss them often. Remove them from the skillet as soon as they are golden brown.

SHRIMP PROVENÇAL

Yield: 6 portions

Ingredients	Amounts
Salt, kosher	as needed
Artichoke, heart, quartered	6 ea.
Oil, olive, pure	½ cup
Shrimp, 21-25, peeled, deveined	24 ea.
Shallot, small diced	¼ cup
Garlic, minced	1 Tbsp.
Herbs de Provence	2 Tbsp.
Tomato Concassé (Recipe follows)	2 cups
Wine, white, dry	½ cup
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Bring a large pot of salted water to a boil. Add the artichokes and boil for 30 minutes.
2. Rinse in cold water. Remove and reserve the fleshy hearts. Discard the leaves.
3. In a sauté pan, heat the olive oil over medium heat. Add the shrimp and lightly sauté on both sides. Do not cook thoroughly. Remove the shrimp and reserve.
4. Add the shallots, garlic, and herbs de Provence. Cook over low heat for 2 to 3 minutes.
5. Add the tomato concassé and wine. Simmer for 15 minutes.
6. Add the artichoke hearts and reserved shrimp. Simmer for 2 to 3 minutes.
7. Season with salt and pepper to taste.

Note: For a spicier dish, add 1 tablespoon of red pepper flakes to the sauce.

TOMATO CONCASSÉ

Yield: 2 cups

Ingredients

Tomato, plum
Salt, kosher

Amounts

1 lb.
½ Tbsp.

Method

1. Score an X at the tip of the tomato, making sure not to cut too deeply. Trim out the stem core, leaving the tomato whole.
2. In a large pot of boiling water, place the salt and tomatoes. Blanch the tomatoes for 30 seconds.
3. Remove the tomatoes and transfer them immediately into an ice bath.
4. After the tomatoes are cool, remove them from the ice bath and peel away the skin with a paring knife. The skin should come away easily from the flesh.
5. Halve each tomato crosswise at its widest point. Gently squeeze out the seeds or quarter the tomatoes and cut away the seeds.
6. Dice the tomatoes.

SEARED MAHI-MAHI STEAKS WITH LOCAL MUSHROOMS

TRONÇON DE MAHI-MAHI AUX CHAMPIGNONS LOCAUX

Yield: 6 portions

Ingredients	Amounts
Butter, unsalted, clarified	3 Tbsp.
Fish, mahi-mahi, fillet, 6 to 8 oz. ea.	6 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Butter, unsalted (Divided)	½ cup
Shallot, minced	½ cup
Garlic, clove, crushed	1 ea.
Mushrooms, local, sliced	5 ¼ cups
Wine, white	¾ cup
Stock, chicken	6 cups
Heavy cream	1 ½ cup
Lemon, juice, fresh	to taste
Salt, kosher	to taste
Pepper, black, ground	to taste
Tarragon, fresh, chopped	1 Tbsp.
Parsley, flat-leaf, fresh, chopped	1 Tbsp.
Rice Pilaf (Recipe follows)	1x recipe

Method

1. Preheat the oven to 350°F.
2. Heat the clarified butter in a large sauté pan over high heat. Season the fish with salt and pepper as needed. Add the fish to the pan and sear until golden brown, about 4 minutes per side. Work in batches as necessary to avoid overcrowding.
3. Transfer the seared fish to a cooking sheet. Bake in the preheated oven for approximately 10 minutes. The mahi-mahi should reach an internal temperature of 135°F when done.
4. For the sauce, heat 2 tablespoons of the butter in medium skillet over medium heat. Add the shallots and garlic. Sweat until the shallots are translucent, about 2 minutes.
5. Add the mushrooms. Cook over moderate heat until mushrooms start to soften and release some juice, about 2 minutes.
6. Add the white wine and simmer until reduced by half, about 4 minutes.
7. Add the stock and simmer over high heat until reduced by two-thirds, about 15 minutes.
8. Add the cream and simmer until the sauce lightly coats the back of a spoon (*nappé*). Remove the pan from the heat.

9. Add 2 tablespoons of butter and a few drops of lemon juice. Stir to combine. Season the sauce with salt and pepper to taste.
10. To serve, top the fish with the mushroom sauce. Garnish with the tarragon and parsley. Serve accompanied by the rice pilaf.

RICE PILAF

Yield: 6 portions

Ingredients	Amounts
Oil, vegetable	1 ½ Tbsp.
Onion, yellow, minced	2 Tbsp.
Rice, long-grain, white	1 ½ cups
Stock, chicken	2 ¼ cups
Bay leaf, dried	1 ea.
Thyme, sprig, fresh	1 ea.
Salt, kosher	as needed
Pepper, black, ground	as needed
Salt, kosher	to taste
Pepper, black, ground	to taste

Method

1. Heat the oil in a heavy-gauge pot over medium heat. Add the onions. Sweat over low heat until translucent, stirring frequently, 5 to 6 minutes.
2. Add the rice. Sauté, stirring frequently, until coated with oil and heated through.
3. In a different pot, over medium-high heat, heat the stock.
4. Add the heated stock to the rice. Bring to a simmer, stirring the rice once or twice to prevent it from clumping together or sticking to the bottom of the pot.
5. Add the bay leaves, and thyme. Season with the salt and pepper as needed.
6. Cover the pot. Cook on low heat until the grains are tender to the bite and have absorbed all the liquid, 15 to 20 minutes. Remove from the heat and allow to stand for 5 minutes. Uncover and separate the grains to release the steam using a fork.
7. Adjust the seasonings with additional salt and pepper to taste.
8. Serve hot.

DAY FIVE: DESSERTS

LEARNING OBJECTIVES

By the end of this day, you should be able to...

- Describe the flavor profiles of classic French desserts.
- List the key ingredients in and classic flavors used in French desserts.
- Describe common French fillings and their uses.
- List the textures found in common French desserts.
- Explain common techniques used when making popular French desserts.
- Identify common French desserts and their variations.
- Prepare a variety of French desserts using standardized recipes.

DAY FIVE

TEAM PRODUCTION ASSIGNMENTS

In addition to your team's dessert assignments, your team will need to prepare a 10-portion entrée from a French region of your choice. Your team may use any ingredients found in the kitchen, but the dish must reflect the flavors and techniques of the chosen French region.

TEAM ONE

Crepe with Mixed Berry Filling

French Macarons

Regional Choice Entrée

TEAM TWO

Deep-Fried Pâte à Choux

Pets de Nonne

Apple Tart

Tarte Tatin

Regional Choice Entrée

TEAM THREE

Cherry "Flan"

Clafouti aux Cerises

Chocolate Éclairs

Regional Choice Entrée

TEAM FOUR

Sugar-Glazed Custard

Crème Brûlée

Mandarin Tangerine Macarons

Regional Choice Entrée

BONUS RECIPES

Ask your chef for ingredients to create your own dessert based on the flavors and techniques used in French desserts.

CRÊPES WITH MIXED BERRY FILLING

Yield: 6-8 portions

Ingredients	Amounts
Flour, all-purpose	2 cups
Sugar, granulated	¼ cup
Salt, kosher	½ tsp.
Milk, whole	2 cups
Egg, whole	2 ea.
Butter, unsalted, melted	1 Tbsp.
Vanilla, extract	1 tsp.
Butter, unsalted, melted	as needed
Mixed Berry Filling (Recipe follows)	1x recipe

Method

1. Sift the flour, sugar, and salt into a bowl. Make a well in the center of the flour mixture.
2. In a separate bowl, blend the milk, eggs, butter, and vanilla. Pour the milk mixture into the well of the flour mixture. Whisk until the batter is smooth. Let the batter rest in the refrigerator for at least 1 hour before preparing the crêpes.
3. Heat a crêpe pan or small, non-stick skillet over medium heat. Brush with melted butter. Pour about ¼ cup batter into the pan. Immediately swirl and tilt the pan to evenly coat the bottom with batter. Cook until the first side is set and has a little color, about 2 minutes. Adjust the temperature if necessary. Use a heat-proof rubber spatula to lift and turn the crêpe. Cook on the other side until the crêpe is cooked through, about 1 minute. Remove and place onto a plate. Repeat process with the remaining batter.
4. Fill each crêpe with a few tablespoons of the mixed berry filling. Roll or fold as desired.
5. Serve the filled crêpes on a heated platter.

MIXED BERRY FILLING

Yield: 2 cups

Ingredients	Amounts
Raspberries, fresh (Divided)	1 ½ cups
Strawberries, fresh, sliced (Divided)	1 ½ cups
Poha, fresh (Divided)	1 cup
Sugar, granulated	1 cup
Lemon, juice, fresh	1 ½ Tbsp.
Sugar, granulated	to taste
Lemon, juice, fresh	as needed

Method

1. In a medium saucepan over medium heat, place 1 cup of the raspberries, 1 cup of the strawberries, $\frac{3}{4}$ cup of the Poha, the sugar, and 1 tablespoon of the lemon juice.
2. Simmer until the sugar has dissolved, about 10 minutes. Taste the mixture and add more sugar to taste. Heat until any additional sugar is dissolved.
3. In a blender, purée the fruit mixture. Return it to the saucepan and simmer. Adjust the flavor by adding the additional lemon juice if necessary.
4. Add the remaining raspberries, strawberries, and Poha. Simmer until the filling is very hot.

Note: The filling can be served hot or cold; it will thicken slightly when stored in the refrigerator and keeps for up to 10 days.

FRENCH MACARONS

Yield: 18 cookies

Ingredients	Amounts
Sugar, confectioners'	130 g
Flour, almond, blanched	140 g
Egg, whites, room temperature	100 g
Cream of tartar	¼ tsp.
Sugar, granulated	90 g
Food coloring (Optional)	as needed
Vanilla, extract	1 tsp.
Butter, unsalted	as needed
Sugar, granulated	100 g
Water	30 g
Egg, yolk	5 ea.
Butter, unsalted, cut into cubes	226 g
Almond, extract	½ tsp.
Salt, kosher	1 pinch

Method

1. Sift the confectioners' sugar and almond flour into a medium bowl.
2. In a different bowl, using an electric mixer, whisk the room temperature egg whites. Once they begin to foam, add the cream of tartar. Add the granulated sugar very slowly.
3. Add the food coloring (if desired) and vanilla. Mix to combine. Beat until stiff peaks form.
4. Slowly fold in in the ⅓ of the flour mixture. Add the remaining flour mixture and fold gently. The final mixture should look like flowing lava and be able to fall into a figure eight without breaking.
5. Spoon into a piping bag with a medium round piping tip.
6. Line a baking sheet with parchment paper and glue it down with dabs of butter. Pipe one-inch dollops onto a baking sheet. Tap the baking sheet on the counter several times to release air bubbles. Allow to sit for about 40 minutes.
7. Preheat the oven to 300°F.
8. Bake in the preheated oven for 12 to 15 minutes, rotating the tray after 7 minutes. Allow the cookies to cool completely before removing them from baking sheet.
9. For the French buttercream filling, in a medium saucepan over low heat, combine the sugar and water, stirring until sugar dissolves. Increase heat to medium-high and bring to a boil.
10. In a stand mixer with a whisk attachment, beat the egg yolks until thick and foamy.

11. Cook the sugar and water syrup until it reaches 240°F. Immediately remove from heat. With the mixer running, very slowly drizzle hot syrup into bowl with yolks.
12. Mix until the bottom of the bowl is cool to the touch and the yolk mixture has cooled to room temperature.
13. Add in the butter one cube at a time, allowing each piece to incorporate before adding the next. Add almond extract and salt. Mix until buttercream is smooth and creamy, 5 to 6 minutes.
14. For assembly, pipe the filling onto the back of half the shells. Form a sandwich and repeat.

DEEP-FRIED PATE A CHOUX

PETS DE NONNE

Yield: 8-10 portions

Ingredients	Amounts
Oil, fryer	as needed
Butter, unsalted	6 Tbsp.
Water, cold	1 cup
Sugar, granulated	2 tsp.
Salt, kosher	1/8 tsp.
Flour, all-purpose, sifted	1 cup
Vanilla, extract	1 tsp.
Brandy	1 tsp.
Lemon, zest, grated	1 tsp.
Egg, whole, lightly beaten	4 ea.
Sugar, confectioners'	as needed

Method

1. Preheat the fryer to 350°F.
2. In a medium saucepan over low heat, melt the butter. Add the water, sugar, and salt and bring to a boil. Remove the pan from the heat and add the sifted flour all at once. Beat with a wooden spoon until smooth, 30 to 60 seconds.
3. Return the pan to low heat for 1 minute to dry out the mixture, stirring constantly. Remove the pan off the heat and allow the mixture to cool for 5 minutes. Beat in the vanilla, brandy, and lemon zest.
4. Gradually add in the beaten eggs in small portions, beating thoroughly between additions. Beat until the mixture is a shiny paste that can hold its shape when piped or spooned. (All of the egg may not be used. Conversely, if the paste is a little dry, some or all of another beaten egg can be added to adjust consistency). Allow to rest for 45 minutes before frying.
5. Spoon teaspoon or tablespoon (depending on desired size) sized pieces of the batter into the fryer. Cook until golden brown on the first side. Gently flip over and cook until golden brown. Remove and drain on paper towels.
6. To serve, arrange the pastries on a platter and top with a generous sifting of confectioners' sugar.

APPLE TART

TARTE TATIN

Yield: 6 portions

Ingredients	Amounts
Sugar, granulated (Divided)	1 ¼ cups
Butter, unsalted, diced	⅔ cup
Apple, Golden Delicious, peeled, cored, quartered	2 lb.
Pâte brisée (Recipe follows)	1x recipe

Method

1. Preheat the oven to 375°F.
2. For the caramel, In a 10-inch cast-iron skillet over medium heat, sprinkle about half of the sugar. Cook, stirring constantly, until the sugar begins to caramelize. Stir in half of the butter. Remove from the heat.
3. Pack the apple quarters tightly together in a circular pattern on the caramel. Dot apples with the remaining butter and sprinkle with the remaining sugar.
4. Bake in the preheated oven for 25 minutes.
5. On a lightly floured surface, roll out the pâte brisée to a ⅛ to ¼-inch thickness. Remove the skillet from the oven. Place the pastry over the apples and tuck it in at the sides of the skillet. With the tip of a sharp knife, cut several steam vents in the pastry. Return to the oven and bake for an additional 30 minutes.
6. Remove the dish from the oven and allow to set.
7. Turn the tart upside down on a plate. Cut into 6 pieces. Serve hot.

PÂTE BRISÉE

Yield: ¾ pound

Ingredients	Amounts
Flour, all-purpose	1 ⅓ cups
Butter, unsalted, cubed, cold	½ cup
Egg, yolk	1 ea.
Water, ice cold	3 Tbsp.

Method

1. In a medium bowl, place the flour and butter. Rub the butter into the flour until a light, sandy texture is achieved. Small pieces of butter should remain within the mixture.
2. In a small bowl, combine the egg yolk and water.
3. Add the flour. Thoroughly combine the flour and egg mixtures by hand. Push together to form a uniform dough ball.
4. Rest the dough in the refrigerator for at least 1 hour.

CHERRY "FLAN"

CLAFOUTI AUX CERISES

Yield: 6 portions

Ingredients	Amounts
Flour, all-purpose	$\frac{3}{4}$ cup
Sugar, granulated	$\frac{1}{2}$ cup
Salt, kosher	$\frac{1}{8}$ tsp.
Egg, whole	3 ea.
Brandy, Cognac	3 Tbsp.
Vanilla, extract	1 tsp.
Milk, whole	2 cups
Butter, unsalted	as needed
Cherries, stemmed, pitted	1 lb.
Sugar, confectioners'	as needed

Method

1. Preheat the oven to 375°F.
2. In a bowl, whisk the flour, sugar, and salt to combine.
3. In a separate bowl, beat the eggs together one at a time. Add the Cognac, vanilla, and milk. Mix to combine.
4. Add a little bit of the egg mixture to the flour mixture to form a smooth paste. Add in the rest of the egg mixture. Stir to combine. Do not over mix as the final product could become tough.
5. Butter a 2-inch deep pie or cake pan. Fill with the cherries. Pour the batter on top of the cherries.
6. Place the pan into the preheated oven. Bake until lightly browned and cooked through, about 45 minutes.
7. Allow to cool until only warm. Serve dusted with the confectioners' sugar.

Source: Adapted from *The French Country Kitchen*, by James Villas

CHOCOLATE ÉCLAIRS

Yield: 24 éclairs

Ingredients	Amounts
<i>Pâté à choux</i>	
Milk, whole	4 oz.
Water	4 oz.
Butter, unsalted	4 oz.
Salt, kosher	1 pinch
Flour, bread	4 oz.
Egg, whole	8 oz.
Pastry Cream (Recipe follows)	½ qt.
Chocolate Ganache (Recipe follows)	1 ½ lb.

Method

1. Preheat a deck oven to 375°F.
2. In a medium saucepan over medium-high heat, combine the milk, water, butter, and salt. Heat until boiling.
3. Remove the pan from the heat and add the flour all at once, stirring to incorporate.
4. Return the pan to the heat and stir until the mixture forms a mass and leaves a thin film behind on the bottom of the pan.
5. In mixer with a paddle attachment, add the contents of the pan and mix on low speed.
6. Gradually add the eggs in 3 to 4 parts, scraping the bowl down after each addition.
7. Line a baking sheet with parchment paper. Place a large round pastry tip into a piping bag. Fill the piping bag with the dough.
8. Pipe the dough into the desired shape directly onto the parchment paper.
9. Bake in the preheated oven until the éclair shells are even in color, with a very small band of lighter yellow running along the sides. Allow them to cool.
10. To fill the éclairs, using a fluted or unfluted 824 pastry tip, make two holes ¼ inch in on both ends of the shell. Fill a piping bag with an 824 tip and the pastry cream. Place the pastry tip inside the hole on either end. Fill the éclair with the pastry cream, angling the tip to fill alternating sides of the shell, until the éclair shell feels dense. Repeat with remaining éclair shells.
11. Dip the tops of each éclair in the ganache, gently rotating lengthwise to get an even coating. Gently allow the excess to run off one end. Place on a wire rack to cool. Repeat with remaining éclairs.
12. Allow the ganache to firm up atop the éclairs before serving.

PASTRY CREAM

Yield: ½ quart

Ingredients	Amounts
Sugar, granulated	2 oz.
Cornstarch	1 ½ oz.
Milk, whole (Divided)	1 lb.
Egg, whole	3 ea.
Sugar, granulated	2 oz.
Salt, kosher	1 pinch
Butter, unsalted	1 ½ oz.
Vanilla, extract	¼ oz.

Method

1. In a large bowl, combine the sugar and the cornstarch.
2. Add about 10% of the milk. Mix until dissolved.
3. Add the eggs and mix to blend.
4. In a saucepan, place the sugar, salt and remaining milk. Heat until boiling.
5. Add the hot milk to the egg mixture in a slow, thin stream while whisking constantly until blended.
6. Return the mixture to the pot and bring to a boil, whisking constantly. Cook for 1 minute.
7. Remove the pot from heat. Whisk in the butter and vanilla.
8. Place in a hotel pan over an ice bath to cool.
9. Cover the surface with plastic wrap. Label and refrigerate.

Note: To store, cover the surface of the container with plastic wrap, label, and refrigerate. The pastry cream should be used within three days.

GANACHE

Yield: 1 pint

Ingredients

Amounts

Chocolate, bittersweet

12 oz.

Heavy cream

6 fl. oz.

Method

1. Finely chop the chocolate and place in a stainless-steel bowl.
2. Heat the cream to a boil and pour over the chocolate.
3. Gently stir the mixture until all the chocolate has melted and the mixture is completely smooth.
4. The ganache is now ready for use.

Note: To warm ganache that has stiffened, place over a double boiler of barely simmering water. Heat until smooth and glassy, about 15 seconds.

Variations:

Substitute white or milk chocolate for the bittersweet chocolate.

To make a richer ganache with a smoother, creamier mouth feel, add 2 ½ ounces glucose and 2 ½ ounces of butter.

Flavor the ganache as desired with 1 ½ fluid ounces of one or more of the following: dark rum; cherry-flavored cordials or liqueurs such as kirshwasser; orange-flavored liqueurs such as Grand Marnier; nut-flavored liqueurs such as Amaretto or Frangelico; or coffee-flavored liqueurs such as Kahlua or Tia Maria.

SUGAR-GLAZED CUSTARD

CRÈME BRÛLÉE

Yield: 6 portions

Ingredients	Amounts
Cooking spray, flourless	as needed
Heavy cream	1 ¼ pt.
Sugar, granulated (Divided use)	¾ cup
Salt, kosher	⅛ tsp.
Vanilla, bean	½ ea.
Egg, yolk, lightly beaten	5 ea.
Water, boiling	as needed
Sugar, superfine	6 Tbsp.

Method

1. Preheat the oven to 325°F.
2. Coat 6, 6-oz. ramekins or custard cups lightly with cooking spray. Set them on a kitchen towel in a deep baking pan.
3. On a non-reactive saucepan over medium heat, combine the cream, ½ cup of the sugar, and the salt. Split the vanilla bean in half lengthwise and scrape out the seeds. Add the seeds and the pod to the cream mixture.
4. Bring the mixture to a simmer, stirring until the sugar dissolves. Remove the pan from the heat and let the mixture steep for at least 30 minutes. Strain into a clean pan and return to a simmer.
5. In a large bowl, blend the egg yolks with the remaining sugar. Gradually add about ⅓ of the hot cream to the yolks, whisking constantly. Add the remaining hot cream and stir. Strain the custard through a fine mesh sieve into a clean container. Carefully ladle or pour the custard into the prepared ramekins, filling them about ¾ full.
6. Place the baking pan on a pulled-out oven rack. Place enough boiling water in the baking pan to come halfway up the sides of the ramekins. Carefully slide in the rack and bake in the preheated oven until the edges have set and a nickel-sized spot in the center jiggles slightly when the custard is shaken, 20 to 25 minutes.
7. Remove the ramekins from the water bath. Let the custards cool on a rack for 30 minutes. Wrap individually and refrigerate for 3 hours or overnight before finishing with the brûlée layer.
8. To finish, evenly coat the top of each custard with a thin layer of superfine sugar, about 1 tablespoon. Use a kitchen blowtorch or the broiler to evenly melt and caramelize the sugar. Serve immediately.

MANDARIN TANGERINE MACARONS

Yield: 15 cookies

Ingredients	Amounts
Flour, almond	3 oz.
Coconut, dried, unsweetened, grated	1 ½ cups
Sugar, confectioners'	1 ½ cups
Egg, whites, room temp	3 ea.
Salt, kosher	¼ tsp.
Mandarin tangerine concentrate	2 tsp.
Sugar, granulated	3 Tbsp.
Mandarin tangerine concentrate	⅓ cup
Sugar, granulated	⅓ cup
Egg, whole	3 ea.
Salt, kosher	a pinch
Butter, unsalted, cut into pieces	4 Tbsp.

Method

1. Preheat the oven to 300°F.
2. In a food processor, grind the almond flour, coconut, and confectioners' sugar until powdery, about 30 seconds. Sift through a medium-mesh sieve into a large bowl.
3. In a separate bowl, using an electric mixer at medium speed, beat the egg whites with salt until they just hold stiff peaks. Beat in the mandarin tangerine concentrate. Gradually beat in the granulated sugar.
4. Increase the speed to high and beat until the meringue holds stiff, glossy peaks, about 1 minute. Fold the meringue into the almond flour mixture with a rubber spatula until completely incorporated. The meringue will deflate and the batter will be loose.
5. Line a baking sheet with parchment paper.
6. Place the batter into a piping bag with a 3/8 plain tip. Pipe 1½-inch wide mounds of batter onto the baking sheets about 1-inch apart.
7. Bake in the preheated oven for 12 to 15 minutes, rotating the tray after 7 minutes. The cookies should be crisp and the interior should not give easily when gently pressed.
8. Cool the baking sheet completely for about 30 minutes. Loosen the macaroons from the parchment with an offset spatula. They will be fragile.
9. For the curd, in a heavy saucepan, whisk together the mandarin tangerine concentrate, sugar, eggs, and salt. Over low heat, add the butter and bring to a simmer while constantly whisking until the curd is thick, 1 to 2 minutes.

10. Cool completely and transfer to a sealable bag. Snip off a corner of the bag and pipe to fill the macaroons.
11. Sandwich the flat sides of the macarons together with curd. There will be curd leftover. Let the macaroons stand, uncovered, at room temperature until a light crust forms, 20 to 30 minutes.
12. Serve at room temperature.

Source: The Perfect Purée of Napa Valley, as presented at the 2010 Greystone Flavor Summit.
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