

Mes recettes personnelles

A family recipe book

Adrien Canino

This is a small collection of my favorite recipes - the ones I keep coming back to. Some are classic French comfort food, some are travels in a pot, and some are just pure dessert joy.

Thank you for welcoming me into the family. I hope this book brings you cozy evenings, good smells in the kitchen, and a few new cravings.

Velbekomme!

Adrien

How to use this book

1. Everything is in metric (g / ml) and oven temperatures are in °C.
2. Look for: Prep / Cook / Total + a short list of Denmark-friendly ingredient swaps.
3. If a recipe contains alcohol, there is always a non-alcohol option.
4. My rule: watch the color and the smell, not the timer.

Mini French glossary

French	Meaning
mise en place	prep everything before you start cooking
deglaze (deglacer)	add liquid to dissolve the browned bits in the pan
bouquet garni	bundle of herbs (usually thyme + bay leaf)
beurre noisette	brown butter
beurre manie	soft butter mixed with flour to thicken a sauce
flamber	briefly ignite alcohol to cook off harshness (optional)





Cozy mains
(French & Northern comfort)

Coq au vin

Carbonade Flamande

Bœuf bourguignon

Bourguignon de champignons

Poulet vin jaune et morilles

Stegt flæsk à la française





Coq au vin

Chicken braised in red wine

A classic slow-cooked French stew: deep, silky sauce, mushrooms and pearl onions.

SERVINGS: 4

PREPPING TIME: 30 MIN

COOKING TIME: 60–75 MIN

Ingredients

Chicken & marinade

- 1 free-range chicken, cut into 8 pieces (or legs/drumsticks), about 1.4–1.6 kg
- 750 ml red wine (Pinot Noir/Burgundy style; not too tannic)
- 2 carrots, sliced
- 1 yellow onion, quartered
- 2 garlic cloves, crushed
- 1 celery stalk, chopped (optional)
- 1 bouquet garni (2 bay leaves, 3–4 thyme sprigs, parsley stems, tied)
- 8–10 black peppercorns

Garnish & sauce

- 150–200 g smoked bacon lardons (or diced smoked belly)
- 200 g button mushrooms (halved if large)
- 12–16 pearl onions
- 2 tbsp tomato paste
- 40 g butter
- 2–3 tbsp neutral oil (or oil + a little butter)
- 2 tbsp flour (or cornstarch)
- 100 ml cognac/brandy (optional)
- Fine salt, black pepper

Finish (optional)

- Chopped flat-leaf parsley
- 1 small garlic clove, very finely minced (for a quick persillade)

Denmark-friendly swaps:

Pearl onions: look for "perleløg" (fresh or in jar) – jarred is totally fine.

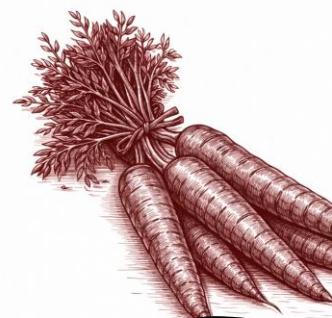
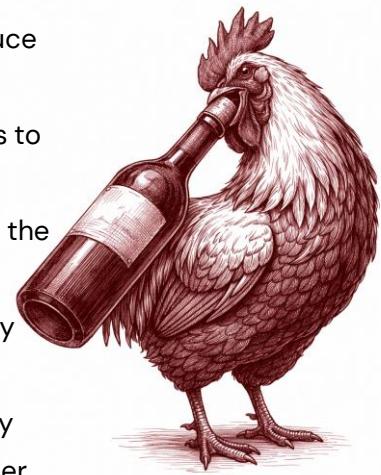
Bacon lardons: use "bacon i tern" or diced smoked bacon.

Wine: a light-ish red works best (Pinot Noir, Bourgogne style).



Steps

1. Marinate: place chicken pieces in a large bowl/casserole with carrots, onion, celery, garlic, bouquet garni and peppercorns. Cover with wine. Refrigerate at least 8 hours, ideally overnight.
2. Next day: remove chicken and pat very dry. Strain the marinade: keep the wine, keep the vegetables separately, keep the bouquet garni.
3. Brown bacon in a large casserole with a little oil. Remove and reserve.
4. In the same pot, brown chicken pieces on all sides (in batches). Deep browning = flavor. Reserve.
5. Return chicken to the pot with the marinade vegetables. Add tomato paste and cook 2-3 minutes.
6. (Optional) Add cognac and carefully flambé, or just let it reduce for 1-2 minutes.
7. Sprinkle flour over chicken/veg, stir well and cook 1-2 minutes to remove raw flour taste.
8. Pour in the reserved wine, scraping the bottom to dissolve all the browned bits. Add bouquet garni and reserved bacon.
9. Bring to a simmer, then cook gently 45-60 minutes, lid slightly ajar, until chicken is tender.
10. Meanwhile: sauté pearl onions in butter + a little oil until lightly caramelized, add a splash of water, cover and cook until tender. Separately sauté mushrooms in hot butter until they release their water and brown.
11. Add mushrooms and onions to the pot and simmer 10 minutes to blend flavors.
12. Adjust seasoning. If sauce is too thin, reduce uncovered a few minutes (or thicken with a little cornstarch slurry). Finish with parsley (and optional garlic).



Chef notes:

Always dry the chicken before browning – wet skin will steam, not brown.

This is even better the next day, reheated slowly.

No alcohol option: replace wine with a strong stock + 2 tbsp red grape juice

+ 1 tbsp balsamic (same spirit, different vibe).



Carbonade Flamande

Beef and dark beer stew (Flanders style)

A sweet-salty-sour Belgian-style stew thickened with mustard gingerbread. Served with fries, always.

SERVINGS: 4

PREPPING TIME: 25 MIN

COOKING TIME: 120 MIN

Ingredients

Beef & base

- 1.2 kg stewing beef (chuck, blade, shin or cheek), cut in 3-4 cm cubes
- 700 g yellow onions (about 4 large), sliced
- 2 tbsp flour
- 40 g butter + 1 tbsp neutral oil (or beef fat)
- 1 bouquet garni (thyme + bay leaf)
- Salt, pepper
- Optional: 1 clove + a pinch of nutmeg

Beer balance

- 750 ml dark Belgian-style beer (Dubbel / brown ale)
- 1 tbsp dark brown sugar (or muscovado)
- 1-2 tbsp vinegar (cider or wine) - add at the end, to taste

Signature thickener

- 2-3 slices of gingerbread loaf (pain d'épices) - or rustic bread
- 2 tbsp mustard (Dijon or wholegrain)

Denmark-friendly swaps:

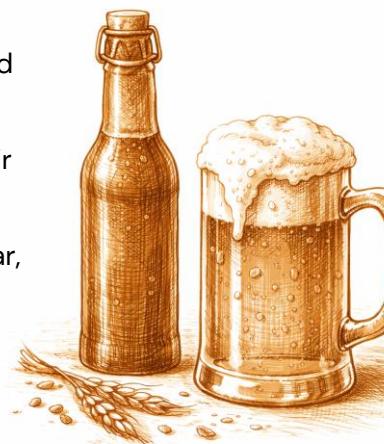
Gingerbread loaf: in Denmark, look for "honningkage" style loaf, or use rye bread + 1 tsp honey
+ a pinch of cinnamon.

Belgian beer: any good dark ale works. Avoid very hoppy beers.

Serve with homemade fries (see later in the book).

Steps

1. Pat beef very dry. Heat butter + oil in a heavy pot. Brown beef in batches until deep dark brown. Reserve.
2. Lower heat and add onions. Cook 10-15 minutes, stirring, until very soft and lightly golden (not burnt).
3. Add flour and cook 1 minute, scraping the bottom to capture all the browned bits.
4. Return beef. Deglaze with a splash of beer, scraping well, then add the rest of the beer.
5. Add bouquet garni, brown sugar, optional clove/nutmeg, salt and pepper. Bring to a gentle simmer.
6. Spread mustard on the gingerbread slices and place them on top, mustard-side down, touching the liquid. They will melt and thicken the sauce.
7. Cover and simmer very gently 1h45-2h15 (barely bubbling). Stir from time to time.
8. Finish: adjust sweetness (more sugar) or acidity (a little vinegar, gradually). Remove bouquet garni.



Chef notes:

The sauce is perfect when it coats the back of a spoon and the beef can be cut with a spoon.

Like most stews: better the next day.

Zero alcohol option: use non-alcohol dark beer + a small splash of vinegar at the end.



Bœuf bourguignon

Burgundy beef stew

Deep browning, a silky wine sauce, and separate glossy garnishes (mushrooms + pearl onions) for that true bistro finish.

SERVINGS: 6

PREPPING TIME: 40 MIN

COOKING TIME: 180 MIN

Ingredients

Beef & (optional) marinade

- 1.5 kg stewing beef (Chuck/blade/shin/cheek), cut in 4–5 cm chunks
- 750 ml red wine (Pinot Noir/Burgundy style; avoid very tannic wines)
- 2 carrots, sliced
- 1 onion, sliced
- 2 garlic cloves, crushed
- 1 bouquet garni (2 bay leaves + thyme sprigs + parsley stems)
- 10 black peppercorns

Braise base

- 150–200 g smoked bacon lardons (or diced smoked belly)
- 2 tbsp tomato paste
- 2 tbsp flour
- 30–40 g butter + 1 tbsp neutral oil
- 250–400 ml beef stock (as needed)
- (Optional) 50 ml cognac/brandy

Garnish (done separately)

- 250 g button mushrooms, halved
- 12–16 pearl onions
- 20 g butter + a splash of oil
- A small pinch of sugar + a splash of water

Finish (optional)

- Beurre manié: 1 tbsp soft butter + 1 tbsp flour (only if needed)
- Chopped parsley

Denmark-friendly swaps:

Bacon lardons: "bacon i tern" works great.

Beef cuts: ask for stew-friendly pieces (shoulder/shank/cheek).

Wine: a lighter red (Pinot Noir or Bourgogne style) keeps the sauce elegant.

Steps

1. Optional (best) marinade: combine beef with wine, carrots, onion, garlic, bouquet garni and peppercorns. Refrigerate 8–12 hours. Next day, strain: keep wine, keep veg, keep herbs.
2. Dry the beef very well (this matters). Season lightly with salt.
3. Brown bacon in a heavy pot; remove and reserve.
4. Brown beef in batches in the bacon fat + a bit of butter/oil until deeply browned on all sides. Reserve (don't rush this).
5. Lower heat. Cook the strained marinade vegetables (or fresh carrot/onion if you skipped marinade) 6–8 minutes until lightly golden. Add tomato paste 1 minute.
6. (Optional) Add cognac and let it reduce 1 minute (flambé if you want).
7. Sprinkle flour, stir and cook 1–2 minutes to remove raw flour taste.
8. Deglaze with the reserved wine, scraping all browned bits. Add bouquet garni + bacon. Add enough stock so meat is just barely covered.
9. Bring to a gentle simmer, cover, and braise in the oven at 150°C for 2h45–3h30 (or very gentle stovetop), until beef is spoon-tender.
10. Meanwhile, garnish: glaze pearl onions in butter + a tiny pinch sugar, add a splash of water, cover and cook until tender and shiny. Separately sauté mushrooms in hot butter until they release water and brown.
11. Finish sauce: remove beef, strain sauce if you want a clean bistro look, then reduce to a glossy nappé. If it still feels thin, whisk in a little beurre manié and simmer 3–4 minutes.
12. Return beef + onions + mushrooms to the sauce for 5 minutes. Adjust salt/pepper. Finish with parsley.

Chef notes:

Dry meat + hard sear = real flavor. If the pot is crowded, the beef steams and the sauce stays flat.

Oven braise is more stable than stovetop and prevents scorching: 150°C, barely bubbling.

Restaurant move: cook mushrooms/onions separately and add at the end – they stay glossy and distinct instead of grey and soggy.

No alcohol option: replace wine with strong beef stock + 2 tbsp red grape juice + 1 tbsp balsamic (same cozy vibe, different aromatics).





Bourguignon de champignons

Mushroom Bourguignon (vegetarian)

All the comfort of a bourguignon, but built on deeply browned mushrooms and a glossy sauce.

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

Main

- 800–900 g mixed mushrooms (button + shiitake/oyster if possible)
- 2 carrots, diced
- 1 large onion, diced
- 3 garlic cloves, minced
- 2 tbsp tomato paste
- Deglaze: 250 ml red wine OR (no alcohol) 200 ml strong stock + 1 tbsp balsamic + 2 tbsp red grape juice
- 300 ml vegetable stock

- 1 tbsp soy sauce (and 1 tbsp brown miso, optional)
- 1 bay leaf, 1 thyme sprig
- Thickener: 1 tbsp flour + 1 tbsp soft butter (beurre manie)
- Butter and/or olive oil, salt, pepper

Denmark-friendly swaps:

Red wine: choose something not too tannic. Pinot Noir works well.

Miso is optional but gives a deep savory kick (look for brown miso in Asian stores).

Steps

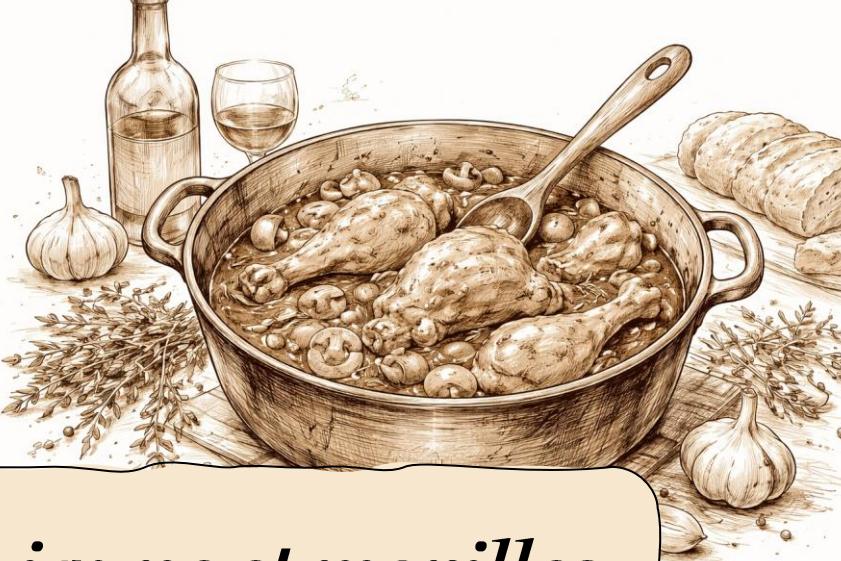


1. Brown mushrooms in a wide pan with oil + a knob of butter. Work in batches so they really color. Reserve.
2. In the same pan: cook onion + carrots 5–6 minutes. Add garlic 1 minute. Add tomato paste 30 seconds.
3. Deglaze with wine (or the no-alcohol mix). Add vegetable stock, soy sauce (+ miso), bay and thyme.
4. Return mushrooms and simmer 20–25 minutes.
5. Mix flour + soft butter into a paste (beurre manie), add to the stew and simmer 3–5 minutes to thicken.
6. Adjust salt/pepper/acid. Optional: off the heat, whisk in a tiny piece of cold butter for extra shine.

Chef notes:

Deep browning on the mushrooms is where the "meaty" flavor comes from.

Great with mashed potatoes, pasta, rice or polenta.



Poulet vin jaune et morilles

Chicken with Vin Jaune and morels

*Jura-style chicken in a silky Vin Jaune cream sauce.
A special-occasion dish.*

SERVINGS: 4

PREPPING TIME: 20 MIN

COOKING TIME: 40 MIN

Ingredients

Main

- 1 chicken (1.6–1.8 kg) or 4 legs + 2 breasts, skin on
- 40–50 g dried morels (about 180–220 g once rehydrated)
- 250 ml Vin Jaune (use ~200 ml for cooking + a splash to finish)
- 400 ml full-fat creme fraiche / heavy cream (36–38% if possible)
- 200 ml chicken stock
- 40 g butter + 1 tbsp neutral oil
- 4 shallots, finely sliced
- 1 garlic clove, minced
- 1 thyme sprig, 1 bay leaf
- Salt and black pepper
- Optional: 3 tbsp cognac (to flambé); a little lemon at the end

Denmark-friendly swaps:

Morels: if you cannot find them, use a mix of dried mushrooms (porcini + others)

- different, still great.

Vin Jaune: look for Jura Savagnin; as a last resort, a dry sherry gives a similar nutty direction.

Creme fraiche is easy to find in Denmark – choose the full-fat version.

Steps

1. Rehydrate morels: rinse quickly, cover with warm water 30 minutes. Drain and filter the soaking liquid through a coffee filter. Keep 150 ml of this liquid.
2. Cut chicken into 8 pieces, season with salt and pepper (skin side).
3. Brown chicken: in a large casserole, heat oil + butter. Brown skin side 5-7 minutes, then 2-3 minutes on the other side. Reserve.
4. Lower heat: add shallots and garlic, cook 2 minutes without coloring. (Optional: add cognac and flambé.)
5. Deglaze with 120 ml Vin Jaune, scraping well. Add chicken stock + 150 ml filtered morel liquid + thyme + bay leaf.
6. Return chicken (start with dark meat). Cover and simmer gently 20 minutes.
7. Add breasts + rehydrated morels. Simmer 10-12 minutes more, covered, until breasts are just cooked (juicy).
8. Remove chicken and keep warm. Remove thyme/bay. Add cream and reduce 8-12 minutes to a nappé consistency. Season.
9. Off the heat, add 40-60 ml Vin Jaune to finish (aroma without harsh cooking). Return chicken + morels to sauce 2-3 minutes.



Chef notes:

Filter the morel soaking liquid - it removes sand and makes the sauce taste cleaner.

Vin Jaune is expensive: you can cook with a good Savagnin and finish with a small splash of real

Vin Jaune for the aroma.

Serve with fresh tagliatelle, mashed potatoes or rice.



Stegt flæsk à la française

French-style Stegt flæsk med persillesous

Danish soul food, plated like a restaurant dish: crispy pressed pork belly, pommes Anna & parsley velouté

SERVINGS: 4

PREPPING TIME: 60 MIN

COOKING TIME: 600 MIN

Ingredients

Pork belly

- 800 g-1 kg pork belly, skin-on
- Coarse salt
- 10 g sugar
- 2 bay leaves
- 6 black peppercorns
- (Optional) 2 juniper berries

Pommes Anna

- 700 g waxy potatoes (firm, not floury)
- 80-100 g clarified butter
- Fine salt

Denmark-friendly swaps:

Heavy cream: "piskefløde"; creme fraiche also works in a pinch (slightly tangier).

Parsley: "persille" is easy to find; add a little spinach for a greener sauce.

Mustard seeds: "sennepsfrø" (often in the spice aisle).

Parsley velouté (bright green, stable)

- 2 large bunches flat-leaf parsley (leaves + tender stems)
- A small handful spinach (helps the color hold)
- 1 shallot, finely minced
- 200 ml dry white wine + 1 tbsp white wine vinegar
- 300 ml light chicken or veal stock
- 150 ml heavy cream (30-35%)
- 60 g cold butter, diced
- 1 tbsp lemon juice

Pommes Anna

- 1 green apple (Granny Smith), fine brunoise
- 2 tbsp mustard seeds
- 100 ml vinegar (cider or white) + 100 ml water
- 25 g sugar
- 8 g salt



Steps

1. The day before (best): lightly brine for seasoning. Mix 1 L water + 30 g salt + 10 g sugar + bay/pepper (and juniper). Chill, then submerge pork belly 8-12 hours.
2. Cook until melting tender: Sous-vide (ideal) 10 hours at 72°C, skin-side up in the bag with bay/pepper. Or confit/oven: cover belly with fat/oil by 1-2 cm, cook covered at 140°C for 3-3h30 until a skewer slides through easily.
3. Press for clean slices: while still warm, drain excess fat. Place belly between two trays/boards, add a weight, and chill overnight. Aim for a 2-3 cm thick slab.
4. Pickles: simmer mustard seeds in water 10 minutes, drain. Bring vinegar + water + sugar + salt to a boil and pour over seeds. Cool. At plating, mix 1-2 tbsp pickled seeds with apple brunoise.
5. Pommes Anna: heat oven to 180°C. Slice potatoes 2 mm (mandoline), dry well. Butter a small pan/ring with clarified butter. Layer potatoes in a tight rosette, brushing butter and a tiny pinch of salt every 2-3 layers. Bake 35-40 minutes, press 10 minutes, unmold, then crisp 6-8 minutes at 200°C.
6. Parsley velouté: reduce wine + vinegar + shallot over medium heat until almost dry. Add stock and reduce by half. Add cream and simmer 3-4 minutes; season lightly.
7. Blanch herbs: 15 seconds in boiling salted water, then shock in ice water. Squeeze very dry. Blend herbs with a ladle of hot sauce, then blend into the rest. Strain very fine. Keep warm gently (never boil). Off the heat, whisk in cold butter and lemon juice to finish.
8. Crisp the pork skin: cut pressed belly into neat portions. Score skin finely, dry very well. In a pan with a thin film of oil, start skin-side down on medium heat 6-8 minutes (press with a spatula/weight for full contact). Finish 10-12 minutes at 210°C, skin-side up, until fully blistered and crisp. Rest 3-4 minutes.
9. Plate: swipe parsley sauce, add pork (skin up), add a wedge of pommes Anna, finish with apple + mustard seeds. Flaky salt on the crackling, black pepper, and optional cider vinegar drops for extra lift.

Chef notes:

Brining + pressing are what make this feel "restaurant": seasoned through, slices stay flat, and crackling cooks evenly.

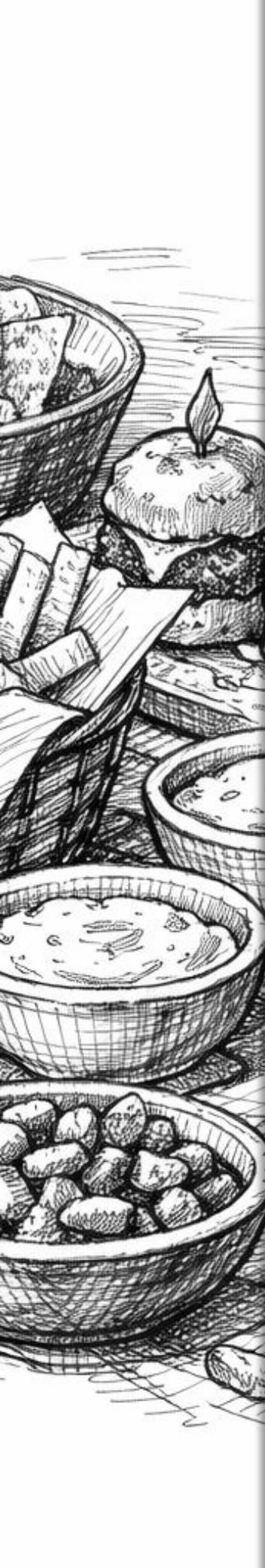
For max crackling: dry skin thoroughly, keep steady contact in the pan, then finish in a hot oven.

Green sauce rule: after blending herbs, never boil again or it turns dull and bitter.

No alcohol option: replace wine with extra stock + 1 tbsp white vinegar, and reduce a bit longer.







Weeknight comfort & sharing

Linguine aux crevettes

Sauce dorée des Alpes

Tonkatsu

Nachos

Frites maison





Linguine aux crevettes

Shrimp linguine with lemon-butter bisque

Restaurant-style pasta: a quick shrimp bisque from the shells, emulsified with butter, finished with crunchy pangrattato.

SERVINGS: 2

PREPPING TIME: 20 MIN

COOKING TIME: 25 MIN

Ingredients

Pasta & sauce

- 180–200 g linguine
- 300 g whole shrimp (heads-on if possible)
- 1 shallot (or 1/2 onion)
- 2 garlic cloves
- 1 small carrot, diced (optional but great)
- A small piece of celery, diced (optional)
- 1 tbsp tomato paste
- 80–100 ml white wine or a small shot of cognac (optional)
- 400–500 ml water

- 40–50 g butter

- Olive oil
- Juice + zest of 1/2 lemon
- Parsley (or chives), salt, pepper
- Optional: chili flakes

Crispy topping (pangrattato)

- 1 slice stale bread (or 3 tbsp breadcrumbs)
- 1 small garlic clove
- A little lemon zest
- 1 tbsp olive oil
- Salt, pepper

Denmark-friendly swaps:

Wine: you can skip it – just add a splash of lemon at the end for brightness.

Breadcrumbs: panko also works for the topping.

Steps

1. Peel shrimp: keep heads and shells for the bisque, keep the tails to eat. (Optional: remove the black vein.)
2. Pangrattato: in a small pan, warm olive oil, add minced garlic 30 seconds, then breadcrumbs + salt/pepper + lemon zest. Toast until golden and crisp. Reserve.
3. Quick bisque: in a saucepan with a little olive oil, cook heads + shells, crushing them to release juices. Add shallot + carrot + celery and cook 5-7 minutes until well colored.
4. Add tomato paste 1 minute. Deglaze with wine/cognac and reduce almost dry.
5. Add 400-500 ml water + a pinch of salt. Simmer 15 minutes. Crush shells again, then strain (fine sieve).
6. Reduce the strained broth to about 150-200 ml (a big glass).
7. On very low heat, whisk in butter little by little to make a glossy sauce. Add lemon juice gradually, season.
8. Cook linguine al dente. Keep a cup of pasta water.
9. In a pan, quickly sauté shrimp tails in olive oil + a little butter, 1-2 minutes per side. Add garlic for the last 30 seconds. Remove shrimp from the pan.
10. In the same pan, add the bisque-butter sauce + linguine + a splash of pasta water. Toss 1-2 minutes.
11. Return shrimp, add lemon zest + parsley. Adjust with pasta water if needed. Serve with pangrattato on top.

Chef notes:

Heads-on shrimp make this incredible. If you only have peeled shrimp, use the shells you have and add a spoon of fish stock for help.

Don't overcook the shrimp: they turn rubbery fast.



Sauce dorée des Alpes

Golden Alpine sauce

An Adrien original: nutty brown butter + sage, turned into a silky parmesan cream sauce for gnocchi/ravioli.

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

Sauce

- 40 g butter
- 1 tbsp olive oil
- 8-10 fresh sage leaves (fresh is best)
- 1 large garlic clove, minced
- 150 ml heavy cream (around 30%)
- 60 g freshly grated parmesan (+ extra to serve)
- Fine zest of 1/2 lemon
- A handful of walnuts or pine nuts, roughly chopped
- Salt, black pepper
- Optional: 40-50 g pancetta or prosciutto strips

Pasta

- 200 g fresh gnocchi
- 200 g fresh ravioli (ricotta/spinach, cheese or mushrooms)
- Plenty of salted water

Denmark-friendly swaps:

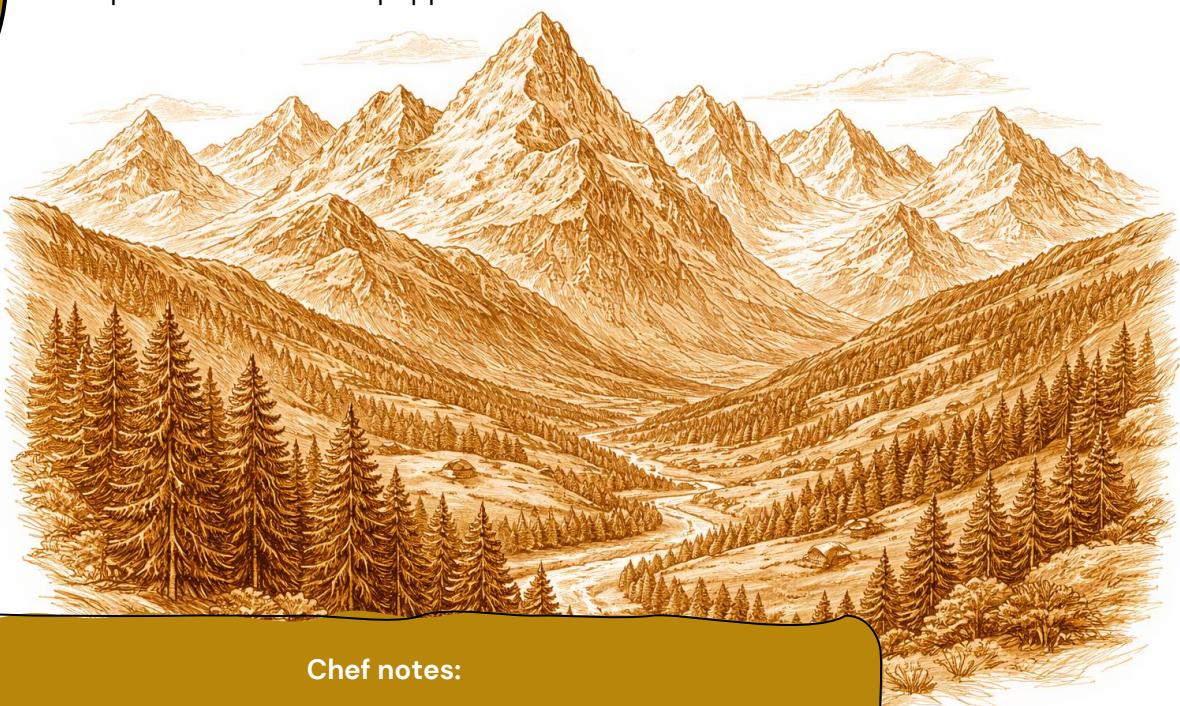
Sage: dried works, but fresh is much better (often available as "salvie").

Parmesan: Grana Padano also works.

Steps



1. Toast nuts in a dry pan 2-3 minutes until lightly golden. Reserve.
2. Brown butter base: in a large pan, melt butter + olive oil. Add sage + garlic. Cook until butter turns amber and smells nutty (watch closely).
3. (Optional) Crisp pancetta/prosciutto in a separate pan and reserve with the nuts.
4. Lower heat and pour in cream. Simmer 3-4 minutes to thicken slightly.
5. Off the heat, add parmesan gradually, stirring until smooth and glossy.
6. Add lemon zest and lots of black pepper. Salt only if needed.
7. Cook ravioli in boiling salted water. Add gnocchi 1-2 minutes before the ravioli finish (fresh gnocchi cook fast). Reserve a ladle of pasta water.
8. Transfer pasta into the sauce, add a splash of pasta water to loosen and coat. Adjust texture: nappé, not soup.
9. Serve with toasted nuts, optional crispy pancetta, extra parmesan and black pepper.



Chef notes:

If the butter goes too dark, start again – burnt butter dominates.

A splash of pasta water fixes almost everything.



Tonkatsu

Japanese crispy pork cutlet (double-fry)

Panko "cloud" crust, juicy pork, and a punchy homemade tonkatsu sauce. Restaurant crunch at home.

SERVINGS: 2

PREPPING TIME: 25 MIN

COOKING TIME: 10 MIN

Ingredients

Pork & breading

- 2 pork chops/loin cutlets, 180–220 g each, 1.5–2 cm thick
- Fine salt (about 1 tsp total) + black pepper
- 40 g flour
- 2 eggs + 1 tbsp water, beaten
- 80–100 g panko breadcrumbs
- Neutral frying oil (rapeseed/peanut), enough for 3–4 cm depth

Homemade tonkatsu sauce

- 60 g ketchup (4 tbsp)
- 2 tbsp Worcestershire sauce
- 1 tbsp oyster sauce
- 1 tsp soy sauce
- 1 tbsp mirin (or 1 tbsp sugar + 1 tsp water)
- 1 tsp sugar
- (Optional) 1/2 tsp mild mustard + 1 tsp rice vinegar, for extra balance

To serve (recommended)

- Finely shredded white cabbage (very crisp)
- Cooked Japanese rice
- Lemon wedges

Denmark-friendly swaps:

Pork cutlets: look for "svinekoteletter" or "svinekam" slices, 1.5–2 cm thick.

Panko is widely available in Denmark (Asian aisle / Asian stores).

Mirin: replace with sugar + water (or a tiny splash of apple juice).

Rapeseed oil ("rapsolie") is perfect for frying.

Steps

1. Prep pork: score the fat edge every 2 cm so it doesn't curl. Lightly pound to an even thickness (~1.5 cm).
2. Pre-salt: salt both sides and rest 15–30 minutes at room temperature (juicier result). Pepper later.
3. Make sauce: mix all sauce ingredients in a bowl. Taste and adjust sweetness/acidity.
4. Cabbage (optional but great): shred very finely, rinse briefly in cold water, then soak 10 minutes in ice water. Drain and dry well.
5. Breading: pat pork dry, pepper. Dredge in flour (shake off excess), dip in egg, then coat generously with panko without pressing (keep it airy).
6. Rest breaded pork 5–10 minutes on a rack (or in the fridge) so the coating adheres.
7. First fry: heat oil to 170°C. Fry one cutlet at a time 3–4 minutes, flip, then 2–3 minutes. Color should be pale golden. Drain on a rack 3–4 minutes.
8. Second fry: raise oil to 185–190°C. Fry 45–60 seconds until deep golden and very crisp. Rest 2–3 minutes on a rack.
9. Slice into 2 cm strips. Serve over cabbage with sauce on the side, rice, and lemon.



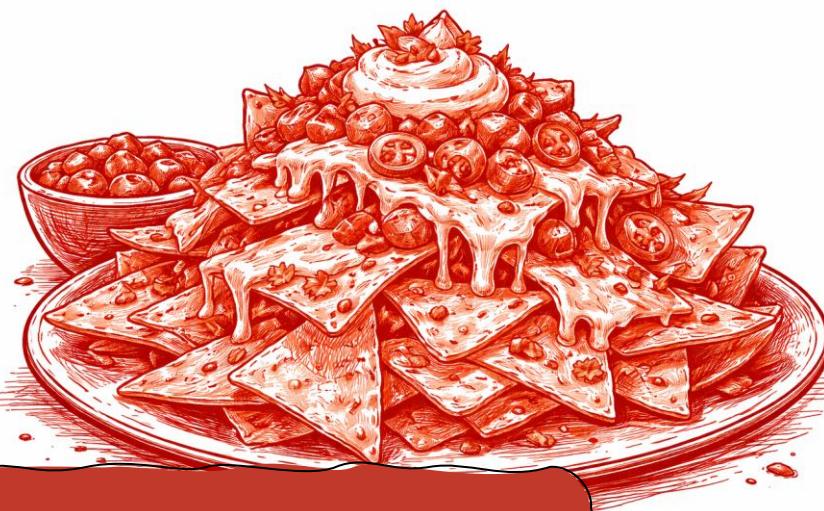
Chef notes:

Rack > paper towels: it keeps the crust crisp instead of steaming.

Don't compact the panko – air is crunch.

Target core temp: 63–68°C. Overcooked tonkatsu turns dry fast.

Shortcut for even browning: toss 1 tbsp oil into the panko before breading (optional).



Nachos

Loaded chicken nachos (*guacamole + pico*)

A sharing tray: spiced chicken, melty cheese, fresh guac and pico. Perfect movie-night food.

SERVINGS: 3

PREPPING TIME: 20 MIN

COOKING TIME: 10 MIN

Ingredients

Nachos basee

- 1 large bag tortilla chips
- 2 chicken breasts (or 350–450 g)
- 2 onions (1 for cooking, 1 for pickles/raw/pico)
- 1 bell pepper (optional)
- 2 garlic cloves
- 1 tbsp oil
- Spices: 2 tsp paprika, 1 tsp cumin, 1 tsp oregano, 1/2 tsp chili (or less), salt/pepper
- 1 lime (or 1/2 lemon)
- 150–250 g grated cheese (cheddar ideal; emmental/mozzarella ok)
- Optional: 1 can beans + corn

Guacamole

- 2 ripe avocados
- 1/2 onion (or red onion), finely chopped
- 100–200 ml creme fraiche / heavy cream
- 1 tomato (optional)
- Coriander (optional)
- 1 lime, salt, pepper
- Optional: 1 small garlic clove

Pico de gallo

- 2 tomatoes, diced
- 1/2 onion, finely chopped
- 1 lime, salt
- Optional: coriander, jalapeno

Optional quick queso

- 20 g butter + 20 g flour
- 250 ml milk
- 150–200 g cheddar
- 1/2 tsp paprika
- Optional: 1/2 tsp chili

Denmark-friendly swaps:

Creme fraiche is a great substitute for sour cream.

Beans: black beans or kidney beans both work.

Steps



1. Cook chicken & onions: sauté sliced onion (and pepper) with oil + a pinch of salt 8–10 minutes until soft and lightly golden. Add garlic 30 seconds.
2. Add diced chicken + spices, cook 6–10 minutes until done. Finish with a squeeze of lime. (Optional: a tiny spoon of honey to caramelize onions.)
3. Guacamole: mash avocados. Add onion, lime juice, salt/pepper, optional tomato/coriander/garlic. Stir in crème fraîche until creamy.
4. Pico: mix diced tomatoes + onion + lime juice + salt (and optional coriander/chili). Rest 5 minutes.
5. Assemble: on a tray, layer chips → some cheese → chicken → more cheese. Bake at 200°C for 6–10 minutes until melted.
6. Serve: add pico and optional raw onion/coriander/jalapeños. Serve guacamole on top or on the side (never bake it).
7. Optional queso: make a quick roux (butter+flour), whisk in milk to thicken, then melt cheddar in gently. Pour over at the end.



Chef notes:

Don't overload the tray with wet toppings before baking – keep chips crunchy.

The lime at the end is the flavor "wake-up".



Frites maison

Homemade fries (ultra-crispy)

Crispy outside, fluffy inside: the cooling step between fries is the real secret.

SERVINGS: 4

PREPPING TIME: 25 MIN

COOKING TIME: 15 MIN

Ingredients

Main

- 1.2-1.5 kg potatoes (starchy is best: Agria, Bintje – in Denmark look for "bagekartofler")
- 2-3 L neutral frying oil (rapeseed/peanut)
- Fine salt (+ flaky salt at the end, optional)
- Optional: 1 tbsp white vinegar for the parboil
- Optional: 30 g cornstarch for extra crisp

Denmark-friendly swaps:

Rapeseed oil (rapsolie) is perfect in Denmark.

If you don't have a thermometer: listen

- the fry sound gets quieter when fries are done.

Steps



1. Cut potatoes into 10–12 mm batons. Rinse in cold water until the water runs clear.
2. Parboil (best texture): simmer in salted water + 1 tbsp vinegar for 5–7 minutes (edges tender but not falling apart). Drain and steam-dry 5 minutes.
3. Chill: refrigerate 30 minutes (or freezer 15–20 minutes). Optional: toss very lightly with cornstarch once cold.
4. First fry: 150°C, 5–6 minutes per batch. Fries should not color. Drain on a rack. Cool 15–30 minutes.
5. Second fry: 185–190°C, 2–4 minutes until deep golden. Drain and salt immediately.
6. Serve right away (a warm bowl helps). Optional: a pinch of sweet paprika or Espelette pepper.



Chef notes:

Cooling between fries is the key to the crispy shell.

If you use less oil, fry smaller batches so temperature stays stable.

Airfryer option: toss with 1 tbsp oil + salt, 200°C for ~15 min (shake often) + 5–8 min more until crisp.





Sweet treats & baking

Tarte Tatin

Gâteau banane-chocolat

Financiers

Gaufres liégeoises

Crêpes

Panna cotta

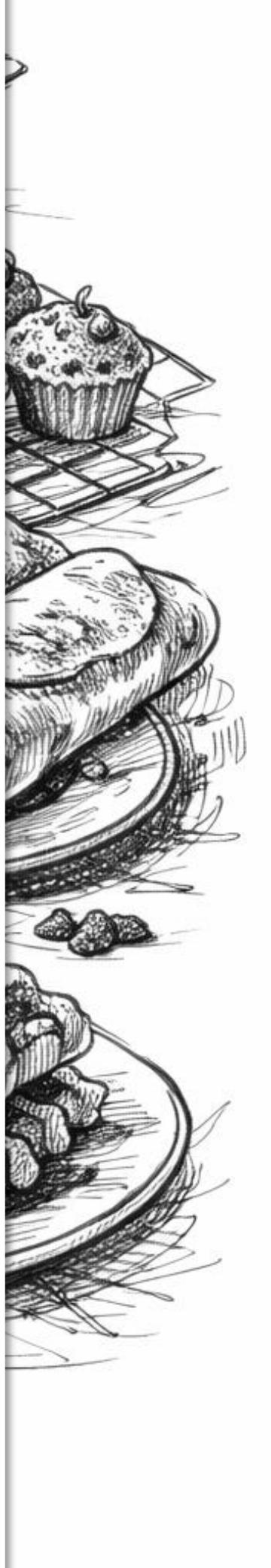
Clafoutis poires-amandes

Poires pochées au vin rouge

Amaretti morbidi

Biscotti amandes & orange

Popcorn caramel





Tarte Tatin

Upside-down caramelized apple tart

Deep amber caramel + apples packed tight = the classic French apple tarte with a glossy, nutty sauce.

SERVINGS: 6

PREPPING TIME: 20 MIN

COOKING TIME: 55 MIN

Ingredients

Main

- 1 disk all-butter puff pastry (26–28 cm)
– or a sheet you can trim
- 1.2–1.4 kg apples (firm, tart-sweet)
- 170–200 g sugar (adjust to apple acidity)
- 80 g salted butter (or unsalted + a good pinch of salt)
- 1 tbsp lemon juice (or 1/2 tsp cider vinegar)
- 1 vanilla bean (or 1/2 tsp vanilla extract), optional

To serve

- Creme fraiche / thick cream or vanilla ice cream

Denmark-friendly swaps:

Puff pastry: in Denmark, buy "butterdej" and choose an all-butter version if possible.

Great Danish-friendly apples: Ingrid Marie, Elstar, Jonagold, Braeburn (choose firm ones).

If you don't have an oven-proof pan, build in a regular pan then carefully transfer to a buttered cake tin.

Steps

1. Prep apples: peel, core, cut in halves (large apples) or quarters (medium). Keep chilled while you make caramel.
2. Preheat oven to 200°C (fan). Use a heavy oven-proof pan (22–24 cm) or a Tatin mold.
3. Caramel: spread sugar in an even layer in the pan over medium heat. Let it melt and turn a deep amber (nutty, not burnt).
4. Off the heat, whisk in butter carefully (it will bubble), then add lemon juice (or vinegar) and vanilla if using.
5. Return to low heat and pack apples very tightly, rounded side down. Fill gaps with extra pieces.
6. Cook on the stove 10–15 minutes: apples soften slightly and release juice; caramel thickens around them.
7. Lay puff pastry over apples, tuck edges down like a blanket, and prick lightly with a fork.
8. Bake 25–35 minutes until pastry is deeply golden and caramel is bubbling at the edges.
9. Rest 5–7 minutes (no longer), run a spatula around the edge, then flip onto a serving plate in one confident move.
10. If caramel is too runny: put the pan back on medium heat 2–3 minutes to reduce, then spoon over the tart.

Chef notes:

Caramel color is everything: go for a real amber before adding butter – it tastes nutty and not overly sweet.

Pack apples tighter than you think: they shrink as they cook.

Flip timing matters: too early and it floods; too late and it sticks.



Gâteau banane-chocolat

Banana-chocolate loaf cake

Ultra-moist: banana + yogurt + butter + oil. Even better the next day.

SERVINGS: 8

PREPPING TIME: 15 MIN

COOKING TIME: 50 MIN

Ingredients

Wet

- 3 very ripe bananas
- 120 g sugar (half brown, half white is great)
- 2 eggs
- 80 g melted butter (warm, not hot)
- 40 g neutral oil
- 150 g Greek yogurt (or thick plain yogurt)
- 1 tsp vanilla extract
- A pinch of salt

Dry

- 220 g flour
- 40 g ground almonds (optional but recommended)
- 30-35 g unsweetened cocoa powder
- 10-11 g baking powder
- 1/2 tsp baking soda

Finish

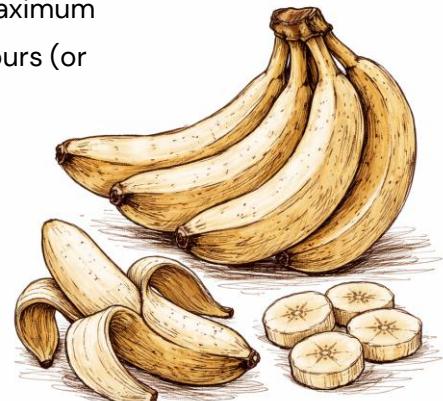
- 120-150 g dark chocolate chips (or chopped chocolate)
- Optional: cinnamon or tonka bean
- Optional: banana slices + extra chips for the top

Denmark-friendly swaps:

Ground almonds are easy to find as "mandelmel" in Denmark.

Steps

1. Heat oven to 170°C. Grease and flour a loaf pan (or line with parchment).
2. Mash bananas with a fork.
3. Whisk in sugar, eggs, yogurt, vanilla, melted butter and oil until smooth.
4. In another bowl, mix flour, cocoa, ground almonds, baking powder, baking soda and salt.
5. Fold dry into wet just until combined (don't overmix).
6. Fold in chocolate chips (save a handful for the top).
7. Bake 45–55 minutes. A skewer should come out with a few moist crumbs, not wet batter. If top browns too fast, cover with foil.
8. Cool 10–15 minutes in the pan, then on a rack. For maximum moistness: once almost cool, wrap and rest a few hours (or overnight).



Chef notes:

Use bananas that look almost "too far" – that's where the sweetness is.

Stop mixing as soon as flour disappears: it keeps the crumb tender.



Financiers

Financiers (brown-butter almond cakes)

Small French cakes with a crisp edge and soft almond center.

SERVINGS: 12 (muffin)

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

Main

- 100 g butter (for brown butter)
- 120 g ground almonds (mandelmel)
- 160 g powdered sugar (flormelis)
- 40-50 g flour
- 1 g salt
- 4 egg whites (about 140 g), room temperature
- Optional: lemon zest, 1 tsp vanilla, sliced almonds for topping

Denmark-friendly swaps:

Powdered sugar is "flormelis" in Denmark.

Ground almonds is "mandelmel".

Steps

1. Make brown butter: melt butter 5–6 minutes until nutty and amber. Pour into a bowl to stop cooking. Let it cool to warm.
2. Mix dry: ground almonds + powdered sugar + flour + salt.
3. Add egg whites (not whipped) and whisk to a smooth batter. Stir in warm brown butter (plus zest/vanilla if using).
4. Chill 30–60 minutes (best overnight for the perfect little dome).
5. Bake at 180°C: fill molds 3/4 full, top with sliced almonds, bake 12–15 minutes (mini: 10–12).
6. Cool 10 minutes, then unmold onto a rack. Store airtight.



Chef notes:

Brown butter is the whole point – stop when it smells like hazelnuts.



Gaufres liégeoises

Liege waffles (pearl sugar)

Thick yeast waffles with caramelized pearl sugar – dangerously good.

SERVINGS: 8

PREPPING TIME: 20 MIN

COOKING TIME: 3–5 MIN EACH

Ingredients

Main

- 375 g flour
- 220 ml warm milk
- 7 g dry yeast (or 20 g fresh)
- 2 eggs
- A pinch of salt
- 1 sachet vanilla sugar (or 1 tsp vanilla)
- 150 g soft butter (not melted)
- 200 g pearl sugar ("sukkerperler")

Denmark-friendly swaps:

Pearl sugar is usually sold as "sukkerperler" in Denmark.

They reheat amazingly in a toaster.

Steps

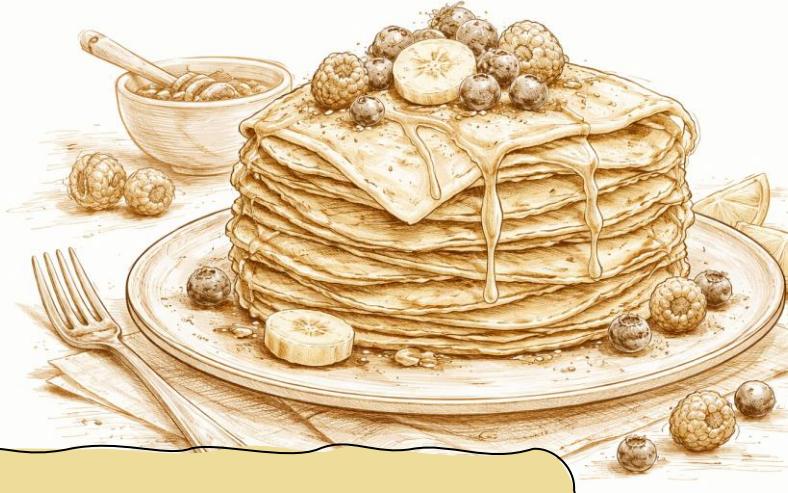
1. Activate yeast: mix yeast with warm milk + 1 tsp sugar. Rest 10 minutes until foamy.
2. Mix flour + salt + vanilla sugar. Add eggs and yeast-milk, mix into a sticky dough.
3. Knead in soft butter little by little until smooth and elastic.
4. Cover and proof 1 hour in a warm place (until doubled).
5. Deflate gently and mix in pearl sugar without overkneading. Rest 15–20 minutes.
6. Heat waffle iron hot. Shape 100 g balls (small fist size), cook 3–5 minutes until deeply golden and caramelized.



Chef notes:

Let waffles cool on a rack to keep them crisp.

Pearl sugar is molten lava when hot – don't clean the iron immediately.



Crêpes

Crêpes batter (sweet or savory)

Thin and flexible: perfect with sugar/lemon, jam, Nutella or ham/cheese.

SERVINGS: 12

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

Ingredients

Pasta & sauce

- 250 g flour
- 3 eggs
- 500 ml milk
- 2 tbsp sugar (optional, skip for savory)
- A pinch of salt
- 2 tbsp neutral oil (or 40 g melted butter)
- Optional: 1 tbsp rum, orange blossom, or vanilla

Denmark-friendly swaps:

In Denmark, "pandekager" pans are great, but any non-stick pan works.

Steps

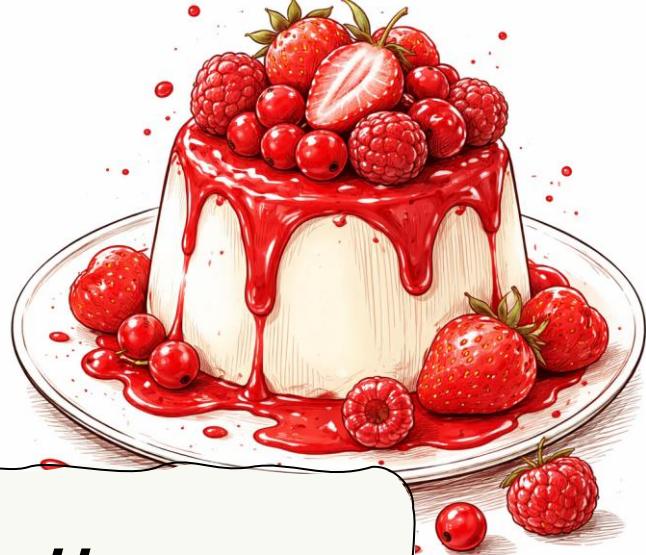
1. Put flour in a bowl and make a well.
2. Add eggs, sugar (if using) and salt. Start mixing gently.
3. Add milk gradually while whisking to avoid lumps.
4. Add oil (or melted butter) and your chosen aroma.
5. Rest batter 30 minutes to 1 hour for better texture.
6. Cook in a hot lightly oiled pan: pour a small ladle, swirl, cook ~1 minute per side until lightly golden.



Chef notes:

If batter is too thick, add a splash of milk.

For super smooth batter, strain it once.



Panna cotta

Vanilla panna cotta

Simple and silky. You control the texture by adjusting gelatin.

SERVINGS: 2

PREPPING TIME: 10 MIN

COOKING TIME: 5 MIN

Ingredients

Main

- 250 ml heavy cream (30–35%)
- 50 ml whole milk
- 30 g sugar
- 1/2 vanilla bean (or 1 tsp vanilla paste/extract)
- 2 g gelatin (powder + cold water, or leaves to total 2 g)
- Tiny pinch of salt

Optional quick berry coulis

- 150 g berries
- 25 g sugar
- 1 tsp lemon juice

Denmark-friendly swaps:

Gelatin leaf sizes vary – check the weight on your package.

Steps

1. Bloom gelatin: powder – sprinkle over cold water 10 minutes (don't stir). Leaves – soak in very cold water 10 minutes, then squeeze.
2. Heat cream + milk + sugar + vanilla + tiny pinch of salt until just steaming (don't boil). Infuse 5 minutes off heat.
3. Let cool to about 65°C (2–3 minutes), then whisk in gelatin until dissolved. Strain for perfect smoothness.
4. Pour into 2 glasses. Cool 10 minutes, then refrigerate at least 3 hours (ideal 4–6).
5. Optional coulis: mash berries with sugar + lemon, warm 2 minutes, cool, spoon on top before serving.



Chef notes:

For softer panna cotta: use 1.6–1.8 g gelatin. For firmer: 2.2 g.

Never boil after adding gelatin.





Clafoutis poires-amandes

Pear & almond clafoutis

*A custardy bake, halfway between flan and cake.
Best served warm.*

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 35 MIN

Ingredients

Main

- 4 ripe but firm pears (Conference/Comice)
- 3 eggs
- 90 g sugar
- 80 g flour
- 40 g ground almonds
- 250 ml whole milk
- 50–60 g melted butter + extra for the dish
- 1 tsp vanilla (or seeds of 1/2 vanilla bean)
- A pinch of salt
- 25–30 g sliced almonds (optional)
- Powdered sugar to finish (optional)

Denmark-friendly swaps:

Conference pears are very common in Denmark – perfect for this.



Steps

1. Heat oven to 180°C. Butter a 24–26 cm dish.
2. Whisk eggs + sugar, add vanilla + salt. Whisk in flour + ground almonds.
3. Add milk + melted butter (warm, not hot).
4. Peel and core pears, cut into large wedges. Arrange in dish, pour batter, top with sliced almonds.
5. Bake 30–35 minutes until golden and the center is set but still tender. Rest 10 minutes.
6. Serve warm with powdered sugar (optional honey drizzle or a spoon of creme fraiche).



Chef notes:

Clafoutis is best slightly warm, not piping hot.



Poires pochées au vin rouge

Red wine poached pears

Elegant and simple: pears slowly poached in spiced wine, finished with a glossy syrup.

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 25 MIN

Ingredients

Main

- 4 firm pears (Conference/Comice)
- 750 ml red wine (similar style to coq au vin)
- 150-180 g sugar (to taste)
- 1 vanilla bean (or 1 tsp vanilla)
- 1 cinnamon stick
- 2 star anise (optional)
- A few strips of orange or lemon zest
- 1 tbsp lemon juice
- To serve: vanilla ice cream or creme fraiche / whipped cream

Denmark-friendly swaps:

If you want less alcohol: poach longer and reduce more

- alcohol cooks off with time.

Steps

1. Peel pears, keeping the stems. Keep whole or halve and core. Sprinkle with a little lemon juice.
2. In a wide pot, combine wine + sugar + vanilla + cinnamon + star anise + citrus zest. Bring to a gentle simmer.
3. Add pears (mostly submerged; add a little water if needed). Simmer gently 20–30 minutes, turning occasionally, until tender.
4. Remove pears carefully. Reduce poaching liquid until syrupy and glossy. Remove spices/zest.
5. Serve pears warm or room temp with syrup and ice cream/creme fraiche/chantilly.



Chef notes:

Gentle simmer keeps pears intact and the syrup clean.



Amaretti morbidi

Soft amaretti (gluten-free)

Crackly outside, soft inside. Small cookies with a big almond perfume.

SERVINGS: 24

PREPPING TIME: 10 MIN

COOKING TIME: 18 MIN

Ingredients

Main

- 250 g ground almonds
- 180 g caster sugar
- 40 g powdered sugar (+ extra for coating)
- 2 egg whites (70–80 g)
- A pinch of salt
- 1/2 tsp bitter almond extract (go easy – strong)
- Optional: zest of 1/2 lemon

Denmark-friendly swaps:

Bitter almond extract is strong – start with less and taste the dough.

Steps

1. Heat oven to 170°C (fan). Mix ground almonds + sugars + salt.
2. Whip egg whites to soft peaks. Fold in extract + zest, then fold in dry mix. Dough is sticky (normal). Rest 10 minutes.
3. Shape ~20 g balls, roll in powdered sugar, place spaced on a tray. Pinch the top slightly for the classic shape.
4. Bake 15–18 minutes: crackly, set edges, soft center.
5. Store airtight 7–10 days.



Chef notes:

Variations: add 50 g chopped pistachios, or swap aroma for orange blossom.



Biscotti amandes & orange

Almond & orange biscotti

Crunchy twice-baked cookies – perfect with coffee or tea (or in a thermos on a hike).

SERVINGS: 30

PREPPING TIME: 15 MIN

COOKING TIME: 45 MIN

Ingredients

Main

- 250 g flour
- 150 g sugar
- 1 tsp baking powder (about 4 g)
- A pinch of salt
- 2 large eggs (about 110 g without shell)
- 60 g melted butter (optional but richer)
- 1 tsp vanilla extract
- Zest of 1 orange (or 1 lemon)
- 150 g whole almonds, lightly toasted

Denmark-friendly swaps:

If you can't find whole almonds, use chopped – just toast them briefly.

Steps

1. Lightly toast almonds 8–10 minutes at 150°C, cool, roughly chop.
2. Mix flour, sugar, baking powder, salt. In another bowl whisk eggs, melted butter, vanilla and zest.
3. Combine wet into dry to a thick slightly sticky dough. Fold in almonds.
4. Flour hands and shape two logs (about 30 x 5 cm). Bake at 170°C (fan) for 25 minutes.
5. Cool 10 minutes. Slice diagonally 1–1.5 cm thick. Lay slices flat and bake 10 minutes, flip and bake 8–10 minutes until dry and crisp.
6. Cool fully on a rack. Store airtight 2–3 weeks.



Chef notes:

Variations: replace 70 g almonds with chopped dark chocolate; or add anise seeds.



Popcorn caramel

Ultra-crispy caramel popcorn (not sticky)

Airy caramel + a low oven dry-out = snappy clusters that stay crisp for days.

SERVINGS: 8

PREPPING TIME: 10 MIN

COOKING TIME: 60 MIN

Ingredients

Popcorn

- 100 g popcorn kernels (\approx 1/2 cup)
- 2 tbsp neutral oil

Caramel

- 120 g brown sugar (light)
- 60 g glucose syrup (or mild honey) – anti-crystallization
- 60 g butter
- 1/2 tsp fine salt
- 1/2 tsp vanilla extract
- 1/4 tsp baking soda (essential for aeration)

Denmark-friendly swaps:

Baking soda: "natron".

Glucose syrup: look for "glukosesirup" (baking aisle) – or use mild honey.

Brown sugar: "brun farin" works perfectly.

Steps



1. Pop the corn: heat oil with 2 test kernels, then add the rest. Keep the lid slightly ajar to let steam escape, and shake the pot occasionally. Transfer popcorn to a very large bowl (remove any unpopped kernels).
2. Preheat oven to 120°C (fan). Line a baking tray with parchment.
3. Make caramel: in a saucepan, melt butter + brown sugar + glucose/honey + salt. Bring to a boil and cook 3–5 minutes to 120–125°C (soft crack). Don't stir much – just swirl the pan if needed.
4. Off the heat, add vanilla, then immediately whisk in baking soda (it will foam – that's the magic).
5. Pour caramel over popcorn right away and toss quickly to coat as evenly as possible.
6. Spread on the tray and bake 30–45 minutes, stirring every 10–15 minutes. This dries the caramel and separates clusters.
7. Cool completely on the tray, then break into pieces. Store airtight.



Chef notes:

The oven step is what kills the sticky chew – it turns the coating into a dry, crisp shell.

Baking soda makes the caramel lighter and less tooth-breaking. Skip it and you get a harder, stickier candy coat.

No thermometer? After a stable rolling boil, wait 1–2 minutes, then drop a bit in cold water: it should form a firm but bendable thread.

Popcorn rescue: if it turns soft, re-crisp 5–8 minutes at 100°C, spread out, then cool.

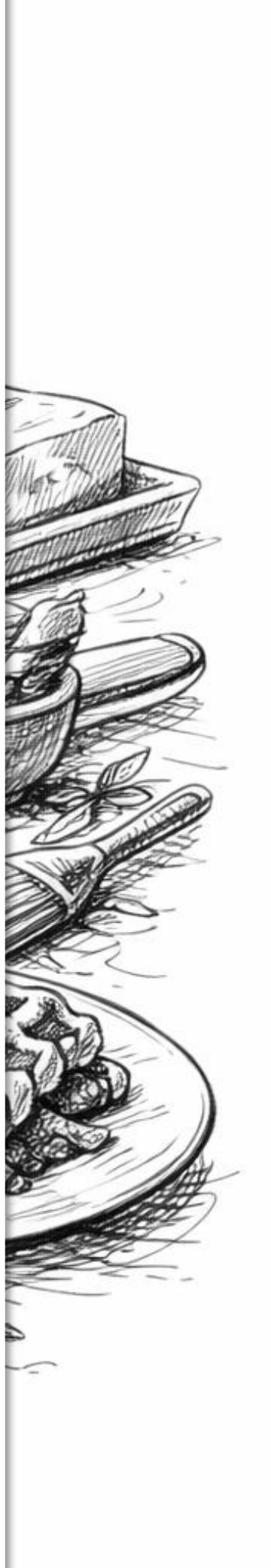


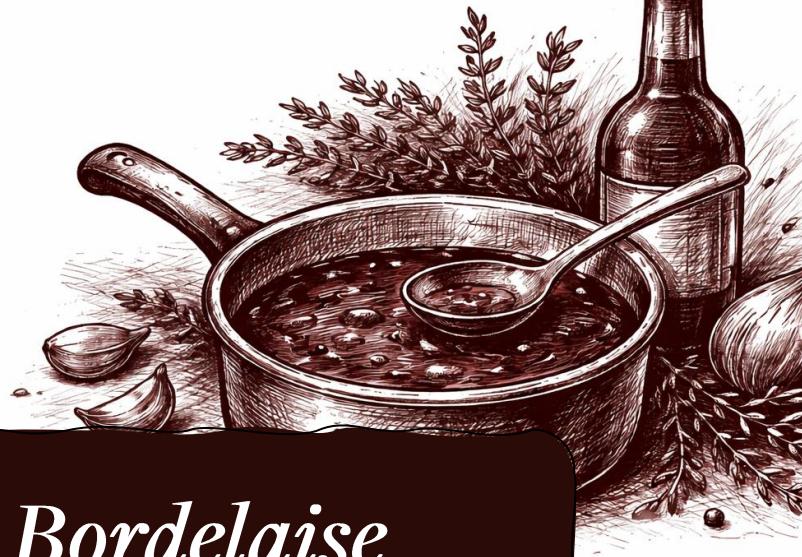


Basics & finishing touches

Sauce Bordelaise

Chantilly





Sauce Bordelaise

Red wine & bone marrow sauce

A classic French steak sauce: wine reduction + demi-glace, finished with bone marrow and cold butter for shine.

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 35 MIN

Ingredients

Base

- 250 ml red wine (Bordeaux style, not too tannic)
- 2 large shallots, very finely minced
- 1 bay leaf + 2-3 thyme sprigs
- 1/2 tsp cracked black pepper

Body & finish

- 300 ml demi-glace (beef/veal) or very strong reduced beef stock
- 40-60 g bone marrow (optional but the signature)
- 25-35 g cold butter, diced
- Fine salt (taste first – demi-glace can be salty)
- (Optional) a pinch of lemon juice or vinegar, to balance
- (Optional) chopped parsley

Denmark-friendly swaps:

Bone marrow: ask a butcher for "marvben" (then scoop the marrow).

No demi-glace? Use a high-quality beef stock and reduce hard; a pinch of gelatin can help the glossy body.

Shallots are widely available as "skalotteløg" in Denmark.

Choose a softer red (Merlot/Côtes du Rhône) if Bordeaux feels too tannic.

Steps

1. Optional marrow prep: soak marrow in cold salted water 20–30 minutes, then blanch 30–45 seconds in simmering water. Cool and dice.
2. In a saucepan, combine wine + shallots + thyme/bay + cracked pepper. Simmer and reduce until syrupy and almost dry (you should see the pan bottom when you drag a spoon).
3. Add demi-glace (or strong beef stock) and simmer 10–15 minutes until glossy and coating (nappé).
4. Strain for a restaurant-smooth sauce (optional but recommended). Return to low heat.
5. Off the heat, whisk in cold butter a few cubes at a time to emulsify and add shine.
6. Warm marrow cubes in the sauce (do not boil hard). Adjust salt and add a tiny touch of acid if needed. Finish with parsley if you like.



Chef notes:

Reduce the wine hard: that concentrated shallot-wine base is the whole Bordelaise personality.

Keep the final sauce below a boil once butter is in – boiling can split the emulsion.

Demi-glace is the shortcut to “restaurant depth”. If using stock, reduce it until it’s naturally gelatinous.

No alcohol option (different but good): reduce 250 ml strong beef stock with 2 tbsp red grape juice + 1 tbsp balsamic, then proceed the same way.



Chantilly

French whipped cream

The whole secret is cold: cold cream, cold bowl, cold beaters.

SERVINGS: 4

PREPPING TIME: 5 MIN

COOKING TIME: 0 MIN

Ingredients

Main

- 250 ml heavy cream (minimum 30% fat; 35% is ideal)
- 25–30 g powdered sugar (to taste)
- Optional: 1/2 tsp vanilla extract, or vanilla sugar

Denmark-friendly swaps:

In Denmark, look for "piskefloede" (whipping cream).

Steps



1. Chill everything: cream in the fridge (at least 4 hours), plus bowl + beaters in the fridge/freezer 10–15 minutes.
2. Pour cold cream into the cold bowl.
3. Whip on medium speed until slightly thickened, then increase speed.
4. When texture looks like thick yogurt, add powdered sugar gradually (and vanilla).
5. Stop at firm-but-supple peaks (a peak holds without drooping too much). Don't overwhip or it turns grainy and heads toward butter.



Chef notes:

For very stable whipped cream (piping): whip with 100 g mascarpone + 200 ml cream + 30 g powdered sugar.

Make 1–2 hours ahead and keep cold. If it softens, a quick whisk fixes it.

Bon appétit !

