

# The Recipes

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# Breakfasts

# Crepe Pancakes

Serves 1

15 minutes

Source: [\[66\]](#)

1 egg  
1 c milk  
 $\frac{1}{2}$  c flour

1. Mix ingredients together.
2. Fry at 400 F.

# Blueberry Muffins

Makes 16 muffins

30 minutes

Source: [\[6\]](#)

- 360 g plain flour
- 370 g caster sugar
- 1 1/2 tsp baking powder
- 1 tsp baking soda
- 375 ml buttermilk
- 1 egg
- 1/2 tsp vanilla extract
- 70 g unsalted butter
- 250 g blueberries

1. Preheat oven to 180 °C.
2. Mix dry ingredients and wet ingredients separately. Combine. Bake in muffin tins.
3. Bake for 20–25 minutes.

# Buttermilk Pancakes

Makes 9 pancakes

10 minutes

Source: [\[63\]](#)

1 c	all-purpose flour
1 tsp	sugar
$\frac{1}{2}$ tsp	salt
$\frac{3}{4}$ tsp	double-acting baking powder
$\frac{1}{2}$ tsp	baking soda
1	egg
1 c	buttermilk or yogurt
2 Tbsp	melted butter

1. Sift the dry ingredients into a large bowl.
2. In a smaller bowl beat the egg until light. Add and beat the buttermilk and melted butter.
3. Make a well in the dry ingredients and Mix in the liquid with a few swift strokes. (Beating it will cause the batter to be tough.) If it is too thick, stir in some milk.
4. Drop onto a hot buttered griddle. The griddle is hot enough if a drop of water dances on its surface. If the water sits and boils, the griddle is not hot enough. If it disappears, it is too hot. When bubbles appear on the upper surface of the pancakes, but before the bubbles break, turn the pancakes. Only turn once. Remove from pan when second side is done, about half as long as required for the first side.
5. Serve at once. If this is not possible, store in a 200 °F oven on a towel-covered baking sheet. Do not stack, as off-gassing will make the pancakes flabby.
6. Serve with maple syrup and extra butter.

## Blueberry Ricotta Pancakes

Serves 3–4

Makes 8

15 minutes

Source: [\[74\]](#)

250 g	ricotta
4 Tbsp	caster sugar
3	eggs, separated
1	orange zest
28 g	melted butter (2 Tbsp)
50 g	flour
100 g	blueberries

1. Begin beating egg whites slowly.
2. In a large bowl, mix the ricotta, caster sugar, and egg yolks. Grate the orange into the bowl and stir it in gently with the melted butter.
3. Sift in the flour and carefully fold in.
4. Beat the egg whites until stiff, then fold them lightly into the ricotta. Carefully fold in the blueberries.
5. Warm a non-stick frying pan over a moderate heat, brush with a little butter, then place a heaped tablespoon of mixture into the pan, and another two or three depending on the size of your pan. Cook for a minute or two till they have risen slightly and the underside has coloured, then, using a palette knife, flip them over. Do this as if you mean it, or they will collapse as you turn them. A further few minutes cooking, then serve immediately.

# Whole Wheat Pancakes

Makes 9 pancakes

10 minutes

Source: [\[63\]](#)

1/2 c	all-purpose flour
1/2 tsp	salt
1/2 tsp	double-acting baking powder
3/4 tsp	baking soda
1 c	finely milled whole wheat flour
2 Tbsp	sugar, honey, or molasses
1	egg
2 c	buttermilk or yogurt
2 Tbsp	melted butter

1. Sift into a large bowl the all-purpose flour, salt, and leavening. Stir in whole wheat flour.
2. In a smaller bowl combine and beat the sugar, egg, buttermilk, and melted butter.
3. Make a well in the dry ingredients and Mix in the liquid with a few swift strokes. (Beating it will cause the batter to be tough.) If it is too thick, stir in some milk.
4. Drop onto a hot buttered griddle. The griddle is hot enough if a drop of water dances on its surface. If the water sits and boils, the griddle is not hot enough. If it disappears, it is too hot. When bubbles appear on the upper surface of the pancakes, but before the bubbles break, turn the pancakes. Only turn once. Remove from pan when second side is done, about half as long as required for the first side.
5. Serve at once. If this is not possible, store in a 200 °F oven on a towel-covered baking sheet. Do not stack, as off-gassing will make the pancakes flabby.
6. Serve with maple syrup and extra butter.



## Herb and Onion Savory Waffles

Serves 3

15 minutes

Source: [\[74\]](#)

2 large eggs, separated  
1  $\frac{3}{4}$  c milk  
90 g butter (6 Tbsp), melted  
2 c flour  
 $\frac{1}{2}$  tsp salt  
1 Tbsp baking powder  
2 Tbsp grated onion  
 $\frac{1}{2}$  tsp sage  
 $\frac{1}{2}$  tsp thyme  
1 Tbsp freshly chopped parsley

1. Heat waffle iron.
2. Beat egg whites until stiff. Set aside.
3. In a medium bowl, combine egg yolks, milk, and melted butter. Add flour, salt, and baking powder. Stir to blend well. Add the onion and spices. Fold in the egg whites.
4. Oil or butter the iron if necessary. Ladle enough batter to cover two-thirds of the grid. Close and cook until steam stops, about five minutes.

## Waffles

Makes 9

15

Source: [\[63\]](#)

$1\frac{3}{4}$  c cake flour  
2 tsp double-acting baking powder  
 $\frac{1}{2}$  tsp salt  
1 Tbsp sugar  
3 eggs  
7 Tbsp butter, melted  
 $1\frac{1}{2}$  c milk

1. Heat a waffle iron.
2. Sift dry ingredients into a large bowl.
3. Separate eggs. Beat yolks until light. Add melted butter and milk. Make a well in the center of the dry ingredients and mix in the liquid with a few swift strokes. The batter should have a pebbled look, similar to a muffin batter. Add any mix-ins, see below.
4. Beat the egg whites until stiff. Fold into the batter until they are barely blended.
5. Cover the grid until it is about  $\frac{2}{3}$  covered. Cook about four minutes—steam will stop emerging from the iron when the waffle is done. If the top of the iron resists opening, the waffle is probably not done, cook slightly longer.
6. If the iron is, indeed, made of iron, it should be seasoned and then never washed (only brushed or wiped) and will need no additional oil or butter.
7. At high altitudes, use about  $\frac{1}{4}$  less baking powder or soda than recommended.

Optional mix-ins:

- $\frac{1}{2}$  c fresh fruit or berries
- $\frac{1}{4}$  c raisins or puréed dried fruit
- $\frac{1}{4}$  c grated semisweet chocolate
- $\frac{1}{4}$  c shredded sharp cheese

# Salads

## 101 Simple Salads for Summer

20 minutes

Source: [\[56\]](#)

The idea is roughly that these are simple summer salads that take under twenty minutes each to prepare and that offer a nice meal.

*(Those with meat or that I don't like are omitted, but I've kept the numbering for ease of reference.)*

### Mostly Vegan Salads

1. Cube watermelon and combine with tomato chunks, basil and basic vinaigrette. You can substitute peach for the watermelon or the tomato (but not both, O.K.?). You can also add bacon or feta, but there goes the vegan-ness.
2. Mix wedges of tomatoes and peaches, add slivers of red onion, a few red-pepper flakes and cilantro. Dress with olive oil and lime or lemon juice. Astonishing.
3. A nice cucumber salad: Slice cucumbers thin (if they're fat and old, peel and seed them first), toss with red onions and salt, then let sit for 20 to 60 minutes. Rinse, dry, dress with cider vinegar mixed with Dijon mustard; no oil necessary.
4. Shave raw asparagus stalks with a vegetable peeler. Discard the tough first pass of the peeler—i.e., the peel—but do use the tips, whole. Dress with lemon vinaigrette and coarse salt. (Chopped hard-boiled eggs optional but good.)
5. Grate or very thinly slice Jerusalem artichokes; mix with pitted and chopped oil-cured olives, olive oil, lemon juice and a sprinkling of coarsely ground cumin. Unusual and wonderful.
6. Sichuan slaw: Toss bean sprouts, shredded carrots and celery, minced fresh chili, soy sauce, sesame oil and a bit of sugar. Top with chopped peanuts and chopped basil, mint and/or cilantro. (The full trio is best.)
7. Grate carrots, toast some sunflower seeds, and toss with blueberries, olive oil, lemon juice and plenty of black pepper. Sweet, sour, crunchy, soft.
8. Chop or slice radishes (or jicama, or the ever-surprising kohlrabi) and combine with chopped or sliced unripe (i.e., still crunchy) mango, lime juice and mint or cilantro.

9. Chop or slice jicama (or radishes or kohlrabi) and mango and mix with coconut milk, lime juice, curry powder and cilantro or mint.
10. Cook whole grape tomatoes in olive oil over high heat until they brown lightly, sprinkling with curry powder. Cool a bit, then toss with chopped arugula, loads of chopped mint and lime juice.
11. Chop and steam baby or grown-up bok choy until crisp-tender, then shock it in ice water. Drain, then toss with halved cherry tomatoes, capers, olive oil and lemon juice.
12. Combine sliced fennel and prune plums; serve with vinaigrette spiked with minced ginger. Nice pairing.
13. A red salad: Combine tomato wedges with halved strawberries, basil leaves, shaved Parmesan and balsamic vinegar.
14. A classic Moroccan thing: Thinly slice carrots, or grate or shred them (the food processor makes quick work of this). Toss with toasted cumin seeds, olive oil, lemon juice and cilantro. Raisins are good in here, too. There is no better use of raw carrots.
15. Cut cherry or grape tomatoes in half; toss with soy sauce, a bit of dark sesame oil and basil or cilantro. I love this—the tomato juice-soy thing is incredible.
16. Slice fennel and crisp apple about the same thickness (your choice). Combine, then dress with mustardy vinaigrette and chopped parsley. Come fall, this will be even better.
17. With thanks to Szechuan Gourmet restaurant: Finely chop celery and mix with a roughly equal amount of pressed or smoked tofu, chopped. Dress with peanut oil warmed with chili flakes and Sichuan peppercorns, then mixed with soy sauce.
18. Roughly chop cooked or canned chickpeas (you can pulse them, carefully, in a food processor) and toss with olive oil, lemon juice, lots of chopped fresh parsley and mint, and a few chopped tomatoes. Call this chickpea tabbouleh.
19. Mix cooked cannellini or other white beans, chopped cherry or grape tomatoes and arugula or baby spinach. Lightly toast sliced garlic in olive oil with rosemary and red pepper flakes; cool slightly, add lemon zest or juice or both, then pour over beans.
20. Shred Napa cabbage and radishes. The dressing is roasted peanuts, lime juice, peanut or other oil, cilantro and fresh or dried chili, all whizzed in a

blender. Deliciousness belies ease.

21. Dice cucumbers (if they're fat and old, peel and seed them first) and toss with cubes of avocado, a little mirin (or honey, but then it's not vegan), rice vinegar and soy sauce. (You could mix in a little lump crab meat, really not vegan, even rice, and call it a California roll salad.)

22. Thinly slice button mushrooms; toss with finely chopped carrots and celery and mix with mung bean sprouts. Finish with peanut or olive oil, sherry vinegar, a little soy sauce and minced ginger. (This is a super vinaigrette, by the way.)

23. Thinly slice some cucumbers (if they're fat and old, peel and seed them first), red onions, radishes and fresh chili pepper. Soak for a few minutes in equal amounts vinegar and water, with some salt and sugar. When they taste lightly pickled, drain and serve, alone or over rice.

24. Blanch spinach, then drain and shock in ice water. Squeeze it dry, chop it and toss it with toasted pine nuts, raisins, olive oil and a tiny bit of balsamic vinegar. Capers are good, too. Quite elegant, actually.

25. Combine chopped bell peppers, tomatoes, red onion, chilies and cilantro, then toss with corn tortilla strips, toasted in a 350-degree oven until crisp (or yes, use packaged chips; why not?). Dust with chili powder and lots of lime juice.

26. Combine mushroom caps and thinly sliced red onions with olive oil; broil gently until tender and browned. Toss with a lot of chopped fresh parsley or basil (or both) and a simple vinaigrette. Some chopped escarole, arugula or watercress is good, too.

27. Cook whole, unpeeled eggplant in a dry, hot skillet or on a grill, turning occasionally, until completely collapsed and soft. Chop and toss with toasted pita, toasted pine nuts, cooked white beans and halved cherry tomatoes. Dress with olive oil, lemon juice and lots of black pepper. Or a (non-vegan) yogurt dressing is good, especially one laced with tahini.

28. Toss mâche or another soft green with toasted slivered almonds and roughly chopped fresh figs. Thin some almond butter with water and sherry vinegar to taste and use as a dressing. Some will like this with fresh goat cheese.

29. Pit and halve cherries (or halve and pit cherries), then cook gently with olive oil and a little balsamic vinegar until they break down. Toss with chopped radicchio, endive, escarole or a combination, some toasted hazelnuts and more oil and vinegar, if necessary.

30. Fast, grown-up potato salad: Boil bite-size red potatoes. While still warm, dress them with olive oil, lemon juice, whole grain mustard, capers and parsley. Chopped shallots, bell peppers, etc., all welcome, too.
31. Roast beets whole (or buy them precooked), then slice or cube and toss with a little chopped garlic (or a lot of roasted garlic), toasted walnuts, orange juice and olive oil.
32. Same deal with the beets, but toss with cooked corn, arugula, olive oil, sherry vinegar and chopped shallots.
33. The real five-bean: Chickpeas, cannellini or other white beans, kidney or other red beans, steamed string beans and steamed yellow wax beans. Toss with vinaigrette, chopped scallions or red onion, and parsley.
34. Grill quartered romaine hearts, radicchio and/or endive. Drizzle with olive oil and sherry vinegar, and add dill and chopped shallots. Teeny-tiny croutons are great on this.
35. Combine cooked or canned black beans with shredded cabbage and this vinaigrette: olive oil, fresh orange juice, not much sherry vinegar, ground cumin.
36. Mix cooked or canned chickpeas with toasted coconut, shredded carrots, chopped celery, curry powder, olive oil, lime juice and cilantro.

### **Vegetarian Salads**

37. Cube smoked tofu, then brush it with a mixture of honey and orange juice; broil until browned. Toss with chopped cucumbers, radishes and peas or pea shoots; drizzle with soy sauce and lime juice.
38. Cube watermelon; combine with roughly chopped mint, crumbled feta, sliced red onion and chopped Kalamata olives. Dress lightly with olive oil and lemon juice. Despite saltiness of feta and olives, this may need salt.
39. Yucatecan street food as salad: Roast fresh corn kernels in a pan with a little oil; toss with cayenne or minced chilis, lime juice and a little queso fresco. Cherry tomatoes are optional.
40. Slice cucumber and top with capers, olive oil, lots of pepper and little dollops of fresh ricotta. Note: cucumbers, ricotta and oil must all be really good.
41. Halve avocados and scoop out some but not all of their flesh. Roughly chop and toss with black beans, queso fresco, cilantro, chopped tomatillos and lime juice. Serve in the meaty avocado shells.



42. Trim crusts if necessary from day-or-two-old bread (or even three-day-old bread), cube and marinate in black olive tapenade thinned with more olive oil. Add chopped capers and toss with tomatoes, basil and mozzarella. (Anchovies optional.)
43. Grate raw beets (use the food processor to avoid ruining everything within spattering distance) and toss with watercress or arugula. Top with sherry vinaigrette and a little goat cheese. Especially obvious, perhaps, but also especially popular.
44. Make a crisp grilled cheese sandwich, with good bread and not too much good cheese. Let it cool, then cut into croutons. Put them on anything, but especially tomato and basil salad. This you will do forever.
45. Halve or quarter cooked artichoke hearts (the best are fresh and grilled, but you can use canned or frozen) and combine with cherry tomatoes, bits of feta or Parmesan or both, olive oil and lemon juice.
46. Sauté mushrooms and shallots in olive oil. Add a lot of spinach, chopped unless the leaves are small. When it wilts, stir in parsley and crumbled blue cheese. Feels like a steakhouse side-dish salad.
47. Thinly slice raw button mushrooms; combine with sliced or shaved Parmesan, parsley and a vinaigrette of olive oil, sherry vinegar and shallots.
48. Toss roughly chopped dandelion greens (or arugula or watercress) with chopped preserved lemon, chickpeas, crumbled feta and olive oil. (Before you start cursing me out, here's a quick way to make preserved lemons: chop whole lemons and put in a bowl with the juice of another lemon or two, sprinkle with a fair amount of salt and let sit for an hour or so.)
49. Toss greens with walnuts, blue cheese and raspberries; drizzle with a simple vinaigrette.
50. It's puttanesca-ish: Egg salad with pitted black olives, chopped tomatoes, capers, anchovies (optional), a tiny bit of garlic and some red onion; mayonnaise as needed.
51. Arrange sliced ripe tomatoes and hard-boiled eggs on a platter; scatter a handful of chopped pitted green olives on top. Drizzle with a dressing made with olive oil, sherry vinegar and a teaspoon of pimenton.
52. Chop hard-boiled eggs and mix with just enough mayonnaise to bind; spoon into endive leaves. Top each with a small canned sardine and drizzle with a

vinaigrette of olive oil, lemon juice and mustard.

53. Peel beets and grate them in a food processor. Mix equal parts plain yogurt and tahini, and toss with the beets along with lemon juice and za'atar (a mixture of toasted sesame seeds, dried green herbs and ground sumac; you can make it yourself using dried thyme).

54. Slice roasted red peppers (if you must use canned, try to find piquillos) and fresh mozzarella. Toss with cooked white beans, olive oil, red wine vinegar, a chopped shallot and fresh rosemary or parsley.

### **Salads with Seafood**

55. Mix watercress with chopped smoked salmon, avocado, red onion and capers. Make a vinaigrette with olive oil, sherry vinegar and mustard powder.

56. Salade niçoise, sort of: On or around a bed of greens, make mounds of olives, cooked new potatoes and green beans (warm or at room temperature), good tomatoes, capers, fennel slivers, hard-cooked eggs and good quality Italian canned tuna. None of these is crucial; you get the idea. Serve with vinaigrette or aioli.

57. Toss cubes of day-or-more-old good bread with soy sauce, chopped sautéed shrimp, chopped radishes and cilantro. Like a weird shrimp toast panzanella.

58. Sear tuna until rare (for that matter, you could leave it raw) and cut it into small cubes. Toss with shredded jicama or radish and shredded Napa cabbage; season with mirin, soy sauce and cilantro. Avocado and/or wasabi paste are great with this, too.

59. Sear tuna, or use good canned tuna. Chop it up and mix with chopped olives, capers, tomatoes, parsley and olive oil.

60. Ditto on the tuna. Mix with chopped apples, halved seedless grapes, chopped red onion, olive oil, a bit of cumin and black pepper.

61. Mix canned salmon (sockeye, or use cooked fresh) with capers, chopped celery, yogurt or mayonnaise, and lemon juice. Serve on greens or in endive leaves.

62. Dust shrimp with chili powder. Sauté in butter or oil (or a combination) with fresh corn kernels and flavorful cooking greens (bok choy is good, as is watercress). Add halved cherry tomatoes and lime juice at the last minute.

63. Sunday brunch salad: Mix diced cucumbers, chopped tomato, minced red onion and capers with bits of smoked salmon. Dress with lemon juice (you won't need much oil, if any). Take a step further by adding croutons of cubed toasted bagels.

64. Alternative Sunday brunch: Shred or chop cucumbers (if they're fat and old, peel and seed them first), then toss with flaked smoked trout or whitefish, capers, dill, lemon juice and olive oil.
65. In a hot pan, flash-cook cut-up squid in a little olive oil for no more than two minutes. Toss with cooked or canned chickpeas, chopped bell peppers, lemon juice, a little more oil and parsley.
66. In a hot pan, sear sea scallops for a minute or two on each side, depending on size. Slice or chop, then toss with thinly sliced fennel and lemon or orange vinaigrette and some chopped fennel fronds.
67. Bread salad for anchovy lovers: Chop together many anchovies, a few capers, lemon juice and olive oil (or anchovy oil). Toss with cubes of toasted bread and chopped tomatoes or halved cherry or grape tomatoes.
68. Mix crab meat with pan-roasted corn, chopped avocado, halved cherry or grape tomatoes, olive oil, lemon juice and perhaps a bit of cilantro and crumbled ancho chili.
69. Stir-fry small or chopped shrimp in olive or peanut oil with lots of ginger; while still warm, combine with tomato wedges, chopped romaine, cilantro, scallions and lots of lime juice. Good in pita.

### Salads with Noodles

84. Spring rolls, unrolled: One at a time, soften a few sheets of rice paper in warm water. Drain, pat dry, cut into strips and toss with chopped cucumber, grated carrots, chopped cilantro, bean sprouts, chili flakes and chopped roasted peanuts. Dress with toasted sesame oil, fish sauce or soy sauce, and rice vinegar or lime juice. A few shrimp are a nice addition.
85. Mix lots of arugula with somewhat less cold whole wheat penne, lemon zest, olive oil and Parmesan. The idea is an arugula salad with pasta, not a pasta salad with arugula.
86. Toss chilled cooked soba noodles with diced cucumber (if they're fat and old, peel and seed them first), a small amount of hijiki reconstituted with water, toasted sesame seeds and a vinaigrette laced with soy sauce and miso.
87. Cold not-sesame noodles: Combine about a half-cup peanut butter with a tablespoon soy sauce and enough coconut milk to make the mixture creamy (about a half cup), along with garlic and chili flakes in a blender or food processor. Toss sauce with cooked and cooled noodles, a load of mint, Thai basil,

and/or cilantro, and lime juice. Shredded cucumber and carrots optional.

88. Toss cooked pasta with roasted red peppers, toasted walnuts, fresh goat cheese, basil and olive oil. Corny, but still good.

89. Soak or cook rice noodles, drain and rinse; toss with cubed unripe mango, chopped peanuts, shredded carrot and minced scallion. Make a dressing of rice vinegar, fish sauce, lime juice, chili and a bit of sugar.

90. Sort of classic pasta salad: Pasta, artichoke hearts, sliced prosciutto or salami, chopped plum tomato. Dress with olive oil and a bit of balsamic vinegar, perhaps with some mustard.

## Grain Salads

91. Cereal for grown-ups: Start with puffed brown rice; toss with chopped tomatoes, scallions, a minced chili, cooked or canned chickpeas and toasted unsweetened coconut. Dress with coconut milk and lime juice.

92. Simmer a cup of bulgur and some roughly chopped cauliflower florets until tender, 10 to 15 minutes. Toss with chopped tarragon, roughly chopped hazelnuts, minced garlic, Dijon mustard, olive oil and lemon juice.

93. Mix leftover rice with lemon or lime juice, soy sauce and a combination of sesame and peanut oils. Microwave if necessary to soften the rice, then serve at room temperature, tossed with sprouts, shredded radishes, chopped scallions, bits of cooked meat or fish if you like and more soy sauce.

94. Cook and cool quinoa. Toss with olive oil, loads of lemon juice, tons of parsley, some chopped tomatoes and, if you like, toasted pine nuts. Call it quinoa tabbouleh.

95. Mix cooked couscous or quinoa with orange zest and juice, olive oil, maybe honey, sliced oranges, raisins or dried cranberries, chopped red onion and chopped almonds. Serve over greens, or not.

96. Cook short-grain white rice in watered-down coconut milk (be careful that it doesn't burn) and a few cardamom pods. While warm, toss with peas (they can be raw if they're fresh and tender), chopped cashews or pistachios, a pinch of chili flakes and chopped raw spinach.

97. Toss cooked, cooled farro, wheat berries, barley or other chewy grain with chopped-up grapes. Add olive oil, lemon juice and thinly sliced romaine lettuce; toss again, with ricotta salata or feta if you want.

98. Toss cooked bulgur with cooked chickpeas, quartered cherry or grape

tomatoes, a little cumin, lots of chopped parsley, and lemon juice.

99. Toss cooked quinoa with fresh sliced apricots, cherries, pecans, and enough lemon and black pepper to make the whole thing savory.

100. Mash a canned chipotle with some of its adobo and stir with olive oil and lime juice. Toss with drained canned hominy, fresh corn cut from the cob (or drained pinto beans), cilantro and green onions.

101. Cook a pot of short-grain rice. While it's still hot, toss with raw grated zucchini, fermented black beans, sriracha, sesame oil, sake and a touch of rice vinegar. Add bits of leftover roast chicken or pork if you have it, and pass soy sauce at the table.

# Salad 102

Serves 4

Source: [\[6\]](#)

**Salad body:**

- 1 eggplant (approx 275 g)
- 2 red bell peppers (approx 500 g)
- 250 g yellow cherry tomato
- 1/4 red onion, minced
- 1 baby cucumber (approx 150 g), finely sliced
- 80 g quinoa
- 3 Tbsp fresh coriander leaf, chopped
- 3 Tbsp fresh basil, chopped

**Dressing:**

- 1 tsp mustard
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1 tsp honey
- 1 Tbsp balsamic vinegar
- 1 Tbsp olive oil
- 1 Tbsp water

1. Halve and roast the bell peppers. Remove the skin, and cut in thin strips.
2. Bake the eggplant until it is soft. Remove the skin and cut in thin strips.
3. Mix the salad body.

4. Mix the salad dressing.
5. Combine just before serving.

**Variations:**

- Add chick peas
- Add mozzarella balls
- Use lime juice instead of balsamic vinegar
- Use Tabasco instead of black pepper
- Use Thai basil

## Salade de Betteraves à l'Orange

15 minutes + 1 heure de repos

Source: [20]

300 g	betterave cuite
1	orange (coupée en deux)
1 c. à café	grain de cumin
1 c. à café	moutarde forte
1 c. à soupe	vinaigre de vin
3 c. à soupe	huile d'olive
	sel
	poivre
10 brins	persil

1. Pelez les betteraves et coupez-les en fines tranches.
2. Pressez la moitié d'une orange et versez le jus dans un saladier avec le vinaigre ; faites-y fondre le sel. Ajoutez la moutarde et 4 tours de moulin à poivre ; mélangez en ajoutant l'huile d'olive et le cumin.
3. Faites macérer les tranches de betterave 1 h dans cette sauce.
4. Avant de servir, pelez la seconde moitié d'orange à vif et décorez avec les demis quartiers débarrassés de leur membrane.
5. Lavez le persil et ciselez-en quelques feuilles au dessus de la salade.



## Black Bean Salad with Mango

Serves 4

Source: [74]

### Black beans:

1 lb	black beans
1	small onion
2	ribs celery
2	carrots, cut in two-inch pieces
1/2	green bell pepper
3	cloves garlic
1	bay leaf
3	sprigs fresh thyme (or 1 tsp dry)
3	sprigs parsley
1/2 tsp	ground cumin
1/2 tsp	dried oregano
	salt
	pepper

1. Soak beans in cold water to cover by at least 3 inches for at least 4 hours.
2. Put bay leaf, thyme, and parsley in a cheese cloth or tea ball.
3. Add all ingredients except salt and pepper. Bring to a boil over high heat. Skim off any foam.
4. Reduce heat and gently simmer uncovered, stirring occasionally, until tender, 60-75 minutes. Add water as necessary to keep the beans submerged.
5. Season with salt and pepper during the last ten minutes of cooking.
6. Drain and rinse with cold water. Remove and discard the vegetables and the spice bag.

**Marinade:**

1 Tbsp olive oil  
1 Tbsp lime juice  
 $\frac{1}{2}$  tsp ground coriander  
salt  
pepper

1. The marinade is for shrimp that I don't use. The marinade portion of this recipe may be obsolete here.

**Salad:**

1 mango, ripe  
2 c black beans, above  
4 Tbsp chopped fresh mint leaves (or 1 Tbsp dry)  
4 scallions, trimmed and minced  
2 Tbsp olive oil  
2 Tbsp lime juice  
salt  
pepper

1. Peel and seed the mango. Dice into  $\frac{1}{2}$  -inch cubes.
2. Immediately before serving, combine the mango, black beans, 3 Tbsp of the mint leaves, scallions, olive oil, lime juice, salt, and pepper and toss. The salad should be highly seasoned.

## Carrot Raisin Peanut Salad

Serves 4

15 minutes

Source: [\[63\]](#)

4	large carrots (10 oz.)
$\frac{1}{2}$ c	raisins
$\frac{1}{2}$ c	coarsely chopped peanuts
$\frac{3}{4}$ tsp	salt
	freshly ground black pepper
2 Tbsp	grated lemon peel
1 Tbsp	lemon juice
$\frac{1}{2}$ c	cultured sour cream, more to taste
$\frac{1}{2}$ c	mayonnaise, more to taste
dash	cayenne pepper

1. Scrape carrots. Place on ice for an hour, then grate coarsely into a bowl.
2. Add remaining ingredients except sour cream and mayonnaise. Mix lightly.
3. Add sour cream and mayonnaise.

# Coleslaw

30 minutes

Source: [\[62\]](#)

1/2	cabbage
1	apple
1	lemon (juice of)
1 clove	garlic
1 large	shallot
fat	carrot
1/2 Tbsp	Dijon mustard
1/4 c	olive oil
	Tabasco to taste
1 tsp	cumin
4-5 tsp	sugar
	salt, to taste
	black pepper, to taste
	herbes de provence, to taste

1. Raper le chou, mélanger tout, et laisser reposer au réfrigérateur au moins un jour.

## Variations:

- Add fine slices of red bell pepper.
- Replace olive oil with fat free sour cream or fromage blanc.
- If your cabbage is particularly dry or tough, shred it and soak it in apple cider vinegar and some sugar overnight. Drain it before adding it to the rest of the ingredients.

## Couscous Courgette

Serves 2–4

30 minutes

Source: [\[6\]](#)

- $\frac{1}{2}$  c    couscous
- raisins secs
- beurre
- 1        oignon
- 2        courgettes (jaunes), coupées en ronds
- fêta
- menthe

1. Faire cuire le couscous dans de l'eau bouillante. À la fin de la cuisson, ajoutée des raisins secs.
2. Faire revenir l'oignon dans du beurre. Puis ajouté les courgettes. À la fin de la cuisson, ajoutée la fêta et la menthe.
3. Servir chaud, les légumes sur un lit de couscous.

# Mediterranean Lentil Salad

Serves 6

40 minutes to prepare, plus several hours to chill

Source: [39]

- 2 c dried lentils
- 1/4 c olive oil
- 1/4 tsp salt
- 1 to 2 oranges, peeled and sectioned
- 1 large clove garlic, crushed
- 3 Tbsp fresh lime juice
- 3 Tbsp balsamic vinegar (cider vinegar will also work)
- 1/4 c very finely minced red onion
- 1/4 to 1/2 tsp grated orange rind
- 1/4 to 1/2 tsp grated lime rind
- 1/2 c (packed) dried currants
- 1 small carrot, finely minced
- 1/2 red bell pepper, minced
- 1/2 yellow bell pepper, minced
- a handful each of finely minced fresh parsley, chives, and mint

1. Rinse the lentils in a colander. Meanwhile, set a large potful of water to boil—at least six cups of water. After the water has reached the boiling point, lower the heat to a simmer. Add the lentils and cook very gently in the simmering water, partially covered, until they are tender. (Try to prevent the water from getting agitated while the lentils are cooking, as that will cause them to burst and lose their shape. The goal is to have perfectly cooked lentils—light and distinct.) Cooking time should be around 20 to 30 minutes. check the water level and add more if necessary. Drain the lentils when they are done and gently rinse in cold water. Drain again and place in a large bowl.
2. Add remaining ingredients except bell pepper and fresh herbs, cover tightly, and chill at least 4 hours.

3. Add the bell pepper and herbs within an hour of serving.

# Pomelo Salad

Serves 4

2 hours

Source: [\[2\]](#)

## Salad

- 1 pomelo
- 1½ tsp sugar
- juice from 1 lime
- 1½ Tbsp chopped fresh coriander
- 1 head red leaf lettuce (for garnish)
- ¼ c chopped roasted peanuts
- crispy fried shallots

1. Peel and separate pomelo into segments. Remove the membranes, seed, and gently flake the flesh apart into a bowl. (This can take nearly two hours.) Chill.
2. In a small bowl mix together the sugar, lime juice, and coriander. Toss with the chilled pomelo.
3. Arrange the lettuce on a serving platter. Put the fruit mixture over the lettuce. Top with peanuts and crispy fried shallots.

Note: Grapefruit may be substituted for pomelo, but it is nearly impossible to segment a grapefruit properly, as it is so much more moist.

## Crispy Fried Shallots

- 6 shallots
- 1 c vegetable oil



1. Slice shallots into thin slices. Be sure they are all the same thickness to ensure even cooking.
2. Heat a pan with the vegetable oil over medium heat. Add shallots and fry slowly until browned and crisp, 5 to 10 minutes. The moisture in the shallots should be completely cooked out.
3. Drain on paper towel. Store in an air-tight container. Will keep several weeks.

# Potato Salad

Serves 4–6

15 minutes (plus 30 minutes to cook potatoes)

Source: [79]

- 3 lbs red potatoes
- 1 large white onion, diced
- 2 cloves garlic
- sea salt
- red pepper flakes
- 2 Tbsp oil
- 2–3 Tbsp mayonnaise
- pinch dried coriander
- pinch dried mustard

1. Boil potatoes whole and unpeeled until cooked, approximately 30 minutes. Place in cold water, drain, and cool.
2. Saute onions, garlic, salt, and pepper flakes in oil for 3–4 minutes. Set aside.
3. Cut potatoes into quarters. Place in a large bowl and mix with onion mixture. Add coriander and mustard and an extra pinch of salt, mixing well. Add mayonnaise and mix well.
4. Refrigerate at least two hours before serving.

Note: I find this even better when served warm right after making it.

## Spicy Quinoa, Cucumber and Tomato Salad

Serves 6

45 minutes

Source: [56]

- 1 c quinoa
- 3 c water
- salt, to taste
- 2 c cucumber, diced
- 1 small red onion, finely minced
- 2 c tomato, finely diced
- 1–2 jalapeño or serrano peppers, to taste, seeded and finely chopped
- $\frac{1}{2}$  c coriander leaf, chopped, plus sprigs for garnish
- 2 Tbsp fresh lime juice
- 1 Tbsp red wine vinegar or sherry vinegar
- 3 Tbsp olive oil
- 1 avocado, sliced, for garnish

1. Place the quinoa in a bowl, and cover with cold water. Let sit for five minutes. Drain through a strainer, and rinse until the water runs clear. Bring the 3 cups water to a boil in a medium saucepan. Add salt ( $\frac{1}{2}$  to  $\frac{3}{4}$  teaspoon) and the quinoa. Bring back to a boil, and reduce the heat to low. Cover and simmer 15 minutes or until the quinoa is tender and translucent; each grain should have a little thread. Drain off the water in the pan through a strainer, and return the quinoa to the pan. Cover the pan with a clean dishtowel, replace the lid and allow to sit for 10 minutes. If making for the freezer, uncover and allow to cool, then place in plastic bags. Flatten the bags and seal.
2. Meanwhile, place the finely diced cucumber in a colander, and sprinkle with salt. Toss and allow to sit for 15 minutes. Rinse the cucumber with cold water, and drain on paper towels. If using the onion, place in a bowl and cover with cold water. Let sit for five minutes, then drain, rinse with cold water and drain on paper towels.

3. Combine the tomatoes, chiles, cilantro, vinegar, lime juice and olive oil in a bowl. Add the cucumber and onion, season to taste with salt, and add the quinoa and cilantro. Toss together, and taste and adjust seasonings. Serve garnished with sliced avocado and cilantro sprigs.

## Taboulé quinoa betterave

Serves 4

20 minutes

Source: [57]

### Salade

100 g	quinoa
2	betteraves crues
1	céleri branche
1	botte persil ou de la menthe (selon goût)
1	oignon nouveau
1	poignée canneberges séchées

### Vinaigraite

3 c. à soupe	huile d'olive
3 c. à soupe	vinaigre balsamique
1/2 c. à café	cumin
	sel
	poivre

1. Faire cuire le quinoa dans une grande casserole d'eau bouillante pendant 15 minutes avec une pincée de sel.
2. Découper en petits morceaux les betteraves, feuilles de céleri branche et oignon nouveau. Ciseler les feuilles de menthes et/ou de persil.
3. Égoutter le quinoa et laisse refroidir.
4. Réaliser la vinaigrette.
5. Mélanger le tout puis ajouter les canneberges. Laisser refroidir au réfrigérateur avant de servir.

# Odds and Ends

## Apple butter

Makes about 5 pints

1 hour

Source: [63]

For best results, use Jonathan, Winesap, Wealthy, or other well-flavored cooking apples

4 lbs	apples
2 c	water, cider, or cider vinegar
$\frac{1}{2}$ c	white or brown sugar (per cup fruit mixture)
1 tsp	cinnamon
$\frac{1}{2}$ tsp	cloves
$\frac{1}{4}$ tsp	allspice
	grated lemon rind and juice

1. Wash the apples and remove their stems. Quarter the apples.
2. Cook slowly until soft in water or other liquid.
3. Put fruit through a fine strainer. Add to each cup of pulp  $\frac{1}{2}$  cup of sugar. Add spices (the remaining ingredients).
4. Cook the fruit butter over low heat, stirring constantly until the sugar is dissolved. Continue to cook, stirring frequently, until the mixture sheets on a plate. When no rim of liquid separates around the edge of the butter, it is done.
5. Pour into hot, sterilized jars.

## Levain bagels

Makes 4–6

30 minutes + 16 hours

Source: [\[52\]](#)

135 ml	water
188 g	levain
375 g	bread flour
19 g	sugar
13 g	vegetable oil
10 g	salt
9 g	malt syrup

### Lye solution

4 L	water
6 g	lye

1. Combine water and levain, then remaining ingredients except lye solution. Mix on low speed to medium gluten development, then on medium speed to full gluten development.
2. Lightly oil, cover, and bulk ferment for one hour.
3. Divide and roll into balls. Then pull each ball around itself from the “corners” to create uniform tension in the dough. Allow to rest 20 minutes.
4. Use a wooden spoon handle to poke a hole in each ball, then roll around the hole to create a bagel shape.
5. Place on parchment paper dusted with corn meal and allow to rise, uncovered, refrigerated, overnight (for 12–16 hours at 4 °C, for 2½–3½ hours at 21 °C, or for 2–2½ hours at 27 °C).
6. Bring the lye solution to a boil. Boil each bagel for about 1 minute (30 seconds on each side). Return to parchment lined sheet pans.



7. Bake at 220 °C for 10–12 minutes with convection or 230 °C and 12–15 minutes without.

# Bagels

Makes 4–7

30 minutes + 16 hours

Source: [\[52\]](#)

## 4 bagels

## 7 bagels

175 ml	water
0.9 g	dry yeast
357 g	bread flour
14 g	sugar
10 g	vegetable oil
7 g	salt
7 g	malt syrup

305 ml	water
1.5 g	dry yeast
625 g	bread flour
25 g	sugar
17 g	vegetable oil
13 g	salt
12 g	malt syrup

### Lye solution

2 l	water
3 g	lye

### Lye solution

4 l	water
6 g	lye

1. Combine water and yeast to dissolve. And remaining ingredients except lye solution. Mix on low speed to medium gluten development, then on medium speed to full gluten development.
2. Lightly oil, cover, and bulk ferment for one hour.
3. Divide and roll into balls. Then pull each ball around itself from the “corners” to create uniform tension in the dough. Allow to rest 20 minutes.
4. Use a wooden spoon handle to poke a hole in each ball, then roll around the hole to create a bagel shape.
5. Place on parchment paper dusted with corn meal and allow to rise, uncovered, refrigerated, overnight.
6. Bring the lye solution to a boil. Boil each bagel for about 1 minute (30 seconds on each side). Return to parchment lined sheet pans.

7. Bake at 220 °C for 10–12 minutes with convection or 230 °C and 12–15 minutes without.

# かき揚げ

かきあげ、掻き揚げ

(also known as)

Beignets de légumes croquants

Serves 4

30 minutes

Source: [50]

## Beignets

	légumes coupées en julienne
1 c	farine
1 Tbsp	huile de sésame
1/2 c	eau
1/2 L	huile de friture (tournesol, par exemple)

1. Couper les légumes en julienne.
2. Les mettre dans un grand bol, ajouter la farine et les graines de sésame, et mélanger le tout.
3. Chauffer l'huile à 180 °C (approx) dans une poêle. Avec l'aide de deux baguettes (ou deux fourchettes) faire frire par petites quantités. Dorer légèrement les deux côtés jusqu'à ce que la pâte prenne une texture solide.
4. Retirer les beignets de la poêle et mettre sur du papier absorbant.

## Sauce

1/4 c	shôyu
1/4 c	mirin
1/4 c	dashi

1. Mélanger le tout ensemble. Porter à ébullition.
2. Servir tiède.

## Benoîtons

Fait 12-18 benoîtons

20 minutes + 3,5 heures

Source: [28]

350 g eau  
5 g levure sèche  
100 g levain  
300 g farine T150  
200 g farine de seigle  
7 g cannelle moulue  
9 g sel  
30 g beurre mou  
300 g raisins secs de Corinthe

1. Mettre tous les ingrédients sauf le beurre et les raisins secs dans le bol d'un robot. Pétrir 3 minutes à vitesse 1, puis ajouter le beurre en morceau et pétrir encore 4-6 minutes à vitesse 2. Tout à la fin ajouter des raisins secs.
2. Laisser la pâte 2 heures couverte jusqu'à ce qu'elle double en volume, en faisant un rabat toutes les 30 minutes.
3. Étaler la pâte au rouleau sur un plan de travail fariné sans appuyer pour former un rectangle de 2 cm d'épaisseur.
4. Détailler en bâtons de 3 cm de largeur. Les placer sur une plaque.
5. Couvrir et laisser couvert 1 heure.
6. Préchauffer le four à 200 °C.
7. Enfourner le plaque, verser un verre d'eau sur la lèchefrite, et laisser cuire 15 minutes.

**Notes :** Les variations sucrées (chocolat, ...) ainsi que salées (oignons, fêta, ...) sont envisageables.

## Beurre blanc au curry

Serves 4

35 minutes

Source: [74]

3	échalotes (80 g)
100 ml	muscadet
50 ml	eau
1 c. à soupe	vinaigre de riz
8 g	curry de madras
200 g	beurre
	sel
	poivre

1. Émincer les échalotes. Réduire presque à sec avec le muscadet, eau et vinaigre sur feu moyen.
2. Ajouter le curry de madras puis le beurre froid peu à peu en fouettant sur feu doux. La préparation doit être légèrement crémeuse (blanche).
3. Ajouter du sel ou du poivre si souhaité. Servir chaud (ou garder en bain marie sinon).

Faire cuire au four 4 pommes de terre de 300 g chacune. Couper en deux et servir couvert du beurre blanc.

*Source : Par Nhung Phung, Song Saveurs et Sens (Nantes)*

# Beurre Nantais

Serves 4

35 minutes

Source: [74]

- 3 échalotes
- 125 ml muscadet
- 125 g beurre
- sel
- poivre

1. Émincer les échalotes. Réduire à sec avec le muscadet sur feu moyen.
2. Ajouter le beurre froid peu à peu en fouettant sur feu doux. La préparation doit être légèrement crémeuse (blanche).
3. Ajouter du sel ou du poivre si souhaité. Servir chaud (ou garder en bain marie sinon).

L'émulsion doit napper convenablement le dos d'une cuillère.

Il y en a qui passent l'emulsion au chinois avant de la servir pour enlever les échalotes.

Il y en a qui ajoute le jus d'un demi-citron avec le muscadet.



# Broccoli purée with feta and cashew

Serves 4–8

Source: [\[74\]](#)

- 500 g onion
- 6 cloves garlic
- 130 g cashews, roasted, unsalted
- 2 carrots
- olive oil
- 3 head broccoli
- thyme
- red pepper or cayenne pepper
- 100 g feta

1. Saute onions until soft.
2. Add carrots and broccoli. Saute until the broccoli is slightly soft and dark green.
3. Add spices. Purée with feta.

# Cake Salé au Féta, Basilic et Tomates Cerises

Serves

Makes

20 minutes + 45 minutes cuisson

Source: [\[74\]](#)

- 3 oeufs
- 150 g farines
- 1 sachet levure chimique
- 8 cl huile
- 12.5 cl lait tiède
- 100 g gruyère rapé
- 3 feuilles basilic, ciselées
- 150 g féta en cubes
- 10 tomates cerises

1. Préchauffer le four au 180 °C.
2. Dans un saladier, fouetter les oeufs, la farine, la levure et du poivre.
3. Incorporer petit à petit l'huile et le lait tiède.
4. Ajouter le gruyère râpé. Mélanger.
5. Incorporer ensuite, les dés de féta, le basilic et les tomates cerises. Remuer.
6. Verser dans un moule à cake et cuire 45 minutes.

## Carpacio de Saumon

Serves 5

30 minutes plus 3 jours

Source: [7]

250 g    saumon cru  
          aneth  
1        citron

1. Couper le saumon en tranche fine.
2. Dans u recipient qui peut être fermer hermétiquement, alterner des couches de saumon et d'aneth. Couvrir du jus du citron. Fermer et laisser au frais pendant 5 heures.
3. Renverser et laisser encore au frais pendant 5 heures. Répéter pendant trois jours.
4. Servir avec du pain et du beurre.

# Cinnamon Raisin Bread

Makes 1 kg

4.5 hours

Source: [\[52\]](#)

## Cinnamon Smear

- 30 g butter, softened
- 25 g light brown sugar
- 10 g pastry flour
- 4 g molasses
- 3 g cinnamon, ground
- 1 g vanilla
- 0.1 g salt

1. Mix all ingredients with a rubber spatula until smooth.

## Dough

- 260 g whole milk, cold
  - 10 g instant dry yeast
  - 2 g malt syrup
  - 500 g flour T65
  - 50 g egg, cold (about one whole egg)
  - 45 g butter, softened
  - 45 g sugar
  - 10 g salt
- 
- 90 g black raisins
  - 2 g cinnamon, ground

Egg wash:

- 1 whole egg
- 1 egg white

1. Add yeast to milk and malt syrup. Stir to dissolve.
2. Add remaining ingredients except raisins and cinnamon. Knead on medium speed to full gluten development.
3. Cover and autolyse one hour with book fold after 30 minutes.
4. Roll out dough to a rectangle the width of the baking pan, spread smear evenly, sprinkle with raisins and cinnamon. Roll up, close seam, and place in pan, seam-side down. Brush with egg wash.
5. Proof 1.5 hours at 21 °C (or 1 hour at 27 °C).
6. Preheat oven to 185 °C (convection) or 200 °C (conventional).
7. Make three diagonal scores on the top. Bake for 25–30 minutes (convection) or 35–40 minutes (conventional).
8. Cool 5 minutes in pan, then remove to wire rack and allow to cool completely.

## Glazing

- 20 ml buttermilk
- 250 g powdered sugar
- ground cinnamon

- Mix buttermilk and sugar, apply in thin parallel lines on cooled bread, dust with cinnamon.

## Corn bread

Serves 4–8

15 minutes + 15 minutes baking

Source: [\[63\]](#)

2 eggs, separated  
 $\frac{3}{4}$  c T65 flour (T55 ?)  
1 tsp baking powder  
1 Tbsp sugar  
 $\frac{3}{4}$  tsp salt  
 $1\frac{1}{4}$  c corn meal (stone ground)  
 $1\frac{1}{2}$  c cream, whipped  
3 Tbsp butter, melted  
butter (for the skillet)

1. Place an iron skillet in the oven and preheat to 220 °C.
2. Separate eggs. Begin whipping whites into meringue and yolks into a pale foam.
3. Sift together flour, baking powder, sugar, and salt. Mix in corn meal. Set aside.
4. Whip cream.
5. Combine ingredients, working the dough as little as possible.
6. Remove the hot skillet from the oven, place extra butter in it and allow to melt and brown, then pour batter into the skillet and cover. Place back in oven.
7. Cook 20–25 minutes (15 minutes for bread stick or mini-muffin format).

8. Remove from skillet and place on a wire rack to cool only slightly, then consume warm from the oven (with more butter).

**Notes :** Variants:

- Replace a  $\frac{1}{2}$  cup of corn meal with a same quantity of buckwheat.
- Use no sugar or substitute brown sugar.
- Add minced onions.
- Add shredded cheddar cheese.
- Add maize.
- Vary the proportions of flour and corn meal.

## Cranberry Butter

Makes 1 cup

15 minutes plus time to chill

Source: [77]

1 c	cranberry without liquid
1 1/2 c	confectioner's sugar
1/2 c	unsalted butter, softened and cut in pieces
1 Tbsp	lemon juice

1. Purée cranberry and sugar. Add remaining ingredients. Blend until smooth.
2. Chill until firm.



精進だし

(aussi appelé)  
dashi shojin

Makes 1 L

2 heures – 1 jour

Source: [51]

- 1 L    eau
- 5 g    kombu séché
- 10 g   shitaké séché

1. Rehydrater le kombu et le shitaké dans de l'eau : avec de l'eau chaude (infusion 2 heures) ou eau tiède (infusion au réfrigérateur pendant la nuit).

Se conserve 3 jours au réfrigérateur (en laissant le shitake et le kombu) ou 1 mois au congélateur (en retirant le shitake et le kombu).

だし

Makes 1 L

2 heures – 1 jour

Source: [51]

- 1 L    eau
- 10 g   昆布 (kombu séché)
- 10 g   鰹節 (katsuobushi, bonite séchée)

1. Rehydrater le kombu dans de l'eau. Laisser tremper 30 minutes (et jusqu'à toute la nuit).
2. Chauffer l'eau 15 minutes à feu doux jusqu'à frémissement. Enlever le kombu avant l'ébullition afin d'éviter un goût iodé.
3. Ajouter le katsuobushi. Laisser cuire 1 minute et étindre le feu. Laisser infuser 10 minutes.
4. Filtrer, presser doucement pour récupérer les dernières goûtes.

Se conserve 3 jours au réfrigérateur ou 1 mois au congélateur.

## Rye English Muffins

Makes 12

20 minutes + 20 minutes + 15–20 hours fermentation

Source: [\[10\]](#)

40 g	levain
90 ml	water
65–70 g	rye flour
225 g	whole milk
15 g	sugar
7 g	salt
25 g	butter
200 g	rye flour
200–250 g	bread flour, T65
	cornmeal or semolina

1. Mix levain, water, and 65 g flour. Cover and let ferment 8–12 hours.
2. Mix in remaining ingredients. Knead. The dough will be tacky. Set in an oiled bowl, cover, and let rise.
3. Degas and divide the dough into 12 balls. Flatten somewhat, dust with cornmeal, and let rise until puffy, 2–4 hours depending on temperature.
4. Warm a skillet, add butter, and cook muffins six minutes per side. The temperature should be warm enough that the muffins finish with a golden colour. On my stove on rue Metzinger in Nantes, this is a medium-low heat. Transfer to a wire rack. (Note that the butter is optional, and there's a risk that the butter burns during cooking.)

## Sourdough English Muffins

Makes 12

20 minutes + 20 minutes + 15–20 hours fermentation

Source: [10]

40 g	levain
90 ml	water
65–70 g	spelt flour
225 g	whole milk
15 g	sugar
7 g	salt
25 g	butter
400–450 g	spelt flour
	cornmeal or semolina

1. Mix levain, water, and 65 g flour. Cover and let ferment 8–12 hours.
2. Mix in remaining ingredients. Knead. The dough will be tacky. Set in an oiled bowl, cover, and let rise.
3. Degas and divide the dough into 12 balls. Flatten somewhat, dust with cornmeal, and let rise until puffy, 2–4 hours depending on temperature.
4. Warm a skillet, add butter, and cook muffins six minutes per side. The temperature should be warm enough that the muffins finish with a golden colour. On my stove on rue Metzinger in Nantes, this is a medium-low heat. Transfer to a wire rack. (Note that the butter is optional, and there's a risk that the butter burns during cooking.)

## English Muffins

Makes 12

20 minutes + 20 minutes + 2–20 hours fermentation

Source: [\[10\]](#)

110 ml	water (orig: $\frac{1}{2}$ c)
1 g	dried yeast (orig: $\frac{1}{2}$ tsp)
85–90 g	spelt flour (orig: $\frac{3}{4}$ c bread flour)
225 g	whole milk (orig: 1 c)
20–25 g	sugar (orig: 2 Tbsp= 30 g)
7 g	salt (orig: 1 tsp)
25 g	butter (orig: 2 Tbsp)
400–450 g	spelt flour (orig: $3\text{--}3\frac{1}{4}$ c bread flour)
	cornmeal or semolina

1. Mix Water, yeast, and 85 g flour. Cover and let ferment 1–12 hours (depending on ambient fermentation temperature) until bubbly.
2. Mix in remaining ingredients. Knead. The dough will be tacky. With an electric mixer, one tends to add more flour to avoid a too-sticky dough. Set in an oiled bowl, cover, and let rise.
3. Punch down. Divide the dough into 12 balls. Flatten somewhat, dust with cornmeal, and let rise until puffy, 1–2 hours depending on temperature.
4. Warm a skillet, add butter, and cook muffins six minutes per side. The temperature should be warm enough that the muffins finish with a golden colour. On my stove on rue Metzinger in Nantes, this is a medium-low heat. Transfer to a wire rack.

Notes:

- The original recipe called for adding 1 tsp of dried yeast to the milk. This seems not to matter.

- To make crumpets, add  $\frac{3}{4}$  c extra milk to form a very loose batter. Use rings to shape in the pan. Drop room temperature dough onto the griddle and cook until bubbly (like pancakes).

## Red Pepper Hummus

20 minutes

Source: [\[62\]](#)

1 <sup>1</sup> / <sub>2</sub> c	cooked chick peas
<sup>1</sup> / <sub>2</sub>	roasted red pepper
1 Tbsp	tahini
3 Tbsp	olive oil
1	lemon, juiced
dash	salt
dash	paprika
dash	Tabasco sauce
1–2 tsp	cumin

1. Combine everything in a food processor and purée.

# Laugenecken

Makes 8

90 minutes over 12 hours

Source: [\[34\]](#)

5 g	dry yeast
220 ml	whole milk, warm
1 tsp	honey
500 g	flour T65
1	egg
1 tsp	salt (6 g? should be 10 g?)
70 g	butter, softened
50–75 g	butter, softened, for the disks
6 g	lye
1.5 litres	water
	large crystal salt for topping

1. Dissolve yeast in warm milk with honey.
2. Add remaining ingredients and knead. Place in covered bowl in refrigerator overnight.
3. Divide dough into 8 equal pieces (about 100 g each) and roll into balls.
4. One by one, roll the balls into disks about 20 cm in diameter, buttering the top of each disk (except the last one), stacking and pressing firmly so that they adhere. Cut stacked disk into 8 wedges, separating each slightly from its neighbours, and applying slight pressure to each piece to bind together any ragged edges.
5. Allow to rise 30 minutes.
6. Dissolve lye in water. Preheat oven to 200 °C.



7. Boil the wedges in the lye for 45 seconds each, placing on a parchment-lined baking sheet.
8. Sprinkle with large crystal salt.
9. Bake 15–20 minutes, then place on wire rack.

**Notes :**

- I used 100 ml cream and 120 ml milk, reducing the flour by 20 g. To test.
- I invented the quantity of lye here based on bagels (1.5 g/L) rather than pretzels (30 g/L).
- It may be worth testing whether it's better with or without honey.
- It may be worth experimenting with loading temperature vs backing temperature.

## Millennium Tofu Spread

Makes 3 cups (?)

1 hour

Source: [\[73\]](#)

1	yellow onion, cut lengthwise into then crescents
3	cloves garlic, peeled but left whole
1 tsp	sea salt
1/4 c	dry white wine, sherry, or vegetable stock
1/2 tsp	dried thyme
1/2 tsp	dried sage
1/2 tsp	minced fresh rosemary
1/2 tsp	dried basil
1/2 tsp	dried oregano
3/4 tsp	ground pepper
1/4 tsp	ground nutmeg
1/2 c	light vegetable stock or water
12 oz	firm tofu, drained
1/4 c	light miso

1. In a large sauté pan or skillet, cook the onions, garlic, salt, and wine over medium heat until the onions just start to soften, about 5 minutes.
2. Add the thyme, sage, rosemary, basil, oregano, pepper, nutmeg, and vegetable stock. Cover and cook until the liquid evaporates and the onion and garlic are very soft and light brown, about 20 mintues.
3. Remove from heat and let cool to room temperature.
4. Crumble the tofu into a medium bowl. Add the miso and the onion mixture and blend well. In a food processor, process this mixture, in batches if necessary, until smooth.
5. Serve at room temperature or chilled.

# Niter Kebbeh

Makes 2 c

15 minutes + 1 hour to cook

Source: [74]

1 lb	butter
1/4 c	onion, chopped
2 cloves	garlic, minced
2 tsp	ginger, grated, peeled, fresh
1/2 tsp	turmeric
4	cardamom seeds, crushed
1	cinnamon stick
2	cloves, whole
1/8 tsp	nutmeg
1/4 tsp	ground fenugreek seeds
1 Tbsp	basil, fresh (or 1 tsp dried)

1. In a small saucepan, gradually melt the butter and bring it to bubbling. When the top is covered with foam, add the other ingredients and reduce the heat to a simmer. Gently simmer, uncovered, on low heat.
2. After about 45 to 60 minutes, when the surface becomes transparent and the milk solids are on the bottom, pour the liquid through a cheesecloth into a heat-resistant container. Discard the spices and solids.
3. Cover tightly and store in the refrigerator. Can be stored for up to two months.

Olive or other oil may be substituted for butter.

## Oeuf Chaud Froid

Makes 1

10 minutes

Source: [\[58\]](#)

- 1            oeuf frais
- 1            pincée de quatre épices
- $\frac{1}{2}$  tsp      vinaigre de Xérès
- poivre noir
- 2            pincées de fleur de sel (séparément)
- 1 Tbsp      crème fleurette
- $\frac{1}{2}$  tsp      sirop d'érable

1. Couper la coquille d'oeuf avec un tocqueur d'oeuf. Evacuer le blanc et réserver le jaune au fond de la coquille. Recouvrir d'une pincée de fleur de sel et d'une pincée de poivre fraîchement concassé. Réserver l'oeuf dans son alvéole.
2. Fouetter la crème fleurette avec le vinaigre, le quatre épices, la fleur de sel, et un tour de moulin de poivre.
3. Sur une eau frémissante (60 °C), faire flotter 10 minutes la coquille d'oeuf avec son jaune. Ensuite ajouter dans la coquille la crème préalablement fouettée et le sirop d'érable.
4. Servir en coquette.

## Orange Marmalade

Makes about 4 jars

10 minutes plus overnight and 1 hour more

Source: [\[63\]](#)

- 2 large Valencia oranges
- 2 large or 3 small lemons
- 3 c water
- sugar

1. Scrub the oranges and lemons well, cut into quarters, and remove the seeds. Place in water and simmer for 5 minutes.
2. Let stand for 12 to 18 hours in a cool place.
3. Remove fruit and cut into very small shreds. Return to the water in which it was soaked. Boil 1 hour.
4. Add one cup of sugar for each cup of fruit mixture.
5. Boil the marmalade until the juice forms a jelly when tested.
6. Pour into cans.

# Abolo

Pour 2-4 / 4-8 personnes

2× 15 minutes + 4 heures pour fermentation

Source: [28]

<u>demi</u>	<u>plein</u>	
250	500 g	eau
30	60 g	farine de maïs
1	2 tsp	levure sèche
1	2 Tbsp	eau
100	200 g	farine de riz
50	100 g	fécule de maïs
25	50 g	sucré
2.5	5 g	sel

1. Mélanger la farine de maïs et l’eau dans une casserole sur feu moyen en tournant régulièrement. Éteindre le feu lorsque le mélange commence à bouillir et devient épais. Laisser refroidir complètement.
2. Diluer la levure dans un peu d’eau.
3. Ajouter la farine de riz et la fécule de maïs, remuant jusqu’à obtention d’une pâte homogène.
4. Ajouter la levure.
5. Ajouter le sucre et le sel.
6. Couvrir et laisser fermenter 4 heures.
7. Beurrer des moules à muffin (en papier). Les remplir à  $\frac{3}{4}$  .
8. Faire cuire à la vapeur 12-15 minutes.
9. Démouler et servir avec une soupe ou sauce.

## Pain au cacao

Fait 1 gros pain ou deux petits

15 minutes + 3 heures

Source: [\[28\]](#)

365 ml	eau
3 g	levure sèche
60 g	levain
500 g	farine T65 (ou T80)
30 g	sucré
30 g	cacao (non-sucrée)
12 g	sel
200 g	pistoles ou pépites de chocolat noir

1. Mettre tous les ingrédients sauf le chocolat dans le bol d'un robot. Pétrir 3 minutes à vitesse 1, puis encore 3 minutes à vitesse 2.
2. Ajouter chocolat, pétrir encore une minute pour l'incorporer.
3. Couvrir et laisser 2 heures à 25 °C, faisant un rabat toutes les 30 minutes.
4. Déposer la pâte sur un plan de travail fariné, façonner en boule ou couper en deux et façonner en bâtons.
5. Déposer sur une planche, soudure vers le bas. Couvrir et laisser reposer 1 heure à 25 °C.
6. Préchauffer le four à 240 °C.
7. Faire une grigne unique au centre. Charger au four, versez une tasse d'eau sur la lèchefrite, et laisser cuire 20 minutes (bâtons) ou 30 minutes (boule).

## Pain de blé complet

Makes 600 g

six heures

Source: [2]

100 ml	eau tiède
225 g	levain de blé complet T150
180 g	farine de blé complet T150
10 g	gluten
20 g	farine T65
6 g	sel

1. La veille, mélanger 105 g de levain avec 60 g de farine et 60 g d'eau afin d'avoir les 225 g de levain bien vif le lendemain.
2. Mélanger l'eau tiède (et la levure de boulanger, le cas échéant). Ajouter les autres ingrédients, puis mélanger et pétrir à la machine.
3. Laisser reposer 2 1/2 heures. Plier en deux toutes les heures (donc deux fois).
4. Pré-former la pâte. Laisser reposer 15–20 minutes.
5. Former le pain. Laisser reposer à température ambiante 1–3 heures selon la température ambiante.
6. Mettre dans un four préchauffé à 250 °C. Baisser la température à 190 °C après chargement du four. Laisser cuire 35 minutes. Laisser refroidir au moins dix minutes sur une volette avant de le couper.

### Complet et petite épautre

Comme ci-haut : levain de blé complet (T150), 180 g de petite épautre, 20 g de gluten, et 40 g de T65.



## Roggenbrot

Makes 500 g

6 hours

Source: [\[52\]](#)

95 ml warm water  
1.5 g instant dry yeast  
220 g liquid rye levain, mature (2 parts rye flour to 3 parts water)  
220 g light rye flour  
15 g gluten  
15 g bread flour (T65)  
6 g salt  
2 g aniseeds, ground

1. Mix water and dry yeast to dissolve. Add remaining ingredients and mix. Transfer to a lightly oiled bowl and cover with lid or plastic film.
2. Bulk fermentaton 2.5 hours, folds after 1 and 2 hours.
3. Preshape, let reste 15–20 minutes.
4. Shape into bâtard (or boule). Allow to proof 1.5–2 hours.
5. Preheat oven to 240 °C.
6. Score. Bake at 240 °C (loading temperature) then 180 °C (baking temperature) for 30–35 minutes.
7. Cool on wire rack. Allow at least 10 minutes before cutting.

### Teeroggenbrot (Pu-Ehr)

Replace the 95 ml of warm water with 95 ml of strong Pu-Ehr tea (6 g of tea leaves in 120 ml of water infused at 95 °C for 60 seconds). Allow to cool to 50 °C before adding yeast.

**Teeroggenbrot (Oolong Fu Lian)**

Replace the 95 ml of warm water with 95 ml of strong Oolong Fu Lian tea (7.5 g of tea leaves in 125 ml of water infused at room temperature for 45 minutes).

## Mon Pain du Dimanche

Fait 2 kg

40 heures

Source: [\[46\]](#)

60 g	levain
120 g	eau
180 g	farine de blé T150
100 g	eau
pincée	levure sèche
100 g	farine de blé T65
600 g	eau
100 g	farine de seigle T130
150 g	farine de blé T150
550 g	farine de blé T65
18 g	sel

1. **Vendredi soir :** Prélever 60 g de levain-mère, ajouter eau et farine, mélanger. Couvrir et laisser reposer la nuit.
2. Mélanger 100 g d'eau, la pincée de levure sèche, et 100 g de farine pour faire la poolish. Couvrir et laisser reposer la nuit.
3. **Samedi matin :** Mélanger 600 g d'eau avec le levain épais. Ajouter farine restante. Mélanger juste pour que l'eau soit absorbée, puis laisser reposer, couvert, 30 minutes.
4. Ajouter la poolish, mélanger très brièvement, puis laisser reposer, couvert, 30 minutes.
5. Pétrir, ajoutant le sel mi-pétrissage. Laisser reposer, couvert, 30 minutes.
6. Plier la pâte sur elle-même. Laisser reposer, couvert, 30 minutes.

7. Plier encore une fois la pâte sur elle-même. Laisser reposer, couvert, 3 heures.
8. Fariner légèrement le plan de travail, sortir le pâton, replier la pâte sur elle-même sans la travailler pour conserver le plus de gaz carbonique possible. Filmer et laisser reposer 15 minutes.
9. Façonner le pâton en le travaillant le plus délicatement possible en une boule légèrement ovale (afin, selon son banneton). Déposer en banneton. Couvrir et placer dans le bas du frigo jusqu'au lendemain.
10. **Dimanche matin :** Sortir la pâte du frigo. Préchauffer le four à 250 °C.
11. Lorsque le four est chaud, fleurir une plaque de farine de blé T150. Déposer la pâte sur la plaque et enfourner.
12. Après 20 minutes, réduire la chaleur à 200 °C. Prolonger la cuisson 40 minutes.
13. Éteindre et ouvrir le four. Laisser le pain 10 minutes dans le four avec la porte entreouverte.
14. Transférer le pain sur une volette et laisser ressuer au moins 2 heures avant de le déguster.

# Pain entier

Makes 800 g

4 heures + nuitée + 2 heures

Source: [28]

300–320 ml	eau
50 g	levain de blé T150 (1:1)
500 g	farine de blé T150
10 g	sel

1. **La veille**, mélanger tous les ingrédients. Laisser reposer 30 minutes pour hydrolyser.
2. Pétrir. Laisser reposer 3 heures avec pli toutes les heures.
3. Former le pain, le mettre en banneton, et laisser reposer encore 1 heure.
4. Mettre au réfrigérateur, laisser reposer la nuit.
5. **Le jour même**, sortir du réfrigérateur une heure avant la cuisson. Préchauffer le four à 250 °C.
6. Faire cuire 20 minutes à 250 °C (avec une tasse d’eau sur la lèchefrite), puis 20 minutes à 220 °C.
7. Laisser ressuer sur une volette.

## Notes :

La recette originelle demande 300 ml d’eau.  
J’explore toujours la prolongation du temps de cuisson.

## Pain de grand épautre

Makes 600 g

six heures

Source: [\[2\]](#)

1 g	levure de boulanger
100 ml	eau tiède
225 g	levain de grand épautre (1:1)
300 g	farine de grand épautre
6–7 g	sel

1. Mélanger l'eau tiède et la levure de boulanger. Ajouter les autres ingrédients, puis mélanger et pétrir à la machine. Ajouter de la farine pour avoir une bonne pâte.
2. Laisser reposer 2 1/2 heures. Plier en deux deux fois toutes les heures (donc deux fois).
3. Pré-former la pâte. Laisser reposer 15–20 minutes.
4. Former le pain. Laisser reposer à température ambiante 1–3 heures selon la température ambiante.
5. Mettre dans un four préchauffé à 240 °C. Baisser la température à 180 °C après chargement du four. Laisser cuire 35 minutes. Laisser refroidir sur une volette.

# Pain de petit épautre et blé complet T150 (avec poolish)

Makes 750 g

12 heures plus 6–7 heures

Source: [2]

pincée	levure de boulanger
100 g	poolish (T150, 1:1)
225 g	levain de blé complet T150 (1:1)
150 ml	eau tiède
210 g	farine de petit épautre
100 g	farine de blé T65
30 g	farine de blé T150
10 g	sel

1. **La veille**, faire un poolish avec 50 g d’eau, la pincée de levure, et 50 g de farine T150. Laisser la nuit.
2. **Le jour même**, mélanger tous les ingrédients sauf le sel, laisser hydrolyser 30 minutes.
3. Pétrir à la machine en ajoutant le sel.
4. Laisser reposer 2 1/2 heures. Plier en deux deux fois toutes les heures (donc deux fois).
5. Pré-former la pâte. Laisser reposer 15 minutes.
6. Pré-former le pâton. Laisser reposer couvert 15 minutes.
7. Former le pain, mettre dans un banneton, et laisser reposer à température ambiante 2–3 heures selon la température ambiante.
8. Mettre dans un four préchauffé à 250 °C (avec une tasse d’eau sur la lèchefrite). Baisser la température à 200 °C après chargement du four. Laisser cuire 35 minutes. Laisser refroidir sur une volette.

## Pain de petit épautre et blé complet T150

Makes 650 g

6–7 heures

Source: [\[2\]](#)

225 g	levain de blé complet T150 (1:1)
150 ml	eau tiède
210 g	farine de petit épautre
75 g	farine de blé T65
30 g	gluten
7 g	sel

1. Mélanger tous les ingrédients et pétrir à la machine.
2. Laisser reposer 2 1/2 heures. Plier en deux deux fois toutes les heures (donc deux fois).
3. Pré-former la pâte. Laisser reposer 15 minutes.
4. Former le pain. Laisser reposer à température ambiante 2–3 heures selon la température ambiante.
5. Mettre dans un four préchauffé à 250 °C. Baisser la température à 200 °C après chargement du four. Laisser cuire 35 minutes. Laisser refroidir sur une volette.



## Pain de petit épautre

Makes 600 g

6–7 heures

Source: [\[2\]](#)

225 g	levain de grand épautre (1:1)
100 ml	eau tiède
270 g	farine de petit épautre
30 g	gluten
6–7 g	sel

1. Mélanger tous les ingrédients et pétrir à la machine.
2. Laisser reposer 2 1/2 heures. Plier en deux deux fois toutes les heures (donc deux fois).
3. Pré-former la pâte. Laisser reposer 15–20 minutes.
4. Former le pain. Laisser reposer à température ambiante 1–3 heures selon la température ambiante.
5. Mettre dans un four préchauffé à 240 °C. Baisser la température à 180 °C après chargement du four. Laisser cuire 35 minutes. Laisser refroidir sur une volette.

## La tourte de seigle

Makes 500 g ou 1 kg

36 heures

Source: [\[46\]](#)

60 g levain  
100 g froment bise T80, T100, ou de seigle  
60 g eau tiède  
100 g froment bise T80, T100, ou de seigle  
60 g eau tiède  
380 g farine de seigle complète  
320 g eau tiède  
10 g sel fin

1. **L'avant veille**, prélever levain-mère bien fraîchi, ajouter farine et eau, mélanger vigoureusement à la cuillère. Couvrir et laisser reposer 8 h à température ambiante.
2. **La veille**, nourrir une nouvelle fois le levain, mélanger, couvrir, et laisser reposer 4 h à température ambiante.
3. Verser l'eau et le levain ensemble, diluer à l'aide d'une spatule. Verser la farine de seigle, mélanger, saler, et laisser reposer 30 minutes.
4. Travailler la pâte à la main quelques minutes, couvrir et laisser reposer 2 h à température ambiante.
5. Déposer le pâton sur un plan de travail bien fariné, lui donner une forme ronde sans trop le travailler et en farinant les doigts autant que nécessaire pour qu'ils n'adhèrent pas à la pâte. Placer le pâton dans un banneton bien fariné, le pli contre la toile, la partie lisse vers l'extérieur. Laisser reposer 1h30 à température ambiante.

6. Pendant ce temps préchauffer le four à 250 °C et placer la pierre de cuisson à mi-hauteur, la lèchefrite étant dans le bas du four.
7. Lorsque le four et la pierre sont bien chauds, déposer le pâton sans le grigner. Jeter un verre d'eau dans la lèchefrite.
8. Après 20 minutes, baisser la température à 200 °C, ouvrir le four brièvement pour laisser évacuer la vapeur, et laisser cuire 40 minutes de plus.
9. À la fin de la cuisson, laisser le pain dans le four éteint et entrouvert 15 minutes, puis le faire ressuer un jour entier sur une volette avant de le consommer.

## Pâte Brisée

Makes a 9-inch pie shell

15 minutes

Source: [\[63\]](#)

156 g	butter (11 Tbsp)
2 c	all-purpose flour (335 g ?)
$\frac{1}{2}$ tsp	salt
5–6 Tbsp	water

This crust is best for savory fillings. Use pâte sucrée for sweet pies.

The dough can be stored refrigerated for a week or more before baking.

1. Work butter very lightly into flour and salt. This can be done best by working the flour and butter first with the fingers and then lightly and quickly rotating it between the palms of the hands.
2. Make a well in the flour mixture and gradually pour in the water. Use the index finger to stir the liquid quickly into the flour in a spiral fashion, beginning at the inside of the well and gradually moving to the outer edge. The dough should be soft enough to gather up into a ball but should not stick to the fingers or the board.
3. Allow the dough to rest refrigerated from 2 to 36 hours. Cover it with a damp, wrung-out cloth for the shorter period or a piece of foil for the longer one. The resting of the dough breaks any rubbery reactions it might develop when rolled and handled.
4. Roll or press into a pie crust. Bake with filling according to need.

## Pâte feuilletée

Makes 575 g

1 heure sur 4 heures

Source: [\[30\]](#)

### Détrempe

250 g	farine T55
50 g	beurre
5 g	sel
2,5 g	sucré (si usage sucré)
125 ml	eau

1. Mélanger farine, beurre, et sel. Ajouter l'eau. Pétrir brièvement à la main, former un oval, filmer, et mettre au frigo pendant au moins 1 heure.

### Tourage

150 g    beurre

1. Malaxer le beurre dans un torchon humide, former un oval, filmer, et mettre au frigo.
2. Rouler la détrempe entre deux feuille de papier sulfarisé pour obtenir un rectangle approximativement  $12 \times 20$  cm. Rouler le beurre à  $12 \times 12$  cm. Placer le beurre sur la détrempe, plier un tiers de la détrempe sur le beurre, puis plier en deux pour créer deux couches de beurre et trois de détrempe.
3. Rouler dans l'autre sens à  $12 \times 24$  cm, plier les 6 cm de chaque bout vers le milieu, puis filmer et remettre au moins une heure au frigo. (Elle peut y rester la nuit.) C'est deux tours.

4. Faire encore deux tours : rouler à  $12 \times 18$  cm et plier en tiers. Filmer et remettre au frigo au moins une heure. (Elle peut y rester la nuit.)
5. Rouler et former le plat final.

## Pâte Sucrée

Makes a 7-inch pie shell

15 minutes

Source: [\[63\]](#)

1 c	all-purpose flour
2 Tbsp	sugar
1/2 tsp	salt
6 Tbsp	softened butter (85 g)
1	egg yolk
1/2 tsp	vanilla
1 Tbsp	lemon juice or water

This crust is best for sweet fruit fillings. Use pâte brisée for savory pies.

The dough can be stored refrigerated for a week or more before baking.

1. Combine flour, sugar, and salt. Work the butter into it as for pastry, using a pastry blender or fingers.
2. Make a well and add the remaining ingredients. Stir with fingers until the mixture forms one blended ball and no longer adheres to the hand. Cover and defridge for at least 30 minutes.
3. Roll to a 1/8-inch thickness as for pie dough.
4. Line the tart pans with the dough. Prick and weight down with beans or pebbles.
5. Bake at 400 °F (205 °C) for 7 to 10 minutes or until lightly browned.
6. Unmold and cool on a rack. Fill with fresh fruit.

## Dill Pickle Slices

15 minutes

Source: [2]

1 c	white wine vinegar
$\frac{1}{2}$ c	sugar
1 Tbsp	fresh dill, chopped
	water
3	large cucumbers
6	cloves garlic

1. Mix the vinegar and sugar until dissolved. Place in jars of sufficient size to hold sliced cucumbers.
2. Slice cucumbers and garlic. Add alternately to jars along with dill. Add enough water to cover.
3. Refrigerate for two days before eating.



## Pie Crust

Makes 1 pie crust

15 minutes plus refrigerator time

Source: [\[64\]](#)

### Single Crust for a 9 Inch Pie

1½ c	all purpose flour
¼ tsp	salt
9 Tbsp	butter (128 g)
3 Tbsp	cold water

### Double Crust for a 9 Inch Pie

2¼ c	all purpose flour (315 g)
½ tsp	salt (5-6 g)
13½ Tbsp	butter (192 g)
4½ Tbsp	cold water

### Food Processor Version

1. Process flour and salt for 20 seconds.
2. Distribute butter evenly and process until the mixture resembles coarse meal, 15 to 20 seconds.
3. With the food processor running, pour the ice water in a steady stream through the feed tube and process just until the dough comes together.

## Manual Version

- Whisk flour and salt in a large mixing bowl.
- Rub the butter into the flour with fingertips or cut it in with a pastry blender.
- Sprinkle the water over the mixture while tossing with a fork.

## And then...

- Knead the dough several turns on a lightly floured surface to bring it together. Shape into one (or two) thick disks, wrap in plastic wrap, and refrigerate at least 1 hour.
- To roll out the dough, place the chilled dough between two pieces of baking parchment and roll out to a diameter two inches bigger than the size of the pan. Fit to the pan, trim the edges, and keep in the refrigerator until ready to fill. (If pre-baking the crust, refrigerate at least 30 minutes before baking.)

## Poivrons grillés marinés au thym citron et à l'ail rose

Serves 6

15 minutes (plus 30m cuisson et 2h réfrigération)

Source: [17]

3	poivrons rouges
1	tête de l'ail rose
1	citron (jus de)
6 c. à soupe	huile d'olive
6 brins	thym citron
	sel
	poivre

1. Allumer le four en position gril. Laver et sécher les poivrons. Les poser sur la grille du four. La glisser à mi-hauteur du four et installer la lèchefrite en dessous. Faire griller les poivrons en les retournant régulièrement jusqu'à ce qu'ils soient uniformément bruns (environ 30 minutes).
2. Sortir les poivrons du four et les enfermer dans un sac en plastique. (Ils seront plus faciles à peler). Laisser refroidir.
3. Peler les poivrons et les couper en deux. Retirer les graines et les filaments blancs. Détailler la chair en lanières. Les mettre dans un saladier. Ajouter les gousses d'ail pelées et grossièrement émincées ainsi que le jus de citron, l'huile d'olive, et le thym. Saler, poivrer, et mélanger. Couvrir le plat d'un film étirable et réserver au frais pendant deux heures minimum.
4. Sortir les poivrons marinés 30 minutes avant de les servir. Déguster avec des tranches de pain de campagne grillé.

*Le bon accord : un bordeaux claiert.*

## Polenta

15 minutes

Source: [\[6\]](#)

125 g	polenta (semoule de maïs)
500 ml	eau
50 g	beurre
50 g	parmesan rapé

1. Faire fondre le beurre dans l'eau chaude, puis ajouter le semoule de maïs.
2. Vers la fin de la cuisson, ajouter le parmesan rapé.
3. Servir chaud.

## 拉麵

*(aussi appelé)*

ラーメン

Serves 4

1 heure + repos (1–2 jours) + cuisson (90 secondes)

Source: [51]

4 g	sel
175 ml	eau
350 g	farine T55
50 g	fécule de maïs (ou arrow-root ou tapioca)
4 g	bicarbonate de soude

fécule de pomme de terre ou de maïs pour le façonnage

1. Dissoudre le sel dans l'eau. Ajouter la farine et la fécule. Former une boule et laisser reposer dans un torchon humide.
2. Mettre dans un sac en plastique et pétrir avec les pieds pour obtenir une pâte lisse. Laisser reposer 10 minutes, puis répéter cette opération 4 fois.
3. Laisser reposer 1 heure en été, 3 heures en hiver.
4. Rouler à 1 cm d'épaisseur. Fariner de fécule. Rouler comme des pâtes italiennes. Former des spaghettis plutôt épais (3–4 sur ma machine à pâte).
5. Laisser reposer 1–2 jours dans un sac en plastique.
6. Faire cuire 90 seconds dans de l'eau bouillante salée. Égoutter et servir.

## Ricotta

Fait 350 g de ricotta

15 minutes + 1 heure

Source: [\[34\]](#)

1 litres lait

$\frac{1}{2}$  litre crème liquide entière

3,3 g sel

60 ml acide citrique (jus d'un citron, par exemple)

1. Mélanger le lait, crème, et sel dans une casserole. Chauffer doucement à 90 °C, remuant occasionnellement afin d'éviter la formation d'une peau.
2. Ajouter l'acide citrique. Remuer, puis laisser cailler jusqu'à la séparation du petit lait.
3. Égoutter à travers une mousseline jusqu'à l'obtention de la consistance de ricotta souhaitée (typiquement entre 15–60 minutes).

Notes :

- Le vinaigre blanc peut substituer à l'acide citrique.
- Plus d'acide fait des granulés de lait plus gros.
- La température n'est pas un seuil : le lait caille mieux avec la chaleur et on ne souhaite pas, ici, le faire bouillir.

## Roasted Pepper Zucchini Spread

Makes 1 liter

20 minutes (?)

Source: [\[2\]](#)

2	large zucchinis
1	apple
3 cloves	garlic
150 g	sun-dried tomatoes
1 Tbsp	olive oil
	black pepper
	cayenne pepper
	basil

1. Purée everything in a food processor. Serve.

It may be that the flavor improves by the next day. Initially the flavor sequence is a bit strange, with sweetness (apple) followed by saltiness (tomato) followed by garlic.

I roasted one of the zucchinis in order to reduce moisture. It's not clear that this was worth the bother.

I added three or four prunes as sweetener. I don't think this was worthwhile, although it didn't hurt.

The olive oil probably could be omitted without ill effect.

# Roggenbrot

Makes 500 g

6 hours

Source: [\[52\]](#)

95 ml warm water  
1.5 g instant dry yeast  
220 g liquid rye levain, mature (2 parts rye flour to 3 parts water)  
220 g light rye flour  
15 g gluten  
15 g bread flour (T65)  
6 g salt  
2 g aniseeds, ground

1. Mix water and dry yeast to dissolve. Add remaining ingredients and mix. Transfer to a lightly oiled bowl and cover with lid or plastic film.
2. Bulk fermentaton 2.5 hours, folds after 1 and 2 hours.
3. Preshape, let reste 15–20 minutes.
4. Shape into bâtard (or boule). Allow to proof 1.5–2 hours.
5. Preheat oven to 240 °C.
6. Score. Bake at 240 °C (loading temperature) then 160 °C (baking temperature) for 30–35 minutes.
7. Cool on wire rack. Allow at least 10 minutes before cutting.

## Teeroggenbrot (Pu-Ehr)

Replace the 95 ml of warm water with 95 ml of strong Pu-Ehr tea (6 g of tea leaves in 120 ml of water infused at 95 °C for 60 seconds). Allow to cool to 50 °C before adding yeast.



**Teeroggenbrot (Oolong Fu Lian)**

Replace the 95 ml of warm water with 95 ml of strong Oolong Fu Lian tea (7.5 g of tea leaves in 125 ml of water infused at room temperature for 45 minutes).

## Cold Sesame Noodle

Serves 3

15 minutes

Source: [\[34\]](#)

500 g      fresh noodles (or 230 g dried)  
40+ g      sesame paste (tahini) (3 Tbsp)  
75 ml      cold water (5 Tbsp)  
15 ml      light soy sauce (1 Tbsp)  
5–6 g      sugar (1 tsp)  
5–6 g      salt (1 tsp)  
7–8 ml    rice vinegar (or black vinegar) ( $\frac{1}{2}$  Tbsp)  
10 g      sesame oil (1 Tbsp)  
dash      cayenne pepper  
            crushed peanuts

1. Mix sesame paste, water soy sauce, sugar, salt, vinegar, and sesame oil, whisking until smooth. Add a dash of cayenne pepper. Set aside.
2. Boil water and make noodles, draining and dousing in cold water when done.
3. Toss noodles and sesame sauce together. Serve topped with crushed peanuts.

## 酢飯

すめし

Serves 2

5 minutes over 30 minutes

Source: [50]

1 c	rice
1 c	water
$\frac{1}{4}$ c	rice vinegar
2 tsp	sugar
$1\frac{1}{2}$ tsp	salt

1. Rinse rice until water is clear. Let rice soak in clear water for 30 minutes.
2. Drain rice. Put in rice cooker with water. Note that this makes slightly firmer rice, since we'll add vinegar at the end.
3. Mix vinegar, sugar, and salt. Gently heat to dissolve.
4. When the rice is cooked, moisten a sushi oke/hangiri or a large bowl so that the rice won't stick. Transfer rice into the sushi oke, spread so it will cool faster. Pour vinegar over rice while still warm. Mix with a rice paddle and a slicing motion at 45 degrees. Continue until rice is cool. Store covered with a damp towel until ready to use.

## 酢飯

すめし

Serves 4

5 minutes over 30 minutes

Source: [69]

540 ml      rice (3 180 mg cups = 492 g)  
              water  
540 ml      water  
5 cm        dashi kombu  
80 ml       rice vinegar  
  
3 Tbsp      sugar  
1<sup>1</sup>/<sub>2</sub> tsp     kosher salt (use half if fine sale)

1. Rinse rice until water is clear. Let rice soak in clear water for 30 minutes.
2. Drain rice. Put in rice cooker and add 540 ml water. Place the dashi kombu on top and let cook. Note that this makes slightly firmer rice, since we'll add vinegar at the end.
3. Mix vinegar, sugar, and salt. Gently heat to dissolve.
4. When the rice is cooked, moisten a sushi oke/hangiri or a large bowl so that the rice won't stick. Transfer rice into the sushi oke, spread so it will cool faster. Pour vinegar over rice while still warm. Mix with a rice paddle and a slicing motion at 45 degrees. Continue until rice is cool. Store covered with a damp towel until ready to use.

## Tomato sauce

5 minutes + time to drain

Source: [\[52\]](#)

360 g	canned tomato, drained
125 g	tomato paste
0.5 g	oregano, dried
5 g	salt
7 g	extra-virgin olive oil

1. Drain tomatoes, then combine all ingredients, optionally blending with an immersion blender.
2. Store in an air-tight container up to 1 week refrigerated or 3 months frozen.

**Soup**

## African Peanut Soup

Serves 10

1 hour

Source: [74]

1 Tbsp	oil
1	large onion, chopped
2	medium sweet potatoes, peeled and diced
2	garlic cloves
8 c	chicken broth
1/2 tsp	ground cumin
3 c	thick chunky tomato salsa
600 g	garbanzo beans (dry weight), soaked and cooked (3 lbs if canned)
1 c	diced zucchini or yellow squash
2/3 c	creamy peanut butter
	salt
	pepper

1. In a large soup pot, sauté onions, sweet potato, and garlic in oil until onions are tender.
2. Add broth, thyme, and cumin. Bring to a boil, then reduce heat and simmer until potato is tender, about 10 minutes.
3. Add the salsa, garbanzo beans, and squash. Cook until tender, about 10 minutes.
4. Add peanut butter and stir until completely combined. Add salt and pepper to taste.
5. Serve plain as soup or over couscous or long grain rice.

# Beet Onion Soup

Serves 6

1 hour

Source: [2]

4 medium onions, finely chopped  
50 g butter  
4 garlic cloves, crushed  
4 raw beets, finely chopped  
5 tomatoes, coarsely chopped  
salt  
black pepper  
2 c water  
4 yellow bell peppers  
handful fresh basil  
1 tsp thyme  
crème fraîche

1. Sauté onions slowly in butter, 15 minutes.
2. Add garlic and beets, sauté another 10 minutes.
3. Add tomatoes, salt, and pepper. Simmer on low heat 15 minutes.
4. Add water and bell pepper. Cook on low 5–10 minutes.
5. Stir in the basil and thyme.
6. Before serving, stir in several large spoonfuls of crème fraîche.



# Soupe de betterave à la nuance de gingembre

Pour 4 personnes (en entrée)

30 minutes + 30 minutes cuisson

Source: [74]

	beurre doux
2	poireaux, coupés
1 gousse	d'ail, finement coupé
3	betteraves crues, coupées en dés
1	carotte, coupées en rondelles fines
2 cm	gingembre
	zeste d'orange
1 litre	bouillon
	crème fraîche

1. Faire revenir les poireaux dans du beurre.
2. Ajouter l'ail.
3. Ajouter les betteraves, la carotte, le gingembre, et le zeste d'orange.
4. Ajouter le bouillon. Porter le tout à ébullition, puis réduire la température et couvrir. Laisser mijoter 20 minutes environ : les légumes doivent être tendres.
5. Passer la soupe au mixeur jusqu'à l'obtention d'un velouté.

# Roasted Butternut Squash Soup

Serves 8–10

1 hour

Source: [\[26\]](#)

5 lbs butternut squash, peeled and cut into  $\frac{3}{4}$  inch dice  
2 yellow onions, chopped  
1 Tbs fresh thyme, finely chopped  
3 Tbs olive oil  
salt  
black pepper  
6 c stock (not mushroom)  
 $\frac{1}{2}$  c white wine, dry  
1 tsp cardamom, ground  
 $\frac{2}{3}$  c heavy cream or crème fraîche

1. Preheat oven to 425 °F.
2. Toss squash, onions, and thyme in olive oil. spread mixture onto one or two large baking sheets. Season with salt and pepper. Roast 20–30 minutes until tender, stirring once or twice.
3. Remove from oven and transfer to a large saucepot. Add stock, wine, and cardamom. Simmer 10 minutes.
4. Working in batches, purée the soup in a blender or food processor until smooth. Transfer to a clean saucepan and check seasoning.
5. When ready to serve, bring back to a simmer, remove from heat, and whisk in cream.

# Soupe de carotte aux épices

Pour 4 personnes (en entrée)

30 minutes + 30 minutes cuisson

Source: [74]

2 c. à soupe	huile de tournesol
1	oignon haché
3 gousses	d'ail, écrasées
2 c. à café	cumin, en poudre
1 c. à café	coriandre, en poudre
1/2 c. à café	gingembre, en poudre
1 c. à café	paprika
1 pincée	piment de Cayenne
1	pomme de terre, petite, coupée en cubes
500 g	carottes, coupées en rondelles
1,2 l	bouillon de légumes ou de poule
	jus d'une orange
1-1 1/2 c. à soupe	vinaigre de vin rouge
	sel
	poivre noir
	coriandre fraîche, ciselée

1. Faire chauffer l'huile dans une grande casserole. Y mettre l'ail et l'oignon à revenir 4 minutes sur feu doux.
2. Ajouter le cumin, la coriandre, le gingembre, le paprika, et le piment de Cayenne.
3. Ajouter la pomme de terre, les carottes, et le bouillon.
4. Porter le tout à ébullition, puis réduire la température et couvrir. Laisser mijoter 20 minutes environ : les légumes doivent être tendres.
5. Passer la soupe au mixeur jusqu'à l'obtention d'un velouté.

6. Incorporer le jus d'orange et le vinaigre. Saler et poudrer au goût.
7. Transvaser la soupe à la louche dans des bols et parsemer de coriandre fraîche. Servir aussitôt.

## Carrot Soup with Onion Relish

Serves 4–6

1 hour

Source: [45]

### Soup

2 Tbsp	butter or olive oil
1	onion, thinly sliced
1 lb	carrots, thinly sliced
1 bay	leaf
2 Tbsp	chopped parsley
3 Tbsp	white rice
1 tsp	sweet paprika
1 tsp	ground cumin
1/2 tsp	ground coriander
	salt and black pepper
7 c	water or stock

1. In a soup pot, melt the butter over medium heat. Add the onion, carrots, bay leaf, parsley, and rice. Cook to soften the onion, stirring frequently, about 5 minutes.
2. Add the spices, 1/2 tsp salt, some pepper, and cook 5 minutes longer.
3. Add the water and bring to a boil, then lower the heat and simmer, partially covered, for 25 minutes.
4. While the soup is cooking, make the relish, below.
5. Remove the bay leaf from the soup. Puree 2 cups of the soup until smooth, then puree the rest, leaving a little texture and flecks of carrot. Taste for salt and serve each bowl with a spoonful of the relish.

**Onion Relish**

- $\frac{1}{2}$  c      finely diced white onion or pickled onion
- 1          serrano chile, finely chopped
- 2 Tbsp    chopped cilantro
- a few leaves of cinnamon basil (or ordinary basil)
- 2          limes (grated zest and juice)

1. Combine all ingredients together.

# Hot and Sour Soup

Serves 8

30 minutes

Source: [71]

1	large onion, chopped
1 qt	broth or water
20 oz	mushrooms (crimini or even button)
1-2	zucchini, shredded
4 Tbsp	soy sauce
2 Tbsp	sherry
1/4 c	red wine or cider vinegar
	Tabasco sauce
1/2 tsp	black pepper
12 oz	tofu, shredded
2	eggs, lightly beaten
	scallions, minced
	sesame oil

1. Sauté onions until translucent. Add water, mushrooms, and zucchini. Simmer until mushrooms are done.
2. Add soy sauce, sherry, wine, Tabasco, pepper, and finally tofu. Simmer about 10 minutes.
3. Add eggs in a thin stream while stirring.
4. Top with scallions and dots of sesame oil to serve.

## Italian Lentils

Serves 3–4

45 minutes (?)

Source: [21]

1 c	dried lentils
1 qt	broth (chicken or vegetable)
8 oz	canned diced tomatoes
1	onion
1	carrot
2	celery stalks
5 Tbsp	olive oil
pinch	black pepper
pinch	salt

1. Soak the lentils in water for 30 minutes, then rinse them and set them aside.
2. Drain the diced tomatoes, mix the liquid with the broth, and warm it up in a pot or in the microwave oven.
3. Finely chop onion, carrot and celery. Place the chopped vegetables in a deep pot, add the olive oil, salt, and pepper, and sauté on medium heat until the onion becomes translucent.
4. Add the diced tomatoes, and sauté for a couple of minutes. Add the lentils and sauté for a few more minutes.
5. Finally, add the broth, making sure that it completely covers the lentils (add water if necessary). Cook for 30–40 min until the lentils start becoming soft.



# Minted Pea Soup

Serves 4–6

20 minutes plus 30 minutes to cook

Source: [42, 43]

2 Tbsp butter, unsalted  
1 c yellow onion, chopped  
1 tsp essence, recipe below  
 $\frac{1}{2}$  tsp salt  
1 qt vegetable stock  
4 c peas, freshly shelled  
 $\frac{1}{2}$  c heavy cream  
 $\frac{1}{4}$  c fresh chopped mint

1. In a large, heavy saucepan, melt the butter over medium-high heat. Add the onion, essence, and salt, and saute until soft, about 5 minutes.
2. Add the chicken stock and peas and bring to a boil. Reduce the heat to medium-low and simmer uncovered until the peas are tender, about 5 to 10 minutes. Remove from the heat and puree with a hand-held immersion blender.
3. Stir in the cream and mint, and serve warm with bread.

## Essence (Creole seasoning)

$2\frac{1}{2}$  Tbsp paprika  
2 Tbsp salt  
2 Tbsp garlic powder  
1 Tbsp black pepper  
1 Tbsp onion powder  
1 Tbsp cayenne pepper  
1 Tbsp dried leaf oregano  
1 Tbsp dried thyme

1. Combine all ingredients thoroughly and store in an airtight container.  
Makes about  $\frac{2}{3}$  cup.

The recipe originally called for chicken stock.

# Pepper, Leek, and Mushroom Stew with Corn and Cheese Dumplings

Serves 4

30–40 minutes (dumplings) + 30 minutes (stew)

Source: [39]

## Corn and Cheese Dumplings

100 g	grated cheddar cheese (originally: $\frac{1}{2}$ cup)
100 g	grated Swiss cheese (originally: $\frac{1}{2}$ cup)
$\frac{1}{2}$ c	yellow corn meal
$\frac{1}{2}$ c	white flour
$\frac{1}{2}$ c	cottage cheese
2	eggs, beaten
1 pinch	salt

1. Mix all ingredients together thoroughly in a bowl. Use hands to form 1-inch balls.
2. In a large pot, bring 4 quarts of water to a rolling boil. Add as many dumplings as possible without crowding. Reduce heat, cover, and allow to simmer for 10 minutes. Remove with a slotted spoon. (*Note:* If cooking the dumplings in more than one shift, keep cooked ones warm on a tray in a 200 °F oven or reheat in a microwave.)

The dumplings may be assembled a day or two in advance if desired. Store on a floured plate, tightly covered and refrigerated. About 40 minutes before serving time, bring the cooking water to a boil. Poach the dumplings while heating the stew.

## Pepper, Leek, and Mushroom Stew

2 Tbsp	butter
2 <sup>1</sup> / <sub>2</sub> c	chopped leaks (whites and half the greens)(not quite one leek)
<sup>1</sup> / <sub>2</sub> lb	button mushrooms, chopped
<sup>1</sup> / <sub>2</sub> tsp	salt
6	bell peppers, thinly sliced
	black pepper, to taste
1 c	yogurt, at room temperature
	paprika

1. Melt the butter in a large saucepan or Dutch oven. Cook the vegetables with salt over low heat. After about 10 minutes, turn up the heat and cook, stirring until most of the liquid evaporates. Add black pepper to taste.
2. Stir in the yogurt shortly before serving. Serve immediately without any further cooking. Top each serving with a few of the dumplings and an artful dusting of paprika.

Notes:

- The vegetables may be cooked a day or two in advance and then reheated.
- Be sure the yogurt is at room temperature so the sauce won't curdle.

## Red Lentil Soup with Lime

Serves 4–6

45 minutes

Source: [\[45\]](#)

2 c	split red lentils, picked over and rinsed several times
1 Tbsp	turmeric
4 Tbsp	butter
	salt
1	large onion, finely diced, about 2 cups
2 tsp	ground cumin
1½ tsp	mustard seeds or 1 tsp ground mustard
1	bunch chopped cilantro, about 1 cup
3	limes, juiced
1	large bunch spinach leaves, chopped into small pieces
1 c	cooked rice
4–6 Tbsp	yogurt

1. Put the lentils in a soup pot with 2½ quarts water, the turmeric, 1 tablespoon of the butter, and 1 tablespoon salt. Bring to a boil, then lower the heat and simmer, covered, until the lentils are soft and falling apart, about 20 minutes. Puree for a smooth and nicer-looking soup.
2. Meanwhile, in a medium skillet over low heat, cook the onion in 2 tablespoons of the remaining butter with the cumin and mustard, stirring occasionally.
3. When soft, about the time the lentils are cooked or after 15 minutes, add the cilantro and cook for a minute more.
4. Add the onion mixture to the soup, then add the juice of 2 limes. Taste, then add more if needed to bring up the flavors. The soup should be slightly sour.

5. Just before serving, add the last tablespoon of butter to a wide skillet. When foamy, add the spinach, sprinkle with salt, and cook just long enough to wilt. If the rice warm, place a spoonful in each bowl. If it's leftover rice, add it to the soup and let it heat though for a minute.
6. Serve the soup, divide the spinach among the bowls, and swirl in a spoonful of yogurt.

## Sweet Corn Soup

Serves 6–8

one hour

Source: [45]

If using frozen corn, make sure to use stock. Fresh corn can use water.

1 Tbsp	butter or corn oil
1	small onion, thinly sliced
1/2 c	grated waxy potato, such as Yellow Fin
6 ears	corn (about 4 cups)
7 c	water or stock, plus 1 c water
1 tsp	salt
	cream or milk, optional
	chopped parley, basil, lovage, tarragon, chives, or dill

1. Shuck the corn, remove the silk, the slice off the kernels.
2. In a wide soup pot, melt the butter, then add the onion, potato, and 1 cup of the water. Cover the pot and stew over medium heat until the onion is soft, about 10 minutes.
3. Add the corn, salt, and the remaining water and bring to a boil. Lower the heat and simmer, partially covered, for 10 minutes.
4. Cool briefly, then puree in a blender in two batches, allowing 3 minutes for each batch. Pass through a food mill or fine strainer, then return the soup to the stove and stir in a little cream to thin it if desired. Taste for salt and serve sprinkled with herbs.

When reheating, stir frequently and don't boil or the soup will curdle.

# Tartare de tomates vertes, soupe de tomates jaunes, et glaçon de tomates rouges

Serves 4

30 minutes (plus 2h réfrigération plus 5m cuisson)

Source: [18]

150 g	tomates vertes (variété “green zebra” si possible)
400 g	tomates jaunes (variété “ananas” si possible)
150 g	tomates rouges, pelées
50 g	tomates confites
jus d'un	citron
2	brins de thym
1	gousse d'ail
1 c. à soupe	huile d'olive
	Tabasco (quelques gouttes)
	sel
	poivre

1. Laver et essuyer les tomates. Après avoir ôté les pédoncules, les couper séparément : les vertes en dés, les rouges en morceaux. Eplucher l'ail. Laisser les jaunes entières.
2. **(2h en avance)** Mettre les morceau de tomates rouges, les tomates confites, et quelques gouttes de Tabasco dans un blender. Saler, poivrer, et faire fonctionner l'appareil pour obtenir un coulis. Verser le coulis dans un bac à glaçons et réserver deux heures au congélateur.
3. **(Préparer la soupe)** Mettre les tomates jaunes dans une casserole avec 15 cl d'eau, l'ail, et 1 brin de thym. Saler, porter à ébullition pendant 20 minutes. Retirer l'ail et le thym, peler les tomates, et verser dans le blender. Ajouter la moitié du jus de citron et faire fonctionner l'appareil pour obtenir une soupe lisse. Pouvrrer et réserver dans la casserole sur feu doux.



4. **(Préparer le tartare)** Effeuillez et hachez l'autre brin de thym. Assaisonner les tomates vertes de sel, poivre, huile d'olive, thym, et du reste du jus de citron. Mélanger et réserver à température ambiante.
5. **(Au moment de servir)** Répartir le tartare en dôme au centre de quatre assiettes creuses. (Utiliser des cercles si possible.) Poser un glaçon de tomate rouge sur chaque tartare, versez la soupe jaune autour. Accompagner éventuellement chaque tartare d'une tartine de pain de campagne toastée, frottée d'ail, badigeonnée d'huile d'olive, et saupoudrée de parmesan fraîchement râpé.

*Le bon accord : un viognier de l'Ardèche (blanc).*

## Tomato-Fennel Soup

Serves 4

30 minutes

Source: [\[41\]](#)

2 Tbsp olive oil  
1 fennel bulb (about 12 oz), trimmed, cored, and chopped; reserve 2  
Tbsp leaves  
4 shallots  
1 small carrot (about 2 oz)  
1 28 oz can whole plum tomatoes  
 $\frac{1}{2}$  c vegetable broth  
salt  
pepper

1. In a medium stock pot, heat the oil over medium-low heat. Add the fennel, shallots, and carrot. Cook, stirring occasionally, until vegetables are very soft but not browned, about 15 minutes.
2. Add the tomatoes with juice and the broth. Bring to a boil over high heat. Reduce the heat and simmer gently, uncovered, for 15 minutes, stirring occasionally.
3. Purée until smooth.
4. Serve hot, garnished with the reserved fennel leaves.

# Winter Squash Soup with Fried Sage Leaves

Serves 4–6

1 hr(?)

Source: [\[45\]](#)

2 <sup>1</sup> / <sub>2</sub> –3 lbs	winter squash
<sup>1</sup> / <sub>4</sub> c	olive oil, plus extra for the squash
6	garlic cloves, peeled
12	sage leaves, whole, plus 2 Tbsp chopped
2	onions, finely chopped
	leaves from 4 thyme sprigs or <sup>1</sup> / <sub>4</sub> tsp dried
<sup>1</sup> / <sub>4</sub> c	chopped parsley
	salt and pepper
2 qts	water or stock
<sup>1</sup> / <sub>2</sub> c	Fontina, pecorino, or ricotta salata, diced into small cubes

1. Preheat the oven to 375 °F. Halve the squash and scoop out the seeds. Brush the surfaces with oil, stuff the cavities with the garlic, and place them cut side down on a baking sheet. Bake until tender when pressed with a finger, about 30 minutes.
2. Meanwhile, in a small skillet, heat the <sup>1</sup>/<sub>4</sub> cup oil until nearly smoking, then drop in the whole sage leaves and fry until speckled and dark, about 1 minute. (They will burn 15 seconds or so later if not removed promptly!) Set the leaves aside on a paper towel and transfer the oil to a wide soup pot.
3. Add the onions, chopped sage, thyme, and parsley and cook over medium heat until the onions have begun to brown around the edges, 12 to 15 minutes. Scoop the squash flesh into the pot along with any juices that have accumulated in the pan. Peel the garlic and add it to the pot along with <sup>1</sup>/<sub>2</sub> tsp salt and the water and bring to a boil. Lower the heat and simmer, partially covered, for 25 minutes. If the soup becomes too thick, simply add more water to thin it out. Taste for salt.

4. Depending on the type of squash you've used, the soup will be smooth or rough. Puree or pass it through a food mill if you want a more refined soup. Ladle it into bowls and distribute the cheese over the top. Garnish each bowl with the fried sage leaves, add pepper, and serve.

# Side Dishes

# Blinis rapides avec une crème de fromage de chèvre frais aux herbes

Serves 4

Makes 16 blinis

30 minutes

Source: [\[8\]](#)

100 g farine tamisée  
1 oeuf  
2 blancs d'oeuf  
1 petit bouquet de basilic  
130 g lait  
1 filet d'huile d'olive  
100 g fromage de chèvre frais  
30 g crème liquide  
sel  
poivre

1. Dans un saladier, mélanger la farine avec un oeuf. Incorporer ensuite le lait, une pincée de sel. Bien mélanger sans trop travailler.
2. Superposer les feuilles de basilic et les concasser. Monter les blancs d'oeufs avec une pointe de sel.
3. Incorporer les blancs d'oeuf dans le saladier avec la valeur de 3 feuilles de basilic.
4. Confectionner les blinis dans une poêle avec de l'huile d'olive à la mode des pancakes américaines. Chaque blini se forme d'une cuillère à soupe de pâte.
5. Mélanger le fromage de chèvre avec la crème, une cuillère à soupe de basilic concassé, et du poivre.
6. Dresser toutes blinis d'une quenelle de fromage.

## Mushroom and Cheese Pâté

Makes 2 loaves

30 minutes plus 1<sup>1</sup>/<sub>4</sub> hours to bake plus time to chill

Source: [38]

4 Tbsp	butter
3 c	chopped onion
1 lb	mushrooms, coarsely chopped
1/2 tsp	salt
1 tsp	dry mustard
1/2 tsp	dill weed
	black pepper
	cayenne pepper
3 Tbsp	dry white wine
1/4 c	wheat germ
8 oz	neufchatel or cream cheese (1 cup)
1 lb	ricotta cheese (2 cups)
	paprika
	freshly minced parsley

1. In a large heavy skillet begin cooking the onions in butter over medium heat, stirring occasionally.
2. After about 5 minutes, when the onions are soft, add the mushrooms, salt, dry mustard, dill, black pepper, and cayenne. Stir well and cook uncovered over moderate heat, stirring intermittently for another 5 minutes.
3. Add the wine and stir. Continue to cook for 5 more minutes.
4. Sprinkle in the wheat germ, stirring the mixture as you sprinkle. Stir and cook 1–2 minutes more, then remove from heat.
5. Cut the neufchatel or cream cheese into the hot mixture.

6. Use a blender or a food processor fitted with a steel blade to purée the mixture. Transfer the purée to a large mixing bowl. Whisk in the ricotta.
7. You can bake the pâté in a buttered casserole or in 2 loaf pans. If baked in a casserole it will be softer and you can serve it in mounds on greens or as a spread. If baked in loaf pans it will be sliceable. (When using loaf pans, butter them and line them with buttered wax paper. Cool it in the pan, then remove it and peel off the paper.)
8. Bake uncovered for  $1\frac{1}{4}$  hours at 400 °F (205 °C).
9. Chill before serving.
10. Sprinkle with paprika and parsley.



## Pissaladière aux oignons

1 hour(?)

Source: [15, 6]

350 g	pâte à pain
1 kg	oignon
150 g	raisins secs
1 cuil.	gingembre frais, râpé
3 cuil. à soupe	vinaigre de Xérès
20 g	beurre
1 cuil. à soupe	farine
3 cuil. à soupe	huile d'olive
	sel
	poivre

1. Faire gonfler les raisins.
2. Chauffer le four.
3. Peler et émincer les oignons, les faire fondre doucement 15 min avec l'huile d'olive dans une sauteuse.
4. Ajouter alors le gingembre, la farine, mélanger puis mouiller avec le vinaigre, saler, poivrer, faire cuire encore 10 min.
5. Ajouter les raisins. Étaler la pâte et garnir un moule. Etaler la préparation sur la pâte. Enfourner 25 min.
6. A déguster tiède.

**Jeff:** La vinaigre basalmique est plus douce et donne un gout plus agréable. Sinon, la recette originale propose une demi-tablette de bouillon de volaille, ce qui adoucerait sans doute la pissaladière.

## Poireaux mimosa

pour 4 30 minutes

Source: [19]

4	poireaux moyens
2	oeufs
80 g	beurre salé
2 c. à soupe	d'eau
4 c. à soupe	crème liquide
	jus de $\frac{1}{2}$ citron
$\frac{1}{2}$	botte de ciboulette
	sel
	poivre

Les plusieurs étapes sont à faire effectivement en même temps, c'est-à-dire, sans attendre l'achèvement de l'étape précédente.

1. Faire durcir les oeufs pendant 10 minutes dans une casserole d'eau bouillante. Les rafraîchir sous l'eau froide, puis les écraser et les laisser refroidir.
2. Nettoyer les poireaux en supprimant les  $\frac{2}{3}$  du vert. Les couper en rondelles. Laver plusieurs fois.
3. Faire cuire les poireaux à la vapeur environ 10 minutes.
4. Hacher les oeufs durs au couteau.
5. Ciseler pas trop finement la ciboulette.
6. Faire fondre le beurre dans une casserole avec le jus de citron et 2 cuillerées à soupe d'eau. Fouetter (à la main) jusqu'à ce que le mélange blanchisse. Ajouter la crème liquide, saler, poivrez, et fouetter encore un peu.
7. Disposer les poireaux en rosace dans des assiettes de service. Napper d'un peu de sauce. Parsemer d'oeufs hachés et de ciboulette. Servir aussitôt.

## Rillettes de thon

10 minutes

Source: [47]

150 g	fromage frais (type St Môret)
1 boîte	thon au naturel
1	échalote (petite)
$\frac{1}{2}$	jus de citron vert
$\frac{1}{2}$	boîte de ciboulette
	baies roses
	poivre

1. Mélanger le tout en hachant. Conserver au frais au moins 3 heures.

## Spinach Mancino

Serves 4–6

30 minutes

Source: [74]

- 1 onion, chopped
- olive oil
- garlic, crushed
- 1 lb fresh spinach
- raisins
- slivered almonds
- salt
- pepper

1. Cook onion in olive oil. Add garlic. Add spinach and let wilt, cooking to remove excess moisture. Add raisins and slivered almonds. Season. Serve.

## Tartes Fine aux Tomates

Serves 4

10 minutes + 25 minutes de cuisson

Source: [\[74\]](#)

4	tomates
2	rouleaux de pâte sablée
2 c. à soupe	moutarde
	basilic
	huile d'olive
	sel
	poivre
	parmesan
	vinaigre balsamique

1. Préchauffer le four à 210 °C (th. 7).
2. Découper 4 disques de pâte, les piquer et les cuire au four pendant 10 mn environ.
3. Badigeonner de moutarde les pâtes précuites puis les recouvrir de rondelles de tomates. Ajouter le basilic ciselé.
4. Arroser d'un filet d'huile d'olive. Saler, poivrer et remettre au four 10 minutes environ.
5. Au moment de servir, ajouter un filet de vinaigre balsamique et des copeaux de parmesan.

### Astuces

1. Sortir les rouleaux de pâte à l'avance - la pâte est alors plus facile à travailler.

2. Piquer la pâte à l'aide d'une fourchette l'empêche de gonfler à la cuisson
3. Faire précuire les disques de pâte au four entre deux plaques pour qu'ils restent bien plats.
4. Utiliser des tomates roma ou olivette. Plus fermes elle ne détremperont pas votre pâte
5. Couper les tomates plus facilement à l'aide d'un couteau scie (genre couteau à pain).
6. Les tartes sont cuites lorsque les tomates sont molles en surface et juteuses.
7. Pour faire de jolis copeaux de parmesan, utilisez un économe.
8. On peut aussi, rajouter un peu de basilic frais ciselé au moment de servir.

## Dried Tomatoes

15 minutes + 90 minutes to cook

Source: [22]

fresh tomatoes  
oregano  
salt  
coriander seed  
black pepper  
cayenne pepper  
orange zeste  
olive oil

1. Remove the stalks from the tomatoes. Optionally, remove the skin. Cut the tomatoes radially in quarters (or more, depending on the size of the tomatoes). Remove the seeds and juice, leaving as much of the flesh as possible.
2. Place in an oven-proof pan. Season to taste. Drizzle with a bit of olive oil. Bake at 85 °C for 60–90 minutes until dry.

## Tomato Farcies

Serves 4

1 hour plus 30 minutes to bake

Source: [74]

- 4 large tomatoes
- olive oil
- 4 leaves fresh basil, chopped
- salt and pepper
- 1 small onion, finely chopped
- 1 large clove minced garlic
- 2 Tbsp chopped frsh parsley
- $\frac{1}{4}$  tsp thyme
- $\frac{1}{4}$  tsp marjoram
- pinch rosemary, crumbled
- $\frac{3}{4}$  c seasoned bread crumbs
- 4 Tbsp grated Parmesan cheesel

1. Cut a generous top off each tomato, reserving edible portion. Scoop out pulp, chop with trimmed top, and set aside.
2. Drain shells by inverting on paper towels.
3. Sprinkle inside with olive oil, basil, salt, and pepper.
4. In large skillet, cook onion in and garlic in olive oil over low heat until the onion is soft but not brown. Drain.
5. Mix remaining seasonings with tomato pulp. Add salt and pepper to taste. Stir into onion. Cook over low heat 10–15 minutes until mixture starts to dry.
6. Stir in bread crumbs and cool slightly.
7. Heap the filling into shells and sprinkle with cheese.



8. Pour a light film of oil on bottom of pan and place tomatoes in it. Bake, uncovered, at 350 °F for 20–30 minutes or until tomatoes are cooked but not collapsing.

## Tuna Mousse

Serves 4–8

20 minutes

Source: [5]

3×280 g	canned tuna (840 g tuna), finely ground
5	biscotti
4	eggs
150 g	butter
2 Tbsp	flour
1	garlic clove
	fresh parsley
	juice of one lemon

1. Combine the ingredients. Place in a buttered bread pan and bake 35 minutes at 180 °C.

# Main Dishes

## Alfredo Sauce

Serves 6

15 minutes

Source: [\[35\]](#)

115 g	butter
1–2 cloves	garlic
700 ml	heavy cream
700 ml	light cream
1 c	parmesan

1. Melt butter in sauce pan. Crush in garlic. Cook briefly.
2. Stir in creams and parmesan. Simmer on low heat until sauce thickens, stirring constantly to avoid burning.
3. Add salt and pepper to taste. Serve over pasta.

Variation: add an onion or two at the beginning and allow to caramelize.

## Broccoli Curry

Serves 6

45 minutes

Source: [2]

- 1 eggplant
- sesame oil
- cayenne pepper
- olive oil
- 2 large onions, coarsely chopped (about 1 kg)
- 3 cloves garlic, crushed
- 2 broccoli, coarsely chopped
- 14 oz can chopped tomato
- 2 c coconut milk (13.5 oz can)
- 4 oz massaman curry paste
- 3 Tbsp peanut butter
- fresh basil
- fresh cilantro
- salt
- black pepper
- 1 1/2 c dry rice

1. Peel the eggplant, cut into finger-size strips, and saute in sesame oil. Season with salt, black pepper, and cayenne pepper to taste.
2. In a Dutch oven, saute onions in olive oil. Add garlic cloves. When onions are translucent add broccoli.
3. When the broccoli is bright green and starting to soften, add chopped tomato, massaman curry paste, coconut milk, peanut butter, basil, and cilantro. Season to taste with salt and black pepper. Simmer gently over low heat.
4. Cook rice while curry simmers.
5. Serve curry over rice with strips of eggplant on top.

## Broccoli Lentil Stew

Serves 8

45 minutes plus 30 minutes to cook

Source: [2]

1 c	dried lentils, cooked
1 large	onion (Spanish, or 2 Vidalia)
6 cloves	garlic, crushed
3 heads	broccoli
2	bell peppers
	other vegetables to taste (optional)
6	tomatoes, chopped (or a 28 oz can of diced tomato)
	salt
	black pepper
	basil
	oregano
	thyme

1. Cook the lentils.
2. While the lentils are cooking, coarsely chop the onion and sauté in olive oil. The idea for the onion and all the other chopped vegetables in this dish is to keep them large enough to be recognizable at the end and to give the dish interesting texture but small enough to be bite sized.
3. When the onions are starting to become translucent, add garlic.
4. Chop broccoli and add to onion and garlic. Add peppers and any other vegetables desired. Add tomatoes last when the other vegetables are at least limp.
5. Season to taste and simmer 15–30 minutes. Add lentils.

## Broccoli and Tofu in spicy peanut sauce

Serves 4–5

1 hour

Source: [38]

### Peanut Sauce:

$\frac{1}{2}$ c	peanut butter (no sugar)
$\frac{1}{2}$ c	hot water
$\frac{1}{4}$ c	cider vinegar
2 Tbsp	tamari sauce
2 Tbsp	blackstrap molasses
$\frac{1}{4}$ – $\frac{1}{2}$ tsp	cayenne pepper

1. In a small suacepan, whisk together the peanut butter and the hot water until you have a uniform mixture.
2. Whisk in the remaining ingredients. Set aside.

### The Sauté:

1 c	rice
1 lb	fresh broccoli
3 Tbsp	peanut oil
2 tsp	freshly-grated ginger root
4	medium cloves garlic, minced
1 lb	tofu, cut into small cubes
	salt
2 c	onion, thinly sliced
1 c	coarsely chopped raw peanuts
2–3 Tbsp	tamari sauce
2	scallions, freshly minced

1. Start cooking rice.
2. Cut off the bottom half-inch of the broccoli stems. Shave off the tough outer skins of the stalks with a sharp paring knife or a vegetable peeler. Cut the stalks diagonally into thin slices. Coarsely chop the flowerettes. Set aside.
3. Begin heating the wok (or a large, heavy skillet). When it is hot add 1 Tbsp of the peanut oil. Add half the ginger and half the garlic. Salt lightly. Sauté over medium heat for 1 minute, then add the tofu chunks. Turn the heat up a little and stir-fry the tofu for 5–8 minutes. Transfer it, including whatever liquid it might have expressed, to the saucepanful of peanut sauce. Mix together gently.
4. Wipe the wok with a paper towel and return it to the stove to begin heating once again. Add the remaining 2 Tbsp of oil to the hot wok and follow suit with the remaining ginger and garlic. Salt lightly. Add the onions and grind in some fresh black pepper. Sauté, stirring frequently over medium heat until the onions are soft, about 5 minutes.
5. On another burner, begin heating the peanut-tofu sauce on a very low flame. It shouldn't actually cook—it only needs to be warmed through.
6. Add the broccoli and the chopped peanuts to the wok. Add 2–3 Tbsp tamari sauce and stir-fry over medium-high heat until the broccoli is bright green and just tender, about 5 minutes.
7. Pour the heated peanut sauce over the sauté. Toss gently until everything is coated with everything else. Sprinkle in the minced scallions as you toss.
8. Serve over rice.



## Butternut alfredo

Serves 2–4

40 minutes

Source: [2]

- $\frac{1}{2}$  butternut squash
- 2 onions, large
- 4 garlic cloves, crushed and chopped
- thyme leaves
- butter
- salt
- angel hair pasta
- cream
- parmesan, grated
- mozzarella, chopped
- basil, chopped

1. Cut the butternut squash into 1 cm cubes, dab with butter, and put under the broiler until soft. (To accelerate, microwave for five minutes or so before broiling.)
2. Cut the onions lengthwise, sauté in butter with a dash of salt until golden. While they are cooking, put a pot of salted water to boil.
3. Add the crushed chopped garlic and cook another minute.
4. Add the roasted butternut squash and a copious quantity of thyme leaves. Cook over low heat, covered, for another five to ten minutes.
5. When the onion and squash is tender, begin cooking the pasta.
6. Add cream to the vegetables and stir until combined. Add grated parmesan and stir. Just before taking the pasta out of the water, add the mozzarella and basil.

7. Strain the pasta and add to the vegetables. Toss and serve, dusted with additional parmesan.

# Butternut Champignon Wellington

Serves 6

35 minutes préparation + 60 minutes cuisson

Source: [\[34\]](#)

1/2	butternut, coupé en dés
	huile d'olive
1	oignon
1	gousse d'ail
500 g	champignon de Paris
1 c. à café	thym
1 c. à café	romarin
50 g	pignon de pain
1 c. à soupe	pâte de miso
100 g	épinards
500 g	pâte feuilletée

1. Chauffer le four à 200 °C.
2. Mélanger butternut avec l'huile, assaisonner, faire cuire au four 30–35 minutes au four jusqu'à ce qu'il soit fondant.
3. En attendant, faire cuire les champignons avec de l'huile d'olive, l'oignon, l'ail et une pincée de sel.
4. Mixer le romarin, le thym, les pignons et la pâte de miso. Ajouter aux champignons, puis ajouter les épinards.
5. Dérouler la pâte. Placer la moitié des champignons, puis la butternut, puis le reste des champignons. Faire quelques petits trou.
6. Enfourner 25–30 minutes.

# Butternut Wellington

Serves 6

35 minutes préparation + 45 minutes cuisson

Source: [13]

850 g	butternut, coupé en dés
400 g	échalotes, hâchées
2 c. à soupe	huile d'olive
50 g	noix de pécan, hâchés
1–2 c. à soupe	sirop d'érable
1½ c. à soupe	vinaigre balsamique
500 g	pâte feuilletée
1 c. à soupe	sauge
200 g	fromage bleu, coupé en dés
1	oeuf, battu

1. Chauffer le four à 200 °C.
2. Mélanger butternut et échalotes avec l'huile, assaisonner, faire cuire 20 minutes.
3. Ajouter les noix de pécan et continuer jusqu'à ce que le butternut soit cuit mais encore ferme.
4. Ajouter le sirop d'érable et le vinaigre balsamique.
5. Laisser refroidir.
6. Étaler la pâte, placer la préparation dessus, puis parsemer de sauge et de bleu.
7. Fermer avec l'oeuf, puis dorer le tout. Faire quelques petits trous.
8. Enfourner 30–35 minutes.

## Russian Vegetarian Borscht

Serves 6

Source: [74]

1 Tbsp vegetable oil  
1 Tbsp butter  
1 onion, chopped  
3 medium size carrots, peeled and sliced  
1 small parsnip, cut into thin 2-inch strips  
3 medium size beets, cut into thin 2-inch strips  
2 large cloves garlic, finely minced  
1 bay leaf  
1 Tbsp sugar  
6 c vegetable or chicken broth  
1 small cabbage, cut into 2-inch chunks  
1 medium size potato, peeled and diced into  $\frac{1}{2}$  -inch pieces  
 $\frac{1}{4}$  c tomato purée  
salt and freshly ground black pepper to taste  
 $\frac{1}{4}$  c Balsamic or red wine vinegar  
sour cream for accompaniment

1. In a Dutch oven, heat oil and butter over medium heat and saute onion, carrots, parsnip and beets until onion is translucent.
2. Stir in the garlic, bay leaf and sugar and cook for 30 seconds. Add broth, cabbage, potatoes and tomato puree, salt and pepper.
3. Simmer, covered until vegetables are tender, about 20 to 30 minutes.
4. Remove from heat and stir in vinegar.
5. Cool to room temperature and refrigerate overnight.
6. To serve, ladle cold soup into bowls and place a dollop of sour cream on top.

I like to add lentils to this recipe. I add uncooked lentils (and some extra liquid) just before the long simmer..

## Cabbage Curry

Serves 8–10

45 minutes

Source: [2]

	butter
1/2	cabbage
2 large	onions, coarsely chopped
6 cloves	garlic, coarsely chopped
28 oz	can diced tomato
2 c	coconut milk (13.5 oz can)
4 oz	massaman curry paste
2 c	dry rice

1. In a pressure cooker or Dutch oven, combine butter, onions, and cabbage. Cook 5 minutes under pressure.
2. Add garlic, chopped tomato, massaman curry paste, and coconut milk. Simmer gently over low heat, about 30 minutes.
3. Cook rice while curry simmers.
4. Serve curry over rice.

## Chana Masala

Serves 4–6

30 minutes once chick peas are cooked

Source: [34]

2	onions
2–3	tomatoes (1 can diced tomato, drained)
5 cm	ginger
8 cloves	garlic
1 Tbsp	curry paste
6 Tbsp	ghee
4	bay leaves
2 tsp	chili powder
2 tsp	coriander powder
2 tsp	garam masala
1 tsp	turmeric
	salt
2 c	dry chick peas, soaked and cooked

1. Chop and combine onions, tomato, ginger, garlic, and curry paste. Puree coarsely with an immersion blender.
2. Melt ghee in a pot, add bay leaves, cook 30 seconds.
3. Add chopped paste and cook 2–3 minutes on medium-high heat until the oil starts to separate slightly.
4. Add remaining spices and cook 2–3 minutes.
5. Add chick peas and water to taste. Bring to a boil, then simmer 5–7 minutes.



## Cheese Strudel

Serves 6

Makes 2 rolls

1 hour plus 30 minute to bake

Source: [37]

### **Cheese-Rice Filling:**

3 c        cooked brown rice ( $1\frac{1}{2}$  c raw)  
1 c        chopped onion  
2 Tbsp    butter  
2 Tbsp    sesame seeds  
3 c        grated cheddar cheese  
            salt and pepper

1. Sauté onion in butter until soft and translucent.
2. Add sesame seeds. Toss and cook for about one minute.
3. Combine all ingredients. Add salt and pepper to taste.

### **Broccoli-Cheese Filling:**

6 c        raw, chopped broccoli  
3 Tbsp    butter  
2          eggs, beaten  
1 c        chopped onion  
2 c        bread crumbs  
2 c        grated cheddar cheese  
1          lemon (juice from)  
            salt and pepper

1. Sauté onion in butter with  $\frac{1}{2}$  tsp salt. When onion is soft, add the broccoli. Salt lightly again and sauté until broccoli is tender, but still bright green, about 8 minutes over medium heat.
2. Combine all ingredients and season to taste.

### Making the strudel:

1 lb      filo dough  
 $\frac{1}{4}$  lb    butter

1. Prepare filling. Preheat oven to 375 °F.
2. Melt butter. Prepare a well-greased tray for baking. Have at the ready a pastry brush, defrosted strudel leaves (unwrapped and covered with a slightly damp towel). Optionally have sesame seeds or wheat germ available to sprinkle on top.
3. On a large, clean working surface, place on rectangle of filo down long direction away from you. Brush it generously with melted butter. Place another leaf directly on top of the first and brush it with more butter. Continue the layering and buttering until you have a pile of four. Butter the top leaf.
4. Apply half the filling (half of one recipe) to the pile along the near (short) edge. Leave at least  $1\frac{1}{2}$  inches free at the bottom and sides. Fold the sides over and gently roll the strudel forward.
5. Carefully move the strudel to the buttered tray.
6. Repeat with the other roll.
7. Brush more butter on finished rolls, sprinkle with sesame seeds or wheat germ, make 3 or 4 slashes with a serrated knife on a diagonal.
8. Bake 30 minutes or until golden and crisp.

## Chicken with Shallots

Serves 4

45 minutes

Source: [\[62\]](#)

8	bone-in, skin-on chicken thighs
2 Tbsp	flour
1 Tbsp	salt
1 Tbsp	black pepper
2 Tbsp	butter
12–15	shallots, whole
2 c	white wine
2 Tbsp	Dijon mustard
2 sprigs	tarragon
2 c	cherry tomatoes

1. Pat chicken thighs dry, sprinkle with flour, salt, pepper.
2. Melt butter over medium-high heat to foaming, add chicken and cook until brown and crispy on all sides. Set aside.
3. Add shallots to the pot, sauté in the butter and chicken fat until soft and caramelised, 10–12 minutes.
4. Add remaining ingredients except tomato. Simmer, covered, 30 minutes.
5. Remove the lid, allow sauce to reduce and thicken, 15–20 minutes.
6. Add tomatoes, stir to combine, and serve.

**Notes :** I've tried using chicken wings, they don't have nearly as much fat and don't produce the same result. I've not yet found a satisfactory chicken-less version.

## Dosa

Makes 15–30 dosa

5 minutes + fermentation + cooking

Source: [\[52\]](#)

### 4–8 dosa

330 ml	water, 21 °C
110 g	jasmine rice
55 g	urad dhal (whole black gram)
9 g	fresh coconut, grated
8 g	poha (flattened rice flakes)
3 g	salt
	ghee

### 15–30 dosa

1320 ml	water, 21 °C
440 g	jasmine rice
220 g	urad dhal (whole black gram)
35 g	fresh coconut, grated
30 g	poha (flattened rice flakes)
11 g	salt
	ghee

1. Combine water, rice, dhal, coconut, and poha. Allow to soak at room temperature for 3 hours to overnight.
2. Use an immersion blender to puree to a smooth and fluffy consistency. Add salt, stir, and ferment, covered, for 4–12 hours at 27 °C, until bubbly.
3. Cook as crepes, one side only, brushing ghee on top . Each dosa will cook in 2–4 minutes. They should be a bit crispy. Fold in half to serve.

Note: The specific type of rice isn't important. This is a recipe that has many folk variants.

## Free-Ranging Frittata

Serves 2–3

30 minutes

Source: [\[2\]](#)

olive oil  
2 onions, chopped  
1 broccoli, chopped  
200 g feta cheese  
4 eggs  
1/4 c cream  
spices to taste (salt, pepper, herbes de provence, ...

1. Sauté onions in olive oil. When translucent, add broccoli and continuing cooking until broccoli is tender.
2. Crumble feta on top of the vegetables.
3. Lightly beat eggs with cream and spices.
4. Barely stir the vegetables to move the cheese a bit deeper into the mix, then add the egg mixture. Cook on low heat until egg is lightly cooked.
5. Remove from heat. Serve warm but not hot.

## Gnocchi Alsaciens de semoule

Source: [7]

1 L	lait
200 g	semoule
100 g	beurre
1 c. à café	sel fin
	muscade rapée
2	jaunes d'oeufs

1. Faire cuire le lait avec la moitié du beurre et le sel.
2. Ajouter la semoule en pluie fine, remuer jusqu'à obtenir une bouillie épaisse.
3. Hors du feu ajouter les oeufs et la muscade.
4. Etaler cette préparation sur une planche en bois ou une tourtière et laisser refroidir et reposer 1 h.
5. Découper ensuite cette masse au couteau ou à l'importe-pièce en lonsanges ou rectangles. Faire dorer des deux cot'es dans le beurre restant.

Servir avec une sauce tomate, par exemple.

# Gnocchi

Serves 4 people

30 minutes plus an hour to bake potatoes and time to make sauce

Source: [56], Mark Bittman, 21 February 2013

700 g            starchy potatoes (e.g., charlotte, russet)  
                 salt  
                 pepper  
 $\frac{1}{2} - \frac{3}{4}$  c       flour

1. Heat oven to 200 °C (400 °F). Bake potatoes until tender, about an hour. Immediately split them open to let the steam escape. When you can handle the potatoes, scoop out their flesh.
2. Bring a large pot of water to a boil and salt it. Pass potato flesh through a ricer or food mill, and season to taste. Sprinkle  $\frac{1}{2}$  cup flour on a clean counter or cutting board, and knead the potatoes with it, sprinkling in the remaining  $\frac{1}{4}$  cup flour, until the dough just comes together. Pinch off a piece of the dough, and boil it to make sure it will hold its shape. If it does not, knead in a bit more flour (no more than necessary), and try again; the gnocchi will float to the top and look a little ragged when ready.
3. Roll a piece of the dough into a rope about 1/2-inch thick, then cut the rope into 1/2-inch lengths. Score each piece by rolling it along the tines of a fork; as each piece is ready, put it on a baking sheet lined with parchment or wax paper; do not allow the gnocchi to touch one another.
4. Add gnocchi to the boiling water a few at a time, and stir gently; adjust the heat so the mixture doesn't boil too vigorously. A few seconds after they rise to the surface, the gnocchi are done; remove them with a slotted spoon or mesh strainer, and finish with any of the sauces below.

**Beet Gnocchi:** Peel and grate 1/2 pound beets. Cook in 2 tablespoons olive oil over medium-low heat, seasoning to taste, until very soft, 25 to 30 minutes. Transfer to food processor, and purée until smooth. Stir into the mashed potatoes in Step 2 of the master recipe (you'll most likely need an extra 1/4 cup flour).

**Spinach Gnocchi:** Roughly chop 8 ounces spinach. Cook in 2 tablespoons olive oil over medium-low heat, seasoning to taste and stirring, until soft and wilted, about 5 minutes. Rinse under cold water and squeeze dry. Transfer to food processor and purée until smooth. Stir into the mashed potatoes in Step 2 of the master recipe (you'll most likely need an extra 1/4 cup flour).

**Carrot Gnocchi:** Peel and grate 1/2 pound carrots. Cook in 2 tablespoons olive oil over medium-low heat, seasoning to taste, until very soft, 20 to 30 minutes. Transfer to food processor and purée until smooth. Stir into the mashed potatoes in Step 2 of the master recipe (you'll most likely need an extra 1/4 cup flour).

## Sauces

**Tomato Sauce:** Cook a small chopped onion in olive oil until soft. Add minced garlic, 3 to 4 cups chopped tomatoes, canned or fresh, and salt and pepper. Cook at a steady bubble until "saucy." If the sauce becomes too thick, add a splash of the gnocchi cooking water before serving. Garnish with torn basil and/or grated Parmesan.

**Brown Butter, Sage and Parmesan:** Put 4 tablespoons butter and a handful of fresh sage leaves (40 wouldn't be too many) in a skillet over medium heat. Cook until the butter is light brown and the sage is sizzling, about 3 minutes. Toss with the gnocchi, some of their cooking water and loads of grated Parmesan.

## Tips

A phrase often used (overused, really) to describe well-made gnocchi is "light as a cloud." It's not an especially instructive description for a piece of real food, and for cooks hoping to try their hands at gnocchi for the first time, it can be downright daunting.

It's true that gnocchi requires a bit of technique, but achieving that cloudlike texture—"light" is perhaps a simpler, less intimidating word— isn't actually that difficult.

It's all in the dough. There are just a few keys to remember: 1) Use starchy potatoes, like regular old russets (baking potatoes); nothing fancy. It's the starch



from the potatoes —along with the gluten from the flour —that holds the dough together. 2) You don't want overcooked, waterlogged potatoes; the wetter they are, the more flour you'll need. I bake them whole, which is effortless, but you could also boil them whole and unpeeled. If time allows, you might dry them out in a low oven for a little while, once they're fully tender. 3) Use as little flour as you can get away with to make the dough hold its shape. Add the flour a little at a time, and test-boil a piece of dough —even if you think it's not ready yet —to see if it holds together. 4) Be gentle when mixing and kneading; the idea is to avoid overdeveloping the gluten —which is the offense most likely to make your gnocchi decidedly un-cloudlike.

Another option is to add an egg, which makes success more likely but —and reasonable people disagree about this —makes the final product a tad heavier.

Once you've got the basic recipe down, you can start messing around with other vegetables in combination with potatoes. Carrots, beets and spinach are all terrific —especially for their colors —as are squash, parsnips, sweet potatoes, chard and kale. Cook them in olive oil until soft, purée them in the food processor and mix them into the cooked potatoes —because the vegetables carry some extra moisture, you'll most likely need a little more flour.

Whatever version you make, all it needs is a simple sauce —and not too much of it. The gnocchi is the star —or should I say, the cloud?

# Lentil Pizza

Serves 8–10

45 minutes + 45 minutes to bake

Source: [2]

## Crust

1 c	warm water
1 Tbsp	dried yeast
1 <sup>1</sup> / <sub>2</sub> tsp	salt
1 Tbsp	honey
2 Tbsp	olive oil
	whole wheat flour

## Filling

1 c	dry lentils, cooked
	onion, diced
	garlic, crushed
	broccoli, chopped
	other vegetables, to taste
	salt
	black pepper
	cheese

1. Set the lentils to cooking.
2. Make bread dough (crust) and let rise.
3. While it is rising, sauté the onions in olive oil. Add the garlic. Add broccoli other vegetables, chopped, as desired. Cook uncovered to avoid building up too much liquid. Remove from heat.

4. When the dough is risen, punch down, roll out, and press into a deep dish pizza pan. Spread lentils on bottom, then vegetable mixture, finally grated cheese.
5. Bake about 45 minutes at 350 °F until crust is brown at edges and cheese is well melted.

## Lentil-Filled Vidalia Onions

Serves 6

2 hours

Source: [65]

### Vidalia Onion Cups

#### 6 Vidalia Onions

1. Peel the onions and cook them in boiling water to cover for 10 minutes.
2. Drain and let the onions sit until they are cool enough to handle.
3. Scoop out the center of each with a spoon, leaving a shell 2 layers thick.  
Chop the scooped-out portion and set it aside for use in preparing the lentil filling.

### Papaya Chutney

- |                 |   |
|-----------------|---|
| 4               | large ripe papayas, peeled and chopped (see note) |
| $\frac{1}{4}$ c | lemon juice                                       |
| 2 Tbsp          | lemon zest  |
| 1 c             | golden raisins                                    |
| $\frac{1}{2}$ c | water   |
| $\frac{1}{2}$ c | raspberry vinegar                                 |
| $\frac{1}{2}$ c | honey (or $\frac{2}{3}$ cup raw (turbinado) sugar |
| $\frac{1}{2}$ c | slivered toasted almonds                          |
| 2 inches        | ginger  |
| 1               | large red bell pepper, seeded and chopped         |
| $\frac{1}{3}$ c | minced fresh cilantro                             |

1. Combine all ingredients in a large saucepan. Bring to a boil. Lower heat and simmer for 1 hour, or until the mixture thickens.
2. Remove from heat and let cool. Transfer to a jar, cover, and refrigerate.

Note: substitute 5 cups peeled, chopped peaches—fresh or defrosted frozen—when papayas are unavailable.

### Lentil Filling

1 c	dried lentils
2 c	chopped reserved onion from the prepared Vidalias, above
4 c	water
2	garlic cloves, minced
2 Tbsp	unsalted butter or avocado oil
1 Tbsp	ground cumin
2 tsp	ground ginger
2 tsp	paprika
$\frac{1}{3}$ c	minced fresh cilantro
2	fresh tomatoes, peeled, chopped, and drained
$\frac{1}{2}$ c	shredded mild white cheese, such as mozzarella or Monterey Jack
$\frac{1}{2}$ c	ricotta or small curd cottage cheese
2 c	papaya chutney (below)

1. In a medium saucepan, combine the lentils, 1 cup of the reserved onion, and water. Bring to a boil, cover, and let simmer for about 30 minutes, until the lentils are soft and cooked through.
2. Drain the lentils and set them aside.
3. Preheat oven to 375 °F (190 °C).
4. In a medium saucepan, sauté the remaining 1 cup onion and the garlic in butter until the onion is soft and translucent.
5. Add the cumin, ginger, paprika, and cilantro, and continue to sauté for 3 minutes more.

6. Add the tomato pulp and reserved lentils and stir to blend. Stir in the mozzarella and ricotta and remove from heat.
7. Fill the onions with the lentil mixture. Place in the baking dish and bake for 45 minutes, until the filling is soft and blended together but the shells retain their shape.
8. Serve topped with papaya chutney.

## Lotte à l'armoricaine

Pour 4 personnes

1h

Source: [13]

2	oignons
1 gousse	ail
3 c. à soupe	huile d'olive
800 g	lotte coupée en médaillons épais
50 g	farine
2 × 5 cl	cognac
1 c. à soupe	huile d'olive
800 g	pulpe de tomates en boîte, égouttées
2 c. à soupe	concentré de tomates
1 morceau	écorce d'orange séchée
15 cl	vin blanc sec
	noix muscade
	Tabasco
	sel
	poivre
75 g	sucré
1 bouquet	persil plat

1. Peler et émincer les oignons et l'ail.
2. Fariner la lotte. Dans une sauteuse, faire dorer avec 3 cuillerées d'huile.
3. Arroser de 5 cl de cognac chauffé et faire flamber. Égoutter.
4. A la place de la lotte, faire dorer les oignons et l'ail avec le reste d'huile.
5. Ajouter les tomates égouttées, le concentré, le vin et le reste de cognac. Saler, poivrer, parfumer de muscade et relever d'un trait de Tabasco. Remuer 5 min sur feu moyen.

6. Dans une petite casserole, faire un caramel blond avec le sucre. L'ajouter dans la sauteuse avec l'écorce d'orange et la lotte. Remuer et laisser 15 minutes sur feu doux.
7. Parsemer de persil ciselé et servir très chaud avec un mélange de riz blanc et riz sauvage.

### **L'écorce d'orange séchée**

Pour préparer les écorces séchées, laver et essuyer des oranges bio, prélever le zeste en ruban sans la peau blanche. Dessécher à 120 °C, porte mi-ouverte, au moins 2 h. Garder les écorces refroidies dans une boîte hermétique.



## Curry de lotte

Serves 4

25 minutes

Source: [\[34\]](#)

800 g	lotte, coupé en morceaux
1	poivron jaune, petit
1	poivron route, petit
1	oignon, gros
200 ml	lait de coco
1 c. à soupe	pâte de curry (ou en poudre)
	sel
	poivre

1. Émincer l'oignon, couper les poivrons en petits cubes. Faire revenir dans de l'huile.
2. Ajouter la pâte de curry, la lotte, et le lait de coco. Laisser mijoter 10 minutes sur feu doux.
3. Saler et poivrer. Servir.

## Manqué aux Courgettes et à la Menthe

15 minutes + 35 minutes cuisson

Source: [16]

1 kg	petites courgettes
2 gros	oignons
6	ouefs
25 cl	crème pàisse
80 g	parmesan râpé
2 c. à soupe	huile
1 bouquet	menthe
	sel
	poivre

1. Râper les courgettes, les poudre de sel, et laisser dégorger dans une passoire.
2. Préchauffer le four à 180 °C.
3. Effeuille la menthe et la ciseler grossièrement.
4. Peler et émincer les oignons. Faire les fondre doucement dans une poêle avec une cuillère à soupe d'huile.
5. Dans un saladier, battre les oeufs avec la crème et parmesan.
6. Egoutter les courgettes en les pressant avec les mains. Les ajouter dans le saladier. Poivrer, mélanger longuement, et verser la préparation dans un moule à manqué préalablement huilé.
7. Enfourner 35 minutes.

## Pasta Gambetta

Serves 2

30 minutes

Source: [2]

4	onions (400–450 g)
	butter
100 g	whole wheat flour
50 g	white flour
58 g	water
3 cloves	garlic
250 g	mozzarella
	fresh basil

1. Thinly cut onions longitudinally and cook in a skillet with enough butter that they caramelize. (Reduce the heat as they caramelize to avoid burning them.)
2. While the onions cook, combine flour and water and mix to make pasta dough. Let rest.
3. Roll the pasta and cut as linguini.
4. When the onions are well reduced, crush garlic and add to the onions, cooking a bit longer.
5. Chop mozzarella. Chop basil.
6. Bring a large pot of water to boil. Add pasta. Drain.
7. Combine onions, mozzarella, and pasta. Toss. Sprinkle basil on top and serve immediately.

## Pasta with Greens and Feta

Serves 4–6

35 minutes

Source: [39]

6 Tbsp	olive oil
4 c	chopped onion
7–8 c	packed mixed bitter greens, chopped coarsely
	salt
	short, substantial pasta
$\frac{1}{2}$ – $\frac{3}{4}$ lb	feta cheese
	Parmesan
	ground black pepper

1. In deep skillet or Dutch oven heat oil. Add the onions and cook for about 10 minutes over medium heat, stirring occasionally.
2. Add chopped greens, salt lightly, and stir until the greens begin to wilt. Cover and cook 10–15 minutes over medium-low heat. (Put water on to boil for pasta.)
3. Cook the pasta. As it becomes ready, add the crumbled feta cheese to the sauce, keeping the heat on low.
4. Drain pasta and add directly to the sauce. Mix thoroughly.
5. Cook the completed dish slightly for a few minutes.
6. Serve immediately on warmed plates, with a sprinkle of Parmesan and black pepper.

Any combination of bitter greens works fine: kale, mustard, collard, dandelion, escarole, chard, spinach, etc.

The dish works well with bite-size pasta, such as linguine cut to 10 cm or so.

## Pâtes Metzinger

Serves 2–3

45 minutes

Source: [2]

140 g	whole wheat flour
60 g	unbleached white flour
78 g	water
3	garlic cloves
1–2 tsp	olive oil
3	large heritage tomatoes (about 500 g in all)
250 g	burrata
	basil
	salt
	pepper

1. Combine flour and water and mix to form a ball for the pasta. Set aside to rest.
2. Crush garlic cloves into a large bowl. Add oil and mix. Coarsely chop tomatoes, burrata, and basil, adding to the garlic bowl. Add salt and freshly ground pepper to taste. Note that the cream in the burrata will give the mixture a creamy feel once tossed.
3. Set a large pot of salted water to boil.
4. Roll the pasta dough (to index 5 on a Kitchenaid pasta roller), cut as spaghetti in 10–15 cm strands. Drop into boiling water. Cook until done, one to two minutes. Immediately strain.
5. While the pasta is cooking, toss the tomato mixture.
6. When the pasta is strained, add to the tomato mixture, toss, and serve immediately.

## Whole wheat pasta

Serves 3–4

20 minutes

Source: [2]

200 g whole wheat flour

80 g water

1. Mix, form a ball, and let sit 10–15 minutes. The dough may be wrapped well (e.g., in plastic wrap) and refrigerated if it won't be used immediately after the short rest.
2. Roll to a thin strip so that it can pass through the pasta rollers.
3. Form noodles and cut. At this point, but not before, it may be allowed to dry. If the noodles will not be dropped immediately in boiling water, dust with flour before cutting to avoid their sticking together.
4. Cook in salted boiling water until *al dente*, typically a few minutes, depending on pasta thickness.

## Pâtes au thon

Serves 2

30 minutes

Source: [2]

200 g whole wheat flour  
2 whole eggs  
10 g water  
2 onions, cut in fine wedges  
butter  
250 g mozzarella di bufala  
salt  
pepper  
oregano

1. Mix the flour, eggs, and water, adjusting the amount of water as necessary to make pasta dough. Set aside.
2. Cut the onions and cook in butter until translucent (or caramelised, time permitting). Add salt, pepper, and oregano.
3. Dice mozzarella.
4. Roll pasta into spaghetti. Cook. Drain.
5. Mix together and serve.

## Pasta in Vodka Sauce

Serves 4(?)

30 min ?

Source: [\[61\]](#)

1 lb	pasta
10 cloves	garlic
6 Tbsp	vodka
2 28 oz cans	tomatoes
2 Tbsp	butter
2 Tbsp	basil
	salt
	black pepper
1½ c	cream
20	TVP meatballs, cooked 7 minutes

1. Chop garlic and sauté in butter.
2. Add tomatoes, basil, salt, pepper, and vodka. Cook until thick and chunky.
3. Add cream. Cook another 5 minutes.
4. Serve over pasta with TVP meatballs.



## Pipérade

Serves 4–6

30 minutes to prepare, another 30 minutes to cook

Source: [67]

- 2 onions, slice lengthwise
- 3 Tbsp olive oil
- salt, black pepper, cayenne pepper to test
- 3 red bell peppers, seeded, deribbed, and slice lengthwise
- 1 green pepper, seeded, deribbed, and slice lengthwise
- 5–8 tomatoes, diced (plus a little tomato juice if the ripe tomatoes are on the bland side)
- 5–7 garlic cloves
- 4 eggs, lightly beaten
- 1–2 Tbsp minced fresh marjoram

1. In a large, heavy sauté pan or skillet over medium-low heat, sauté the onions in the olive oil until they begin to soften, about 10 to 15 minutes. Sprinkle the onions generously with salt, pepper, and cayenne, then add the peppers.
2. Continue to cook, stirring ever so often, until the mixture is sauce-like, about 15 minutes. Add the tomatoes and half the garlic. Continue to cook until thickened, about 10 minutes.
3. Add the remaining garlic and cook 1 to 2 minutes, or to just warm through. add a few tablespoons of the pepper mixture to the eggs, then pour it all back into the mixture in the pan.
4. Stir over low heat until the eggs are slightly set. Taste and adjust the seasoning.
5. Serve right away, sprinkled with the marjoram.

# Sicilian Pizza Dough

Serves 8

20 minutes + 7 hours

Source: [\[52\]](#)

Full recipe (one large pizza)

Half recipe (one small pizza or eight mini-pizzas)

**Polish**

- 50 g water
- 50 g bread flour
- 0.05 g dry yeast

**Dough**

- 330 g water
- 3 g dry yeast
- 535 g bread flour
- 12 g salt
- 5 g olive oil
- olive oil for pan

**Polish**

- 25 g water
- 25 g bread flour
- 0.02 g dry yeast

**Dough**

- 165 g water
- 1.5 g dry yeast
- 267 g bread flour
- 6 g salt
- 3 g olive oil
- olive oil for pan

- Polish:** Combine flour and water with a pinch of yeast (first three ingredients), stir well and ferment 12 hours.
- Dough:** Combine water and yeast. Add polish. Add flour. Mix to shaggy mass. Allow to autolyse, 30 minutes.
- Add salt and olive oil. Mix to medium gluten development. Cover and allow to ferment 2½ hours, with 1 book fold after each hour. Check for full gluten development. If the dough gasses too quickly, put it in the refrigerator for bulk fermentation.
- Drizzle a baking pan copiously with olive oil. The oil will fry the dough whilst baking, which is key for the characteristic crispy taste. Spread the

dough in the pan by stippling with fingers. Allow to proof  $1\frac{1}{2}$  – 2 hours (27 °C) or up to 3 hours (21 °C), stippling once again mid-proof.

5. Bake at 220 °C for about 20 minutes. Cool for several minutes in the pain so that the oil re-absorbs and the crust becomes crisp, then transfer to a wire rack.

## Toppings

Quantities for the half recipe, above:

- **Tomato sauce** (p. 99).
- Red lentil (about a half cup dry + 1 cup water to cook)
- Caramelised onion (700 g / 4 onions) cooked in salted butter with a pinch of salt and a pinch of baking soda.
- Fresh mozzarella, cut and drained (250 g).

## Sicilian pizza dough うま味

For the half-recipe instead of 265 g flour use 70 g maize flour, 30 g fine semolina, and 170 g T65 flour.

## Deep Dish Pizza

Serves 4

30 minutes + 20 minutes to rise + 30 minutes to bake

Source: [70]

1 c	warm water (210 g)
3 Tbsp	olive oil (28 g)
1 Tbsp	sugar (12 g)
1/2 oz	dried yeast (14 g)
	salt (pinch)
1 c	bread flour
1/2 c	semolina flour
4–5 Tbsp	ricotta
	thyme
	basil
2 c	mozzarella
1.5 c	marinara
	parmesan

1. Combine water, oil, sugar, yeast, and salt. Mix for two minutes. Set aside for ten minutes.
2. Add flours and knead for 5–7 minutes. Dough will have a tacky consistency. Transfer to a well-oiled bowl (approx 1 Tbsp olive oil), coat the dough with oil, and cover with plastic wrap. Let rise 20 minutes.
3. When dough has doubled in size, turn out onto floured work surface, sprinkle with flour, and knead 2–3 minutes. Press the dough into a circular shape just smaller than the size of the iron skillet (15–20 cm). Coat the skillet with olive oil using a pastry brush, coat with 2 Tbsp semolina, and transfer the dough to the skillet. Press evenly up onto the sides.

4. Spread ricotta cheese on the bottom, then add thyme and basil, then mozzarella and any cooked vegetables, then the marinara, and finally the parmesan.
5. Bake 30–35 minutes at 400 °F (205 °C).

I sometimes replace  $\frac{1}{2}$  c of flour with  $\frac{3}{4}$  c maize meal.

## Potato Torte

Serves 12–16

1 hour to prepare, 1 1/4 hour to bake, at least 1 hour to cool

Source: [65]

2	medium white onions, chopped (about 300 g)
3 T	olive oil
4 cups	canned Italian plum tomatoes, drained and coarsely chopped (about 3 kg canned before draining) Freshly ground black pepper to taste Butter for pan
8	large potatoes, boiled and peeled (about 1300 g)
4	large eggs, lightly beaten
1 1/4 cups	diced fresh mozzarella cheese (about 220 g)
1 1/4 cups	diced provolone cheese (about 140 g)
1 cup	freshly grated Parmesan or Asiago cheese (about 110 g)
$\frac{2}{3}$ cup	fresh parsley, minced
$\frac{1}{2}$ cup	fresh oregano; or 1 T dried oregano, crumbled
2 T	extra-virgin olive oil

1. Preheat the oven to 350 F.
2. Saute the onion in 3 T olive oil until soft and translucent. Add the tomatoes and pepper to taste. Cook over medium heat until the tomato sauce is thick and smooth, 10 to 15 minutes.
3. Mash the potatoes until smooth. Beat in the eggs, mozzarella, provolone, Parmesan or Asiago, parsley, and oregano. Mix well.
4. Generously butter a 12-inch springform pan (or a 9 × 13 metal pan). Spread one-third of the potato mixture evenly over the bottom of the pan. Cover with half of the tomato sauce. Smooth on another one-third of the potato mixture, and cover with the rest of the sauce. Top with the remaining potato mixture.

5. Drizzle the torte with extra-virgin olive oil and bake at 350 F for 1 hour. Cover the top with foil and bake 15 to 20 minutes more, or until a knife tests clean.
6. Cool to room temperature and serve, or refrigerate the torte several hours or overnight and serve at room temperature or chilled.

## Prakus

1 hour(?) plus about two hours to cook

Source: [4, 33]

### Original Recipe

This recipe needs to be converted: some combination of lentils, wheat, eggs, mushroom, etc., ought to make a good center ball.

1	cabbage
2 lbs	ground meat
	salt and pepper
1	egg
	bread crumbs
1	onion
1 can	tomato soup
1	large can tomato sauce
2 Tbsp	vinegar
2 Tbsp	sugar

1. Core cabbage. Boil cabbage to make it less brittle. Keep water.
2. Combine meat, bread crumbs, egg, salt, and pepper.
3. Sauté onions in large cooking pot. Add tomato soup, tomato sauce, vinegar, and sugar. Add some water from cabbage.
4. Form meatballs and wrap in cabbage leaves. Place in sauce. Add more water if needed.
5. Simmer until cabbage is brownish and cooked, a couple hours.

### Vegetarian Prakus

Source: [2]



1	cabbage
2 c	red lentils, dry, cooked
1 c	green lentils, dry, cooked
	butter
2	red onions
3	cloves garlic
10 oz	mushroom, chopped
28 oz	crushed tomato
8 oz	tomato paste
1	potato, boiled, lightly mashed
1 <sup>1</sup> / <sub>2</sub> Tbsp	garam masala
1 <sup>1</sup> / <sub>2</sub> tsp	ground cloves
	salt and pepper
2	eggs
2 Tbsp	vinegar
2 Tbsp	sugar

1. Core cabbage. Boil cabbage until soft. Do not overboil or the leaves will not have the strength to be used as wrappings. Reserve the water from the cabbage, but remove the cabbage so it can drain and cool.
2. Cook lentils. Note that green lentils take longer to cook, so either start them first and then add red or else cook separately.
3. Sauté onions in butter. Add garlic. Add mushrooms and simmer.
4. Add crushed tomato, tomato paste, potato, and spices. Add some of the water from the cabbage if necessary. Simmer ten more minutes.
5. Add lentils, remove more solid portion to a bowl and let cool. Reserve more liquid portion for sauce. The sauce will have vegetables and lentils in it.
6. Add eggs and mix well.
7. Form balls and wrap in cabbage leaves. Place in sauce. Add more cabbage water as needed to cover all the wrapped balls.
8. Simmer until cabbage is brownish and cooked, a couple hours.

This can also be made by shredding the cabbage instead of using it as a wrapping. The result is a stew. To make as a stew, instead of boiling the cabbage, shred it and add with a little water after the mushrooms are cooked but before adding the tomato mixture. Cook until the cabbage just begins to wilt, then add tomato, etc. Don't form balls, but do let cook over low heat for an hour or more.

I consider this recipe still in the experimental stage.

## Pumpkin Gratin in Creamy Tomato and Red Pepper Sauce

Serves 4

45 minutes plus 25 minutes to bake

Source: [67]

- |           |   |
|-----------|---|
| 1 1/2 lbs | pumpkin, seeded, peeled, and diced                              |
| 1         | leek  |
| 1 Tbsp    | butter  |
| 1 Tbsp    | vegetable oil   |
| 1/2       | red bell pepper, seeded, deribbed, and diced                    |
| 4         | small tomatoes, diced   |
| 1/2 c     | dry white wine  |
| 1/2 c     | heavy cream   |
| 3         | cloves garlic   |
| 2 Tbsp    | tomato paste  |
|           | several large pinches of herbes de Provence                     |
|           | salt and pepper to taste  |
| 3 Tbsp    | grated gruyère, parmesan, pecorino, aged jack, or asiago cheese |
| 2 Tbsp    | fresh bread crumbs  |
| 1–2 tsp   | olive oil   |

1. Preheat oven to 350 °F.
2. In a large, heavy sauté pan or skillet over medium-high heat, sauté the pumpkin and leek in the butter and oil until lightly golden.
3. Add the red pepper and tomatoes and continue to cook until the tomatoes are saucy, about 15 minutes.
4. Add the wine and cook until it is reduced by about half, then stir in the cream, half of the garlic, the tomato paste, herbes de Provence, salt and pepper.

5. Pour the pumpkin mixture into a 12- to 15-inch baking dish or gratin dish. Mix the remaining garlic with the cheese, bread crumbs, and oil, then sprinkle over the pumpkin in the casserole.
6. Bake just long enough to melt the cheese, lightly brown the top, and finish cooking the pumpkin, 20 to 25 minutes.
7. Serve hot.

## Petites Quiches aux Poires et au Roquefort

Serves 4–6

20 minutes + 25 minutes cuisson

Source: [15]

1        pâte brisée  
3        poires à chair ferme  
200 g   roquefort  
15 cl   crème épaisse  
1        yaourt nature  
3        oeufs  
1        noix de beurre  
1        pincée de farine  
          poivre

1. Préchauffez le four à th 6 (180 °C).
2. Epluchez les poires, coupez-les en lamelles.
3. Dans un saladier écrasez le roquefort à la fourchette. Ajoutez les oeufs entiers, la crème et le yaourt. Mélangez bien et poivrez. (C'est inutile de saler à cause du roquefort.)
4. Beurrez 4 moules à tarte individuels et farinez-les légèrement. Déroulez la pâte, formez dedans 4 disques et garnissez-en les moules. Egalisez les bords au rouleau à pâtisserie. Piquez le fond et les côtés à la fourchette.
5. Répartissez les lamelles de poires en rosace dans les moules. Versez la préparation dessus et enfournez pour 20 à 25 minutes.
6. Démoulez et servez chaud ou tiède.

**Notes de Jeff :** C'est bon aussi avec du Gorgonzola au lieu du roquefort.

## 冷やし担々麺

*(aussi appelé)*

## Hiyashi tantan-men

Serves 4

1 hour (plus advance preparation)

Source: [51]

## ragout

50 g	protéines de soja réhydratées (en petits morceaux, poids après réhydratation)
1	oignon
2 cm	gingembre
1 gousse	d'ail
	shitakés séchés du dashi shojin
100 g	champignons
2 c. à soupe	huile
150 ml	精進だし
1,0 c. à soupe	miso blanc
1,0–1,5 c. à soupe	sauce de soja
1 c. à soupe	sucré
1 c. à soupe	mirin
20 g	cacahouètes écrasées
1 c. à café	huile de sésame

1. Réhydrate les protéines de soja (trempé approx 30 minutes dans de l'eau chaude).
2. Couper finement l'oignon, le gingembre, et l'ail.
3. Retirer les pieds des shitakés, hacher les shitakés et les autres champignons.

4. Dans un poêle faire chauffer l'huile, puis ajouter (avant que l'huile soit chaud) le gingembre et l'ail hachés.
5. Ajouter l'oignon.
6. Ajouter les champignons.
7. Ajouter les protéines de soja, le dashi, le miso, la sauce de soja, le sucre, et le mirin. Remuer jusqu'à ce que le liquide soit presque évaporé.
8. Ajouter les cacahouètes et l'huile de sésame.

## soupe

2 grandes poignées    feuilles d'épinards

2 c. à soupe    sauce de soja

4 c. à soupe    miso blanc

4 c. à soupe    pâte de sésame

400 ml    lait de soja

250 ml    dashi

$\frac{1}{2}$  c. à café    sel (au goût)

1. Faire blanchir les feuilles d'épinard 1 minute. Égoutter, laisser tiédir, puis presser doucement pour enlever l'excédent d'eau.
2. Dans un saladier diluer dans un peu de dashi la sauce de soja, le miso blanc, et la pâte de sésame.
3. Saler si besoin.

## composition

拉麵

feuilles de coriandre

grains de sésame

râ-yu

1. Repartir la soupe dans 4 bols.
2. Faire cuire les nouilles ramen dans de l'eau chaude. Égoutter et poser dans les bols de soupe.
3. Répartir le ragoût dans les bols, puis les feuilles d'épinard.
4. Ajouter les feuilles de coriandre, quelques grains de sésame. Arroser de râ-yu.
5. Servir tiède.



## Risotto

Source: [6]

arborio rice  
olive oil  
vegetables  
water

1. Cook arborio rice in olive oil until translucent.
2. Add vegetables and continue cooking.
3. Add water, about equal portions to the quantity of rice, somewhat less for vegetables with high water content like mushrooms.
4. Cook under pressure for about 10 minutes. The heat should be low so that the rotating pressure release hisses but doesn't turn.

## Soba Noodles

Serves 4–6

20–30 minutes

Source: [74]

280 g buckwheat flour  
70 g white flour  
175 g water

1. Mix flours together. Mix in half of water to form a uniformly sandy mixture. Mix in the remaining water to form a pebbly mixture. Knead until elastic. Form a cone, flatten to a disk, and roll out to a rectangle, dusting with flour as necessary.
2. Fold in fourths and cut with a knife. Cook 40–60 seconds in boiling water. Drain and rinse.

# Soufflé au maïs, fromage, tomates, et cerfeuil

Serves 2–4

30 minutes + 30 minutes to cook

Source: [67]

- 5 egg whites
- pinch of salt
- 3 egg yolks
- butter
- 2 Tbsp grated Parmesan cheese
- 4 ripe tomatoes, diced
- corn (fresh, 1 ear; or a small can, drained)
- 2 cloves garlic
- 1½ c shredded gruyère (170 g)
- large pinch cumin seeds
- cayenne pepper or Tabasco sauce to taste
- 1–2 Tbsp chervil

1. Preheat oven to 425 °F (218 °C).
2. Separate the eggs. Beat the egg whites and salt until stiff, glossy peaks form.
3. Optionally, beat the egg yolks until white and foamy.
4. Butter a 4-cup soufflé dish or 4 individual 1-cup soufflé dishes and coat the inside with the Parmesan cheese.
5. Mix the egg yolks with the tomatoes, corn, garlic, gruyère, cumin, cayenne or Tabasco, and half the chervil. Stir in one third of the beaten egg whites, then fold in the remaining whites.
6. Pour into the prepared soufflé dish and bake for 25 minutes or until the soufflé is puffed, golden brown, and doesn't jiggle too much when lightly disturbed. (For the individual soufflés, bake 15–20 minutes.)
7. Serve immediately, sprinkled with remaining chervil.

## Soufflé

Serves 4

20 minutes plus 45 minutes cuisson

Source: [6]

30 cl	lait
4	oeufs, séparés
30 g	farine
100 g	comté râpé
60 g	beurre
1 pincée	noix de muscade râpée
	sel
	poivre

1. Préchauffer le four à 180 °C.
2. Faire fondre 20 g du beurre et en badigeonner un moule à soufflé de 20 cm.
3. Dans une grande casserole faire fondre le beurre restant. Y jeter la farine en pluie pour éviter les grumeaux. Remuer quelques minutes avec une cuillère en bois sur feu doux.
4. Verser le lait en filet et continuer de remuer environ 5 minutes pour obtenir une crème épaisse et lisse.
5. Casser les oeufs en séparant les blancs des jaunes.
6. Hors du feu ajouter un à un les jaunes d'oeufs à la crème en fouettant vigoureusement avec un fouet à main. Ajouter le comté râpé. Saler, poivrer, parfumer de muscade. Remuer bien.
7. Battre les blancs d'oeufs en neige très ferme. Incorporer dans le mélange.
8. Verser le tout dans le moule. Pour que le soufflé puisse monter régulièrement, passer une lame de couteau tout autour de la face intérieure du moule afin de décoller la pâte. Pratiquer également quelques entailles sur la surface, avec la point d'un couteau, avant d'enfourner.

9. Laisser cuire environ 35 minutes au four.
10. Servir aussitôt.

## Soufflé aux tomates et poivrons

Serves 2–4

30 minutes + 30 minutes to cook

Source: [67]

### Coulis de Tomates aux Poivrons Rouges

2	onions, coarsely chopped
1 Tbsp	olive oil
3 cloves	garlic, minced
1	red bell pepper, seeded, deribbed, and chopped
2	fresh tomatoes (or canned), diced
1/4 c	tomato juice
	salt
	pepper
	Tabasco sauce or cayenne pepper to taste
Pinch	sugar if tomatoes are too acidic
Large pinch	dried thyme, marjoram, savory, or herbes de Provence

1. In a medium, heavy saucepan over medium heat, sauté the onion in the olive oil until softened, then add the garlic and red pepper. Continue to cook for about 5 minutes, or until the pepper begins to soften.
2. Add the tomatoes.
3. Cook until the mixture is chunky and almost sauce-like, then add the tomato juice and bring to a boil. Reduce heat, cover, and simmer for about 5 minutes, or until the pepper and tomatoes are very soft.
4. Let cool, then purée. Season.

### Soufflé

	butter
3–4 Tbsp	grated Parmesan cheese
6	eggs, separated
	large pinch salt
3 c	coulis de tomates aux poivrons rouges

1. Preheat oven to 425 °F (218 °C). Butter the mold(s) generously and coat with the Parmesan. Set aside.
2. Beat the egg whites with the salt until they form stiff, glossy peaks.
3. Beat the yolks (optionally alone until foamy, then) with half the coulis. Then stir in a large spoonful of whites, then fold together with remaining whites.
4. Bake for 15 to 20 minutes or until the soufflé is puffed, golden brown, and doesn't jiggle too much when lightly disturbed.
5. Serve immediately, sprinkled with remaining chervil.

# Spaetzle

Serves 2

1 hour

Source: [53]

## Lentils

1 qt	lentils (dry)
1	carrot, chopped
2	potatoes, chopped
1	onion, chopped and sautéed
	vegetable broth
	water
1 c	white wine
	salt
	pepper
1–2 tsp	cider vinaigre
	crème fraîche

1. Let lentils soak in water overnight, then cook 15 minutes with chopped potatoes, carrot, and onion. In the absence of soaking, cook 15 minutes in pressure cooker or cook 45 minutes at ambient pressure and add the vegetables for the last 15 minutes.
2. Add wine near the end of cooking. Simmer a bit longer.
3. At the end, add crème fraîche and cider vinaigre.

## Spaetzle

250 g	flour
2	eggs
	dash salt
	water to achieve consistency



1. Combine ingredients and mix with dough hook. It will be very thick, wet, and sticky.
2. Squeeze into boiling salted water with a spaetzle machine. Remove when noodles float.

Store cooked noodles (if necessary) in an air-tight container such as a ziplock bag.

## Spaetzle (façon Birklé)

Source: [7]

300 g	farine
3	oeufs
1 pincée	sel
5 cl	eau froide
	muscade

1. Mélanger, faire du spaetzle.

# Spaghetti Squash

Serves 2–4

1 hour

Source: [2]

spaghetti squash  
olive oil  
salt  
onions  
spaghetti  
mozzarella

1. Cut off the ends of the spaghetti squash, slice once longitudinally to create a stable surface, then cut into half-rings about 2 cm in thickness.
2. Place in a baking pan, drizzle copiously with olive oil and sprinkle with salt (and, optionally, pepper, etc.). Bake 40 minutes at 200 °C.
3. Sauté onions until lightly caramelised.
4. Cook and drain spaghetti.
5. Chop and rain mozzarella.
6. Separate squash flesh from the skin with a fork in the direction of the strands. Combine all ingredients in a serving bowl and serve.

## Strudel aux épinards

Serves 6

45 minutes + 30 minutes + cuisson + pâte feuilletée

Source: [2]

700 g	oignons finement hâchés
	beurre salé
	sel
350 g	épinards hâchés (poids des feuilles, vers le double en botte)
	poivre
	poivre de jamaïque
2	oeufs
200 g	fêta
	parmesan râpé
1 tasse	chapelure
500 g	pâte feuilletée

1. Faire revenir les oignons dans du beurre.
2. Ajouter les épinards, laissé couvert une minute, puis faire cuire jusqu'à ce que la liquide soit évaporée. Épicer.
3. Laisser refroidir. Lorsque tiède, ajouter oeufs, fromages, et chapelure.
4. Rouler la pâte feuilletée. Diviser en deux. Placer la moitié de la farce sur chaque pâte vers un côté, plier les deux côtés vers l'intérieur, et rouler pour former deux strudels.
5. Faire cuire à 200 °C en chaleur tournante penant 30 minutes.

## Tartes aux oignons

Serves 6–8

30 min + 30 minutes to bake

Source: [6]

1	pâte à pain
1 kg	oignons
1	oeuf
50 g	beurre
2 cuillère à soupe	crème fraîche
	muscade
2 cuillère à soupe	farine
	sel

1. Faire une pâte à pain.
2. Préchauffer le four à 210 °C(410 °F).
3. Couper les oignons en direction de l'axe de l'oignon. Faire revenir dans le beurre. Mélanger le tout sauf la pâte à pain.
4. Étaler la pâte à pain. Mettre le mélange là-dessus. Faire cuire 30 minutes ou jusqu'à ce que le pain soit cuit et les oignons dorées.

## Tian de légumes au chevre

20 minutes plus 45 minutes cuisson

Source: [16]

1 kg	petites tomates
4	courgettes
4	oignons moyennes
1	chèvre bûche
300 g	riz cuit
15 cl	huile d'olive
1	bouquet de thym frais
	sel
	poivre

1. Préchauffer le four à 150 °C.
2. Huiler un plat à four en terre. Disposer le riz au fond.
3. Eliminer les pédoncules des tomates et les extrémités des courgettes.  
Couper les tomates et les courgettes en rondelles fines et régulières.
4. Peler les oignons et les détailler en fines tranches.
5. Couper le chèvre en rondelles.
6. Alternier sur le riz des rondelles de courgettes, tomates, oignons, et chèvre.  
Saler, poivrer, et arroser d' un filet d'huile. Parsemer de thym.
7. Enfourner pour 45 minutes. Servir chaud ou tiède.

# Tomato Lentil Curry

Serves 8

30 minutes

Source: [2]

500 g	onion
6 cloves	garlic
	ghee
2½ c	dry lentils
1 28 oz can	crushed tomato
1 400 ml can	coconut milk
1 4 oz can	masaman curry paste

1. Rinse and cook lentils.
2. Mince onions and cook in ghee until translucent.
3. Crush and mince garlic and add to onions. Cook for 1 minute over low heat.
4. Add tomato, coconut milk, and curry paste. Stir well. Simmer for 10–20 minutes over low heat, stirring occasionally.
5. Add cooked lentils to tomato mixture. Stir well, allow to cool slightly, and serve.

Additional notes:

- This may be better with more onion.

# Udon Alfredo

Serves 2–3

40 minutes

Source: [2]

2	oignons
4	carrots
1 cm <sup>3</sup>	gingembre, finement haché
4 gousses	d’ail
	beurre salé
	poivre noir
	crème
	parmesan, rapé
200 g	udon

1. Couper finement les oignons, faire revenir dans du beurre.
2. Hacher le gingembre et l’ail, ajouter aux oignons, remuer une minute.
3. Couper finement les carrots, ajouter aux oignons. Ajouter plus de beurre si besoin. Faire cuire pour caraméliser le tout.
4. Faire bouillir de l’eau salée. Ajouter l’udon. Égoutter et mettre dans un saladier.
5. Ajouter de la crème et du parmesan aux oignons, remuer pour bien mélanger et pour que le parmesan soit fondu. Verser sur l’udon.



## Vegetable Curry

Serves 6 (?)

45 minutes (?)

Source: [2]

4–5	onions
6 cloves	garlic, crushed
3 head	broccoli, chopped
3	red bell peppers, chopped
1 28 oz	can diced tomato
1 10 oz	can coconut milk
1	can massaman curry
	rice

1. Sauté onions in olive oil in a large pot. As they become soft, add the garlic.
2. Add the chopped broccoli. When it begins to soften, add the pepper. Let cook a few more minutes, then add the tomatoes, coconut milk, and curry. Simmer for 20–30 minutes.
3. Cook rice.
4. Serve curry over rice.

## Vegetable Stroganoff

Serves 6

1 hour

Source: [37]

### The sauce:

1 c	chopped onion
1/2 lb	mushroom, chopped
2 Tbsp	butter
3 c	sour cream
1 1/2 c	yogurt
3 Tbsp	dry red wine
3/4 tsp	salt
1/4 tsp	dill weed
dash	tamari sauce
	paprika
	black pepper

1. Sauté onions and mushrooms in butter until onions are soft.
2. Combine all ingredients in the top of a double boiler and heat gently about 30 minutes.

### Vegetables and Noodles:

6 c	broccoli, cauliflower, carrots, zucchini, celery, cabbage, peppers, cherry tomatoes, etc.
4 c	egg noodles

If making fresh pasta, 2 eggs plus 300 g flour is about right.

1. Steam 6 cups of chopped fresh vegetables.

2. Cook 4 cups of raw egg noodles in boiling, salted water until tender. Drain and butter.
3. Assemble the stroganoff on a platter and garnish with freshly-minced scallions.

## Yemiser W'et

Serves 6

20 minutes + 40 minutes to cook

Source: [74]

1 c	dried brown lentils
1 c	onion, finely chopped
2 cloves	garlic
1/4 c	Niter Kebbeh (page 65)
1 tsp	berbere
1 tsp	cumin seed, ground
1 tsp	sweet Hungarian paprika
2 c	tomato, finely chopped
1/2 c	tomato paste
1 c	vegetable stock or water
1 c	green peas, fresh or frozen
	salt
	black pepper

1. Rinse and cook lentils
2. Sauté onion and garlic in the niter kebbbeh until the onions are just translucent. Add the berbere, cumin, and paprika and sauté for a few minutes more, stirring occasionally to prevent burning.
3. Mix in the chopped tomatoes and tomato paste and simmer for another 5 to 10 minutes.
4. Add the vegetable stock and continue simmering.
5. When the lentils are cooked, drain them and mix them into the sauté. Add the green peas and cook for another 5 minutes. Add salt and pepper to taste.
6. Serve on injera.

Good served with Yetakelt W'et, page 211.

## Yetakelt W'et

Serves 6

20 minutes + 40 minutes to cook

Source: [74]

1 c	onion
2 cloves	garlic
1 Tbsp	berbere
1 Tbsp	Hungarian paprika
1/4 c	niter kebbeh, page 65
1 c	green beans, cut into thirds
1 c	carrots
1 c	potato, cubed
1 c	tomato, chopped
1/4 c	tomato paste
2 c	vegetable stock
	salt
	black pepper
1/4 c	parsley, fresh, chopped

1. Sauté the onions, garlic, berbere, and paprika in the niter kebbeh for 2 minutes. Add the beans, carrots, and potatoes and continue to sauté for about 10 minutes, stirring occasionally to prevent burning.
2. Add the chopped tomatoes, tomato paste, and the vegetable stock. Bring to a boil and then simmer for 15 minutes or until all of the vegetables are tender.
3. Add salt, pepper. Mix in the parsley.
4. Serve on injera.

Good served with Yetakelt W'et, page 210.

# Desserts

## あんこ

(also known as)  
anko

Makes enough for one recipe **どら焼き** (p. 254)

2.5 hours

Source: [36]

500 g 小豆

1.5 c sugar

1. Soak beans overnight.
2. Put in a pot with 4–5 cups water, let boil for 5 minutes, then discard water.
3. In a clean pot, place red beans and 4-5 cups of water, cover, and let it simmer at low heat for 1 1/2 to 2 hours (add more water to keep above the beans). The beans should now be very soft, easily crushed between fingers.
4. Discard water again, put soft beans back in the pot with sugar at medium high heat and constantly stir and mix about 10 minutes until forming a paste that looks shiny but still loose. Immediately transfer the paste to a container.

**Variation: pressure cooker**

1. Begin as above: Soak beans overnight, boil 5 minutes and discard water.
2. Put beans in pressure cooker. Cook for 15 minutes at pressure, then remove from heat and let stand for 45 minutes. Release pressure, discard water, and add sugar as above.

## Ann Sather's Cinnamon Rolls

Makes 18

1 hour

Source: [74]

### Dough:

1 c	milk
1 Tbsp	dried yeast
$\frac{1}{4}$ c	warm water
$\frac{1}{3}$ c	sugar plus 1 tsp
4 Tbsp	butter, melted
$1\frac{1}{2}$ tsp	salt
$2\frac{1}{2}$ - 3 c	flour

1. Scald milk and let cool.
2. In a large bowl, stir the yeast and 1 tsp sugar into the warm water and let stand for 5 minutes.
3. Stir in the cooled milk, melted butter, salt, and 1 cup of flour. Beat until smooth.
4. Gradually stir in remaining flour, keeping the dough smooth. If the dough is still moist, stir in more flour, 1 Tbsp at a time, to make a soft dough.
5. Cover with a dry cloth and let rise in a warm place until dough doubles in bulk, about 1 hour.

### Filling:

4 Tbsp	butter, softened
$\frac{1}{2}$ c	brown sugar
1 Tbsp	ground cinnamon



1. Combine cinnamon and sugar.
2. Butter and flour a baking pan (or two?).
3. Punch down dough and divide in half. On a lightly oiled board, roll out each piece to a  $12 \times 18$  inch rectangle. Spread butter, then cinnamon and sugar on top. Beginning with the long side, roll up tightly, jelly-roll fashion. Cut each roll in nine, placing on the prepared pan.
4. Cover and let rise until doubled, about 45 minutes.
5. Preheat oven to 350 °F.
6. Bake 12–15 minutes or until golden brown.

**Glaze:**

$\frac{1}{2}$ c	powdered sugar
4 Tbsp	butter
1 tsp	vanilla extract

1. In a small bowl beat the glaze ingredients until creamy and smooth.
2. On removing rolls from oven, place on wire racks to cool. While still hot, coat with glaze. Allow to cool.

The page from which this recipe was taken indicated that the recipe came from *Ann Sather: A Chicago Tradition* by Ann Sather.

## あんパン

*(also known as)*

anpan

Makes 8 breads

30 minutes + 2 hours

Source: [36]

200 ml	whole milk
5 g	dry yeast
30 g	sugar
240 g	bread flour
60 g	cake flour
5 g	salt
10 g	dry milk powder
30 g	butter, room temperature
280 g	あんこ

1. Mix milk, yeast, and sugar in stand mixer bowl. Let sit for 5 minutes.
2. Combine remaining ingredients except butter. Mix until dough becomes a ball.
3. Add butter and continue mixing.
4. Cover with plastic and let rise about one hour.
5. Make balls of anko, 35 g each (about 4 cm diameter)
6. Degas the dough and cut into 8 equal weight pieces (about 70 g each). Form balls and allow to rest 15 minutes.
7. Flatten each ball of dough with a rolling pin to form a 10 cm disk. Put a ball on anko in the center of the round, wrap with dough, and pinch the ends of the dough so that the anko is sealed inside.

8. Place on a baking sheet lined with parchment paper, leaving 5 cm between the balls. Let rise until doubled, about one hour.
9. Brush with egg wash (egg with a pinch of salt), sprinkle with black sesame seeds. Bake in preheated oven at 205 °C for about 10 minutes until golden brown.

# American Apple Pie

Makes 1 pie

15 minutes plus various resting and baking times

Source: [64]

6–8	Granny Smith apples (8 cups)
$\frac{3}{4}$ c	sugar
1 Tbsp	cinnamon
$\frac{1}{2}$ tsp	nutmeg
$\frac{1}{4}$ tsp	salt
$\frac{1}{4}$ c	apple cider, apple juice, or orange juice
2 Tbsp	fresh lemon juice
$1\frac{1}{2}$ Tbsp	corn starch
1 Tbsp	butter
1	egg mixed with 2 Tbsp water or milk for glazing

1. Prepare a double crust pie crust, page 87. Place one crust in the pie plate and refrigerate both crusts.
2. Preheat oven to 450 °F (232 °C).
3. Peel, core, and cut apples into  $\frac{3}{8}$  -inch slices. Place in a large bowl with remaining ingredients except the butter and the glaze. Toss together with hands to coat the apples evenly.
4. Scoop the apples into the bottom crust and dot the mixture with small pieces of butter.
5. Cover the apples with the top crust. Seal and trim the edge. Make the edge pretty. Cut a few slits in the top crust. Brush the top crust with the egg.
6. Bake 15 minutes, then reduce heat to 350 °F (177 °C) and continue baking until the pie is golden and the filling is bubbling, about 1 hour and 10 minutes longer. If the top crust is getting too dark, cover it with a piece of aluminium foil and continue to bake.
7. Remove from the oven and cool on a rack. Serve with vanilla ice cream.

# Banana Cake with Cinnamon and Chocolate

Makes one 9 × 13 pan

30 minutes + 1 hour to bake

Source: [\[2\]](#)

330 g T55 flour, sifted (2  $\frac{1}{4}$  c plus 5 Tbsp)  
10 g baking soda (1  $\frac{1}{2}$  tsp)  
5 g salt ( $\frac{1}{2}$  tsp)  
230 g yogurt (1 cup)  
5 very ripe bananas (skins should be brown)  
230 g unsalted butter  
300 g brown sugar  
1 tsp vanilla extract  
4 large eggs, separated  
100 g chocolate chips  
cinnamon and sugar (50/50 mixture)

1. Preheat oven to 175 °C (350 °F). Lightly butter a 13 × 9 inch baking pan.
2. Sift flour, baking soda, and salt together into a small bowl and set aside.
3. In a second small bowl, mash bananas, then stir in the yogurt.
4. Cream butter, sugar, and vanilla until light and fluffy, about 2 minutes. Add the eggs one at a time and beat on medium until blended, about 10 seconds each.
5. Stir in one third of the dry ingredients, then half the banana mixture, then the remainder of the dry, then the remainder of the banana. Stir briefly after each addition.
6. Pour batter into the prepared pan. Cover with a thick layer of cinnamon and sugar.

7. Bake at 175 °C (350 °F) until the cake springs back to the touch and a tester inserted in the center comes out dry, about 1 hour 10 minutes.
8. Cool on a wire rack. When cool, frost with chocolate ganache (below).

**Ganache:**

80 g chocolate Kumuntu (80%)  
80 g chocolate Guanaja (70%)  
160 g cream  
cocoa powder

1. Gently melt butter and chocolate. Mix in cream.
2. Frost the cake. Dust with cocoa. Allow to rest at least an hour before serving.

# Bittersweet Chocolate Pâté with Zinfandel and Berries

Serves 16

20 minutes + several hours to set

Source: [74]

- 1 lb     bittersweet chocolate
- $\frac{3}{4}$  c     Zinfandel or other red wine
- $\frac{1}{4}$  c     heavy cream
- 2 pts     fresh berries (about 500 g)(blueberries, raspberries, etc.)
- $\frac{1}{2}$  c     sugar

1. Combine chocolate, wine, and cream in top of stainless steel double boiler and cook over simmering water, stirring frequently, until chocolate melts. Remove from heat and whip.
2. Pour into an  $8 \times 4$  inch loaf pan (or two  $5 \times 2\frac{1}{2}$  inch small loaf pans lined with parchment or wax paper. Refrigerate overnight.
3. Before serving, unmold and slice with a sharp knife dipped in hot water.
4. Puree berries and sugar in blender until smooth. Serve with pâté.

Blueberries apparently have enough pectin that the berry mixture will begin to gel. This isn't bad, but suggests pouring the berry mixture on the chocolate an hour or so before serving.

# Butterbredle

(Petits fours de Noël au beurre)

Source: [7]

500 g    farine  
250 g    sucre  
250 g    beurre  
8        jaunes d'oeufs

1. Mélanger le sucre, les oeufs, le beurre ramolli, et la farine. Bien malaxer le tout et laisser reposer la pâte environ 2 h.

Faire une abaisse d'environ 4mm et decouper des formes variees a l'emporte-pièce. Les dorer a l'oeuf et les faire cuire sur un tôle beurrée, 10 minutes, à four moyen.



## Butter Cookies

Makes 130 cookies

45 minutes

Source: [\[1\]](#)

1 lb	butter
1 1/2 c	sugar
4	eggs
2 tsp	vanilla
1 tsp	salt
8 c	flour
2 tsp	baking powder

1. Cream butter well. Add sugar and beat until smooth. Add eggs, one at a time. Add vanilla. Add salt, baking powder, and flour. Beat well.
2. Form cookies.
3. Bake 10–12 minutes at 375–400 °F (190–205 °C).

## Cherry Pie

Makes 1 pie

15 minutes plus various resting and baking times

Source: [\[63\]](#)

4 c	fresh sour cherries
$2\frac{2}{3}$ Tbsp	quick-cooking tapioca (30 g potato starch))
$1\frac{1}{3}$ c	sugar (285 g)
2 Tbsp	kirsch (or 2 drops almond flavoring)
2 Tbsp	butter

1. Prepare a double crust pie crust, page [87](#).
2. Wash, drain, and pit the cherries.
3. Combine the tapioca, sugar, and kirsch, then gently mix with the cherries. Let the mixture stand 15 minutes.
4. Preheat oven to 450 °F (232 °C).
5. Pour fruit into pie dough and dot with butter. Cover with the upper crust, and bake 10 minutes at 450 °F (232 °C).
6. Reduce heat to 350 °F (177 °C) and bake about 40 minutes longer or until golden brown.
7. Allow to cool thoroughly before slicing, as the cherries will not gel properly when still hot.

# Tarte Metzinger

*(aussi appelé)*

## Streussel aux cerises

Pour 10 personnes

5 hours

Source: à base des recettes de Jean Millet [49] et inspiré d'un gâteau servi en mai 2014 au café Reichard à Cologne.

### Pâte à brioche

65 ml	lait
5 g	levure
25 g	farine
100 g	farine
15 g	sucré
2,5 g	sel
1	oeuf
50 g	beurre à température ambiante

1. Tamiser la farine.
2. Mélanger le lait, la levure, et les 25 g de farine. Ajouter une pincée de sucre. Laisser former une bouille pendant 30-45 minutes.
3. Ajouter les ingrédients restants et pétrir le tout jusqu'à ce que la pâte soit lisse.
4. Couvrir et laisser lever de 2 à 3 heures.

**Crème pâtissière**

500 ml	lait
2 gousses	vanille
5	jaunes d'oeufs
100 g	sucré
30 g	farine
1 pincée	sel

1. Fendre la gousse de vanille dans la longueur, gratter l'intérieur et ajouter au lait. Porter à ébullition.
2. Travailler les jaunes d'oeufs et le sucre en mousse, puis incorporer la farine.
3. Ajouter le lait bouillant, remettre le tout dans une casserole à feu doux sans cesser de fouetter. Donner un bouillon.
4. Passer la crème à travers un chinois ou un tamis. Laisser refroidir.  
*Saupoudrer de sucre glace pour éviter la formation d'une peau. Ou laisser refroidir dans le mixer à vitesse basse avant de la passer à travers le tamis.*

**Streussel**

250 g	farine
150 g	beurre
150 g	sucré
1	jaune d'oeuf
1 cuillerée	cannelle

1. Mélanger le tout pour obtenir des grumeaux.

**Gâteau**

500 g	cérises dénoyautées
-------	---------------------

1. Chauffer le four à 180 °C.
2. Pétrir la pâte.
3. Beurrer un moule de 25 cm.
4. Étaler la pâte à 1 cm d'épaisseur dans le moule.
5. Étaler la crème sur la pâte. Laisser reposer 30 minutes.
6. Ranger les cerises sur la crème.
7. Parsemer le streussel.
8. Faire cuire à 180 °C pendant 40 minutes.

## Chinois

Source: [24], avec modifications de Théo Birklé

*(Aussi schneckekueche ou rosekueche)*

20 g	levure (en pâte)
250 ml	lait
500 g	farine
125 g	beurre
5 g	sel
80 g	sucré
	cannelle en poudre
200 g	amandes en poudre
200 g	raisins secs
75 g	sucré en poudre
1	blanc d'oeuf
	sucré glace
	petit verre de kirsch

1. Préparer la pâte comme une pâte levée.
2. Faire une abaisse de 4 cm d'épaisseur et la découper en 6 bandes (selon la taille de la tourtière). Les badigeonner d'un peu de beurre fondu, les saupoudrer de sucre, de poudre d'amandes, de cannelle, et de raisins secs.
3. Rouler les bandes de pâtes et les dresser sur une tourtière, en mettant un "escargot" au centre. Laisser lever 30 minutes. Dorer à l'oeuf et faire cuire à four moyen environ 45 minutes. Après cuisson recouvrir avec le sucre glace imprégné du kirsch.

*Recette originelle : Doerflinger propose 500 g de farine, 100 g d'amandes, et 100 g de raisins secs. Elle ne met pas sucre en poudre avec la cannelle.*

# Ghirardelli Bittersweet Chocolate Chip Cookies

Makes 36

15 minutes + 10 minutes to bake

Source: [\[12\]](#)

1/2 c	(115 g) butter
1/2 c	(110 g) sugar
1/2 c	(100 g) packed brown sugar
1	egg
1 tsp	vanilla
1 c + 2 Tbsp	flour
1/2 tsp	baking soda
1/2 tsp	salt
8 oz	(225 g) bittersweet chocolate, chipped

1. Cream together butter, sugars, egg, and vanilla.
2. Stir together flour, baking soda, and salt. Blend into butter mixture.
3. Mix in chipped chocolate.
4. Drop by rounded teaspoon onto ungreased baking sheets. Bake at 375 °F (190 °C) for 8–10 minutes, until light golden brown. Cool on racks.

## Chocolate Chip Cookies (Tollhouse)

Makes 100 cookies

30 min

Source: [\[55\]](#)

2 $\frac{1}{4}$ c	flour
1 tsp	baking soda
1 tsp	salt
1 c	butter
$\frac{3}{4}$ c	sugar
$\frac{3}{4}$ c	brown sugar
1 tsp	vanilla
2	eggs
12 oz	chocolate chips (2 cups)

1. Preheat the oven to 375 °F.
2. In a small bowl combine flour, baking soda, and salt.
3. In a large bowl combine butter, sugar, brown sugar, and vanilla. Beat until creamy. Beat in eggs. Gradually add flour mixture. Mix well. Stir in chocolate chips.
4. Drop by rounded teaspoons on ungreased cookie sheets. Bake 8–10 minutes at 375 °F.

As a less sweet variant (untested), consider using  $\frac{1}{2}$  cup of each sugar instead of  $\frac{3}{4}$ .



## Chocolate Clouds

Makes 42 cookies

20 minutes

Source: [3]

2        eggs, whites only  
          dash of salt  
          dash of cream of tartar  
3/4 c    (170 g) sugar  
6 oz    (170 g) chocolate chips

1. Butter two cookie sheets. Preheat oven to 300 °F (150 °C).
2. Beat whites until stiff.
3. Stir in gradually sugar, salt, and tartar. Stir in chocolate chips.
4. Drop by teaspoons onto buttered cookie sheet.
5. Bake 20 minutes at 300 °F (150 °C).

Note 1: Use buttered baking parchment for ease of removal and cleanup.

Note 2: A French meringue gives a crunchy texture that I like. An Italian meringue offers a similar taste but a smoother but less interesting feel.

# Chocolate Chip Raisin Cookies

Makes 50 cookies

45 minutes

Source: [1]

2  $\frac{1}{4}$  c flour  
1 tsp baking soda  
1 tsp salt  
1 c butter  
 $\frac{3}{4}$  c white sugar  
 $\frac{3}{4}$  c brown sugar  
1 tsp vanilla  
2 eggs  
2 c raisins  
12 oz chocolate chips (2 c)

1. Beat butter well. Add sugars and beat until creamy. Add vanilla.
2. Mix flour, salt, and baking soda together and set aside.
3. Add eggs to butter and sugars. Add flour mixture a little at a time, beating well after each addition.
4. Add chocolate chips, then raisins.
5. Drop onto ungreased cookie sheets and bake 8–10 minutes at 375 F. Remove from sheets immediately.

## Dark Chocolate Mousse

Makes 4 cups

1 hour plus several hours to set

Source: [\[12\]](#)

4	egg yolks
$\frac{1}{2}$ c	sugar
$2\frac{1}{2}$ c	heavy cream
6 oz	unsweetened chocolate, broken in chunks

1. Beat egg yolks until light. Gradually add sugar.
2. Heat one cup of the cream over low heat until warm. Gradually add half to the egg mixture and mix, then combine back to the warm cream.
3. Cook over low heat, stirring constantly, until mixture thickens.
4. Let cool several minutes, then add chocolate and stir until chocolate is melted and mixture is uniform. Cool until no longer warm.
5. Beat remaining cream until stiff. Mix half into chocolate, then fold the remainder into the chocolate.
6. Spoon into cups and refrigerate for at least several hours to set.

Notes:

- I found the chocolate mixture to be too thick, so I added two or three heaping tablespoons of ricotta.
- The original recipe suggested ten minutes cooling before adding the chocolate and two hours of cooling in the refrigerator before adding the cream. This seemed orders of magnitude excessive to me: a couple minutes sufficed.
- Before refrigerating, grate some 85% chocolate on top and maybe a tiny zest of orange rind for color.

## Variations sur une mousse au chocolate

15 minutes plus plusieurs heures de repos

Source: [30]

240 g    crème liquide  
130 g    chocolate, 70%

1. Mélanger la crème en chantilly, puis ajouter le chocolat à 40 °C. Laisser refroidir plusieurs heures.

Variation de Jeff :

240 g    crème liquide  
50 g    cacao en poudre

1. Mélanger la crème en chantilly, puis ajouter le cacao. Le mélange devient très épais. Peut servir tout de suite ou rester au refrigerator.

*La quantité de cacao n'est pas sûr.*

# Chocolate Mousse

Serves 5

1 hour; plus 6 hours to set

Source: [\[40\]](#)

5 eggs  
1 1/2 tsp vanilla  
2 Tbsp water (or liqueur)  
5 oz dark chocolate  
2 Tbsp unsalted butter  
1/2 pint heavy (whipping) cream

1. Separate eggs. Leave whites in whipping bowl. Put yolks (base) in steel bowl. Add vanilla and water. Beat. Heat on high; keep moving so it doesn't scramble, until ribbon stage (waves stay). Stir until cool. (Add water if it starts scrambling as it cools.)
2. The above can be done more sanely over a double boiler, but it still needs fast whipping (not simple stirring) to keep it from scrambling.
3. Melt chocolate with butter. Stir. Cool. Add to base.
4. In a new bowl, whip cream. When all is cool, beat egg whites.
5. Beat 1/4 whites into base. Fold in remainder. When 3/4 folded, fold in whipped cream. Let rest six hours.

Notes:

- About one egg per person provides a nice serving size, less per person is probably more reasonable.
- More butter makes it firmer for use in pastry layers.

## Chocolate Orgasms

Makes 9–12 large brownies

30 minutes plus 30 minutes to bake, 1 hour to cool, one day to set

Source: [64]

### Brownies

$3\frac{1}{2}$  oz unsweetened chocolate  
6 oz unsalted butter, at room temperature  
 $1\frac{1}{2}$  c sugar  
 $\frac{3}{4}$  tsp vanilla  
3 large eggs, at room temperature  
 $\frac{3}{4}$  c plus 2 Tbsp flour

1. Preheat oven to 350 F. Lightly grease an 8 inch square pan with butter or vegetable oil.
2. Melt the chocolate and butter in the top of a double boiler placed over simmering water. Cool the mixture for 5 minutes.
3. Place the sugar in a medium-size mixing bowl and pour in the chocolate mixture. Using an electric mixer on medium speed, mix until blended, about 25 seconds. Scrape the bowl with a rubber spatula.
4. Add the vanilla. With the mixer on medium-low speed, add the eggs one at a time, blending after each addition until the yolk is broken and dispersed, about 10 seconds. Scrape the bowl after the last egg and blend until velvety, about 15 more seconds.
5. Add the flour on low speed and mix for 20 seconds; finish the mixing by hand, being certain to mix in any flour at the bottom of the bowl.
6. Spread the batter evenly in the prepared pan.

7. Bake the brownies on the center oven rack until a thin crust forms on top and a tester inserted in the center comes out with a moist crumb, 25 to 30 minutes.
8. Remove the pan from the oven and place it on a rack to cool for 1 hour before cutting the brownies. Serve the next day (it takes a day for the flavor to set).

## Frosting

1 recipe of brownies, above  
1  $\frac{1}{2}$  oz unsweetened chocolate  
 $\frac{1}{4}$  c evaporated milk  
 $\frac{1}{3}$  c sugar

1. Prepare the brownies and allow them to cool completely. Don't cut them yet.
2. To prepare the frosting, melt the chocolate in the top of a double boiler placed over simmering water.
3. Pour the evaporated milk into an electric blender and add the sugar and the melted chocolate. Blend the frosting on medium-low speed until it thickens, about 50 seconds (the sound of the machine will change when this process occurs).
4. Using a frosting spatula, spread the frosting evenly over the surface of the cooled brownies, and allow them to sit for 1 hour before cutting.

## Chocolate Ricotta Spread

15 minutes

Source: [2]

400 g    dark chocolate  
400 g    ricotta  
          cinnamon or orange extract

1. Melt chocolate. While mixing ricotta with an electric mixer on high, slowly pour in chocolate. Add some cinnamon or orange extract if desired.
2. Serve on bread.

The goal is to avoid melting the ricotta while making this. To that end, the chocolate should be as cool as possible while still being liquid and the cheese should be at room temperature to avoid making the final product too hard.

The spread will separate as it is cooled and warmed.



## Sablée au chocolat et à la fleur de sel

Makes 35

20 minutes + several hours refrigeration + 12 minutes oven

Source: [74]

175 g	flour
30 g	cocoa
1/2 tsp	baking powder
150 g	unsalted butter
120 g	light brown sugar
50 g	granulated sugar
1/2 tsp	fleur de sel
1 tsp	vanilla extract
150 g	dark chocolate, chipped

1. Sift together flour, cocoa, and baking powder.
2. Cream butter on medium speed until soft. Add both sugars, salt, and vanilla. Beat another minute or two.
3. Pour in flour and stir until combined. Incorporate chocolate chips.
4. Roll into two logs 4 cm in diameter, wrap in plastic, and refrigerate at least three hours.
5. Preheat oven to 170 °C.
6. Line two baking sheets with parchment. Cut the logs into 1 cm rounds and place 2 cm apart on the baking sheets. Bake 12 minutes. Transfer to cooling racks.

*(Attributed to Pierre Hermé, a taste test in 2009 or 2010 corroborated.)*

# Chocolate shortbread

Makes 20–40

20 minutes + refrigeration + 20 minutes

Source: [\[72\]](#)

220 g    unsalted butter  
110 g    fine sugar  
7 g      vanilla extract  
110 g    chocolate, 70%, melted and cooled  
270 g    all-purpose flour  
2 g      salt  
60 g     cacao nibs

1. Cream butter, sugar, and vanilla until light and fluffy.
2. Pour melted chocolate into butter mixture and incorporate on low speed.
3. Whisk flour and salt together. Add flour mixture to wet ingredients in two batches, mixing on low speed. Add the nibs.
4. Roll dough into a 3–4 cm log, wrap in plastic, and refrigerate for at least 2 hours.
5. Preheat oven to 175 °C. Slice dough into 1 cm disks and bake on parchment paper covered baking sheets for 8–10 minutes. The cookies will spread while baking: leave 4 cm between disks.
6. Cool on wire racks.

Note: The original recipe called for confectioners sugar. I used super-fine sugar instead.

# Tarte Extraordinairement Chocolat

Makes 12

repos de la pâte + 2 heures + refroidissement

Source: [75]

## Pâte sablée amandes

120 g    beurre  
2 g      sel fin  
80 g     sucre glace  
100 g    poudre d'amande  
1        oeuf  
60 g     farine  
180 g    farine

1. Procéder à un premier mélange avec tous les ingrédients sauf les 180 g de farine.
2. Dès que le mélange est homogène, ajouter les 180 g de farine restant, ceci de façon très brève.
3. Faire douze petits ronds aplatis, emballer en film étirable, et laisser reposer au réfrigérateur.
4. Etaler chaque disque entre deux feuilles de papier cuisson et mettre dans des moules à tarte individuelles.
5. Faire cuire 10 minutes à 155–160 °C.

## Biscuit chocolat

60 g    chocolat couverture caraïbe 66%  
20 g    beurre  
2       blancs d'oeuf  
20 g    sucre semoule  
2       jaunes d'oeuf

1. Faire fondre le chocolat et le beurre à 40–45 °C environ.
2. Monter le blanc avec le sucre. Mélanger au fouet le jaune. Puis, à la spatule, incorporer le chocolat et le beurre fondus.
3. Verser sur les fonds de tartes cuites et faire cuire 10–15 minutes à 180 °C.

## Ganache

400 g    crème  
360 g    chocolat couverture caraïbe 66%  
60 g    beurre

1. Faire bouillir la crème. Verser un tier sur le chocolat. Remuer avec une spatule pour que le chocolat fonde (plus ou moins).
2. Procéder de la même manière que lorsqu'on fait une mayonnaise. C'est à dire, mélanger énergiquement à l'aide d'une spatule de façon à créer un noyau élastique et brillant, puis rajouter petit à petit la crème comme on ajoute de l'huile à une mayonnaise. La texture devra être conservée jusqu'en fin de mélange.
3. Ajouter enfin le beurre en morceau.
4. Verser sur les fonds de tartes refroidis. Laisser refroidir.

# Mousse au chocolat noir

Serves 8 personnes

15 minutes

Source: [76]

## Mousse au chocolat

300 g    chocolat guanaja 70%  
150 g    crème liquide entière  
60 g    jaune d'œufs  
200 g    blanc d'œufs  
50 g    sucre semoule

1. Faire fondre le chocolat, ajouter la crème bouillante. En dessous de 60 °C, ajouter les jaunes d'œufs.
2. Parallèlement, monter les blancs en neige en ajoutant une toute petite partie du sucre dès le départ et le reste sur la fin.
3. Incorporer les blancs dans le chocolat.
4. Mouler et mettre au réfrigérateur pendant 12 heures.

## Sauce chocolat

85 g    chocolat guanaja %70  
100 g    lait entier

1. Faire fondre le chocolat, incorporer le lait bouillant. Réserver au réfrigérateur ou servir bien chaud.

**Service**

Trente minutes avant la dégustation, sortir les mousses du réfrigérateur et accompagner de la sauce froide ou chaude.

À noter : la présence du jaune d'œuf cru, cette mousse ne conserve pas au-delà de 24 heures.

## Soupe au Chocolat

Serves 4–6

30 minutes

Source: [74]

300 g    chocolat noir  
400 g    crème liquide (à fouetter)  
200 g    crème liquide (à faire chauffer)  
          glace à la vanille

1. Mettre de quatre à six assiettes dans le réfrigérateur.
2. Faire fondre le chocolat, préalablement cassé en petits morceaux, avec la crème pour faire une ganache. Laisser tiédir.
3. Fouetter la crème jusqu'elle soit mousseuse et légère. Ajouter à la ganache.
4. Mettre une boule de glace dans chaque assiette. Verser la soupe de chocolat autour de cette petite île vierge. Servir.

# Cinnamon Raisin Kuchen

*(also known as)*  
Aunt Mil's Cinnamon Rolls

Makes 24 rolls

2  $\frac{1}{2}$  hours

Source: [\[32\]](#)

$\frac{1}{4}$ oz	dry yeast
$\frac{1}{4}$ c	warm water
1 c	(227 g) butter
$\frac{1}{2}$ c	(112 g) sugar
3	eggs
1 tsp	salt
1 c	warm milk
4-5 $\frac{1}{2}$ c	flour
	butter, cinnamon, sugar, and raisins for topping

1. Dissolve yeast in warm water.
2. Cream butter and sugar. Add eggs, one at a time. Add salt. Add yeast, water, milk; then flour slowly. Knead until smooth and elastic.
3. Rise covered until doubled.
4. Roll out dough, sprinkle with butter, then cinnamon and sugar. Roll and cut as jelly rolls. Place in greased pan and again sprinkle with butter, cinnamon, and sugar. Rise  $\frac{1}{2}$  to  $\frac{3}{4}$  hours (until doubled).
5. Bake at 375 °F (190 °C) until brown (about 30 minutes).

Note that cinnamon and sugar mixture should be about half cinnamon and half granulated sugar. When sprinkling the mixture on buttered rolls the layer should be thick so as to make the dough appear dark red-brown.



## New Classic Brownies

Makes 16 brownies

20 minutes + 20 minutes to bake

Source: [56], 11-April-2007

4 oz	(115 g)	butter
4 oz	(115 g)	unsweetened chocolate
1 $\frac{1}{4}$ c	(250 g)	sugar
1 tsp		vanilla extract
1 $\frac{1}{4}$ tsp		salt
2		eggs
1 $\frac{1}{2}$ c		flour

1. Preheat oven to 400 °F (205 °C). Butter an 8-inch square pan.
2. In a large bowl melt butter and chocolate together.
3. Stir sugar, vanilla, and salt into chocolate mixture. Stir in eggs one at a time. Then stir in flour. Continue stirring until very smooth, until mixture pulls away from sides of bowl.
4. Scrape batter into prepared pan and bake 20 minutes.

Notes: Beat with an electric mixer, but do not whip, the ingredients. Something about the added density gives the brownies a more intense chocolate flavor and a better crust. The original recipe calls for chilling the brownies in a cold water bath immediately on exit from the oven.

# Jacques Torres Chocolate Chip Cookies

Makes 18 15 cm cookies

45 minutes plus 24 hours to chill

Source: [56]

241 g cake flour (8.5 oz = 2 c minus 2 Tbsp)  
241 g bread flour (8.5 oz = 1  $\frac{2}{3}$  c)  
 $1\frac{1}{4}$  tsp baking soda  
 $1\frac{1}{2}$  tsp baking powder  
 $1\frac{1}{2}$  tsp coarse salt  
283 g butter (10 oz =  $2\frac{1}{2}$  sticks)  
283 g light brown sugar (10 oz =  $1\frac{1}{4}$  c)  
228 g granulated sugar (8 oz = 1 c + 2Tbsp)  
2 large eggs  
2 tsp vanilla extract  
567 g bittersweet chocolate, at least 60% cocoa content ( $1\frac{1}{4}$  pounds)  
sea salt

1. Sift flours, baking soda, baking powder, and salt into a bowl. Set aside.
2. Using a mixer fitted with paddle attachment, cream butter and sugars together until very light, about 5 minutes. Add eggs, one at a time, mixing well after each addition. Stir in the vanilla. Reduce speed to low, add dry ingredients and mix until just combined, 5 to 10 seconds. Drop chocolate pieces in and incorporate them without breaking them. Press plastic wrap against dough and refrigerate for 24 to 36 hours. Dough may be used in batches, and can be refrigerated for up to 72 hours.
3. When ready to bake, preheat oven to 350 °F (175 °C). Line a baking sheet with parchment paper or a nonstick baking mat. Set aside.
4. Scoop 6 3 1/2-ounce (100 g) mounds of dough (the size of generous golf balls) onto baking sheet, making sure to turn horizontally any chocolate pieces that are poking up; it will make for a more attractive cookie.

Sprinkle lightly with sea salt and bake until golden brown but still soft, 18 to 20 minutes. Transfer sheet to a wire rack for 10 minutes, then slip cookies onto another rack to cool a bit more. Repeat with remaining dough, or reserve dough, refrigerated, for baking remaining batches the next day. Eat warm, with a big napkin.

For 50 g cookies (makes 36), bake for 16 minutes.

For 25 g cookies, (makes 72–75), bake for 13 minutes.

# Couronne des Rois

Serves 8–12

4–5 heures

Source: [34]

10 g	levure de boulanger
50 g	eau tiède
25 g	farine
	pincée de sucre
150 g	beurre
100 g	sucré
30–50 ml	cointreau
	zeste d'orange rapée
500 g	farine
4	oeufs
50 g	écorce d'orange séchées, coupée en petits dés
1	oeuf
	fruit confit

1. Faire un poolish avec la levure, l'eau, farine, et sucre.
2. En même temps, faire fondre le beurre avec le sucre, cointreau, et zeste d'orange. Porter doucement à ébullition et laisser refroidir.
3. Mélanger le tout sauf l'écorce d'orange et fruit confit. Pétrir. Vers la fin de la pétrissage, ajouter les écorces d'orange. Laisser monter une à deux heures.
4. Faire un anneau. Laisser monter une heure.
5. Dorer avec un oeuf dilué avec un peu d'eau. Saupoudrer de sucre crystal.
6. Faire cuire 15–20 minutes à 150 °C.
7. Garnir de fruit confit.

## Crêpes

Makes environ 12 crêpes

Source: [\[6\]](#)

125 g	farine
15 g	sucré
25 g	beurre
2	oeufs
$\frac{1}{4}$ L	lait
1 pincée	sel
2 c. à soupe	liqueur d'orange

1. Mélanger le tout et faire des crêpes.

## Crumble de Pommes Express

Pour 4 personnes

20 minutes + 40 minutes cuisson

Source: [14]

6 pommes acidulées  
100 g sucre en poudre  
100 g farine  
100 g beurre salé  
raisins secs  
jus de citron  
cannelle  
muscade

1. Préchauffer le four à 180 °C.
2. Peler les pommes et éliminer le coeur à l'aide d'un vide-pommes. Les couper en deux.
3. Mettre 100 g de sucre, la farine, et le beurre coupé en morceaux dans un mixeur équipé d'un couteau. Faire fonctionner l'appareil jusqu'à obtenir un sable.
4. Poser les pommes côté bombé vers le haut dans un moule à manqué.
5. Répartir le sable sur les pommes et enfourner pour 40 minutes environ, jusqu'à ce que le dessus soit doré.
6. Servir chaud ou tiède, nature ou accompagné d'une boule de glace à la vanille ou de la crème fraîche.

Notes:

- De bonnes pommes à choisir : la reine des reinettes, la golden, la gala, la granny (ajouter plus de sucre)

- De mauvaises pommes à choisir : la rouge américaine
- La recette originale propose en plus un caramel de 100 g de sucre et une c. à café d'eau. Je trouve que c'est mieux sans. Elle ne proposait que 75 g de beurre. Elle ne propose pas de raisin sec, jus de citron, cannelle, ni muscade.

## どら焼き

*(also known as)*

## Dorayaki

Makes 12–20

45 minutes

Source: [36]

1<sup>1</sup>/<sub>4</sub> c flour  
1 tsp baking soda  
2 eggs  
1<sup>1</sup>/<sub>2</sub> c sugar  
1 Tbsp honey  
3<sup>3</sup>/<sub>4</sub> c milk

あんこ

1. Mix flour and baking soda in a bowl.
2. In another bowl, whisk eggs, sugar, and honey together. Add milk and mix well.
3. Stir dry ingredients into egg mixture, and whisk until batter becomes smooth.
4. Heat non-stick frying pan with a small amount of oil and wipe excess oil well. At medium low heat, drop 2 Tbsp of batter onto the pan, like a pancake. Cook about 2 minutes until the surface of the pancake has a lot of bubbles and the edges become dry. Flip over and cook 1 more minute.
5. Transfer to a plate and cover with a wet paper towel.
6. Take one cake and place a heaping tablespoon of Anko and cover with another cake. Wrap it with plastic and press with hands. Pinch to seal the edges of the pancakes together.



## Double Chocolate Brownies with Mint Frosting

30 minutes plus 30 minutes to bake

Source: [\[74\]](#)

### Brownies

$\frac{1}{3}$  c butter  
 $\frac{3}{4}$  c sugar  
2 Tbsp water  
12 oz chocolate chips (2 cups), divided  
1 tsp vanilla  
2 eggs  
 $\frac{3}{4}$  c flour  
 $\frac{1}{4}$  tsp salt  
 $\frac{1}{4}$  tsp baking soda

1. Preheat oven to 325 °F.
2. Grease a 9-inch square baking pan.
3. Combine butter, sugar, and water and bring just to a boil. Remove from heat
4. Add half of the chocolate. Add vanilla and stir until smooth. Add eggs one at a time.
5. Gradually add flour. Stir in remaining chocolate chips.
6. Pour into pan and bake at 325 °F for 30 minutes.

### Mint Frosting

$\frac{1}{4}$  c melted butter  
2 c powdered sugar  
2 Tbsp milk  
 $\frac{1}{8}$  tsp peppermint extract  
1 oz unsweetened chocolate  
1 Tbsp butter

1. Blend together butter and sugar, then blend in milk and mint.
2. Spread on cooled brownies.
3. Melt one square of unsweetened chocolate with 1 Tbsp butter. Spread over cooled frosted brownies.

# Ghirardelli Double Chocolate Chip Cookies

Makes 4 dozen

30 minutes

Source: [\[44\]](#)

2 × 6 oz	(170 g × 2) semi-sweet chocolate chips
1/2 c	(115 g) butter
1	egg
110 g	sugar (1/2 c)
75 g	packed brown sugar (1/2 c)
1 tsp	vanilla
1 2/3 c	flour
1/2 tsp	baking soda
1/2 tsp	baking powder
1/2 tsp	salt
1/4 c	milk
1 tsp	lemon juice

1. Melt 1 cup chocolate chips with butter.
2. Beat egg with sugar, brown sugar and vanilla until creamed. Mix in melted chocolate.
3. Stir flour with baking soda, baking powder and salt.
4. Combine milk with lemon juice, stirring until thick.
5. Add dry ingredients to chocolate mixture alternately with milk. Stir in remaining cup chocolate chips. Chill dough.
6. Drop by teaspoon onto ungreased baking sheet. Bake at 175 °C (350 °F) for 8 to 10 minutes. Cool on rack.

Suggestions: Try beating sugar into softened butter, then adding egg. Melt chocolate without exceeding 50 °C.

## French Chocolate Brownies

Makes 12–16 brownies

30 minutes + 1 hour to bake

Source: [56], 11-April-2007

6 oz (170 g) butter  
 $\frac{1}{2}$  c (63 g) flour  
 $\frac{1}{8}$  tsp salt  
6 oz (170 g) dark chocolate  
3 eggs  
1 c (225 g) sugar  
 $\frac{1}{2}$  tsp vanilla extract

1. Preheat oven to 300 °F (150 °C). Butter an 8-inch square pan.
2. Melt butter and chocolate together. Stir until smooth.
3. Whisk flour and salt together.
4. Beat eggs and sugar together until thick and pale yellow. Add chocolate mixture and vanilla and mix at low speed until smooth. Add dry ingredients and mix 30 seconds, finishing by hand if necessary.
5. Pour into prepared pan and bake 50–60 minutes, until the top is dry. Allow to cool in the pan.

## Galette des rois au chocolat

Pour 8 personnes

3 heures sur 6–8 heures

Source: [74], dit de Pierre Hermé

*(avec option sans chocolat)*

### Beurre manié

250 g    beurre

100 g    farine

1. Dans le bol d'un robot muni de la feuille, ramollir le beurre. Ajouter la farine et mélanger le moins possible jusqu'à ce que le mélange soit homogène. Etaler en rectangle sur une feuille de papier siliconé, couvrir d'une deuxième feuille et mettre au réfrigérateur pendant 1 heure.

### Détrempe

75 g    beurre

100 g    d'eau

1.5 g    vinaigre blanc

10 g    fleur de sel

235 g    farine

1. Faire ramollir le beurre au four micro-ondes afin de le rendre pommade.
2. Dans le bol d'un robot muni du crochet, faire la détrempe en mélangeant les ingrédients.
3. Mettre en carré sur une plaque recouverte d'une feuille de papier siliconé, filmer et laisser reposer au réfrigérateur pendant 1 heure.

## Pâte feuilletée inversée

1. Enchâsser la détrempe (2) dans le Beurre manié (1), les deux préparations doivent avoir une texture identique. Étaler la pâte en long et donnez 2 tours doubles à 2 heures d'intervalle en mettant la pâte au réfrigérateur entre chaque tour. Puis 1 tour simple avant de détailler. On peut stocker la pâte feuilletée plusieurs jours au réfrigérateur à deux tours doubles.

## Crème pâtissière

5 g	farine
1	jaune d'oeuf
100 g	lait frais entier
15 g	sucres semoule
10 g	beurre
20–40 g	chocolat (cœur de guanaja) légèrement chauffé mais pas fondu ( <i>si au chocolat</i> )
20 g	poudre de cacao ( <i>si au chocolat</i> )

1. Tamiser ensemble la farine et mélanger avec le jaune d'oeuf.
2. Faire chauffer le lait et le sucre semoule et verser sur le premier mélange.
3. Remettre l'ensemble dans la casserole. Porter la crème pâtissière à 82 °C (*originelle : à ébullition et laisser cuire pendant 5 minutes en mélangeant vivement à l'aide d'un fouet*).
4. Faire refroidir, à environ 50 °C. Ajouter le beurre, chocolat, et poudre de cacao; mélanger et faire refroidir complètement au réfrigérateur avant utilisation.

## Crème d'amande

- 100 g    beurre
- 100 g    sucre glace
- 100 g    poudre d'amande blanche
- 1        oeuf
- 10 g    crème
- 120 g    crème patissière
- 10 g    grand marnier
- 10 g    poudre de cacao (*si au chocolat*)

1. Dans le bol d'un robot muni de la feuille ou dans une terrine, malaxer le beurre sans le faire foisonner, puis ajouter tous les ingrédients un à un en continuant de mélanger à petite vitesse. Utiliser aussitôt ou réserver au réfrigérateur.

N.B. : le beurre ainsi que l'ensemble de la préparation ne doivent pas être foisonnée, sinon, lors de la cuisson, la crème d'amandes gonfle et retombe aussitôt de façon irrégulière.

## Dorure

- 1        oeuf
- 1/2     jaune d'oeuf
- 1        pincée sel

1. Dans un bol fouetter avec le pinceau à pâtisserie l'oeuf entier avec le demi-jaune et le sel.

## Montage

1. Couper la pâte en deux. Etaler chaque pâton sur le plan de travail fariné en forme de carré de 2 mm d'épaisseur. À l'aide d'un petit couteau planté droit dans la pâte, découper dans chacun un disque de 28 cm de diamètre. Balayer la pâte pour retirer l'excédent de farine.

2. Retourner sur l'autre face (le dessous d'une abaisse de pâte est toujours plus lisse est parfait que le dessus) un premier disque de pâte sur la plaque à pâtisserie recouverte de papier siliconé. Dessiner légèrement sur la pâte un cercle à 3 cm des bords du disque afin de délimiter la surface sur laquelle la crème d'amande va s'étaler. À l'aide d'un pinceau trempé dans de l'eau froide badigeonner la pâte, à 1 cm du bord du disque afin d'éviter que l'eau coule sur les côtés. Étaler la crème d'amande et égaliser le dessus avec le dos d'une cuillère. Enfouir la fève à 1 cm des bords de la crème d'amande.
3. Retourner sur l'autre face le second disque de pâte. Le poser exactement sur le premier où la crème d'amande est étalée. Du bout des doigts appuyer sur les bords des deux disques de pâte afin qu'ils soient parfaitement scellés. Mettre la plaque 30 minutes au réfrigérateur.
4. À l'aide de la pointe d'un petit couteau placé à l'envers (lame vers vous) et tenu dans le sens du biais, soulever les deux bords joints de la galette et les festonner en enfonçant légèrement le couteau tous les centimètres tout en appuyant sur la pâte avec l'index entre chaque entaille.
5. Avec la dorure et un pinceau, badigeonner en toute la surface de la galette en prenant soin que la dorure ne coule pas sur les bords. Décorer le dessus de la galette en rayant uniformément la pâte avec la pointe du couteau tenu à l'envers, la strier en partant du centre en dessinant des arcs de cercle espacés tous les 2 cm.
6. Glisser la galette dans le four préchauffé à 230 °C, baissé aussitôt à 190 °C. Laisser cuire 45 minutes, pas moins.
7. La Servir de préférence tiède.



# Gateau au Chocolat

Serves 16

30 minutes + 35 minutes de cuisson

Source: [6]

300 g    chocolat noir à 70%  
6        oeufs  
175 g    sucre  
150 g    beurre mou  
40 g     farine

1. Faire fondre le chocolat au four à micro-onde, lisser avec une spatule, rajouter le beurre et continuer de lisser.
2. Séparer les blancs des jaunes. Faire blanchir les jaunes avec le sucre en les fouettant. Ajouter la farine et le mélange choco-beurre.
3. Monter les blancs en neige ferme et les rajouter au reste de la préparation. La pâte doit être comme une mousse au chocolat.
4. Mettre tout ceci dans un moule bien beurré et au four th 5 (150 °C) (300 °F) 35 minutes. Le dessus doit craqueler.
5. Retirer du four et attendre 10 mn avant de démouler.
6. Servir avec une crème fouettée et de la glace au chocolat ou un coulis de chocolat.

## Gateau au chocolat aux amandes

Serves 16

30 minutes + 1 heure de cuisson

Source: [6]

Une recette de Naples.

300 g    chocolat  
300 g    d'amandes émondées concassées  
300 g    sucre  
200 g    beurre  
6        oeufs

1. Battre les blancs en neige.
2. Mélanger les jaunes au sucre, les faire blanchir au batteur électrique.  
Ajouter le beurre mou puis le chocolat fondu.
3. Incorporer délicatement les blancs en neige.
4. Faire cuire à 350 °F pour 50 minutes ou jusqu'à ce que le gâteau soit solide au milieu. (Un test de couteau ne marche pas bien avec ce gâteau.)

## Gâteau tout chocolat

Makes 6–8 personnes

10 minutes, puis 25 minutes cuisson

Source: [6]

200 g    chocolat  
4        oeufs  
150 g    sucre  
80 g     farine  
200 g    beurre

1. Préchauffez le four à 150–180 °C.
2. Faites fondre le chocolat. Ajouter le beurre et mélangez bien.
3. Dans un saladier, mélangez les oeufs et le sucre, puis la farine. Versez le chocolat fondu puis mélangez jusqu'à obtenir une pâte homogène.
4. Versez dans un moule à manqué beurré et fariné.
5. Faites cuire environ 25 minute (ajustez le temps de cuisson pour obtenir un coeur plus ou moins fondant). Sortir le fondant au chocloat du four que lorsqu'il est froid.

## Sorbet au chocolat

Fait 400 ml

20 minutes + temps de macération + congélation

Source: [\[31\]](#)

320 ml	eau (originelle : minérale)
50 g	sucres semoule
40 g	glucose (originelle : sucre inverti)
15 g	cacao poudre
70 g	chocolat (originelle : Valrhona Madagascar)
40 g	meringue italienne (page <a href="#">267</a> )

(La recette originelle propose 3 g de SL 66 stabilisateur de sorbet. La recette originelle ne propose pas de meringue.)

1. Faire fondre le chocolat, y dissoudre le cacao poudre.
2. Chauffer l'eau, verser sur les autres ingrédients (sauf le meringue). Mixer. Laisser refroidir 24 heures au réfrigérateur.
3. Mixer et mettre dans une sorbetière et congeler.
4. Vers la fin de la congélation, ajouter le meringue.

## Meringue italienne pour gelato

Makes quantity for 2–3 litres of gelato

30 minutes

Source: [\[54\]](#)

60 ml	eau
150 g	sucre
1 tsp	jus de citron
4	blancs d'œufs

Ce meringue est faible en eau, ce qui convient dans la fabrication de gelato afin de ne pas diluer le parfum du sorbet.

1. Faire un sirop à 118–122 °C.
2. Monter les œufs en neige, verser le sirop doucement en vitesse moyenne, puis fouetter à vitesse moyenne pendant 10 minutes.

## Sorbet à l'orange

Fait 1 litre

15 minutes + temps de macération + congélation

Source: [2]

1 L	jus d'orange (approx 1 kg orange)
335 g	sucré
1 tsp	cannelle
	poivre de cayenne, pincée
1 Tbsp	cointreau
40 g	meringue italienne (page 267)

1. Extraire le jus d'orange. Mélanger avec le sucre. Ajouter la cannelle, poivre de cayenne, et cointreau. Mettre au frais pendant au moins plusieurs heures.
2. Mettre dans une sorbetière et congeler.
3. Vers la fin de la congélation, ajouter le meringue.

## Sorbet au pamplemousse

Fait 1 litre

15 minutes + temps de macération + congélation

Source: [2]

500 ml	jus de pamplemousse (3–4 pamplemousses)
110 g	sirop de glucose
40 g	sucre
	plusieurs feuilles de menthe
1 tsp	cointreau
	meringue italienne (page 267) (à peu près un blanc d'oeuf, approx 50 g)

1. Extraire le jus des pamplemousse. Mélanger avec le glucose et le sucre. Chauffer légèrement (environ une minute au micro-onde), juste pour que le glucose peut dissoudre dans le jus. Ajouter les feuilles de menthe et le cointreau. Mettre au frais pendant au moins plusieurs heures.
2. Passer par au tamis. Mettre dans une sorbetière et congeler.
3. Vers la fin de la congélation, ajouter le meringue.

## Strawberry Gelato

Serves 4–8

20 minutes (plus time for chilling)

Source: [74]

1 c	(less 1 Tbsp) sugar
1 c	water
450 g	strawberries
1 Tbsp	lemon juice
1 tsp	egg white

1. Make a syrup of the water and sugar. Chill.
2. Trim strawberries, purée until smooth. Stir in the syrup and egg white. Chill.
3. Mix in a sorbetière.



# Maury Rubin's Grilled Chocolate Sandwich

Makes 6–8 sandwiches

Source: [56], 7 September 2003

8 oz	dark (bittersweet) chocolate
$\frac{1}{2}$ c	heavy cream
12–16	slices plain white bread
	a handful of chocolate
	$\frac{1}{2}$ long batons of chocolate or chocolate chips (about $\frac{1}{3}$ cup)
3–4 Tbsp	softened butter

1. Chop the chocolate fine and set aside in a medium bowl.
2. Heat the cream in a small saucepan until just boiling and pour over the chopped chocolate. Let stand 1 minute, then whisk until smooth. Refrigerate until just slightly solid, about 30 minutes.
3. Spread a layer of the chocolate mixture  $\frac{1}{4}$ -inch thick (approximately 2 to 3 tablespoons) on half the bread sides to within about  $\frac{1}{4}$  inch of the edges. Press about 2 teaspoons of the chocolate chips (or 5 or 6 pieces of batons) into the center of each filling.
4. Spread a bit of softened butter over one side of the remaining slices. Buttered side up, place the slice over each chocolate-spread slice and press lightly around the edges to seal. Refrigerate for at least 15 minutes before putting on a grill or on a press. (If you are using a skillet instead, freeze the sandwich 15 minutes.)
5. Heat a grill or sandwich press (or a large griddle or skillet over medium-high heat), and add the sandwiches. Press on one side only for a minute or two (depending on the particular grill or press you're using) until the bread is nicely browned; the chocolate should be barely melted and not swimming out the side. If you are using a griddle or skillet, heat the sandwich first on

the unbuttered side until lightly toasted, about 1 minute; turn the sandwich over and weight it down by placing a baking sheet or pan on top of the sandwich and placing a few soup cans on top. Toast for another minute, until golden. Cut in half and finish with a frilled toothpick.

## Guimauve au chocolat

Makes 625 cm<sup>2</sup>

1 hour

Source: [\[30\]](#)

14 g     gélatine feuilles

90 g     blanc d'oeufs

90 g     eau

40 g     miel

250 g    sucre

55 g     pâte de cacao

poudre de cacao

1. Préparer une plaque bien saupoudré de poudre de cacao. Mettre une cadre dessus, environ 25 cm × 25 cm.
2. Laisser ramollir la gélatine dans de l'eau froide.
3. Commencer à monter les blanc d'oeufs.
4. Faire cuire le miel, le sucre, et l'eau à 130 °C.
5. Ajouter la gélatine au sirop, puis verser dans les blancs d'oeufs semi-montés, puis laisser tiédir au batteur jusqu'à 45 °C environ. (Essentiellement, faire une meringue italienne.)
6. Ajouter le cacao fondu et cadrer. Saupoudrer de poudre de cacao. Laisser geler quelques heures au moins à température ambiante.

La recette originelle ne propose que 35 g de pâte de cacao.

# Glacé au chocolat blanc

Fait 1 litre

20 minutes plus congélation

Source: [2]

## Base

180 g	chocolat blanc
50 g	sugar
300 ml	lait
pince	sel
3	jaune d'oeufs
200 ml	crème
2 Tbsp	vodka
60 g	meringue italienne (page 267)

1. Faire fondre ou ramollir le chocolat blanc.
2. Chauffer le lait, sucre, et sel. Ajouter lentement aux oeufs en fouettant. Remettre sur feu doux et faire une crème anglaise (80 °C).
3. Tamiser sur le chocolat blanc. Remuer, puis ajouter la crème. Laisser refroidir à 5 °C.
4. Ajouter le vodka et turbiner, ajoutant la meringue au moment que la préparation commence à épaissir.

# Chocolate Ice Cream

Makes 1 litre

20 minutes plus time to freeze

Source: [2]

## Base

450–500 ml	heavy cream
150–160 g	sugar
pinch	fine sea salt
3	egg yolks
230 ml	water
50–70 g	cocoa
60–80 g	coeur de guanaja
3 Tbsp	cointreau
60–80 g	Italian meringue (page 267)

1. Warm water and dissolve cocoa.
2. Melt coeur de guanaja into cocoa mixture. Set aside in a mixing bowl.
3. In a small pot, warm cream, sugar, and salt until sugar completely dissolves. Remove pot from heat.
4. In a separate bowl, whisk the yolks. Slowly whisk about a third of the hot cream into the yolks, then whisk the yolk mixture back into the pot with the cream. Return pot to medium-low heat and gently cook until mixture is thick enough to coat the back of a spoon, about 78–80 °C. That is, make a crème anglaise.
5. Strain through a fine-mesh sieve into the bowl of cocoa and chocolate. Mix thoroughly. Cool mixture to room temperature. Cover and chill.

6. In the sorbetière, combine chocolate custard and cointreau.
7. As the mixture begins to thicken, add the meringue.

# Grand Marnier Ice Cream

Makes 1 litre

20 minutes plus time to freeze and purée

Source: [2]

## Base

450–500 ml	heavy cream
160 g	sugar
pinch	fine sea salt ( $\frac{1}{8}$ tsp)
3	egg yolks
160 ml	water
80 ml	grand marnier
1 tsp	orange extract
60 g	Italian meringue (page 267)

1. In a small pot, warm cream, milk, sugar, and salt until sugar completely dissolves. Remove pot from heat.
2. In a separate bowl, whisk the yolks. Slowly whisk about a third of the hot cream into the yolks, then whisk the yolk mixture back into the pot with the cream. Return pot to medium-low heat and gently cook until mixture is thick enough to coat the back of a spoon, about 78 °C. That is, make a crème anglaise.
3. Strain through a fine-mesh sieve into a bowl. Cool mixture to room temperature. Cover and chill.
4. Combine water and grand marnier. Cover and chill.
5. In the sorbetière, combine custard, grand marnier mixture, and the orange extract.

6. As the mixture begins to thicken, add the meringue.

Questions:

- Is the right amount of orange extract perhaps closer to 2 tsp?
- Is the right proportion of grand marnier perhaps closer to  $\frac{1}{3}$  –  $\frac{2}{3}$  ?



# Glace au thé matcha

Fait 1 litre

20 minutes plus congélation

Source: [2]

## Base

25 g	matcha
230 ml	eau
150 g	sugar
pince	sel
450 g	crème
3	jaune d'oeufs
2 Tbsp	vodka
60 g	meringue italienne (page 267)

1. Infuser le matcha à 85 °C.
2. Chauffer la crème, sucre, et sel. Ajouter lentement aux oeufs en fouettant. Remettre sur feu doux est faire une crème anglaise (80 °C).
3. Verser le thé matcha dans la crème. Laisser refroidir, puis passer par une tamise afin d'enlever les feuilles de thé. Laisser refroidir à 5 °C.
4. Ajouter le vodka et turbiner, ajoutant la meringue au moment que la préparation commence à épaissir.

# Ice Cream

Makes 1 litre

20 minutes plus time to freeze and purée

Source: [56]

## Base

2 c        heavy cream  
1 c        whole milk  
 $\frac{2}{3}$  c        sugar  
 $\frac{1}{8}$  tsp     fine sea salt  
6         egg yolks (american large)  
            flavoring, see below

1. In a small pot, warm cream, milk, sugar, and salt until sugar completely dissolves, about 5 minutes. Remove pot from heat.
2. In a separate bowl, whisk the yolks. Slowly whisk about a third of the hot cream into the yolks, then whisk the yolk mixture back into the pot with the cream. Return pot to medium-low heat and gently cook until mixture is thick enough to coat the back of a spoon, about 76 °C (170 °F). That is, make a *crème anglaise*.
3. Strain through a fine-mesh sieve into a bowl. Cool mixture to room temperature. Cover.
4. **If using an ice cream maker**, chill at least 4 hours before churning.
5. **If using a stand mixer**, freeze, removing to beat the mixture after about two hours, then one hour, then about a half hour, just to avoid the mixture becoming too hard to beat; then beat a final time just before serving.
6. **If using a food processor**, freeze flat in a large ziploc bag, then break apart in the bag before dropping the chunks into the food processor. Process on high until the mixture is smooth.

## Aromatics

**Vanilla or green tea.** Scrape 2 vanilla beans into the cold milk. Or  $\frac{1}{4}$  cup green tea leaves. Let the custard steep off the heat for 30 minutes before straining.

**Mint or basil.** Pulse together 1 cup clean and dry leaves with  $\frac{2}{3}$  cup sugar until pulverized and bright green. Use in place of sugar in base. Let custard steep 30 minutes before straining.

**Cinnamon.** Break a 10 cm cinnamon stick, preferably a fragrant variety like Ceylon or canela, into a food processor with  $\frac{2}{3}$  cup sugar until finely ground. Use in place of sugar in base. Let custard steep 30 minutes before straining.

**Lemon or lime.** In a food processor puls zest of 3 lemons or limes with  $\frac{2}{3}$  cup sugar until smooth and brightly colored. Use in place of sugar in base. Let custard steep 30 minutes before straining. Stir in the juice and zest of 1 lemon or lime before chilling.

**Strawberry or raspberry.** Make the base without milk. In a blender, purée 450 g berries, 3 Tbsp sugar,  $\frac{1}{2}$  tsp lemon juice or balsamic vinegar and a pinch of salt. Taste; add more sugar and/or lemon or vinegar if necessary. Purée should be on the sweet side, with some underlying tartness. Stir into base before chilling. Strain before churning if using raspberries.

**Peach or apricot.** Pit and dice 3 pounds (1360 g) peaches or apricots (no need to peel them). In a saucepan over medium heat, gently simmer fruit with  $\frac{1}{2}$  cup sugar until fruit is tender, about 10 minutes. Purée in a food processor or blender. Make the base without milk. Stir  $\frac{1}{2}$  cup buttermilk and the fruit purée into warm, strained base. Add a few drops of almond extract if desired.

**Cherry.** In a saucepan over medium heat, simmer 6 cups pitted cherries (from 2 pounds) with  $\frac{1}{3}$  cup sugar until cherries are very soft, about 10 minutes. Purée in a food processor or blender. Make the base without milk. Stir  $\frac{1}{2}$  cup buttermilk and the cherry purée into warm, strained base. Add a few drops of kirsch if desired.

**Banana.** In a blender, purée 4 very ripe medium bananas, 2 tablespoons sugar, 1 teaspoon lemon juice and a pinch of salt until smooth. Make the base without milk. Stir  $\frac{1}{2}$  cup buttermilk and the fruit purée into warm, strained base. Add a few drops of vanilla extract if desired.

**Chocolate.** In a saucepan, bring  $\frac{3}{4}$  cup cream and 3 Tbsp cocoa powder to a simmer. Put 1 cup chopped dry chocolate (coeur de guanaja) in a mixing bowl with 40 g unsweetened chocolate. Pour hot cocoa cream over chocolate and stir

until melted and smooth. Stir chocolate mixture and 1 teaspoon vanilla extract into base. Strain.

**Chocolate, original version.** In a saucepan, bring  $\frac{3}{4}$  cup cream and 3 Tbsp Dutch-processed cocoa powder to a simmer. Put 1 cup chopped chocolate in a mixing bowl. Pour hot cocoa cream over chocolate and stir until melted and smooth. Make base using  $1\frac{1}{2}$  cups milk,  $\frac{3}{4}$  cup sugar and no cream. Stir chocolate mixture,  $\frac{3}{4}$  cup crème fraîche or sour cream and 1 teaspoon vanilla extract into base. Strain

## Jelly Rolls

Makes 80 rolls

2 1/2 hours

Source: [1]

1 c	scalded milk
3/4 oz	dry yeast
1/4 c	warm water
1/2 lb	butter
1 c	sugar
3	eggs
1 c	sour cream (up to one pound)
1/8 tsp	salt
6-9 c	flour
	apricot jam or preserves
	cinnamon and sugar
	raisins

1. Scald milk and allow to cool
2. Dissolve yeast in water with a pinch of salt and a little sugar.
3. Cream butter and sugar. Add eggs one at a time. Add yeast and water. Add sour cream. Slowly add cooled milk and salt. Add flour to form dough and knead.
4. Place dough in buttered bowl, cover, and let rise until doubled.
5. Punch down dough. Roll out into large rectangles. Brush with melted butter, then spread with preserves. Sprinkle with cinnamon and sugar, then finally sprinkle with raisins.
6. Roll dough and cut into 3/4 -inch slices. Place on well greased cookie sheets.
7. Spread melted butter on sides and tops of rolls to prevent a crust from forming. Let rise until doubled.
8. Bake 20-25 minutes at 375 F. Rolls should be brown when done.

# Kouign Amann

Makes 8

4.5 hours

Source: [\[11\]](#)

230 ml water (1 cup)  
8 g yeast (2 tsp)  
310 g flour (T65) (2 1/2 cup)  
6 g salt (1 tsp)  
230 g salted butter (8 oz)  
300 g sugar (1 1/2 cup) (*verify*)  
flour, sugar (for dusting)  
salted butter (for pans)

1. Combine water and yeast, let stand a few minutes. Add flour and salt. Stir to shaggy mass, then knead 3–4 minutes until dough is tacky but smooth.
2. Let rise, covered, 1 hour. Chill at least 30 minutes.
3. Knead cold butter. Sprinkle work surface with 1–2 Tbsp of reserved flour and roll out the butter to 15 × 25 cm. Replace butter in refrigerator.
4. Roll out dough (dusted with more of reserved flour) to 30 × 50 cm. Place the butter on the dough to form three thirds. Wrap the butter in the dough (two layers of dough on top, one under).
5. Roll the dough slightly to press the layers together, then fold again in thirds.
6. Dust table with flour. Make two turns, then film and refrigerate at least 30 minutes.
7. Roll out dough, sprinkle with half of sugar and roll gently to help the sugar stick, fold (third turn), then make one more turn using the other half of the sugar. Film and refrigerate.

8. Butter 8 mini-tart pans. (*The original recipe suggested 12.*)
9. Dust working surface with a bit of extra sugar. Dust dough with sugar. Roll dough to  $20 \times 60$  cm. It should be about 7 mm thick. Cut in  $2 \times 4$  rectangles. Fold each by bringing the corners to the centre. Place in the tart pans.
10. Film loosely and let rise 30–40 minutes.
11. Preheat oven to  $205^{\circ}\text{C}$  ( $400^{\circ}\text{F}$ ). Place kouign amann in oven and reduce heat to  $175^{\circ}\text{C}$  ( $350^{\circ}\text{F}$ ). Bake 40 minutes until just golden without excessive browning.
12. Remove from oven and allow to stand until butter is re-absorbed. Only then move to cooling rack. Remove before completely cool, however, in order to avoid sticking to the pan.
13. Best eaten the same day.

# Kouign Amann

Serves 20

1 heure (?)

Source: [25]

C'est une spécialité de Douarnenez, quoique certaines de sources parlent de Scaer, et un excellent gateau quand il est réussi.

600 g	farine
500 g	beurre
500 g	sucré
2-3 dl	d'eau
1 pincée	levure de bière
1 pincée	sel

1. Tamiser la farine, la mettre sur une planche, faire une fontaine, y mettre le sel, la levure, l'eau très froide.
2. Avec le bout des doigts, mélanger le tout rapidement. Envelopper le pâton d'un linge, laisser reposer cinq minutes.
3. Pendant ce temps, mettre le beurre dur dans le coin d'un torchon mouillé, replier le torchon et triturer le beurre pour lui donner une certaine souplesse.
4. Etaler la pâte, mettre le beurre, et le sucre au milieu, replier les bords comme une pâte feuilletée et plier deux fois en quatre.
5. Mettre aussitôt à four chaud (200 °C) une demi-heure.

## Conseil

La température du beurre et de la pièce où se prépare le gateau est importante. Certains pâtisseries laissent la pâte reposer dans un torchon, avant de faire les tours. D'autres utilisent de l'eau très froide pour faire la pâton, d'autres encore de la levure diluée à l'eau tiède ou lavent le gâteau au lait avant la cuisson.



Ne lésinez pas sur le beurre, et une fois le gâteau cuit, arrosez le du beurre fondu qui n'a pas pénétré dans la pâte. Laisser refroidir dans le moule (en fer) de cuisson pour ne pas vous brûler avec le caramel.

Pour réchauffer le gâteau, faites chauffer une poêle, la retirer quand elle est chaude. Démouler le gâteau, le glisser dans la poêle. Couvrez, patientez 5 à 8 mn hors du feu. Régalez vous !

# Macaron au Chocolat de M. Castellan

Fait environ 70 coques

2 heures

Source: [9]

## Coques

150 g sucre (pour la meringue)  
60 ml d'eau  
60 g blanc d'œufs (environ 2 œufs, pour la meringue)  
150 g sucre (pour le poudre d'amande)  
110 g poudre d'amande  
30 g poudre de cacao  
60 g blanc d'œufs (environ 2 œufs)

1. Meringue italienne: Mettre le sucre et l'eau dans une casserole et faire cuire jusqu'à 118 °C. Batta les blancs d'œufs en neige, puis à vitesse moyenne verser le sucre cuit en mince filet sur les blancs déjà mousseux. Laisser refroidir toujours en battant. Quand la mousse prend corps, augmenter la vitesse au maximum pour serrer les blancs.
2. Pendant que le sucre cuit et puis que la meringue refroidisse, passer le sucre pour le poudre d'amande au blender afin de créer du sucre glace (donc sans amidon comme dans le sucre glace commercial). Ajouter le poudre d'amande pour avoir un poudre plus fin, mais attention à ne pas faire exprimer l'huile. Ajouter le cacao.
3. Ajouter le blanc d'œufs non-battu au poudre. Puis peu à peu ajouter la meringue au poudre en macaronnant à la maryse. Le mélange doit briller et faire ruban. Une trace de doigt d'un centimetre doit refermer lentement.
4. Remplir une poche à douille (douille de 10 mm). Dresser sur une feuille de papier cuisson sur une plaque. Les claquer, puis les laisser croûter 30 minutes.

5. Préchauffer le four à 160 °C (ventilé) ou 180 °C (statique). Faire cuire les coques de 10–11 minutes.
6. A la sortie du four, renverser les coques sur des volettes.

## Ganache

100 g    chocolat  
90 g    crème fleurette  
25 g    beurre

1. Hacher le chocolat. Chauffer la crème à 40 °C et verser sur le chocolat.
2. A 30 °C mettre le beurre pommade et l'incorporer.
3. Laisser refroidir. Remplir une poche à douille et dresser et marier les coques.
4. Laisser les macarons, maintenant complets, reposer un jour pour qu'ils prennent l'humidité.

## Notes :

- Pour des macarons non-chocolat, c'est 150 g de poudre d'amande au lieu de 110 g poudre d'amande plus 30 g de poudre de cacao.
- Une ganache au fruit peut se faire en mélangeant 100 g de confiserie blanche, 10 g de beurre de cacao, 60 g de pulpe de fruit, et 30 g de beurre.

## Macarons de Vincent Guerlais

1h

Source: [30]

### Macarons Natures

205 g	sucre glace
205 g	poudre d'amande
25 g	(cacao, si macarons au chocolat)
160 g	sucre semoule
37 g	eau
72 g	blancs d'oeufs, montés
60 g	blancs d'oeufs, crus (si chocolat, 65 g)
qs	vanille

*Pour faire des macarons au chocolat, passer à 65 g blancs d'oeufs crus et ajouter 25 g de cacao poudre dans la poudre d'amandes.*

1. Passer le sucre glace et la poudre d'amande dans un robo pour faire un poudre très fin. Les tamiser.
2. Cuire le sucre semoule et l'eau à 118 °C, puis verser sur les blancs montés en vitesse moyenne.
3. Ajouter les blancs crus à la meringue, puis mélanger les poudres et la vanille et macaroner.
4. Dresser sur papier cuisson.
5. Laisser sécher au moins 20 minutes, puis cuire 11–12 minutes à 160 °C (ventilé) ou 180 °C (statique).

*Pour faire des macarons au chocolat, commence à faire la ganache des que les coques sont enfournées. La ganache aura besoin de temps pour cristallizer.*

*La recette original proposait de 10 à 11 minutes au four. Trop souvent les coques étaient mous.*

### Garniture Fraise Menthe

225 g	fraises (même congelées), passées préalablement au blender
60 g	sucré
35 g	glucose (DE 40)
4 g	pectine NH
20 g	jus de citron
55 g	chocolat blanc (beurre de cacao?)
10 g	Get 27

1. Faire cuire les fraises avec le sucre et le glucose. Vers 60 °C (température précise pas très importante) ajouter la pectine. Cuire jusqu'à 103 °C.
2. Ajouter le jus de citron, puis verser délicatement sur le chocolat blancs (beurre de cacao ?). Ajouter le Get 27.
3. Laisser refroidir avant de dresser les coques de macarons.

### Garniture Chocolat

150 g	crème fleurette
120 g	chocolat pur Venezuela 72%
18 g	beurre

1. Faire une ganache. Laisse refroidir.

*La recette originelle propose 125 g de crème, 100 g de chocolat, et 15 g de beurre. Insuffisant à chaque fois.*

## Mrs. Fields Chocolate Chip Cookies

Makes 112 cookies

30 minutes

Source: [\[27\]](#)

2 c	butter
2 c	sugar
2 c	brown sugar
4	eggs
2 tsp	vanilla
4 c	flour
5 c	oatmeal
1 tsp	salt
2 tsp	baking powder
2 tsp	baking soda
24 oz	chocolate chips

This is the recipe from the GNU emacs distribution. It is not actually the Mrs. Fields recipe, but it tastes very similar to their cookies.

1. Cream together butter, sugar, and brown sugar. Add the eggs and vanilla.
2. Process the oatmeal in a food processor or blender (in small amounts) until it turns to powder. Measure 5 cups of oatmeal, not 5 cups of powdered oatmeal.
3. Mix together in a separate bowl the flour, the powdered oatmeal, as well as the salt, powder, and soda.
4. Mix everything together. Add chocolate chips.
5. Make 1 inch balls and place about 2 inches apart on greased cookie sheets. Bake at 350 °F for 8–10 minutes.

# Nib buns

Makes 12

3 hours plus overnight fermentation time

Source: [\[72\]](#)

## Dough

3 g      dry yeast  
42 g      sugar  
110 g     warm water  
  
1        egg  
110 g     cream  
  
385 g     flour  
1.5 g     salt  
           nutmeg, freshly grated  
  
42 g      unsalted butter, melted

1. Combine yeast, sugar, and warm water.
2. In a small bowl, whisk egg with cream.
3. In a separate bowl, whisk together flour, salt, and nutmeg.
4. In the bowl of a stand mixer, combine yeast mixture with flour mixture. Mix until dough begins to come together, then stream in the egg and cream mixture, followed by the melted butter. Mix until the dough is smooth and elastic and pulls away from the sides of the bowl, about 6 minutes.
5. Coat dough with oil. Bulk ferment, covered and refrigerated, overnight (for 8–10 hours).

## Chocolate custard

115 g chocolate, 70%, chopped  
1 egg  
1 g vanilla extract  
150 g whole milk  
cinnamon, ground (ideally freshly)

1. Melt the chocolate, set aside.
2. In another bowl, whisk egg and vanilla just to break up yolk, set aside.
3. In a sauce pan heat milk and cinnamon just until steaming. Make a crème anglaise. Remove from heat, pour over chocolate, whisk thoroughly to combine, and pass through a strainer (to remove any coagulated egg) before it cools too much to do so. (I find it more practical to strain the custard onto the chocolate rather than to combine and then strain.) If the custard appears chunky, use an immersion blender to emulsify it.
4. Refrigerate overnight.

## Filling

110 g light brown sugar  
60 g cocoa nibs

1. Combine and set aside.

## Cinnamon nib sugar

30 g cocoa nibs  
200 g sugar  
8 g cinnamon, ground, ideally freshly  
pinch salt



1. Place the nibs in a coffee grinder and pulse until fine. Sift through a fine-mesh strainer and combine all ingredients.

Note: This seems like quite a lot of cinnamon. As the chocolate will overpower the taste of cinnamon, it is not a typo.

## Assembly

unsalted butter, melted

1. Remove dough from refrigerator and allow to sit at room temperature for at least 20 minutes.
2. Generously butter muffin tins.
3. Turn out dough onto lightly floured surface. Roll into a rectangle, about 30 cm × 40 cm and 6 mm thick.
4. Slightly warm the chocolate custard so that it becomes spreadable. Spread it on the dough, leaving a 5 mm border at the edges.
5. Sprinkle with the brown sugar and nib mixture.
6. Roll from the long edge to form a log. With a bench knife cut into 12 slices. Place in muffin tins. Allow to rise for about 30 minutes.
7. Preheat oven to 350 °C.
8. Bake buns for 20 minutes or until golden brown.
9. Allow buns to cool for 10 minutes. Using a pastry brush, coat each roll with melted butter, then roll in the sugar and nib mixture, coating the entire surface. Serve immediately.

# Oatmeal Raisin Cookies

Makes about 54 cookies

30 minutes

Source: [\[60\]](#)

1 <sup>1</sup> / <sub>4</sub> c	butter
3 <sup>3</sup> / <sub>4</sub> c	packed brown sugar
1 <sup>1</sup> / <sub>2</sub> c	sugar
1	egg
1 tsp	vanilla
1 <sup>1</sup> / <sub>2</sub> c	flour
1 tsp	baking soda
1 tsp	salt
1 tsp	cinnamon
1 <sup>1</sup> / <sub>4</sub> tsp	nutmeg
3 c	oats
1 c	raisins

1. Preheat oven to 375 °F.
2. Cream butter and sugars until light and fluffy. Beat in eggs and vanilla.
3. Combine together flour, baking soda, salt, and spices. Add to butter mixture, mixing thoroughly.
4. Stir in oats, then raisins.
5. Drop by rounded teaspoonfuls onto ungreased cookie sheets. Bake 8–9 minutes for a chewy cookie, 10–11 minutes for a crisp cookie.
6. Cool 1 minute before removing to wire racks.

# Oatmeal Raisin Cookies

Makes about 72 cookies

30 minutes

Source: [\[59\]](#)

1 c	butter
1 c	sugar
1 c	packed brown sugar
2	eggs
1 tsp	vanilla
2 c	flour
2 tsp	baking powder
$\frac{3}{4}$ tsp	cinnamon
$\frac{1}{2}$ tsp	salt
2 c	oats
3 c	raisins

1. Preheat oven to 350 °F.
2. Cream butter and sugar. Mix in eggs and vanilla.
3. Sift together flour, baking powder, cinnamon, and salt. Add to creamed mixture. Blend thoroughly.
4. Stir in oats, then raisins.
5. Drop by level tablespoons 2 inches apart onto baking sheets. Bake 11–13 minutes.
6. Cool 1 minute before removing from baking sheets.

## Pain brioché

4h40

Source: [\[46\]](#)

60 ml	lait entier
155 ml	eau tiède
100 g	levain liquide (froment, T65, 100 % hydratation)
3 g	levure sèche (ou 6 g fraîche)
2	oeufs
25 g	sucré
500 g	farine T65
10 g	sel
125 g	beurre doux

1. Dans la cuve du robot verser lait, eau, levain liquide, levure, oeufs battus, sucre, et farine. Pétrir en première vitesse pendant 2–3 minutes.
2. Intégrer le sel, puis le beurre bien froid en petits morceaux ajoutés progressivement. Pétrir 3–4 minutes en deuxième vitesse jusqu'à ce que la pâte soit lisse.
3. Couvrir d'un linge humide et laisser reposer 1h30 à température ambiante.
4. Sortir la pâte de la cuve à l'aide d'une corne, la déposer sur un plan de travail bien fariné et façonner délicatement le pâton du bout des doigts pour lui donner une forme allongée de la taille du moule. Le déposer dans le moule, couvrir d'un linge humide et laisser reposer 1 h à température ambiante.
5. Enfourner à 240 °C (éventuellement avec de la buée en début de cuisson—un verre d'eau jeté sur la lèchefrite placée au fond du four). Après 20 minutes ouvrir la porte pour laisser évacuer l'humidité et cuire encore 20 minutes à 210 °C.
6. Sortir le pain du moule et le laisser ressuer sur une volette 1 h avant de le manger.

7. Le pain se mange le jour même, sinon trancher et congeler ou bien prévoir toasté.

## Palet Breton

Makes 6–8 palets

20 minutes + 5 minutes + 25 minutes cuisson

Source: [\[74\]](#)

2	jaune d'oeuf
80 g	sucres semoule
80 g	beurre doux
140 g	farine tamisée
6 g	levure
2	pincées de fleur de sel

1. Préchauffer le four à 170 °C.
2. Blanchir les jaunes d'oeuf avec le sucre.
3. Incorporer le beurre ramolli, puis ajouter la farine et la levure. Finir avec la fleur de sel.
4. À l'aide de papier film alimentaire, réaliser un boudin et laisser reposer pendant 30 minutes au réfrigérateur.
5. Découper les boudins et déposer dans des cercles en inox.
6. Enfourner 15 minutes à 170 °C jusqu'à obtenir une coloration blonde, puis laisser refroidir sur une volette.

# Peanut Butter Chocolate Chip Cookies

Makes 72 cookies

30 minutes

Source: [\[32\]](#)

227 g	butter (1 cup)
220 g	peanut butter (with salt) (1 cup)
200–215 g	sugar (1 cup)
2	eggs
315–350 g	flour (2 1/2 cup)
1 1/2 tsp	baking soda
1 tsp	baking powder
1/4 tsp	salt
340 g	chocolate chips (12 oz., 2 cup)

1. Cream butter and peanut butter. Add sugar. Cream thoroughly. Add eggs.
2. Sift together flour, soda, baking powder, and salt. Add to dough. Add chocolate chips.
3. Drop on ungreased cookie sheet, press with a fork, making a cross-hatch pattern.
4. Bake 10 minutes at 190 °C (375 °F), 180–185 °C with ventilation.

## Notes :

- When using unsalted or lightly salted peanut butter, use salted butter and use a heaping rather than level 1/4 tsp salt.
- Stéphane replaces white sugar with an equal mass of brown sugar.
- Jeff increases by 5–10% the amount of chocolate.

## Cream Cheese Pound Cake

Serves 12–16

Source: [\[64\]](#)

3 c	cake flour
340 g	butter ( $1\frac{1}{2}$ c), at room temperature
227 g	cream cheese (8 oz)
3 c	sugar
1 Tbsp	vanilla extract
6	large eggs, at room temperature

1. Preheat oven to 163 °C (325 °F). Lightly butter a 25 cm (10 inch) tube pan.
2. Sift the cake flour into a small bowl and set aside.
3. Cream the butter, cream cheese, sugar, and vanilla in a medium mixing bowl with mixer on medium-high speed until light and fluffy, about two minutes.
4. Add eggs one at a time, mixing on medium after each addition until blended, about 10 seconds. Mix 30 seconds more after all eggs are added.
5. Stir the flour gently into the batter with a rubber spatula. Then mix on low speed five seconds. Scrape the bowl and blend until the batter is smooth and even, five to ten seconds.
6. Pour the batter into prepared pan. Bake on center oven rack until golden and firm to the touch and a tester inserted in the center comes out dry, about 1 hour 35 minutes.
7. Allow the cake to cool completely in the pan before unmolding and serving.



## Rhubarb Sauce

Makes 2 cups

10 minutes + 30 minutes to bake

Source: [29]

500 g    rhubarb  
 $\frac{1}{2}$  c    sugar  
         balsamic vinegar

1. Preheat oven to at 400 °F(200 °C).
2. Cut the rhubarb into 1 cm pieces. Place in a baking pan, sprinkle with sugar, drizzle some balsamic vinegar on top.
3. Bake for 30 minutes.

## Sablée au chocolat

Serves 8

45 minutes (total 6 hours)

Source: [6]

125 g	beurre, ramolli à la température de la cuisine
1 pincée	sel
80 g	sucres glace
1	oeuf entier
200 g	farine

1. Dans un saladier, mélanger le beurre ramolli, le sucre glace, l'oeuf battu, le sel. (Tout sauf la farine.)
2. Quand le mélange est accompli, ajouter petit à petit la farine et travailler légèrement la pâte.
3. Mettre en boule dans un linge humide et laisser reposer deux heures et demi dans le bac à légumes du réfrigérateur.
4. Etaler la pâte à l'aide d'un rouleau à pâtisserie. Installer soigneusement dans un moule à tarte de 20 cm de diamètre, très légèrement beurré. Bien insister pour que la pâte adhère aux parois du moule. Piquer une dizaine de fois avec une fourchette, remettre au réfrigérateur pendant deux heures.
5. Mettre à cuire dans un four préalablement chauffé 180 °C (thermostat 6, 355 °F) pendant 10 mn.

100 g	chocolat amer
60 g	beurre
1	oeuf entier
2	jaunes d'oeufs
30 g	sucres

1. Au sortir de la tarte du four, et seulement à ce moment là, commencer à préparer l'appareil à chocolat en mettant dans une casserole au bain marie le beurre et le chocolat à laisser doucement fondre, et opérer le ménage.
2. Dans un saladier, battre énergiquement l'oeuf entier, les jaunes d'oeufs et le sucre. Utiliser de préférence un moulin électrique à grande vitesse pour obtenir une consistance identique à des oeufs montés en neige.
3. Ajouter le chocolat et le beurre fondu. Mélanger délicatement pour ne pas faire retomber les oeufs montés. Garnir la tarte avec cet appareil. Cuire au four, toujours à 180 °C (thermostat 6, 355 °F) pendant 9 mn.
4. Sortir du four, saupoudrer de chocolat amer en poudre. Servir tiède.

## Classic Shortbread

Makes 20–30 biscuits

30 minutes

Source: [68]

228 g butter ( $\frac{1}{2}$  pound)  
140 g fine sugar ( $\frac{3}{4}$  cup)  
305 g flour (2 cups)  
5 g course salt ( $\frac{1}{4}$  tsp)  
lemon zeste

1. If using lemon zeste, mix with sugar. Optionally process in food processor for a finer mixture.
2. Whip butter in electric mixer with whip attachment. Slowly add sugar. Continue whipping until very light in colour and fluffy, 5–10 minutes.
3. Sift flour. Add salt. Stir into butter until just combined.
4. Press dough onto baking parchment to 1 cm thickness. Film and refrigerate 20 minutes.
5. Preheat oven to 150 °C (300 °F).
6. Cut dough into squares. Bake 50 minutes until just golden on the top.
7. Remove from oven to a wire rack. Immediately recut biscuits. Allow to cool.

# Soufflé au Chocolat

Serves 6

30m + 30m chill + 8m bake

Source: [\[23\]](#)

## **Crust:**

250 g flour  
40 g icing sugar  
125 g butter  
1 egg  
50 ml milk

1. Mix ingredients to obtain a firm dough. Place in refrigerator four 30 minutes to set.
2. Preheat oven to 180 °C.
3. Roll out as fine as possible. Place in mold or molds.
4. Blind bake for 15 minutes at 180 °C.

## **Soufflé:**

100 g chocolate  
110 g butter  
1 egg  
4 egg yolks  
75 g sugar

1. Preheat oven to 200 °C.
2. Melt the butter and chocolate together.

3. Whip the eggs and sugar until doubled in volume. Carefully mix in the melted chocolate and butter. Pour into the baked crust. Bake 8 minutes at 200 °C or until a knife tests clean.
4. Serve sprinkled with icing sugar and a coulis de fruits rouges (or fresh red berries).

# Streuselkuchen

Serves 15–25

1h sur 2h

Source: [34]

## Teig

200 ml	lait
10 g	levure de boulanger
10 g	sucré vanillé
375 g	farine
60 g	beurre
10 g	sel
40 g	sucré
1	oeuf

1. Mélanger lait, levure, et sucre vanillé plus 100 g de la farine. Laisser fermenter 15–20 minutes.
2. Ajouter les ingrédients restants. Pétrir.
3. Laisser fermenter 1 heure.

## Streusel

300 g	farine
175 g	beurre
150 g	sucré
25 g	beurre fondu (pour la pâte)

1. Pendant que la pâte fermente, mélanger farine, beurre, et sucre.

2. Beurrer un moule à charnière de 25 cm de diamètre.
3. Dégazer la pâte sur une surface légèrement fariner. Transférer au moule et étaler contre les parois.
4. Avec un pinceau, peindre la pâte du beurre fondu. Puis verser le streusel.
5. Laisser apprêter 30 minutes. Préchauffer le four à 200 °C.
6. Enfourner, laisser cuire 25 minutes.
7. Laisser refroidir 30 minutes sur une volette avant de démouler.



# Sugar Cookies

Makes 110 cookies

45 minutes

Source: Anne Abrahamson? Mil Horwitz? Other?

1 c (225 g) sugar  
1 c (200 g) brown sugar  
2 c (227 g) butter  
2 eggs  
4  $\frac{1}{2}$  c flour  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  tsp cream of tartar  
 $\frac{1}{2}$  tsp baking soda  
 $\frac{1}{2}$  tsp vanilla

1. Cream sugars and butter. Add eggs, beating well. Add vanilla.
2. Add flour mixture.
3. Using  $\frac{1}{2}$  oz scoop, scoop onto greased cookie sheets. Flatten each scoop with the bottom of a sugared glass.
4. Bake at 350 F for 8–10 minutes or until golden brown.

# Tartelettes Croquantes aux Fraises

Serves 4

Source: [74]

## La pâte

130 g	farine
1 pincée	levure chimique
80 g	beurre demi-sel, mou
60 g	sucré
2 jaunes	d'oeufs

1. Préchauffer le four à 180 °C (th. 6).
2. Mélanger la farine, la levure et le sucre.
3. Ajouter le beurre en pommade puis sabler la pâte à la main. Fouetter les jaunes d'oeufs et les ajouter.
4. Bien travailler le tout puis étaler la pâte au rouleau à pâtisserie. Sur la plaque du four recouverte de papier sulfurisé, déposer quatre disques de pâte réalisés à l'emporte pièce.
5. Les piquer à l'aide d'une fourchette et les cuire au four 10 minutes.

## La garniture

15 cl	crème liquide
1 sachet	sucré vanillé
4 c. à soupe	coulis de fraises
250 g	fraises
	feuilles de menthe

1. Dans un saladier bien froid, monter la crème en Chantilly avec le sucre vanillé.
2. Ajouter le coulis de fraises.
3. Équeuter les fraises et les couper en lamelles.
4. Recouvrir de Chantilly les disques de pâte et garnir de fraises.
5. La touche du Chef : une feuille de menthe et quelques gouttes de coulis pour la décoration.

### Les astuces

1. On mélange dans l'ordre, la farine puis la levure et enfin le sucre.
2. Sabler la pâte = frotter entre les mains le beurre avec la farine.
3. Fleurer le plan de travail = le saupoudrer de farine pour éviter que la pâte ne colle.
4. Pour que le papier sulfurisé ne s'envole pas dans le four, poser des fourchettes pour faire poids et le maintenir.

# Tarte Tatin

Serves 8

2 hours

Source: [6]

## La Pâte Sablée

50 g	sucré
100 g	beurre
1	ouef
	pincé de sel (facultatif)
150 g	farine

1. Dans un saladier, mélanger le beurre ramolli, le sucre et l'oeuf battu. (Tout sauf la farine et éventuellement le sel.)
2. Quand le mélange est accompli, ajouter petit à petit la farine et travailler légèrement la pâte.
3. Mettre en boule dans un linge humide et laisser reposer dans le bac à légumes du réfrigérateur pendant la préparation et cuisson (première phase) des pommes.

Une goutte d'extrait d'orange dans la pâte fait une bonne surprise subtile dans la tarte.

## Les pommes

1 kg	pommes (golden delicious, pink lady, ...)
125 g	beurre
125 g	sucré
	sucré et cannelle

1. Epeler les pommes et couper en quarts.
2. Dans un moule, mettre le beurre et le sucre et chauffer doucement.
3. Une fois que le beurre commence à blondir, mettre les pommes dans le moule “debouts”, bien serrées les unes contre les autres. Saupoudrer d’un mélange de sucre et de cannelle. (Il y en a qui utilise du sucre vanillé.)
4. Faire cuire doucement une demi-heure.
5. Vers la fin de la cuisson, faire la pâte. Préchauffer le four à 180 °C.
6. Les pommes doivent être tendre et légèrement caramélisées. Enlever le moule du feu, recouvrir de la pâte tel que le bord de la pâte ne déborde pas le moule, et mettre au four pendant 30 minutes.
7. Sortir du four quand la pâte est dorée. Renverser sur du papier cuisson lorsque la tarte soit tiède. Dans la mesure où du caramel liquide sort, le remettre en dessus de la tarte avec une spatule.

Servir tiède avec de la crème fouettée.

# Truffles

Makes 50

45 minutes plus le temp pour refroidir

Source: [6]

300 g	chocolat noir
100 g	beurre
150 g	crème fraîche
2 Tbsp	sucre glace
2 Tbsp	extrait d'orange
	cacao en poudre

1. Verser la crème dans une casserole. Ajouter le chocolat cassé en petit carrés et placer le tout dans un bain-marie non bouillant pour faire fondre doucement.
2. Hors du feu lisser à la spatule. Incorporer alors le beurre par morceaux, le sucre glace, l'extrait d'orange (ou bien de whiskey ou de cognac ou de rhum). Lorsque la pâte est bien lisse, laisser refroidir au moins 30 minutes au réfrigérateur.
3. Former les truffles en les roulant entre les mains puis en les passant dans du cacao.

Elles conserveront une semaine au réfrigérateur.

## Truffles

45 minutes

Source: [\[48\]](#)

200 g    chocolat noir  
100 g    beurre  
1        jaune d'oeuf  
          du chocolat poudré

1. Faire chauffer le chocolat et le beurre juste pour que le chocolat fonde. Ajouter le jaune d'oeuf. Bien mélanger. Laisser refroidir un peu.
2. Former des boules. Rouler en chocolat poudré. Mettre au frais.

### Variations de Jeff:

- Fouetter avant de laisser refroidir.
- Ajouter un peu de crème chantilly.

## U Fiodone

Serves 6–12

20 minutes + 30 minutes cuisson

Source: [\[74\]](#)

5	oeufs
200 g	sucré
1 cuillère à soupe	farine
1	brocciu (ou une brousse), vers 450–500 g
1 zeste	citron (facultatif)
1 verre	eau de vie (facultatif)

1. Battre les oeufs et le sucre en omelette. Ajouter la farine et les autres ingrédients. Mélanger le tout et mettez au four à 180 °C jusqu'à ce que le gâteau soit doré et un couteau ressort sec, environ 30–35 minutes (ou: 175 °C pendant 45–50 minutes?).
2. Dégustez le tiède ou, à la tradition corse, froid.



## Warm Soft Chocolate Cake

Makes 4

30 minutes plus 12 minutes to bake

Source: [78]

4 oz (113 g) butter (plus a little for buttering pans)  
2 tsp flour (plus a little for dusting pans)  
4 oz bittersweet chocolate  
2 eggs  
2 egg yolks  
 $\frac{1}{4}$  c sugar

1. Butter and lightly flour 4 4-ounce molds, custard cups, ramekins, or similar containers. Tap out the excess flour. Preheat the oven to 450 °F.
2. Gently heat the butter and chocolate together until chocolate is almost completely melted.
3. Beat eggs, yolks, and sugar together with a whisk or electric beater until light and thick.
4. Beat melted chocolate and butter together. While it is still warm, pour into the egg mixture, then quickly beat in the flour until combined.
5. Divide batter among the molds. (At this point, you can refrigerate the desserts for several hours until ready to eat. Bring them back to room temperature before cooking.)
6. Bake molds on a tray for 12 minutes. The center will still be quite soft, but the sides will be set.
7. Invert each mold onto a plate and let sit for about 10 seconds. Unmold by lifting up one corner of the mold; the cake will fall out onto the plate. Serve immediately.

This is better with 2–4 oz extra chocolate mixed in—the result is smoother and creamier, less dry.

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