

A few recipes...

June 1, 2020

Contents

Sourdough bread	1
Granola	2
Pancakes	3
Croissants	4
Lemon pie	6
Sourdough	8
Kombucha	9
Fresh pasta	11
Macarons	12

Sourdough bread

Ingredients

500 g of wheat flour	330 mL of water
150 g of sourdough	10 g of salt

Instructions

Pointage

1. Mélanger les ingrédients.
2. Pétrir pendant 10 minutes. Si vous avez un robot pétrisseur, faites-le fonctionner à vitesse minimale.
3. Sur un plan de travail fariné.
4. Laisser reposer six à douze heures sous un torchon humide.

Façonnage

1. Sortir le pâton délicatement sur un plan de travail fariné.
2. Replier le pâton sur lui-même en tâchant de ne pas perturber les bulles.
3. Remettre le pâton sur un torchon propre, sec et fariné, la “couture” vers le haut. recouvrir avec le reste du torchon.
4. Laisser reposer une heure à une heure et demie.

Cuisson

1. Préchauffer le four à 240°C. Si vous avez une cocotte en fonte, mettez-la à chauffer aussi.
2. Sur un plan de travail fariné, sortir délicatement le pâton de son torchon, coutûre vers le bas.
3. Avec un couteau très bien aiguisé, pratiquer une ou plusieurs incision.
4. Enfourner.

Preparation: 10 minutes

Cook time: 20 to 25 minutes

Granola

Ingredients

430 g of big oat flakes	one tea spoon of salt
around 100 g of nuts and/or seeds	one tea spoon of cinnamon
180 g of maple sirup (or honey)	a pinch of vanilla extract
120 g of coco butter	

Instructions

1. Preheat the oven to 180°C.
2. Combine and stir the flakes, the nuts, the cinnamon, the vanilla extract and the salt.
3. Add the maple sirup and the oil. Mix until the flakes are coated with the mixture.
4. Put the mix onto a flat oven pan covered with parchment paper. Make sure it is well spread.
5. Bake for 20 to 25 minutes at 180°C. Stir again around 12 minutes in to make sure the granola bakes evenly. Spread it again and press on it to help big chunks form.
6. Let cool for 45 minutes before breaking it into chunks. Store in an air-tight container.

Preparation: 20 minutes

Cook time:

Pancakes

Ingredients

250g of flour

2 eggs

300ml of milk

one yeast portion

65g of butter

a pinch of salt

30g of sugar

Instructions

1. Dilute the yeast in lukewarm milk.
2. Mix the flour and the sugar, then add the egg and finally the butter.
3. Gradually thin the mix down with the milk.
4. Let the dough rest for at least an hour in the fridge.
5. Get the pan to medium-low heat. If it is too hot, the pancakes will burn before the core is done...

Croissants

Ingredients

500 g de farine	10 g de levure
200 g de beurre	2 oeufs
50 g de sucre	10 g de sel
200 mL de lait	

Instructions

The dough

1. Mix the flour, sugar, milk and yeast together. Knead for a few minutes and let it rest for about an hour at room temperature.
2. Knead again to remove the air, and put the dough in the fridge to cool down. It is important the dough remained cold to prevent the butter from melting.
3. Roll the dough on a floured counter to obtain a roughly 30cm by 30cm square. Spread the butter in the center, leaving a margin of a few centimetres.
4. Fold the corners to the centre, and merge the sides together by humidifying them, in order to seal the butter.

Laminating the dough

1. Roll the dough with a rolling pin. Make sure to flour both sides of the dough to avoid any sticking –and butter getting out of the dough.
2. Fold the dough into three, and make a quarter turn.
3. Put the dough back into the fridge for about ten minutes to avoid letting the butter melt.
4. Start the process over twice to obtain a 27-layer laminated dough.

Preparing the croissants

1. Spread the dough on the kitchen counter, into a rectangle of roughly 40cm by 50cm. Cut in half along the length.

2. Cut long triangles (around 10cm-base and 20cm-height).
3. Roll the croissants, starting from the base and ending with the tip, which you can humidify to seal it.
4. If you wish to freeze the croissants, now is a good time. Put them on a baking tray covered with parchment paper. You can put them in a sealed plastic bag once they are frozen.

Baking the croissants

1. Put the croissants on a baking tray covered with parchment paper. Let them de-freeze if needed.
2. Let them rest for about an hour to let the yeast act. Once they have risen, you can paint them with yolk and water to make them more glossy.
3. Bake for 10 to 15 minutes at 210°C.

Lemon pie

Ingredients

The biscuit

180g of flour

75g of butter

65g of icing sugar

3 egg yolks

The lemon curd

125ml of lemon juice

75g of sugar

2 eggs

75g of butter

3 egg yolks

The meringue

6 egg whites

50cl of water

180g of sugar

Instructions

The biscuit

1. Mix the flour, the sugar and the butter together. Add the yolks and mix to obtain a ball. Put the dough in the fridge for at least two hours.
2. Spread the dough in a baking tin and bake at 150°C for 20 minutes.

The lemon curd

1. Mix the lemon juice, the sugar, the yolks and the eggs in a pan. You can use other citrus fruit if you want.
2. Bring to a boil and let cool until it reaches 30°C.
3. Add the butter cut out in small cubes, and mix the whole. Put the curd in the fridge.

The meringue

1. Beat the egg whites until stiff

-
2. In a saucepan, mix together the sugar and the water. Heat up to 121°C and add to the egg whites, and keep beating for five minutes. You are making Italian meringue, wherein the egg whites are cooked with caramel.

The lemon pie

1. Spread the curd on the biscuit.
2. Add the meringue. You can use a piping bag for a better finish.
3. Use a blowtorch over the meringue, or alternatively grill it in the oven for one or two minutes.
4. Put the pie in the fridge.

Sourdough

Ingredients

Every day

50 g or rye flour

50 mL of water

Instructions

On the first day

1. Mix the flour and the water together. You can theoretically use regular wheat flour but for some reason I've only ever managed to start a sourdough with rye flour, so you've been warned.
2. Let it rest for 24h at room temperature in a clean container. It shouldn't be airtight. You can close it with a cheesecloth to make sure flies won't dive into it.

The following days

1. Remove the excess dough so that the container is always less than half full.
2. Add flour and water in, make sure it's well mixed together.
3. Repeat the operation every day until the sourdough has started. It's easy to see it has since it doubles in volume six hours or so after "feeding".

Once the sourdough has started

1. Feed it at least once a week (or once every two weeks if you keep it in the fridge).
2. The sourdough should be very active before you can use it to make bread. Make sure to give it one or two feed cycles before baking if you were keeping it hibernating.

Kombucha

Ingredients

Starting the “SCOBY”

10g of black tea leaves

25 to 50cl of unpasteurised kombucha

200g of sugar

The kombucha

10g of black tea leaves

200g of sugar

Gear

1 big mason jar (3 litres)

Instructions

Starting the “SCOBY”

1. Bring two litres of water to a boil and infuse the tea leaves.
2. Remove the tea leaves and add the sugar.
3. Let the mix cool down to below 30°C. You may hasten the cooling by putting the mix in a shut mason jar and immerse it in colder water (be wary of the temperature difference, you do not want to break the glass)...
4. Add the kombucha. Since it is unpasteurised, it still contains the bacteria and yeast colony that will start the SCOBY.
5. Let the mix rest at room temperature, avoiding direct sunlight. Leave the jar open, but put a cloth on the opening. After one to three weeks, a translucent layer will start covering the liquid – that is the SCOBY!

First fermentation

1. Prepare the sweet tea and let it cool down, following steps 1 through 3 to start the SCOBY.
2. Mix with around 50cl of kombucha from the previous batch, or some unpasteurised kombucha if you are using the SCOBY for the first time.
3. Place the SCOBY on top of the liquid. You can also pour the sweet tea directly on the SCOBY with some leftover product of the previous batch once the SCOBY is mature enough (after a few weeks). The SCOBY might sink to the bottom of the jar, but that is perfectly fine.

Preparation: 20 minutes

Cook time:

Second fermentation

1. Pour the product of the first fermentation in clean bottle. Add a bit of juice or dry fruit to give it some flavour (eg hibiscus flower or fresh ginger).
2. Let the kombucha ferment a second time for a few days, avoiding direct sunlight. The mix will become sparkling as the carbon dioxide released during the fermentation gets trapped in the bottle.
3. Put in the fridge and enjoy!

Preparation: 20 minutes

Cook time: 10 minutes

Fresh pasta

Ingredients

400 g of flour

15 mL of water

4 eggs

a pinch of salt

Instructions

1. Mix the ingredients together and knead the dough for a few minutes.
2. Let it rest at least thirty minutes in the refrigerator, packed in plastic film.
3. Flatten and cut the dough to get the pasta.
4. Cook it in salted boiling water until ready (around 4 minutes).

Macarons

Ingredients

80 g of sugar

80 g of ground almonds

80 g of icing sugar

2 egg whites

Instructions

1. Prepare a baking sheet with parchment paper.
2. Beat the egg whites until stiff, then add the regular sugar to obtain a French meringue (keep beating until then).
3. Mix the ground almonds with the icing sugar. Gradually add to the meringue.
4. Pre-heat the oven to 140°C, with the convection on.
5. With an icing bag, pipe the macaron batter onto the parchment paper, in 3cm circles.
6. Tap the baking sheet on a flat surface to release air bubbles.
7. Bake for 13 minutes.
8. Let cool on the tray for a few minutes, then on the counter.
9. Add the filling !