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Bases

Chantilly Cream

Ingredients

- Heavy cream
- Sugar

Procedure

1. Beat the cream (an electric beater is highly recommended). It helps if the cream and the bowl have been chilled in the freezer beforehand.
2. When the cream develops soft peaks, add the sugar. Sifted confectioner's sugar is preferred.
3. Additional flavors can be added with cocoa powder or vanilla extract.

Notes

- Never add hot items into the cream.
- Make sure there is no water in the bowl or on the whisk. Water would prevent the cream from hardening.
- Beaten cream can be kept in the fridge for 3 days.

Choux Pastry

Ingredients

- 150g water
- 100g flour
- 60g butter
- 40g sugar
- 5g baking powder
- 3 eggs
- Pinch of salt

Procedure

1. Pre-heat the oven to 200C (392F).
2. Heat the water, salt, sugar, and butter in a pot.
3. Bring the mixture to a boil; while waiting, sift the flour once.
4. When the mixture is boiling, throw all the flour in at once and mix it. It is very important to beat the flour quickly to create the smoothest batter.
5. Take the pot off the stove, and start adding the eggs one by one. Be sure that the egg is completely incorporated before adding more.
6. Add the baking powder.
7. Pipe, and put into the oven for 25 to 40 minutes depending on size.

Pastry Cream

Ingredients

- 1L milk
- 200g sugar
- 100g flour
- 40g cocoa powder or 1 vanilla bean
- 6 egg yolks

Procedure

1. Beat the egg yolks and sugar until the mix turns white.
2. If using cocoa powder, replace 40g of the flour with cocoa powder.
3. Add the flour and cocoa powder. Add half the milk gradually while beating.
4. Warm the rest of the milk in a pot for 3 to 4 minutes. If using vanilla, put the cut and scraped bean in the milk and let infuse for a few minutes, then remove the bean.
5. Add the former mix in the pot and beat until it boils.
6. Pour the cream in a tray to cool down.

Shortcake

Ingredients

- 125g flour
- 125g sugar
- 4 eggs

Procedure

1. Preheat oven to 180C (355F).
2. Butter and flour a cake mold or cover a tray with parchment paper.
3. Beat the sugar and eggs in a bain-marie or in a pot at very low temperature.
4. Remove pot from stove and keep beating until cold.
5. Sift the flour and fold the mix into it.
6. Pour the mix into the cake mold or tray and bake for 25 to 30 minutes at 180C (355F).

Shortcake (for roll-cake)

Ingredients

- 100g confectioner's sugar
- 75g flour
- 50g oil
- 40g milk
- 40g sugar
- 10g lemon juice
- 3g baking powder
- 3g salt
- 5 eggs

Procedure

1. Preheat oven to 180C (355F).
2. Separate the egg yolks from the whites.
3. Mix the flour, baking powder, oil, milk, salt, egg yolks and sugar.
4. Add the lemon juice.
5. Whip the egg whites until soft peaks appear and add the sifted confectioner's sugar.
6. Fold the whites into the former mix.
7. Pour the mix into a tray covered by parchment paper.
8. Bake for 13 minutes at 180C (355F), then change the temperature to 90C (200F) for 7 minutes.
9. Let the shortcake fully cool down before using or rolling.

Shortcrust

Ingredients

- 250g flour
- 125g butter
- 1 egg yolk
- Pinch of salt
- Water

Procedure

1. Soften the butter by either resting it at room temperature or by microwaving it lightly.
2. On a work surface or large cutting board, form a volcano with the flour.
3. Put the butter and salt into the volcano.
4. Softly sand with the finger tips.
5. Dig a new hole in the flour and put in the egg yolk.
6. Work by hand into a ball and add water or flour as necessary.
7. Rest in the fridge for at least 30 minutes before using.

Sweetcrust

Ingredients

- 250g flour
- 125g sugar
- 125g butter
- 10g vanilla sugar
- 5g baking powder
- 1 egg yolk
- Pinch of salt
- Water

Procedure

1. Soften the butter by either resting it at room temperature or by microwaving it lightly.
2. On a work surface or large cutting board, form a volcano with the flour.
3. Put the butter into the volcano.
4. Softly sand with the finger tips.
5. Dig a new hole in the flour and put in the salt, sugar, vanilla sugar, egg yolk and baking powder.
6. Work by hand into a ball and add water or flour as necessary.
7. Rest in the fridge for a couple hours before using.

Sweet

Canelés Bordelais

Ingredients

- 1L milk
- 475g sugar
- 280g flour
- 100g dark rum
- 50g butter
- 10g vanilla extract
- 24 aluminum canel  molds
- 4 egg yolks
- 2 eggs
- 2 vanilla beans
- food-grade beeswax

Procedure

1. Boil the milk, butter, rum, vanilla extract and sliced vanilla beans.
2. Shut the stove and let the mix infuse for 15 minutes.
3. Beat the eggs and yolks with the sugar until pale and foamy.
4. Remove the beans from the milk and scrape the seeds using your thumb and put those into the egg mix. Place the beans back into the milk.
5. Heat the milk again and when it simmers, shut the stove and let it cool down for 2 minutes.

6. Pour a fifth of the hot milk on the eggs and stir.
7. Add the flour et mix well, then add the remainder of the milk.
8. Rest the batter for 24 hours at room temperature.
9. Mix for 2 minutes, making sure bubbles disappear and butter melts into the batter.
10. Pre-heat oven to 275C (527F).
11. Melt beeswax in a small pot and coat the molds.
12. Fill the molds with batter up to 1mm from the top.
13. Place the molds in the oven for 15 minutes.
14. Change the temperature to 200C (392F) and leave in the oven for another 35 minutes.

Chocolate Mousse

Ingredients

- 250g dark chocolate
- 10g heavy cream
- 4 eggs
- Pinch of salt

Procedure

1. Separate the egg whites from the yolks.
2. Beat the egg whites with a pinch of salt until hard peaks appear.
3. Break the chocolate into small pieces and melt it in a bain-marie.
4. Add the cream into the chocolate and stir.
5. Add the yolks and stir until the chocolate is smooth.
6. Fold the chocolate into the egg whites.
7. Pour into cups and rest in the fridge for 4 hours.

Chocolate Soufflé

Ingredients

- 200g heavy cream
- 170g dark chocolate
- 100g sugar
- 5g corn starch
- 5g cocoa powder
- 4 eggs

Procedure

1. Butter and sugar some cups.
2. Break the chocolate into small pieces.
3. Separate the egg whites from the yolks.
4. Beat the egg whites while adding the sugar until soft peaks appear.
5. Put the cream into a pot and sift in the cocoa and corn starch.
6. Heat the cream until it simmers.
7. Remove from the stove and add the chocolate while beating strongly.
8. Add the egg yolks and beat until smooth.
9. Fold the egg whites into the chocolate.
10. Pour the batter into the cups and keep in the fridge until ready to bake (freezing is okay).
11. Pre-heat oven to 190C (374F) and bake for 10 to 12 minutes.

Clafoutis

Ingredients

- 375g cherries
- 300g milk
- 160g flour
- 120g sugar
- 4 eggs
- Vanilla extract
- Pinch of salt

Procedure

1. Pre-heat the oven to 200C (392F).
2. Remove the pits from the cherries.
3. Mix all the ingredients together.
4. Butter and flour a tart mold then add the batter, distributing the cherries in the batter uniformly.
5. Bake in the oven until no longer runny, color should be golden.

Crème aux Oeufs

Ingredients

- eggs?

Procedure

1. 1

Crème Brûlée

Ingredients

- 500g heavy cream
- 80g sugar
- 5 egg yolks
- 1 $\frac{1}{2}$ gelatin sheet
- 1 vanilla bean

Procedure

1. Preheat oven to 100C (212F).
2. Leave the gelatin to soak in cold water.
3. Combine the yolks and half the sugar without mixing but stirring.
4. Heat the cream, the other half of the sugar and the grated and sliced vanilla bean.
5. As soon as the cream simmers, pour it onto the yolks.
6. Put everything back into the pot on low heat and remove the bean.
7. Stir the batter and remove from the stove as soon as a thin layer sticks to the spoon.
8. Add the gelatin to the mix and stir.
9. Pour into cups and bake for 50 minutes.
10. Rest in the fridge for 5 hours.
11. Caramelize sugar on top using a blowtorch.

Crêpes

Ingredients

- 400g milk
- 280g flour
- 100g dark rum
- 80g sugar
- 3 eggs
- Butter for the pan
- 1 table spoon vanilla extract

Procedure

1. Mix the eggs, flour and sugar.
2. Combine milk, rum and vanilla.
3. Pour about 1/3 of the milk into the batter.
4. Mix until flour clumps disappear, add more milk if too solid.
5. Pour the rest of the milk slowly while mixing.
6. Pre-heat the pan, butter it lightly and pour some batter to cover no more than 1/3 of the pan.
7. Quickly tilt the pan to spread the batter evenly or use a scraper.
8. Flip the crêpe when ready and cook another few seconds.
9. Butter the pan before each new crêpe.

Notes

- Use only whole milk.
- Cane sugar can improve flavor.
- Use a non-stick flat pan.
- A good crêpe should be yellowish and have brown dots on one side.
- The second side cooks much faster than the first.
- At the right temperature, the first side should take about 20 seconds and the second side about 5 seconds.
- A trick to know that the first side is cooked is to wait until the very edge of the crêpe starts becoming brown.

Troubleshooting

- If tiny holes appear in the crêpe, it means the pan is too hot.
- If there are no bubbles, it means the pan is too cold.
- The first crêpe is usually spoiled, undercooked or overcooked.
- The two sides of the crêpe should look different.

Madeleines

Ingredients

- 125g flour
- 100g sugar
- 90g butter
- 2 eggs
- 1 egg yolk
- 7g baking powder
- Vanilla extract or other aroma (optional)

Procedure

1. Beat the eggs and yolk with the sugar until foamy.
2. Add vanilla extract or other aroma.
3. Sift the flour and baking powder into the batter.
4. Melt the butter and pour into the batter.
5. Rest in the fridge for 2 hours.
6. Butter and flour madeleine molds.
7. Fill the molds to 3/4 with batter.
8. Preheat oven to 200C (382F) if using paper or metal molds, or 190C (374F) if using silicone molds.
9. Bake for 8 to 10 minutes if using paper or metal molds, or 12 to 15 minutes if using silicone molds.

Marble Cake

Ingredients

- 220g flour
- 220g confectionner's sugar
- 125g butter
- 30g whole milk
- 20g vanilla extract
- 10g cocoa powder
- 7g baking powder
- 3 eggs

Procedure

1. Pre-heat oven to 160C (320F).
2. Soften the butter in the micro-wave and mix it with the sugar and vanilla.
3. Sift the flour and baking powder and fold in the eggs one by one.
4. Take 1/3 of the flour mix and put it in a separate bowl.
5. Add the cocoa and milk to this third of flour.
6. Butter and flour a cake mold and pour in the chocolate batter and white batter alternatively.
7. Bake for 40 minutes.

Mille Crêpe

Ingredients

- 10-15 crêpes
- 500mL of pastry cream
- 500mL of heavy whipping cream

Procedure

1. Make the crêpes
2. Cover the crêpes with a cloth to prevent drying and cool down in the fridge a couple hours
3. Make a pastry cream and let it cool down
4. Whip the cream and fold into the pastry cream
5. Save the best looking crêpe and put it aside
6. Stack the crêpes up, spreading a thin layer of pastry cream on each crêpe evenly covering the entire crêpe
7. Add the best looking crêpe on top, sprinkle sugar on top and caramelize it gently with a torch without burning or drying the crêpe
8. Cover the cake with plastic wrap to ensure it remains moist
9. Rest the wrapped cake in the fridge for 4 hours

Panna Cotta

Ingredients

- 500g heavy cream
- 50g sugar
- 3 gelatin sheets
- 1 vanilla bean

Procedure

1. Soak the gelatin sheets in cold water.
2. Cut and scrape the vanilla bean.
3. Heat the cream, sugar and vanilla bean and seeds.
4. When simmering, remove from stove and add the gelatin.
5. Mix well, pour into cups and rest in the fridge for 3 hours.

Panna Cotta - Raspberry

Ingredients

- 500g heavy cream
- 170g raspberries
- 50g sugar
- 20g raspberry sirup
- 10g raspberry liquor
- 3 gelatin sheets
- Mint leaves

Procedure

1. Soak the gelatin sheets in cold water.
2. Cut the raspberries in halves.
3. Heat the cream and sugar until hot.
4. Add the raspberries, sirup and liquor then stir.
5. When simmering, remove from stove and add the gelatin, stir gently but long enough to make sure the gelatin is properly mixed.
6. Pour into cups and deposit mint leaves on the surface of each panna cotta.
7. Rest in the fridge for 3 hours.

Tiramisu

Ingredients

- 350g mascarpone
- 125g sugar
- 30-40 lady finger biscuits
- 10g vanilla sugar
- 4 eggs
- 500g hot coffee
- Pinch of salt
- Cocoa powder

Procedure

1. Dip the lady fingers one by one into hot coffee (no more than 2 seconds) and cover a deep tray.
2. Separate the egg whites and yolks.
3. Beat the yolks, sugar, vanilla sugar until foamy.
4. Fold the mascarpone into the batter.
5. Beat the egg whites with a pinch of salt until hard peaks appear.
6. Fold the whites into the batter.
7. Pour the batter onto the lady fingers, filling the tray.
8. Rest the tiramisu in the fridge for at least 4 hours.

Waffles (Lieges)

Ingredients

- 500g flour
- 250g milk
- 200g butter
- 200g pearl sugar
- 20g fresh yeast (or 10g dry yeast)
- 20g vanilla sugar
- 3 eggs
- Cinnamon powder, honey, maple syrup... (optional)
- Pinch of salt

Procedure

1. If using fresh yeast, dip it in warm milk for a few minutes.
2. Soften the butter in the micro-wave oven.
3. Mix everything into a dough, except for the pearl sugar.
4. Rest for 20 minutes (optional).
5. The dough should nearly double in size. Now gently add the pearl sugar.
6. Dough is ready to be cooked.

Salty

Quiche

Ingredients

- 4 eggs
- 250g heavy cream
- Shortcrust
- Bacon
- Grated cheese
- Dijon mustard
- Salt

Procedure

1. Follow the shortcrust recipe in the Bases chapter.
2. Poke holes at the bottom of the crust using a fork.
3. Pre-bake the shortcrust for a few minutes at 180C (356F).
4. Coat the shortcrust with mustard using a food brush.
5. Cut the bacon into small pieces, fry on the pan and add in the crust.
6. Add grated cheese, preferably Swiss cheese, Emmental or Gruyere for stronger flavor.
7. Beat the eggs and cream lightly and pour into the crust.
8. Bake at 180C (356F) until light brown.

Lobster - Boiled

Ingredients

- Live lobster

Procedure

1. Boil water in a large pot
2. Throw live lobster into boiling water

Lobster weight	Cooking time
1 pound	8 minutes
1 1/4 pounds	9-10 minutes
1 1/2 pounds	11-12 minutes
1 3/4 pounds	12-13 minutes
2 pounds	15 minutes
2 1/2 pounds	20 minutes
3 pounds	25 minutes
5 pounds	35-40 minutes

Methods

Bain-Marie

Beating cream

Always use 'heavy cream', 'whipping cream' or 'whole cream'. Any reduced-fat cream will not beat. Make sure the mixing bowl is cold and completely dry. For best results, place the bowl and whisk in the fridge for a few minutes before beating. Then beat either by hand or using a mixer.

Once the cream is hard enough that the whisk slices through it, you can optionally add flavorings in solid form such as sugar, cocoa powder, vanilla etc. Finer grain powders are better, such as confectioner's sugar. Sifting those can also help prevent the cream from collapsing.

Be careful, if you beat the cream too much it will transform into butter! Always keep the cream in the fridge until ready to be used.

Beating egg whites

Beating egg whites is similar to beating heavy cream. Make sure the mixing bowl is cold and completely dry. Put in the egg whites, a pinch of salt and start mixing.

Egg whites can be mixed to different levels of hardness, and each recipe will require a specific hardness. When a recipe specifies 'hard peaks', it means you need to mix the egg whites until the whisk can slice through it. At that point, if you turn over the mixing bowl, the egg whites should remain stuck to the bottom and not fall out.

If the recipe require 'soft peaks', then it means the egg whites should create long peaks when you remove the whisk.

Egg whites can collapse very easily so if the recipe needs sugar to be added into the bowl, make sure it is confectioner's sugar and that it is sifted. Add only a little bit at a time, mix some more and repeat.

Beating yolks and sugar

Choosing rum

Choosing vanilla

Melting chocolate

Appendix

Temperatures

Celsius	Fahrenheit	Thermostat
0C	32F	-
10C	50F	-
20C	68F	-
30C	86F	-
40C	104F	1
50C	122F	-
60C	140F	-
70C	158F	2
80C	176F	-
90C	194F	3
100C	212F	-
110C	230F	-
120C	248F	4
130C	266F	-
140C	284F	-
150C	302F	5
160C	320F	-
170C	338F	-
180C	356F	6
190C	374F	-
200C	392F	7
210C	410F	-
220C	428F	-
230C	446F	8
240C	464F	-
250C	482F	-
260C	500F	9
270C	518F	-
280C	536F	-
290C	554F	10

Conversions

Gelatin

1 gelatin sheet = 1g of gelatin powder

Yeast

1g fresh yeast = 1/4g dry yeast

About

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Websites

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Thomas Lextrait

<http://curehappiness.com>

Food Blog

<http://www.lacuisinedebernard.com>

Bernard Laurance

<http://www.marmiton.org>

Marmiton

<http://www.meilleurduchef.com>

Le Meilleur du Chef