

To my girlfriend, Nhi



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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 200°C (392°F).
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

- 500mL milk
- 125g sugar
- 50g butter
- 45g corn starch
- 100g egg yolks
- vanilla extract

## Procedure

1. Beat the egg yolks, half the sugar, vanilla, and corn starch.
2. In a pot, boil the milk, butter, and rest of the sugar.
3. Once boiling, pour some of the hot milk on the egg yolks and mix.
4. Now pour everything back into the pot on low heat and let simmer 3-4 minutes while mixing.
5. Pour everything in a tray to cool down.



# Shortcake

## Ingredients

- 125g flour
- 125g sugar
- 4 eggs

## Procedure

1. Preheat oven to 180°C (355°F).
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 180°C (355°F).

# Shortcake - 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 180°C (355°F).
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 180°C (355°F), then change the temperature to 90°C (200°F) 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 canelé 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 and 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 275°C (527°F).
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 200°C (392°F) and leave in the oven for another 35 minutes.

# Chocolate Mousse

## Ingredients

- 200g dark chocolate
- 20g butter
- 6 eggs

## 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 with the butter in a bain-marie or in the microwave oven.
4. Let the chocolate cool down and add the yolks one by one; and stir until the chocolate is smooth.
5. Fold the chocolate into the egg whites.
6. Pour into cups and rest in the fridge for 5 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 190°C (374°F) 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 200°C (392°F).
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 Brûlée

## Ingredients

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

## Procedure

1. Preheat oven to 100°C (212°F).
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.

# Crème aux Oeufs

## Ingredients

- 750g milk
- 250g cream
- 125g sugar
- 6 eggs
- Vanilla extract

## Procedure

1. Mix the sugar and eggs in a large bowl.
2. Boil the milk, cream and vanilla extract.
3. When the milk comes to a boil, remove from stove and let it cool just until it is below 60°C (140°F).
4. Pour the milk into the eggs and mix.
5. Preheat the oven at 120°C (250°F).
6. Bake for 45 minutes.

# Crêpes

## Ingredients

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

## 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 and pour the rest of the milk slowly while mixing.
5. Pre-heat the pan, butter it lightly and pour some batter to cover no more than 1/3 of the pan.
6. Quickly tilt the pan to spread the batter evenly or use a scraper.
7. Flip the crêpe when ready and cook another few seconds.
8. 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.

# Far Breton

## Ingredients

- 750mL whole milk
- 240g flour
- 190 sugar
- 4 eggs
- 50g butter
- Dried prunes, rum...

## Procedure

1. Preheat oven to 160°C (320°F).
2. If using prunes, soak dried prunes in rum.
3. Mix the milk, flour, sugar and eggs.
4. Butter an oven dish.
5. Place the prunes in the dish.
6. Pour the batter into the dish.
7. Cut the butter the butter into slices and lay them on top of the batter.
8. Bake for about an hour.

# Finnish Rice Porridge

## Ingredients

- 1 cup white rice
- 5 cups whole milk
- 2 tablespoons butter
- 1/2 teaspoon salt
- 1 cup heavy cream
- 1/2 cup sugar
- cinnamon
- nutmeg
- ground cardamom
- sliced almonds

## Procedure

1. Cook the rice over medium-high heat in a medium saucepan filled with an equivalent amount of water, so that the water is just barely covering the rice. Add butter and bring to a boil, stirring frequently to prevent burning, and until all the remaining water is absorbed.
2. Add half of the milk and let cook over medium heat, stirring occasionally until all of the milk is absorbed.
3. Add the rest of the milk (2 cups) to the saucepan and continue to cook over medium heat and stirring often to prevent the rice and milk from burning. Keep cooking until the rice thickens and achieves a creamy appearance. At this point you can add the heavy cream to make the rice even thicker! (if you desire)
4. Add Salt and remove from heat.
5. Add cinnamon, sugar, group cardamon, sliced almonds or else on top.



# Macarons

## Ingredients

- 150g confectionner's sugar
- 150g almond flour
- 150g sugar
- 60g egg white
- 35g water
- Cream of tartar

## Procedure

1. -

# 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 200°C (382°F) if using paper or metal molds, or 190°C (374°F) 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 160°C (320°F).
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 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

# Pancakes

## Ingredients

- 200g flour
- 300g milk
- 3 1/2 tea spoons baking powder
- 1 egg
- 80g butter
- 40g sugar
- Salt
- Vanilla extract, maple syrup

## Procedure

1. Melt the butter.
2. Combine and mix all ingredients.<sup>1</sup>
3. Heat a pan to medium heat and lightly grease it with butter.
4. Cook the pancakes, greasing the pan again after each pancake. They take about 1 minute on the first side and 20 to 30 seconds on the second side.<sup>2</sup>

## Notes

- Use only whole milk.
- Use a non-stick flat pan.
- A good pancake is perfectly flat brown on one side and may be uneven on the other side.

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<sup>1</sup>A good technique is to mix all solids first and add the milk gradually while mixing. This prevents clumps from forming in the dough.

<sup>2</sup>Pancakes must be cooked slowly at low temperature because they are thick and need to cook to the center without the outside burning.

# 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.

# Rice Pudding – Finland

## Ingredients

- 1L milk
- 250g white Japanese rice
- 250g water
- 250g heavy cream
- 40g sugar
- 20g butter
- 2 pinches salt
- Ground cinnamon
- Ground cardamom
- Sliced almonds

## Procedure

1. Cook the rice and butter in water over medium-high heat, stirring frequently to prevent burning.
2. Once all the water is absorbed, pour in half of the milk and reduce temperature to medium heat and keep stirring.
3. Once all the milk is absorbed, add the remainder of the milk and keep on cooking and stirring.
4. Once the rice has thickened, add the heavy cream and sugar.
5. Add salt and remove from stove.
6. Store in the fridge until cool, this also thickens the pudding.
7. Serve pudding and top with ground cinnamon, cardamom and almonds.



# Savarin au Rhum

## Ingredients – Savarin

- 500g flour
- 250g eggs
- 10g salt
- 25g sugar
- 15g fresh yeast (5g dry yeast)
- 150g butter

## Ingredients – Syrup

- 450g sugar
- 550g water
- 80g dark rum

## Procedure

1. Combine flour, sugar and salt.
2. Pour 3 table spoons of warm water on the fresh or dry yeast to activate it.
3. Transfer the revived yeast into the flour mix and start mixing.
4. Beat the eggs, then pour into the flour.
5. Keep on mixing at high speed for another 5 to 10 minutes at least.
6. Cover the batter with clear film while ensuring it touches the batter to prevent dehydration. Rest for one hour at room temperature. The batter should double in volume.
7. Remove the film and scrape the batter off of it.
8. Melt the butter, let it cool down a bit and pour into the batter while mixing.
9. Lightly grease the savarin molds with butter.
10. Fill the molds with batter as follows: up to half for large molds and up to one third for small molds.

11. Preheat oven to 180°C (355°F) and let the batter rest in the molds for another half hour.
12. Start preparing the syrup by heating the water and sugar.
13. When the water comes to a boil, remove from stove and add the rum.
14. Put the molds into the oven for 10-15 minutes for the small ones, 15-20 minutes for medium ones and 20 minutes for large ones.
15. Remove from the molds and dip into the syrup.
16. Serve the savarins, garnish with whipped cream.

# 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.

## Tropezienne

### Ingredients

- .

### Procedure

1. .

# 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.



# Savory

# Brandade

## Ingredients

- 850g salt cod
- 650g potatoes
- 4 garlic cloves
- 150g olive oil
- 150g cream
- Salt, pepper
- Thyme, laurel, fresh parsley

## Procedure

1. Desalt the cod in cold water for at least 12 hours, changing the water every couple hours.
2. Drain the cod and weigh it. If it is not exactly 850g then use the table in the notes to calculate the correct amount of potatoes.
3. Cut the cod into small pieces and place into a pot.
4. Add thyme and laurel.
5. Cook at low heat until it boils, then remove from stove.
6. Pour everything into a sift and throw out the herbs.
7. Crush the fish with a fork to obtain very small pieces.
8. Peel, cut and boil the potatoes until soft.
9. Mash the potatoes alone.
10. Preheat the oven to 210°C (410°F).
11. Mince the parsley.
12. Heat all the olive oil and crushed garlic in a large pot.
13. Allow the oil to heat for 2 minutes and add the fish.
14. Now add the mashed potatoes.
15. Mix in the pot while on the stove using a whisk until fairly homogeneous.



16. Add the cream, salt, pepper, parsley and keep mixing.
17. Remove from stove and pour all contents into a baking tray.
18. Score the surface using a fork.
19. Put into the oven for 20 minutes.

## Notes

- The most important is the ratio of cod to potatoes. If the amount of cod is not 850g, then the amount of potatoes has to be adjusted proportionally (see table below).

Cod	1kg	900g	850g	800g	750g	700g	650g	600g
Potatoes	765g	690g	650g	610g	575g	535g	500g	460g
Olive oil	177g	160g	150g	140g	132g	125g	115g	105g
Cream	177g	160g	150g	140g	132g	125g	115g	105g

# 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 180°C (356°F).
4. Coat the shortcrust with mustard using a food brush.
5. Cut the bacon into small pieces, fry on a 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 180°C (356°F) until light brown.

# Lobster - Boiled

## Ingredients

- Live lobster

## Procedure

1. Boil water in a large pot
2. Put 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

# Nitamago Eggs

## Ingredients

- 50mL tsuyu
- 50mL cooking sake
- 25mL soy sauce
- 25mL mirin
- 1 teaspoon of ginger paste
- Eggs
- Pepper

## Procedure

1. Pour enough water into a pot so it would cover all the eggs and bring to a boil.
2. Gently add the eggs into the pot and cook for 7 minutes on medium heat.<sup>3</sup>
3. In a separate pan, boil the tsuyu, cooking sake, soy sauce, mirin and ginger paster, then rest and let the marinade cool.
4. When the eggs are ready, remove from the water and put them into iced water.<sup>4</sup>
5. Rest the eggs at least 5 minutes and peel them.
6. In a sealable bag, add the eggs and the cold marinade. Rest in the fridge for 1 or 2 days before consuming.

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<sup>3</sup>Medium heat ensures the eggs don't move to much in the pot and prevents them from breaking. If they break then water will leak into them.

<sup>4</sup>This stops the cooking process instantly.

# Tortilla Bread

## Ingredients

- 400g flour
- 150g water
- 3 table spoons olive oil
- salt

## Procedure

1. Mix the flour, water, olive oil and desired amount of salt.
2. Knead and add a little flour if too sticky.<sup>5</sup>
3. Make balls of about 4cm (1.5 inches) in diameter and using a rolling pin, roll them into flat disks. They should be very thin, use some flour if it sticks to the rolling pin.
4. Heat a pan to high heat and grease it with some olive oil.
5. Cook the tortillas on the pan on each side. They should cook very quickly.

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<sup>5</sup>Although the dough shouldn't be too sticky otherwise it can be difficult to handle, it should be slightly sticky because it needs to be moist.



# Methods

## Bain-Marie

Bain-Marie is a cooking method that ensures food is cooked at a constant and low temperature. It is achieved by filling a pot with water, bringing it to a boil and adding a smaller pot on top. The food is cooked in the smaller pot. Because water evaporates at 100°C, this process guarantees the food doesn't heat over 100°C. Bain-Marie is used for cooking delicate foods such as chocolate, which could otherwise burn easily.



## 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.

## Cooking eggs

### Cooking times

	Time
Poached egg	5"
Nitamago egg	7"
Soft boiled egg	6" to 8"
Hard boiled egg	10" to 12"

### Soft scrambled eggs

Whip the eggs a little and mix in a little bit of heavy milk. Keep folding on the pan with a spatula until no longer runny.

### Perfect scrambled eggs (Gordon Ramsay)

Drops eggs on a medium-high heat pan, along with a scoop of butter for each egg. Stir with a spatular, break the yolks and let them mix with the butter and egg whites. Keep stirring for 4-5 minutes and if the pan gets too hot then lift it off the stove for a few seconds. Before taking the eggs off the heat, add a dash of milk, sour cream or heavy cream.



# Appendix

## Temperature conversion

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

Written by Thomas Lextrait, January 17th, 2012 – 2014.

Thanks to,

Nhi Vo, Alex Kuang, Emma Lextrait, Eija Lextrait, Vincent Lextrait,  
Bernard Laurance.



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