

# Bakke Book





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## Apple and persimmon beignets

This is such an old-fashioned dessert, simple and delicious. What I love most is the flexibility of this recipe, you can use almost any fruits you desire. Un vrai délice!

### Ingredients

- 2 medium apples and 2 persimmons, sliced
- 250 g/ 2 cups plain flour
- 2 eggs
- 200 ml/  $\frac{3}{4}$  cup half or whole (full-cream) milk
- 150 m/  $\frac{2}{3}$  cup beer
- 50 g/  $\frac{1}{4}$  cup granulated sugar
- 1 tsp vanilla extract
- 1 tbsp rum (optional)
- $\frac{1}{2}$  tsp fine salt
- 2  $\frac{1}{2}$  cups vegetable oil, for cooking the fritters
- Icing sugar/ confectioner's sugar, to dust the fritters

### Prepare the batter

Mix all the ingredients for the batter together in a large bowl until you get a smooth consistency. Cover and set aside to rest for 30 minutes to one hour.

Heat oil in a saucepan, about 1 to  $1\frac{1}{2}$  inch deep in the pan. To test if the oil is ready, fry a few drops of batter. If it sizzles and turns golden brown within seconds, it's ready. Dip the apple and persimmons slices in the batter, drain slightly and fry in batches (about 3-4 per batch) until the fritters become golden brown, approx 2 minutes on each side. Remove fritters with pliers or slotted spoon and drain on paper towel. Dust lightly with icing/ confectioner's sugar before serving.



## Blood orange chocolate tartlets

Makes about 5 tartlets – 10 cm/4 inches width (leaving you with extra dough which you can store in the freezer or use to make little chocolate sablé biscuits – very popular with my kids!). The chocolate crust is rich and fills each bite with extra pleasure. Seriously.

### For the crust

#### Ingredients

- 210 g/ 1 &  $\frac{3}{4}$  cup plain flour
- 100 g/ 1 cup confectioner's sugar
- 25 g/  $\frac{1}{4}$  cup cocoa powder
- 1 teaspoon vanilla extract
- 120 g/  $\frac{1}{2}$  cup cold unsalted butter, cut into cubes
- 3 egg yolks
- A pinch of fine salt

### Prepare the batter

In a large bowl, combine flour, cocoa powder, salt and butter. Mix well with your hands, until you get a crumbly mixture. Add the vanilla extract, sugar and egg yolks. Mix well and shape into a flat ball. Sprinkle a little flour on a large piece of parchment paper, and roll dough to a  $\frac{1}{4}$  inch thick. Line the tartlets moulds and prick the base gently with a fork. Place the lined moulds in the freezer for 30 minutes.

### For the filling

#### Ingredients

- 180 ml/  $\frac{3}{4}$  cup blood orange juice
- 3-4 teaspoons blood orange zest
- 3 tablespoons lemon juice
- 150 g/  $\frac{3}{4}$  cup granulated sugar
- 3 eggs + 1 egg yolk
- 80 g/  $\frac{1}{3}$  cup unsalted butter, cut into cubes



### Prepare the batter

In a large saucepan, heat all the ingredients together except the butter on a medium-heat. Mix with a wooden spoon constantly, until the mixture thickens to a curd, about 8 minutes, or until mixture coats the back of a spoon. Take off the heat, add the butter and mix well until melted. Set aside to cool.

### For the meringue topping

#### Ingredients

- 4 large egg whites
- 200 g/ 1 cup caster/ fine sugar
- ½ teaspoon cream of tartar
- A pinch of fine salt
- 1 teaspoon vanilla extract

### Prepare the batter

Preheat oven to 180°C/ 350°F

Take the prepared lined tartlets out the freezer. Pour the blood orange curd into the shells. Bake for 25 to 30 minutes and leave to cool completely in a cool environment.

When the tartlets are completely cool, prepare the meringue topping. Heat the grill/ broiler in the oven.

In a large glass bowl, whisk the egg whites until frothy. Add cream of tartar, salt and vanilla extract. Continue to whisk and gradually add sugar until egg whites become glossy with stiff peaks. Using a spatula, garnish the pies with the meringue topping in a circular movement. Place pies in the top part of the oven for 1-2 minutes or until meringue browns slightly on top. Check constantly as the browning can happen very fast.



## Cherry clafoutis

What I love about this recipe is the salted butter aftertaste that go so well with the cherries. The most simple cake to make!

### Ingredients

- 500 g/ 1 pound cherries
- 4 eggs
- 50 g/ 3 & ½ tbsp salted butter, melted and extra for lining the cake pan (you can use plain butter if you prefer)
- 200 ml/ 0.8 cup full milk
- 100 g/ ¾ cup + 2 tbsp plain flour
- 60 g/ ½ cup plain sugar
- 1 packet of vanilla sugar (7.5 g/ 1 ½ tsp)
- 1 tbsp orange blossom water
- Icing sugar, for dusting
- A pinch of salt

### Prepare the batter

Preheat oven 200°C/ 400 F

Butter (generously) a cake pan.

Rinse cherries and pat them dry. I leave the stones but you can remove them if you prefer)

Place them in the bottom of the cake pan.

In a large bowl, combine flour, sugar, salt and vanilla sugar. Add milk and eggs (one by one), whisking gently. Add orange blossom water and butter, mix until you get a smooth batter.

Pour batter on top of cherries.

Bake for 15 minutes at 200°C/ 400 F, then lower heat to 180°C/ 350 F and cook for a further 30 minutes. Leave to cool and set (the clafoutis will be all puffed up and set evenly).

Sprinkle icing sugar and serve immediately.



## Date and almond cake

Dates, otherwise known as the fruits of paradise, certainly live up to their reputation. I've always had a passion for this sticky fruit, mostly because my mother loves them so much. We always had dates at home, as well as almonds. Eating them together is so pleasurable, especially with a hot drink to warm up the palate. I recently read about all the benefits of dates, and was amazed to see that they are renowned to uplift your mood and cure mild winter blues. I couldn't wait to make a date and almond cake, and added two of my favourite ingredients – orange blossom water and a shot of espresso. So nutritious, delicious and such a hit! I wanted to bake it in a bundt cake pan to give it an old-fashioned twist along with the dripping salted caramel glaze. Everybody loved it. I highly recommend serving this cake with a cup of hot almond milk, a drink I love ordering in Chinese cafés. You can find this drink at Asian supermarkets, or in health food stores.

### For the date and almond cake

#### Ingredients

- 300 g/  $\frac{2}{3}$  pounds dates, stoned and coarsely chopped
- 350 ml/ 1 &  $\frac{1}{2}$  cup water
- 3 tsp instant coffee, or a small shot of espresso  
(if you have an espresso machine at home)
- 1 tsp bicarbonate of soda
- 80 g/  $\frac{1}{2}$  cup butter + butter to line cake pan, softened
- 220 g/ 2 cups self-raising flour (sifted)
- 220 g/ 1 &  $\frac{1}{4}$  cup brown sugar
- 100 g/  $\frac{3}{4}$  cup almonds (blanched and coarsely chopped)
- 4 tbsp orange blossom water
- 3 eggs, beaten lightly
- 1 pinch of salt



### Prepare the batter

Preheat the oven to 180°C/350°F. I used a bundt cake pan (you can use any type of pans you wish).

Chop dates coarsely, place in a saucepan add water and the shot of espresso (or instant coffee + one tbsp water). Bring to a boil, remove from heat and add bicarbonate of soda. Let it fizz for a few minutes and mix well. Set aside. Chop almonds coarsely, place in a small bowl and pour the orange blossom water. Leave to soak for 15 minutes.

In a large bowl, cream butter and sugar until light and fluffy (you can use electric whisks). Add sifted flour, eggs (one at a time), mix well until batter is creamy. Stir in the date mixture and chopped almonds and the orange blossom water. Spread butter generously around sides, bottom and into crevices of the cake pan. Pour batter into the buttered cake pan and bake for 40 minutes, or until a cake tester inserted in the center of the cake comes out clean. Leave to cool on a wire rack for 10 minutes before unmolding.

### For the salted butter caramel glaze

#### Ingredients

- 60 g/ 4 tbsp butter (cut into cubes)
- 90 g/ ½ cup brown sugar
- 80 ml/ ⅓ cup cream
- 70 g/ ¾ cup sifted icing/ confectioner's sugar  
(just use enough until you get desired thickness)

### Prepare the batter

In a saucepan, melt the salted butter, brown sugar, cream and bring to a full boil. Lower heat, stir constantly for two minutes, then set aside and leave to rest for a few minutes. Whisk in sifted icing sugar gradually until you get the desired consistency. You should be able to pour the glaze on the cake so the sauce should not be too thick. Pour glaze all over the top of the cake. Let the glaze set before serving (a few minutes should do).



## Lavender honey nougat

### Ingredients

- 180 g/ ¾ cup lavender honey
- 300 g/ 1 ½ cup granulated sugar
- 2 tbsp water
- 1 egg white
- 200 g/ 1 ½ cup mix of unsalted pistachios, almonds, hazelnuts and finely chopped dried apricots
- ½ tsp vanilla essence
- You will need a candy thermometer.

### Prepare the batter

Note: I used a small mix of cornflour and icing sugar and lightly sprinkled on the parchment paper to avoid stickiness.

Preheat the oven to 160°C/ 320 F

Prepare a pan (I used a 23cm/ 9-inch silicone round pan) – lightly oil the pan with olive oil or cooking spray. Roast the almonds and pistachios in a 160°C/320 F oven for 10 to 15 minutes. Make sure to shake the pan once in a while to prevent the nuts from burning. Set aside.(tip: rub the nuts in the hands when they have cooled down to get rid of excess peelings). Combine the lavender honey, sugar and water in a saucepan and heat on a low heat until melted, stirring occasionally. Once melted, increase the heat slightly until the temperature of the mixture reaches 140°C, turning into a light golden thick syrup. Immediately take off the heat. In a large bowl, whisk the egg white until stiff, and slowly add the honey/sugar syrup while whisking. Be very careful to add slowly, as it is very hot. Continue to whisk until the mixture is very thick, for about 6 to 8 minutes. Fold in the mixed nuts and apricots. Pour the nougat mixture in the prepared pan. (I did not use wafer paper to line the top or bottom of the pan, that is why I used a silicone mould to facilitate the unmoulding step. You can find wafer paper in specialized baking/kitchen stores.) Smooth the mixture with a spatula. Leave the nougat to set, uncovered, for at least 3 to 4 hours in a cool and dry environment. Unmould the nougat on a parchment paper covered cutting board and cut desired chunks.



## Lemon meringue cake

Ah, the Amalfi coast! Ravello, Positano and Capri have the most amazing views, turquoise sea and old-school glamour, that is why it has always been our favourite family holiday destination. This lemon meringue cake is a souvenir of what I love most on the Amalfi coast – lemon trees and delizie limone, a local speciality sponge cake filled with lemon cream. Whenever I want to splurge, spoil and be spoilt, this is the cake I have in mind. I love how the voluptuous baked meringue icing wraps the entire cake like a fluffy cloud, as if there was a secret message inside saying that you have achieved sweet nirvana. For this is what this cake is all about – heaven.

### For the sponge cake

#### Ingredients

- 6 eggs (separated)
- 200 g caster sugar
- 1 tsp vanilla extract
- 200 g plain flour
- ½ tsp baking powder

#### Prepare the batter

Preheat oven to 180°C/350 F. Butter and flour two cake pans (approx 20 cm/8-inch). Beat the egg yolks with the sugar and vanilla extract until light and fluffy. Beat the egg whites until stiff, fold in very gently to the egg yolk mixture. Finally, sift the flour, add the baking powder and fold in to egg mixture. Spoon batter gently into cake pans and bake for 15-20 minutes, or until golden and test-knife comes out clean. Leave to cool on a wire rack, then remove from pans and set aside to cool completely. When cool, slice each cakes with a long knife to make 4 layers of cakes. Set aside.

#### For the lemon custard

#### Ingredients

- 2 eggs
- 150 g sugar
- Grated zest of 1 lemon
- 40 g unsalted butter
- Juice of 2 lemons



#### Prepare the batter

In a large saucepan or double boiler combine sugar, lemon juice and zest over simmering water. In a bowl, beat the eggs and add to the sugar/lemon mixture. Cook over medium heat, stirring constantly, until mixture is thickened (about 8 minutes). You can alternate and take on/off heat while whisking away. Remove from heat and stir in butter. Set aside to cool completely and refrigerate for one hour.

#### For the meringue topping

##### Ingredients:

- 4 egg whites (room temperature)
- ½ lemon juice
- 220 g caster sugar
- 1 tsp vanilla extract

#### Prepare the batter

In a large glass bowl, whisk the egg whites until frothy, add lemon juice and vanilla extract. Gradually add the sugar until egg whites become glossy with stiff peaks.

#### Assembling the cake

200 ml double cream – whipped  
Preheat the oven to a 240°C/ 460 F

Whip cream until stiff and incorporate to lemon custard. Place a layer of the cake on parchment paper, generously spread a layer of lemon filling on cake, add the other cake on top. Repeat procedure for each layers. With a spatula, spread meringue mixture covering cake entirely, forming decorative peaks by lifting spatula as if you were forming waves. Place cake in the oven for 2-3 minutes or until meringue browns slightly on top. Check constantly as the browning can be fast. Take the cake out and place on a serving dish. Chill before serving.



## Paris-Brest

### For the choux pastry ring

#### Ingredients

- 150 g plain flour
- 140 ml water
- 90 ml milk
- 90 g butter
- 1 tsp salt
- 4 eggs
- 3 tbsp flaked/sliced almonds
- Icing sugar (for sprinkling)

### For the cream filling

#### Ingredients

- 5 egg yolk
- 80 g sugar
- 40 g flour
- 60 g ready-made praline mix (it's a mixture of sugared ground almonds and hazelnuts – nearly like a paste)
- 350 ml full-cream milk
- 2 tsp instant coffee powder (optional)
- 175 g good-quality butter – at room temperature
- pinch of salt

### For the choux pastry

#### Prepare the batter

Preheat oven to 200°C and line a baking tray with parchment paper.

Beat the eggs in a bowl and set aside. In a saucepan, add milk, water, butter, salt, sugar and bring to a simmer. Take the pan away from the heat and add the flour and stir constantly until you get a smooth dough. Put back on a low heat for 2-3 minutes to dry it up slightly.



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Take away from heat. Off the heat, add the beaten eggs, slowly (reserve 4-5 tbsp for final brushing) and stir gradually to form a smooth dough. Leave to rest at room temperature. Line baking tray with parchment paper and trace a 20 cm circle. Place the choux dough in a piping bag with a large nozzle (2.5 cm) and pipe the 20 cm ring. Pipe a second ring around the inside next to the first ring. Finally, pipe another ring on top of these two rings. Use remaining beaten egg adding a small pinch of salt – brush top ring with egg and sprinkle evenly with sliced almonds. Bake for 30 minutes or until pastry is firm and golden. Take out from oven and immediately slice the ring horizontally into two layers so the steam escapes. Set aside and leave to cool.

#### For the cream filling

#### Prepare the batter

Beat the egg yolks with the sugar until fluffy and light. Stir in the flour. In another pan, bring milk to a boil with the salt and coffee, stirring until the coffee dissolves. Whisk the milk into the egg mixture, return it to the pan, and whisk over gentle heat until boiling. Once thickened, cook the cream gently for one minute. Pour into a bowl and set aside to cool completely, until cold. Once cooled, gradually ‘smooth’ in butter with a spatula, alternating with the praline. Note: If you are not a praline or coffee flavour fan, you can alternate and create your own filling with rum, vanilla, chocolate. As you wish.

#### Assembling

Scoop cream into a pastry bag fitted with a star-shaped nozzle. Put the lower half of the pastry ring on a serving plate. Pipe the cream in ‘rosettes’ onto the ring and set the upper ring on top. Sprinkle with icing sugar. Keep in refrigerator for 1 hour before serving.



## Complementary tea selections

Earl grey tea



Ginger lemongrass



Jasmine chamomile





Bake Book

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