



One Pan...
One Paragraph



Crème Pâtissière

In any pastry shop in Paris you'll find this classic, the scarlet berries perched on an eggy cream and glazed with red jelly.

This delicious summer dessert should be served well chilled with optional whipped cream for added decadence.





Classic *Strawberry Tart with custard*

Time

Preparation time: 20 min * Cooking time: 15 min

Rest: 20 minutes * Serves: 8

Ingredients

Pastry

- * 1 cup unbleached white flour
 - * 1/2 cup butter
 - * 1 Tbsp sugar
 - * 1 pinch of salt
- * 2-3 pints of large ripe strawberries

Custard

- * 1 cup whole milk (scalded and cooled down)
 - * 2 egg yolks
 - * 1/4 cup white sugar
- * 1 teaspoon vanilla extract
 - * 1/4 cup white flour
 - * 1 pinch of salt

Glaze

- * 2 tablespoons red current or strawberry jelly without the fruit

Utensils

- * 1 large tart pan 10 inch diameter
 - * 1 small pot

Preparation

1. In a small bowl, Use your fingers to mix the flour with the butter cut into small pieces, salt and 1 Tbsp. sugar. Roll the dough into the pie pan and prick with a fork. Pat into a ball then pat down in pie pan covering the bottom and 1 inch up the sides. Put in refrigerator for 20 minutes.
2. The pastry cream for garnish: With a whisk blend egg yolks, sugar and flour.
3. Preheat oven to 375 °.
4. Bake the pastry blind for about 15 minutes at 180 ° above putting parchment paper with kernels or dried leguminous vegetables (to prevent swelling of the dough). Before the end of cooking, remove the paper so that the bottom cooks too. Effectively monitor the cooking the dough cooks too and color is blond! Cool on a wire rack about 1 hour
5. Wash the strawberries quickly, drain and hull them. When the pastry is cooled spread over the cooled custard and place over strawberries in ranks
6. The glaze: In a small saucepan over low heat, mix 2 tablespoons of fruit jelly (or jam without fruit) with 1 tablespoon of water. Brush Pie shine through the brush topping over fruit.

Tarte Aux Pommes Classique



This beautiful tart is a classic dessert served chilled or warmed up with a topping of whipping cream or vanilla ice cream.

Since there is no top crust, it is lighter than the typical closed apple pie.



Classic *Open-face Apple Pie*

Time

Preparation time: 30 min * Cooking time: 30 min * Rest: 20 min

Preparation

1. In a small bowl, Use your fingers to mix the flour with the butter cut into small pieces, salt and 1 Tbsp. sugar. Roll the dough into the pie pan and prick with a fork. Pat into a ball then pat down in pie pan covering the bottom and 1 inch up the sides. Put in refrigerator for 20 minutes.
2. Prepare the applesauce: cook 2 apples cut into small pieces in a saucepan with the sugar, a little water, cinnamon or vanilla for 15 minutes over low heat (or 8 minutes at microwave) and mix the sauce
3. Let the applesauce cool down to room temperature. Mash the apples to make a smooth sauce.
4. Preheat oven to 375 °
5. Place a layer of apple sauce on the bottom of the pie, and then cover with the other 3 apples cut into thin crescent strips.
6. Bake at 375 ° C for about 30 minutes or until crust is golden brown
7. When the pie is cool, Cover the apple slices and any visible crust with a thin layer of apricot jam (without the fruit)

Ingredients

Pastry

- * 1 c. unbleached white flour
- * 1/2 c. butter at room temperature
- * 1 pinch of salt
- * 1 tablespoon of sugar

Apple Sauce

- * 5 large apples peeled (golden delicious are the best) Cut two into small cubes for the apple sauce and the other three into thin crescent slices
- * 2 tablespoons sugar
- * Flavoring with either cinnamon or vanilla

Utensils

- * 1 pie pan 10 in diameter
- * One small pot



Mousse au Chocolat

History

The word “mousse” is a French word that means foam, so Mousse au Chocolate means chocolate foam. When mousse first appeared on the culinary scene it was used for main course dishes like fish and vegetables. Many years later chocolate was added to the invention and the mousse au chocolate was born.

In France, no matter what region you visit and no matter where you eat, you will most likely find the divine French dessert Mousse au Chocolat. It graces the menu of corner cafés and expensive gourmet restaurants.



The *French Chocolate Mousse*

Time

Preparation time: ? min * Rest: 6 Hrs

Preparation

1. Melt the chocolate with the butter in a double boiler then cool
2. Whip the egg whites with salt till stiff
3. Add the sugar and the egg yolks one by one to the chocolate and butter
4. Delicately mix the whites with the chocolate.
5. Put in the fridge for at least 6 hours.

Presentation

This is your chance to show your personal style. Serve it in champagne glasses for a more elegant sit down dinner. For a cocktail party serve it in espresso mugs for people to enjoy small samplings while they mingle. You can even put it in delicate pastry shells to make a chocolate mousse tart or in a hollowed out fruit bowl for a really different presentation.

Variations

There are many different versions of the original recipe with additions of alcohol, peppermint, oranges or even marshmallows. While this can be fun for some occasions it definitely takes away from the flavor of the original delicacy.

The Key is Simplicity

For a pure, delicate, and exquisite dessert then I recommend sticking to the traditional French recipe whose key is simplicity. The ingredients are few and the directions are straight forward. You should use only the finest ingredients you can find, rich dark chocolate (and not just whatever you can pick up in the nearest grocery store) and rich creamy butter.

Ingredients

- * 1 c. unbleached white flour
- * 1/2 c. butter at room temperature
- * 1 pinch of salt
- * 1 tablespoon of sugar

Garnish With Flair

Top your mousse with shaved bittersweet chocolate, whipping cream, mint leaves, berries, peppermint sticks of “langues de chat” cookies for dipping.



Potage à la Courge Musquée

This delicious harvest soup is great for family meals especially Thanksgiving!



Creamy *Squash Soup*

Time

Preparation time: 15 min * Cooking time: 25 min * Serves: 6

Preparation

1. In a large saucepan, melt butter over medium heat. Add onion, garlic, ginger, curry, salt and pepper and cook, stirring with a wooden spoon, for 3 minutes or until onion is softened.
2. Add squash and potatoes and toss to coat. Add vegetable broth, lemon juice and tomato paste and bring to boil. Reduce heat, cover and simmer for 20 minutes or until vegetables are very tender.
3. In blender or food processor, blend the squash until smooth, in batches if necessary. Through a fine strainer placed over a bowl, strain the squash puree by pressing any lumps with a spatula.
4. Put the squash puree back into the pan. Add the milk, cream or crème fraîche and stir with a wooden spoon. Heat over medium heat without boiling. At serving time, ladle the soup into warm soup bowls.
5. You can prepare the soup creamy squash until step 3 and cover. It will keep in the refrigerator up to 2 days.

Presentation

Swirl drops of crème fraîche on top of soup, float edible flowers on top and serve with toasted French bread slices.

Ingredients

- * 2 Tbsp. butter
- * 1 large onion
- * 3 cloves of garlic, minced
- * 2 tsp. Fresh ginger, finely chopped
- * 1 1/2 tsp. Curry
- * 1/2 tsp. Salt
- * 1/4 tsp. Pepper
- * 5 cups butternut squash, peeled, seeded and diced
- * 1 large potato, peeled and diced
- * 4 cups vegetable or chicken broth
- * 2 Tbsp. freshly squeezed lemon juice
- * 2 Tbsp. tomato paste
- * 1/3 cup milk or cream 10% or crème fraîche



Steack à la Tartare

Steak tartare is a meat dish made from finely chopped or minced raw beef. It is often served with onions, capers and seasonings (the latter typically incorporating fresh ground pepper and Worcestershire sauce), sometimes with a raw egg, and often on toasted white bread spears or rye bread.

A popular legend is that the dish is named after the nomadic Tatar people of the Central Asian steppes, who ate raw meat as they rode their horses because they did not have time to stop and cook. A variation of this story is that the meat was kept under the horse's saddles to be tenderized by the day's riding.

Another legend is that tartare got its name from tartar sauce. It was first served in French restaurants early in the 20th century. The 1938 edition of Larousse Gastronomique describes steak tartare as raw ground beef served with a raw egg yolk, without any mention of tartar sauce. Steak tartare is now regarded as a gourmet dish.



Steak Tartare

Preparation time: 30 min * Serves: 4

Preparation

1. Cut the meat very thinly : first, slice the meat as thinly as possible, then cut it in bands, and then in small cubes. The aim is to get a finely chopped meat, but you can also grind it coarsely ion a food processor.
2. Peel and finely chop onions, pickles and parsley
3. Make the mayonnaise
4. In a large bowl, combine the egg yolks, mustard, salt and pepper. Mix with a whisk until thick and golden. Add the oil slowly and whisk until it becomes thick like runny mayonnaise.
5. Add the chopped parsley (save a bit for the garnish), onions, pickles, ketchup, capers, Tabasco and Worcestershire sauce.
6. Finally add the ground steak and mix thoroughly.

Presentation

Place the steak tartar in a flat round shape and sprinkle with the remaining parsley. Surround with toasted white bread tips or rye bread slices.

Serve cold with a mixed salad or French fries.

Variations

Serve on toasted bread rounds as an appetizer or on a slice of rye bread as a hearty sandwich

Ingredients

- * 4 pieces of beef filet mignon (1/2 lb each) all fat removed
- * 2 tablespoons finely chopped white onion
- * 2 tablespoons capers
- * 2 tablespoons small chopped cornichons (tiny french pickles)
- * 2 tablespoons ketchup or tomato purée
- * 2 tablespoons fresh chopped parsley
- * 1 teaspoon French Dijon mustard
- * 1 teaspoon vegetable oil
- * 4 egg yolks
- * Salt and pepper
- * Tabasco
- * Worcestershire sauce

Tips:

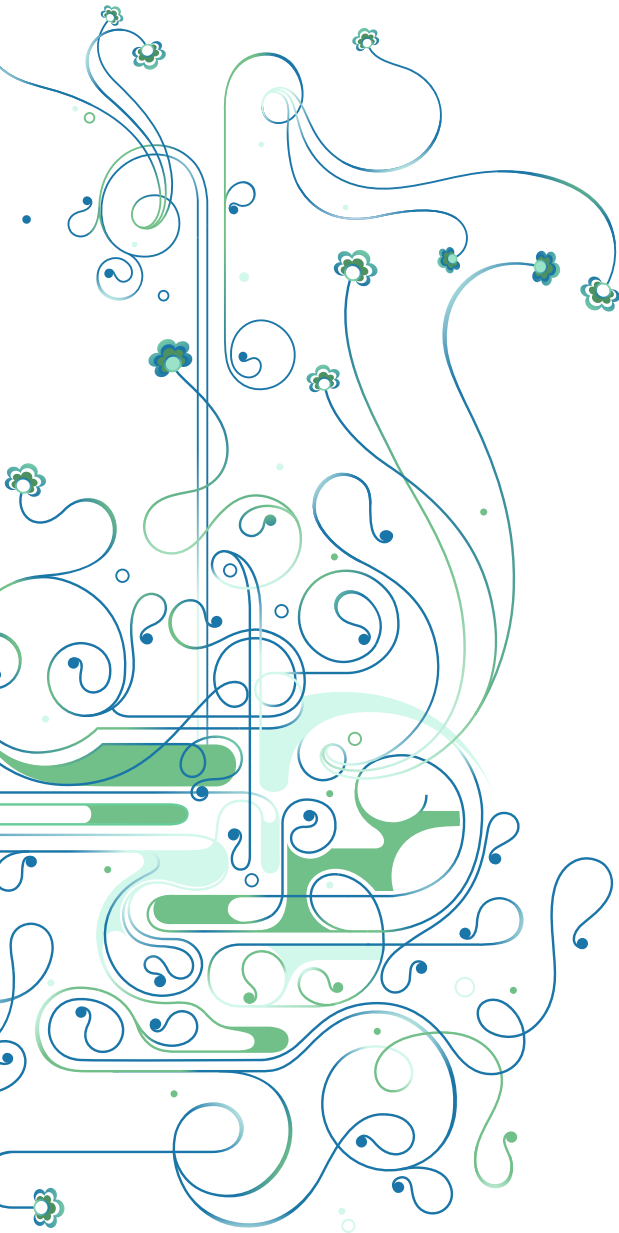
- * Use extra-fresh meat, chopped just before serving so it doesn't turn brown
- * Steak tartare is delicious with a mixed salad and French fries
- * For an elegant dinner the steak tartare is prepared tableside



Moules a la Marinier

Ingredients

- * 2 lb live mussels
- * 1 T unsalted butter
- * 3/4 cup white wine
- * 2 chopped scallions or 1 chopped shallot
- * 2 Tbsp chopped parsley



French Steamed Mussels

Preparation time: 10 min * Cook Time: 10 min * Serves: 2

Preparation

1. Scrub and debeard the mussels. The „beard” is the fibrous hairy thing hanging from one side of the tasty bivalve. Pull it off with a side-to-side motion.
2. A mussel is alive if its shell is closed.
3. Heat the butter over medium-high heat in a large, wide-bottomed pot with a lid; I use a Dutch oven. Sauté the shallot until it is soft but not browned.
4. Add the white wine (I'd suggest a chenin blanc or something crisp, but you can use any decent white), and bring it to a boil. Add the mussels in one layer if possible.
5. Cover the pot and let the mussels steam for 3-8 minutes. After three minutes, check the mussels; many should be open. You want them all open, but some will do this faster than others.
6. As soon as most of the mussels are open, remove from heat and boil down the sauce.
7. Return mussels to pan and add chopped parsley and 2 Tbsp butter
8. Spoon out plenty of mussels and broth, which should be briny enough to not need any more salt. Throw out any mussels that did not open.
9. Serve with crusty bread, more white wine -- and an extra bowl for the shells.

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