

PASTRY:

FRANGIPANE

4 oz Butter
8 oz Almond paste
1 oz Sugar
4 oz Eggs, whole
1 oz Cake flour

PREP:

Mixing: Creaming Method- Cream butter and almond paste until smooth. Add sugar and continue to cream until light. Add eggs in a slow steady stream on low speed. Add flour all at once and mix until just combined.

NOTES:

ROASTED PLUM FRANGIPANE TART

Pate Sucre Tart Shells, unbaked
Frangipane Filling
Pastry Cream
French Meringue
Roasted Plums

NOTES:

PEANUT BUTTER & RASBERRY JAM TARTS 24 TARTLETS

4 oz / 100 g Dark chocolate
6 oz / 150 g Peanut butter
2 oz Raspberry jam
Fresh Raspberries
Chocolate Tart shells (Pate Sucre)

NOTES:

BLEU CHEESE FIG TART

Pate Sucre Tart Shells
Bleu Cheese
Fresh Figs, quartered
Apricot Jam

NOTES:

CHOCOLATE BALSAMIC TRUFFLES

8 oz balsamic vinegar
1 orange
Bring balsamic to a boil with zest and juice of 1 orange
Reduce by 1/2
4 oz heavy cream
8 oz dark chocolate

PREP:

Bring cream to a boil and pour over chopped chocolate and allow to melt, Stir to combine and add in balsamic reduction
Allow to cool and set

NOTES:

RASPBERRY CARAMEL GANACHE

8 oz granulated sugar
2 oz glucose
2 oz water

PREP:

Cook sugar, glucose and water until golden caramel (325)
Stir in 4 oz heavy cream and 4oz raspberry puree
Stir until smooth
Pour over 8 oz milk chocolate and stir to combine

NOTES:

ChicaGourmets! &



LE CORDON BLEU
COLLEGE OF CULINARY ARTS
CHICAGO

At Châtaigne

361 W. Chestnut St. (at Orleans)

Present:

Tour de France

*Hosted By Jeanette Stancato
(Le Cordon Bleu)
& Lee Schlesinger (ChicaGourmets)*

A GASTRONOMIC AND ENOLOGICAL JOURNEY THROUGH REGIONAL FRANCE

**TUESDAY, JULY 27, 2010
6:00 - 8:30 PM**

INSTRUCTIONS

ENTRÉE:

QUICHE LORRAINE:

PATE BRISEE:

1 2/3 Cups Pastry Flour
1 Egg Yolk
3/4 Tsp Salt
3 Tbsp Water
6 Tbsp Butter

PREP:

Place the pastry flour, salt in a food processor. Pulse to combine. Add the cold butter and pulse until it resembles coarse meal. Combine the water and the yolk & add to the mixture while the machine is running. Mix until just comes together. Form the dough into a flattened, round disk and refrigerate for 30 minutes.

FILLING:

1 Tbsp Butter
7 Oz Smoked Bacon – cut into lardons
2 Eggs
1 Cup Heavy Cream
Salt & White Pepper
Pinch of Nutmeg

PREP:

Roll out the dough and line in a 10-inch tart pan with a removable base. The tart should be blind baked completely at 375 degrees. For the filling, melt the butter, add the lardons & sauté for 5 minutes, and then drain on paper towels. Whisk together the eggs with the cream and add the salt, pepper, nutmeg. Pour the filling into the cooled tart shell and bake for 30 to 35 minutes.

NOTES:



Southern Wine & Spirits
Dedicated to Sales & Service



FINE DINING WATERS
S. PELLEGRINO

ENTRÉE:

MOULES PROVENÇAL:

INGREDIENTS:

3 Pounds Mussels (Cleaned & Debeard)
½ Cup Dry White Wine
2 Shallots – finely chopped
2 Tomatoes – deseeded and diced
Salt & White Pepper
¼ Cup Whole Butter
2 Tbsp Parsley & Basil (chopped)

PREP:

Put the wine, shallots and pepper in a large sauté pan. Bring to a boil, simmer for two minutes. Add mussels, cover & cook for 5 minutes or until the mussels open. Remove the mussels & add the salt, tomatoes, butter & herbs. Pour over the mussels and enjoy with bread.

NOTES:

CONFIT DE CANARD:

INGREDIENTS:

4 Duck Legs
3 Tbsp Kosher Salt
1 Tsp Peppercorns
2 Sprigs Thyme
2 Bay Leaves – broken into pieces
3 Pounds Lard

PREP:

Rub each duck leg with some of the salt and put them in a bowl. Sprinkle with the remaining salt and the peppercorns, thyme and bay leaves. Cover and keep in the refrigerator, turning the pieces occasionally for 6 to 12 hours. Rinse the salt from the duck legs and dry on paper towels. Heat the oven to 300 degrees. Lay the legs, skin side down in a frying pan over low heat and let the fat run and the pieces brow. Add the lard and cover tightly & cook in the oven until the duck has rendered all of its fat and the meat is falling off the bone – 2 ½ hours.

NOTES:

SALADE NICOISE:

INGREDIENTS:

3 Pounds Red Skin Potatoes
1 Pound Green Beans
4 Hard Boiled Eggs
6 Tomatoes
1 Can of Tuna Packed In Olive Oil or 12 Anchovies
¾ Cup Black Nicoise Olives

PREP:

Place the potatoes in a large pan of salted water and cook until tender; drain the potatoes and cool slightly & quarter. Dress with tarragon vinaigrette. Blanch & shock green beans, dress with the vinaigrette. Quarter eggs & cut tomatoes into eights. Put the tuna in a small bowl and pull into large flakes & dress with the vinaigrette. Arrange potatoes, green beans, eggs, tomatoes, olives on the serving plates around the edge of each plate. Place the tuna in the center of each plate.

NOTES:

GRATIN DAUPHINOIS:

INGREDIENTS:

5 Cups Whole Milk
2 Pounds Baking Potatoes
1 ½ Cups Heavy Cream
¾ Cup Gruyere Cheese
Salt & White Pepper
Pinch of Nutmeg
Butter (Baking Dish)

PREP:

Put the milk in a large saucepan. Peel the potatoes and cut them into slices ¼ inch thick. Add them to the milk. Bring to a boil, simmer until almost tender, 15 to 20 minutes. Stir often to prevent sticking. Drain the potatoes and wipe out the pan. Return the potatoes to the pan with the heavy cream. Season with the salt, pepper, nutmeg. Simmer, stirring occasionally, until very tender, 10 minutes. Butter the baking dish (8x11) and spread the potato mixture. Sprinkle with cheese. Bake at 350 degrees until browned on top, 25 to 30 minutes.

NOTES:

ENTRÉE:

PISSALADIÈRE:

PÂTE À PAIN:

1 2/3 Cups Bread Flour
½ Teaspoon Salt
6 Tablespoons Lukewarm Water
1 Teaspoon dry yeast
1 Egg
1 Tablespoon Olive Oil

TOPPING:

3 Tablespoons Olive Oil
4 or 5 Onions, Thinly Sliced
3 Garlic Cloves, Chopped
1 Tablespoon Chopped Mixed Fresh Basil, Thyme, and Rosemary
Salt and White Pepper
12 to 14 Anchovy Fillets, Soaked in Milk for a Few Minutes
2 or 3 Large Tomatoes, Peeled
½ Cup Brined Black Olives, Pitted

PREP:

To make the Pate A Pain, combine the ingredients into a mixing bowl for a mixer. Mix using a dough hook for 10 minutes on low speed. Place dough in a warm place and allow to double in size. Sweat the onions with the oil, garlic, herbs, salt and pepper. Do not let them brown. Pat the dough out to a 12 inch circle. Spread the onions onto the dough and cover the onions with the tomatoes & sprinkle with pepper; add the anchovies and olives. Let it rest for 15 minutes before baking at 375 degrees for 25 minutes.

NOTES:

PASTRY:

PÂTE SUCRÉE

INGREDIENTS:

16 oz butter
8 oz sugar
24 oz pastry flour
1 tsp salt
2 eggs
2 oz cocoa powder (OPT)

PREP:

Creaming Method- Cream butter until smooth and sugar. Cream until light and sugar has dissolved. Sift together pastry flour, salt and cocoa powder. Add eggs mixing well after each addition. Add dry ingredients all at once and mix only until combined.

NOTES:

PASTRY CREAM

16 oz Milk
2 oz Sugar
2 Eggs, whole
2 Egg yolks
2 oz Sugar
1 1/4 oz Cornstarch
1 oz Butter
1 tsp Vanilla extract

PREP:

Optional: Add 4 oz of dark chocolate for chocolate pastry cream or 2 oz praline paste for praline pastry cream. Bring milk and first portion of sugar to a boil. Mix together eggs, sugar and cornstarch. Temper warm milk mixture into the egg mixture by whisking slowly. Bring new mixture to a boil while whisking constantly with a wire whisk. Be sure the pastry cream comes to a boil. Add vanilla extract and butter once the pastry cream is thick. If you prefer chocolate or praline pastry cream you can add these ingredients at this point. Be sure to let pastry cream cool on an ice bath with plastic wrap in direct contact with the pastry cream. Store pastry cream under refrigeration for 3-4 days.

NOTES:

FRENCH MERINGUE

4 oz egg whites
8 oz sugar
Foam Method

NOTES: