

Classical

French

Cuisine

Project

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Sauces

VELOUTÉ SAUCE (nappe)

Yield: 1 quart

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
4.00	Ounces	Butter	
4.00	Ounces	Flour	
1.00	Quart	Chicken Stock	Prepared
		Salt and White Pepper	To taste

1. Heat the butter and add the flour to make a roux.
2. Add the chicken stock, bring to a simmer and simmer for 30 minutes.
3. Adjust seasoning with salt and white pepper to taste.
4. Strain through a double thickness of cheesecloth.

TIPS:

Add more stock to achieve the right consistency, coating. Cream may also be added for a creamier velvety texture.

Prepare a Cartouche, to place over sauce to avoid skin from forming.

As the Velouté cools down it will set, add more stock to allow for this.

CRÈME ANGLAISE (VANILLA SAUCE)

Yield: 8 servings

Preparation time: 0:20

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
2.00	Cups	Milk	Scald
6.00	Each	Egg Yolks (reserve whites)	Separate out yolks
4.00	Ounces	Granulated Sugar	
1.00	Teaspoon	Vanilla Extract	

1. In a small pot, scald the milk on low heat while prepping the rest of the ingredients.
2. In a small mixing bowl place, the yolks and, stirring vigorously, progressively incorporate the sugar.
3. Whisk vigorously to blanch the yolks.
4. Temper the yolks with a little milk. Progressively add more milk to dilute the yolk mixture.
5. Return the mixture on a bain marie and return to medium heat, stirring with a wooden or plastic spoon in a figure eight motion until the sauce coats the spoon.
6. Shock the sauce in an ice bath to stop the cooking process.

7. Strain in a chinois and refrigerate.

To Serve: Wash and halve fresh strawberries, serve with Sauce Anglaise, and fresh mint.

TIPS:

Do not let the water boil rapidly in the bain marie, ensure you have the right size bowl to pot

BACON VINAIGRETTE

Yield: 4 servings Preparation Time: 0:20

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
0.40	Ounce	Bacon	1/4" diced
1.20	Ounces	Onion	1/4" diced
0.80	Ounce	Sherry Wine Vinegar	
0.80	Ounce	Olive Oil	
1.60	Ounces	Chicken Stock	Prepared
		Salt and Pepper	To taste

1. Prepare all the ingredients as listed above. Set up in ramequins for tableside presentation.
2. Place the bacon in a sauté pan and render the bacon lightly, not crisp.
3. Add the onions to the bacon and sweat until translucent. Sweat well as this is the base of your dressing.
4. Deglaze with the sherry vinegar, add the oil and stock.
5. Bring to a boil, remove from the heat and season to taste.

Note: Set up gueridon with induction burner for table side preparation

TIPS:

If your onions & bacon are not rendered and sweated properly, it will result in a flavourless & oily dressing. Be sure to taste & balance your acidity.

COEUR DE LAITUE “MIMOSA” (LETTUCE HEARTS “MIMOSA”)

Yield: 4 servings Preparation Time: 0:30

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
2.00	Head	Baby Romain Lettuce	Prepared
0.40	Cup	Bacon Vinaigrette	Prepared
12.00	Each	Cherry Tomatoes	Halved for garnish

1. Remove the blemished outer leaves of the lettuce.
2. Soak the heads of lettuce in ice water for 15 minutes, drain in a colander and let dry.
3. Cut each head into wedges or halves, or keep whole depending on size, place lettuce onto a cold plate; drizzle the bacon dressing to service
4. Place cherry tomato halves on lettuce to garnish.

TIPS: make sure plate is cold, salad leaves are prepared to standard – crisp & fresh, keep sauce at correct temperature to avoid solidifying. Presentation, simplicity is the key.

SAUCE CHORON

Yield: 4 servings

AMOUNT	MEASURE	INGREDIENT	PREPARATION
3.00	Ounces	White Wine	
2.00	Ounces	Tarragon Vinegar	
2.00	Tablespoons	Shallot	Chopped
0.50	Ounce	Tarragon	Chopped
4.00	Each	Black Peppercorns	Chopped
1.00	Pinch	Salt	
1.00	Ounce	Water	
3.00	Each	Egg Yolks	
9.00	Ounces	Butter	Clarified
.5	Tsp	Tomato Purée	As needed, up to ¼ volume of sauce

1. Combine first 6 ingredients. Reduce until almost dry (*au sec*). Refresh with water.
2. Add reduction to egg yolks in a stainless-steel bowl. Whip until soft peak over a water bath or simmering water. (*Baine Marie*)
3. Remove from heat. Whisk in butter adding slowly.
4. Strain and finish with tomato purée. Taste and adjust seasoning. Do NOT reheat sauce on direct heat or your sauce will split, keep warm, covered by the stove top or over a luke warm bain marie

POMMES DE TERRE SOUFLÉES (Potato Soufflees)

Yield: 4 servings Preparation Time: 0:45

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
3		Russet Potatoes	Peeled and trimmed as per chef demo

Method:

1. Slice potatoes 1/8" thick and soak in plenty of ICED water.
2. Heat oil to 275° F. Dry the potato slices on a towel and oil-blanch in small batches, stirring to avoid the slices sticking together. When they begin to blister, remove them to a fat absorbent paper. Line the cooked potato on parchment strips.
3. To serve, bring the temperature up to 385° F. Drop the potatoes one by one into the fryer and fry until they puff and are golden. Drain them well and serve immediately in a potato basket.

TIPS: Serve Sauce Choron warm over Soufflee Potatoes to service. Serve on a warm plate. If the plate is too hot, the sauce will split.

The longer your potatoes are in ice water the better they will puff. Make sure you have enough time to do test runs, and play with the width size of the potatoes, too thick they will not puff, too thin they will turn out like potato crisps.

Week 1 Timeline

Always use alongside your notes ^_^

TIME (PM)	ACTIVITY
12:30	Gather equipment and ingredients.
12:45	Mass prep/Specific prep/Priority prep. Review notes for details. Potatoes and Crème Anglaise.
1:30	Start the velouté. Start the choron.
2:00	Finish the crème anglaise and keep the velouté and choron warm. Start the bacon vinaigrette.
2:30	Start lettuce heart prep and serve.
3:00	Finish the Soufflees.

3:30	If you haven't, start serving, finish serving 😊. Take Pictures!!!! Write down critique .
4:00	Enjoy the meal!
4:25	Clean up time!

Notes: Mass Prep – go in sequence: 2,1,4,3. Set up holding bain-marie. Review recipe portions and diagrams.

1. Veloute Sauce

- Equipment: 2-Quart Saucepan x2, Wooden Spoon, Rubber Spatula, Mesh Strainer or Cheesecloth
- Technique: Simmer.
- Note: Set time; 25mins, cover with lid. When ready to serve, reduce till thick; about 5-10mins. Serve.

2. Crème Anglaise

- Equipment: 1-Quart Saucepan, Whisk, Rubber Spatula, Mesh Strainer, Stainless Steel Bowls x2, Measuring Cup, Measuring spoons, Ice Bath
- Technique: Tempering, Reduction.
- Service: Fan the berries with top attached. Pour sauce over top.

3. Bacon Vinaigrette & Lettuce Hearts

- Equipment: 1-Quart Saucepan, Ramekins (for service), Rubber Spatula, Measuring Spoons.
- Technique: Saute, Sweat, Deglaze, Boil.
- Service: Pour into ramekins and allow to cool. Pick fancy ones. Don't start service before it is cool. When prepping lettuce for service, start with the lettuce; don't forget the ice water, then slice the tomatoes when lettuce has dried out. Give 30mins for lettuce.

4. Sauce Choron & Pommes De Terre Soufflees

- Equipment: 1-Quart Saucepan x2, Rubber Spatula, Mesh Strainer, Whisk, Stainless Steel Bowl x2, Ice water, Lined Metal Tray x2, 1 Saute pan for frying, Potato Basket
- Technique: Blanch, Fry, Emulsification, Simmer
- Caution: Do not scramble the eggs. Be mindful of the heat level

Journal

1. Velouté Sauce

- This is a mother sauce made with chicken stock hence making it a chicken velouté. It is made with equal part flour and butter by weight, chicken stock and salt and white pepper.
- The roux (fat and flour) is cooked to a blond colour, then the stock is added, and the sauce is left to simmer for 30mins. Seasoning is done at the end when the desired consistency is achieved.
- Adding more stock to a sauce that is too thick would help to achieve the right consistency. More stock can also be added to allow the sauce simmer for longer to completely cook the sauce if it thickens too fast.
- Cooking over low heat is key as it gives allows for the cooking process of the flour and helps to achieve the proper consistency.
- Chef said the consistency and the taste were good however, the sauce should have been simmered for a bit longer to completely cook out the floury taste.

2. Crème Anglaise

- This is a light custard sauce that is used as a dessert sauce. It is made with milk, egg yolks, sugar and vanilla extract. It is also known as Vanilla Sauce. It can be served with fresh fruits or pastries.
- Hot milk is slowly added to a mixture of egg yolks, sugar and vanilla extract to begin the tempering process and then the mixture is stirred over a bain-marie to initiate the emulsification process. Once the emulsification takes place, the sauce will start to thicken. Once the desired consistency is reached, the sauce is strained with a chinois into a container and shocked in ice, then refrigerated.
- When using the bain-marie, ensure the water isn't boiling but simmering, the simmering water does not touch the bowl, and the bowl is the right size for the pot.
- The emulsification process can be done in a saucepot on the stovetop, however extreme care should be taken to prevent the sauce from splitting or scrambling.
- Chef said the consistency and the flavour were perfect.

3. Bacon Vinaigrette & Coeur De Laitue

- This refreshing dish is served with the bacon vinaigrette at the table by spooning it over the salad.
- The sweating, deglazing and boiling techniques used when making the vinaigrette determine the flavour and colour of the vinaigrette.
- The right proportions of the oil and vinegar is key so achieve a well-balanced taste and mouthfeel.

- The lettuce and the tomatoes should be kept fresh and crisp for service and should be prepared in good time for service and not long before service to achieve the desired freshness.
- Chef said that the consistency of the off because there was too much oil which affected the overall flavour of the dish. However, the taste of the vinaigrette was good, and the lettuce was fresh and crisp.

4. Sauce Choron & Pommes De Terre Soufflés

- This dish comprises of two components: the sauce and the potatoes.
- The potatoes need to be cut thinly and left to soak in iced water. The longer it stays in the iced water more likely it will puff. They also need to be blanched at a low temperature (275°F) and allowed to cool before finishing it off at a high temperature (385°F).
- The key to making the sauce is the proper emulsification of the butter and the egg yolk. This needs to be done slowly and at the right temperature. It should not be done over the heat to avoid the sauce from breaking.
- Only a maximum of one-quarter of the whole sauce of tomato puree should be added.



Soups

BISQUE DE CREVETTES

Yield: 4 servings Preparation Time: 1:00

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
500	gram	Prawn or lobster shells	
125	gram	Onion	Diced
50	gram	Celery	Diced
50	gram	Carrot	Diced
2		Shallot	Diced
4	cloves	Garlic	Chopped
¼	cup	Rice	
3		Tomato	Rough chop
1		Bouquet garni	
50	ml	Brandy	
175	ml	White wine	
1	liter	Clam nectar	
200	ml	Whipping cream	
500	Gram	Prawns	Peeled and deveined
		Olive Oil	
		Salt & Pepper	
1	Tbt	Tomato Paste	

1. Heat a little vegetable oil in a pot. Caramelize the prawn shells.
2. Add the vegetables and let caramelize, then add the tomato paste. Brown all ingredients, Then add the rice and let them coat in the oil.
3. Add brandy, flame briefly, then add the tomatoes, the *bouquet garni* and the white wine and let reduce by half.
4. Add the nectar and let simmer for 1 hour, skimming occasionally.
5. Remove the shells and the solids and puree in a food mill, the return to the liquid and simmer a further 15 minutes.
6. Strain the bisque and add the cream.
7. Adjust the seasoning, and then poach the prawns in the bisque.
8. Serve the bisque garnished with the shrimp.

TIPS:

Add more stock if soup reduces too thick.

Blend well in a vita mix, and strain well, reduce further and simmer with cream to the right consistency. Consistency should be nappe, smooth, silk and like velvet coating the back of a spoon.

Butterfly the prawns and poach gently for 3-5 minutes in seasoned clarified butter & chopped parsley. Place soup into a hot sauce jug.

Place 3 of the poached prawns in a very hot serving bowl, garnish with fresh picked parsley sprigs and picked chervil, or micro herbs, pour the hot soup over the prawns to service, finish with a drizzle of olive oil and cream.

HOT SOUP, HOT BOWL, HOT PRAWNS... Presentation & Simplicity is the key here.

CRÈME DE TOPINAMBOURS TRUFÉE

Yield: 4servings

AMOUNT	MEASURE	INGREDIENT	PREPARATION
2.00	Ounces	Butter	
4.00	Ounces	Onions	Diced
2.00	Ounces	shallots	Diced
2.00	Pounds	Jerusalem Artichokes	Sliced
1.00	Quart	Chicken Stock	Cold
		Salt and Pepper	To taste
8.00	Ounces	Heavy Cream	Heated
2.00	Each	Egg Yolks	
1.00	tsp	Truffle oil to taste	Drizzled over soup as garnish
		Garnish:	
		Jerusalem Artichoke chips	Fried

1. Sweat the onions and shallots in the clarified butter until translucent. Add the Jerusalem Artichokes and sweat until the they begin to release their juices.
2. Add the stock, simmer until reduced by one-quarter, then stir in cream. Let simmer until the Jerusalem artichokes are very soft
3. Purée the soup with a stick mixer or food mill. Return the velouté to the pot and bring to a simmer. Season with truffle oil and salt and pepper to taste and strain through a fine chinois.
4. Combine additional cream and the egg yolks. Temper and add the liaison to the soup.
5. Garnish with the chips, and drizzle of truffle oil

TIPS:

Watch Chefs Demo on preparing artichokes, once artichokes are prepared, slice thinly on the mandolin slicer, shallow fry till golden & crispy, drain on paper towel, sprinkle with sea salt.

Watch your temperature when adding the liaison to your soup, do NOT bring back to a boil or reheat rapidly as it will cause your soup to curdle.

Serve HOT soup in a HOT bowl with artichoke chips, truffle oil and micro herbs

Texture of the soup should be nappe, silky smooth like velvet.

CONSOMMÉ ROYALE

Yield: 4 servings Preparation Time: 0:30

AMOUNT	MEASURE	INGREDIENT	PREPARATION
2.00	Quarts	White Veal Stock	
12.00	Ounces	Lean Ground Beef	
1.00	Ounce	Yellow Onion	diced
1.00	Ounce	Carrot	diced
1.00	Ounce	Celery	diced
1.00	Each	Shallot	Diced
4.00	Each	Egg White	Beaten
2.00	Each	Parsley	Stems
1.00	Each	Bay Leaf	
6.00	Ounces	White Wine	
		Garnish:	
		Royale	Cut into diamonds
		Parsley leaves	

1. Combine all clearmeat ingredients and mix together. (highlighted ingredients = Clearmeat)
2. Add wine to cold stock, mix well with the clearmeat, and bring to a gentle simmer stirring occasionally.
3. When the raft forms stop stirring. Simmer 1 ½ hours, strain carefully through a double cheese cloth, degrease, season, taste, and adjust seasoning.
4. Prepare the Royale, cut into diamonds or preferred shape

TIPS:

Prepare the Royale as per recipe below. Place the hot consommé in a hot pouring jug. Place Royale garnish in HOT serving bowl, garnish with edible flowers, chervil. Pour Hot soup into bowl to serve.

Royale: is an egg custard, baked in a water bath and then cut into fancy shapes but most often diamond shaped

ROYALE

Yield: 4 servings Preparation Time: 0:30

"Eierstich", or Royale, is used as a very popular clear soup garnish in Germany. Royale is an egg custard, baked in a water bath and then cut into fancy shapes but most often diamond shaped. This recipe for Royale has a few pointers which will guarantee success.

Ingredients

- 1/2 cup [milk](#) (or cream)
- 1 egg
- 2 [egg yolks](#)
- Freshly grated [nutmeg](#) (to taste)
- 1/4 tsp. salt

Steps to Make It

1. Gather the ingredients.
2. Prepare a water bath (bain marie) for the Royale custard. (You need two baking pans to bake the Royale. One can be a heatproof teacup or a flat form which fits inside the second pan. The second, larger pan will hold hot water for baking the custard, so it does not curdle.)
3. Preheat oven to 300 F. Boil water for the water bath.
4. Generously butter the form you're using (can be a teacup, a ramekin or a small casserole dish), line with a piece of wax paper cut to fit the bottom and butter that, too.
5. Heat the milk or cream in a small pan to just below the boiling point.
6. Beat the egg, egg yolks, nutmeg, and salt together in a separate bowl. While whisking constantly, pour the hot milk in a thin stream into the eggs. (This is called tempering).
7. Let the foam, if any, settle. Pour through a fine sieve into your form. (The sieve collects any cooked egg or bits of large nutmeg). Try not to let the foam flow on top as it forms a disagreeable crust which you must remove after baking.
8. Place the larger dish in the oven, then your custard dish inside. Pour hot water around the outside about 2/3 of the way up the form.
9. Bake for 20 to 30 minutes (depends on how thick your Royale is) or until set.

10. Let the Royale cool for 20 minutes or more (you may also refrigerate), then unmold onto a cutting surface by loosening the sides of the custard with a knife and then gently sliding or flipping the custard out of the form.
11. If you used a flat form, you can cut the Royale immediately into fancy shapes such as diamonds. You may also use a cookie cutter. If you baked the royale in a teacup or smaller form, you must cut the custard into quarter or half inch layers with a knife and use the individual layers to cut fancy shapes.

TIPS:

- To serve, place several pieces in the bottom of a soup plate, pour hot broth over the garnish with herbs as desired. Serve at once.
- Do not cook the Royale in the broth because it cannot take much handling and the broth will become cloudy.
- A good "Eierstich" is known for its smooth, velvety texture, which is a bit like soft tofu. If the water in the water bath comes to a boil in the oven the Royale will become porous (air bubbles) and if you beat air into it before it is baked the same thing could happen.
- Other methods for cooking "Eierstich" include cooking it in a zip top plastic bag in a water bath, cooking it in simmering water on the stove top and cooking it in a double boiler method over the potato pan. None of these guarantee a smooth product but are less complicated.
- The egg to yolk ratio usually cited is one extra yolk per egg. The more milk you add, the softer the Royale (harder to handle). Some "Eierstich" recipes contain no milk or cream, or just a little. Experiment until it works for you.

RECIPE VARIATION:

You may color your "Eierstich" for fun (since it is used in clear soup) with a teaspoon of tomato paste for red or finely minced parsley for green, saffron for yellow. You may also use other fresh herbs, but filter through a sieve before baking because the pieces rise to the top of the "Eierstich."

Week 2 Timeline

TIME (PM)	ACTIVITY
1:15	Gather equipment and ingredients. Make sure oven is turned on to 300°F.
1:30	Mass prep/Specific prep/Priority prep. Review notes for details. Grab the hotel pan for the bain-marie and ramekins/flat shape. Start on consomme royale.

2:00	Start the bisque.
2:30	Check the consomme. Start the custard.
3:00	Keep an eye on the bisque while straining and finishing the consommé.
3:30	Make a cartouche for the bisque. Start on the crème de topinambours.
4:15	Check the royale custard. Remove and allow to cool
4:30	Prepare your garnishes and plates for service
5:00	Serve!

Notes: Specific Prep – go in sequence: 3,1,2

1. Bisque de Crevette

- Equipment: 2-Quart Saucepan x2, Wooden Spoon, Rubber Spatula, Mesh Strainer or Cheesecloth
- Technique: Sweating, Caramelization.

2. Crème de Topinambours Trufée

- Equipment: 1-Quart Saucepan, Whisk, Rubber Spatula, Mesh Strainer, Stainless Steel Bowls x2, Measuring Cup, Measuring spoons, Ice Bath
- Technique: sweat, simmer.

3. Consomme Royale

- Equipment: 1-Quart Saucepan, Ramekins (for service), Rubber Spatula, Stainless Steel bowls
- Technique: Simmer, strain

Journal

1. Bisque De Crevettes

- Before the execution of this dish, ensuring that all the ingredients, equipment and mise en place is available and ready. This will make the execution very smooth.

- When searing the shells, be sure to use high heat and not low heat so that the shells are not stewed or braised in its own juices.
- The longer the soup simmers, the more tender the shells would become, and the more flavour would be developed.
- Chef said the soup was grainy. This occurred because I blended the whole soup and I did not strain it. What I was meant to do was blend only the solids with a bit of liquid until very smooth then return the blended product back to the pot and simmer before straining the whole soup. Doing that will ensure a smooth, non-grainy mouthfeel when consumed.
- Chef said the bisque was too thick and the thickness affected the flavour. The bisque can be thinned out with stock or water if it becomes too thick. The consistency should be nappé. Be sure to adjust the seasoning if needed.
- Overall, the taste was good, the presentation would've been better had I added the tomato paste to give the bisque a deeper colour and there's need for improvement on the techniques.

2. Crème De Topinambours Trufée

- Before the execution of this dish, ensuring that all the ingredients, equipment and mise en place is available and ready. This will make the execution very smooth.
- I used fresh artichokes for the soup instead of canned artichokes, so the cooking time needed to be longer to make them tender.
- When handling the fresh artichokes, I had to keep them in acidic water to prevent them from browning from oxidization.
- Chef said the soup was too thin. This occurred because I blended the whole soup then strained it which left me mostly with liquid since I had strained the sediments and natural thickeners. What I should have done was strain most of the liquid into a container and reserve, then using the remaining liquid to puree the artichokes until very smooth, return the puree to the pot, then thin it out with the reserved liquid until just about nappé, before adding the liaison to the soup.
- Chef said that the taste was good, the presentation was good, and I could have made the chips garnish crispier.

3. Consommé Royale

- Before the execution of this dish, ensuring that all the ingredients, equipment and mise en place is available and ready. This will make the execution very smooth.
- The raft for my consommé did not form properly. I believe this was because I did not mic the clearmeat properly, and the pot I used was too wide for lean ground beef present.
- Chef said that my soup was cloudy. This occurred because the raft did not form properly which made it hard to skim out the fat from the soup. Also, I strained the soup only once. I should have strained repeatedly until the fat was gone.

- Chef said that the royale had a good texture, had I let it cook for about 5 minutes longer and buttered the form before filling it up, the royale would have been able to leave the form easily and would have been thick and stable enough for me to cut out the diamond shapes.
- Overall, the taste was good, the presentation could've been better, and I need to focus on proper execution of the techniques.

Summary

This week was all about *technique* and *preparation*. Not being properly prepared for the execution of the dishes really set me back on my organization and time management. It was good to know that I was able to put up the dishes within the time limit, however losing time and points due to lack of preparation left a sour taste.

Vegetables

HARICOTS VERTS AU BEURRE (GREEN BEAN BUNDLES)

Yield: 4 servings

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
10.00	Ounces	Green Beans	Trimmed
2.00	Strips	Bacon	Cut in half & trimmed as per demo
		Salt and Pepper	To taste
		Butter	
		Olive oil	

1. Prepare, trim and parboil the green beans in boiling water for ~ 5 – 6 minutes.
2. Shock the beans in ice water and drain. (This immediately stops the cooking process. Doing so keeps the vegetables' color bright and their texture crisp-tender, retains their chlorophyll).
3. Make bundles of green beans and wrap them with half a strip of bacon. Trim the beans to even sizes if need.
4. Reheat the beans in the oven at 350°F until the bacon is cooked, when needed for service.
5. Add a knob of butter and a drizzle of olive oil on each bundle when cooking in oven.

TIPS:

The bundles can be wrapped with a tie of chives for an extra touch to your presentation.

Do not overcook the bean bundles, keep the beans green in colour. Once the bacon is cooked, remove the beans from the oven, quickly pan fry in a hot pan, to crisp up the bacon and serve immediately.

Bean Bundles can be made ahead of time, and pan fried crispy to A la minute.

Keep the beans green and al dente, bacon crispy, be sure to season your dish and serve on a hot plate to order.

CROQUETTES D'ASPERGES (ASPARAGUS CROQUETTES)

Yield: 4 servings Preparation time: 0:30

AMOUNT	MEASURE	INGREDIENT	PREPARATION
3.00	Ounces	Asparagus	Blanched for 2 minutes, shocked in ice water & cut very fine brinoise
1.50	Ounces	Mushroom	Cut very fine brinoise
1.00	Ounce	Ham	Cut very fine brinoise
2.00	Ounces	Velouté	Very thick (<i>from week 1 recipes</i>)
2.00	Each	Egg White	
4.00	Ounces	Bread Crumbs	For breading station; seasoned
4.00	Each	Eggs	Lightly beaten
8.00	Ounces	Butter	Clarified (for frying)
		Salt & Pepper	
		Lemon wedge	

1. Combine the first 5 ingredients, mix together, and spread on sheet pan with parchment paper. Let sit in the freezer before cutting flattened desired shapes (such as rectangles, circles, diamonds, hearts, squares, cylinders)
Once shapes are cut chill again on a sheet pan, with parchment paper.
2. Prepare a breading station on a separate table. (flour, egg wash, bread crumbs)
3. Dredge the shapes in flour, shake off excess, dip in chilled egg wash, and roll in breadcrumbs. Do this procedure twice for a stable and crispier coating).
4. Shallow fry in clarified butter, drain well on absorbent paper.

TIPS:

Make sure to test the temperature of the clarified butter when frying. Make sure the inside is hot and the outside is golden and crispy, drain well on paper towel to prevent oily & soggy outcome.

Croquettes can be made ahead of time, and fried to order.

Croquettes can be used a side garnish to meat or fish dishes, or as an appetizer with sauces and a fresh lemon wedge.

A few pieces of trimmed asparagus can be used as a side garnish for this dish. Pan fried or blanch & refreshed

POMMES DE TERRE SAVOYARDE (SAVOYARD POTATO)

Yield: 4 servings

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
0.50	Pound	Potatoes	Peeled and sliced
2.00	Ounces	Gruyere Cheese	Grated
0.50	Clove	Garlic	Minced
1.00	Each	Egg	Beaten
1.00	Ounces	Parsley	Finely Chopped
1.00	Teaspoon	Salt	
1.00	Teaspoon	Pepper	
6.00	Ounces	Chicken Stock	
		Gruyere Cheese (enough to sprinkle on top for a crust)	

1. Mix together all ingredients except stock.
2. Shingle potatoes in layers like a domino effect, in an ovenproof pan. (fan shape, chefs' demo)
3. Add stock and cook 30 minutes loosely covered in a 350°F oven.
4. Remove cover sprinkle with more gruyere cheese, and finish baking further until potatoes are tender and cheese is golden on top

TIPS:

Finish the dish under the salamander to gratinate, for a more golden brown finish.
Serve the pommes in the pan they are baked in, on a wooden board as a side dish.

Ramekins or extra small sauté pans may be used for presentation.

OEUF EN COCOTTE “FLORENTINE”

(Eggs baked en cocotte with Spinach and Mornay Sauce)

Yield: 4 servings Preparation Time: 0:45

AMOUNT	MEASURE	INGREDIENT	PREPARATION
8.00	Each	Eggs	
1.00	Recipe	Mornay Sauce	With egg yolk added (<i>recipe below</i>)
1.00	Bunch	Spinach	
		Gruyere Cheese	Grated
1.00	Ounce	Parmesan Cheese	Grated
1.00	Ounce	Butter	Melted
		Salt/ pepper and nutmeg to taste	
2.00		Sliced bread	Cut into rectangle, toasted with butter
.5	Ounce	Parsley	
.5	Ounce	Chervil	
1	Pinch	Paprika	
1	Pinch	Cayenne	

1. Sauté the spinach in butter, season well then press and drain well through a colander. Portion and place in ramekins evenly.
2. Place a spoonful of the mornay sauce on top of the spinach.
3. Crack an egg gently into each ramekin.
4. Sprinkle with a pinch of cayenne, paprika and finish with the grated gruyere cheese
5. Boil some water for the water bath. Place all the ramekins in a baking pan and transfer the pan into the oven. To create the water bath, carefully pour the water into the baking pan, about half way up the ramekins (making sure to not let the water inside the ramekins!).
6. Bake in the oven for 12 - 15 minutes, at 375 F until the egg whites are set, but the yolk is still runny (the egg yolk will be very soft to the touch, but the dish will be set at the edges).
7. Top the eggs with Gruyere and Parmesan and gratinate quickly in the Salamander before serving
8. Serve with toasted buttery croutons, sprinkle with chopped parsley & chervil.

IMPORTANT

Mornay Sauce: (You can find these recipes from fundamentals of cookery or from ‘Larousse’ textbook or your own research)

You will be required to provide your own mornay recipe. The cheese provided for you will be Gruyere.

- **Roux:** This is a thickening agent made from mixing flour and fat, namely melted butter. A nice light, blond roux is best for mornay.
- **Bechamel:** You get this rich and tasty sauce by adding milk into your roux and cooking it.
- **Mornay:** For the final step, stir in some cheese to your bechamel and you’ll have a mornay sauce. It’s nice and creamy while still having a good consistency. Just be sure to pour in the cheese in three batches, which ensures everything melts properly.

Week 3 Timeline

TIME (PM)	ACTIVITY
1:30	Gather equipment and ingredients. Make sure oven is turned on to 375°F. Start clarifying butter. Grab plates for presentation.
2:00	Start with mornay sauce then and velouté. Have boiling water going. Transfer some water to extra pot.
2:15	Iced water ready. Blanch and shock the greens. Store the beans. Chop up “1” ingredients. Mix with velouté, transfer to sheet tray and freeze.
2:30	Prepare the water bath and ramekins. Make Cocotte. Set timer for 15mins. Slice bread, drizzle skim from clarified butter on top and top. Place in oven with cocotte
2:55	Remove cocotte and bread if ready. Drop oven to 350! Start preparing for savoyarde.
3:15	Check oven!!! Bake savoyarde. Prep Haricots vert for cooking. Bring out frozen velouté and cut into cubes, prepare breading station and DOUBLE-BREAD.
3:45	Cook Haricots in oven. Start frying cubes. Dry on paper towel, serve with mornay.
4:00	Serve dishes. Take pictures
5:00	Clean up

Grab 1 block of butter for recipes and 2 blocks for clarified butter and 10 eggs.
Tasting spoons, ice bath, sanitizer for equipment. Salt and pepper ramekins.

Mornay sauce

Clarified butter – 62.5g

Bread flour – 62.5

Milk – 1 L; have a bit more for thinning out

Bay leaf, small onion, whole clove – 1

Salt, pepper, nutmeg

Gruyere – 125g

Parmesan – 60g

Butter – 60g

Velouté sauce – need 2oz

Butter – 60g

Flour – 60g

Chicken/veg stock – 500ml; take a bit extra. Thicken then season.

Equipment List

- 4 small pots, 1 bigger pot for clarifying butter, 1 big pot to blanch greens, strainer for sauce, strainer for ice water, big bowl for ice water, grater, sheet pan, parchment, 3 long inserts for breading station, stainless steel bowl, spatula.

Food List

- Asparagus, ham, mushroom, velouté, egg white, breading station.

1. Croquettes D'Asperges

- Cut into cubes after frozen.

Equipment List

- Good ramekins, hotel pan, saute pan, line sheet tray for croutons

Food List

- Bread for croutons, gruyere, parmesan, parsley, chervil.
2. Oeufs en cocotte
- Serve on fancy small plate with spoon and napkin

Equipment List

- 350°F oven, stainless steel bowl, good sized pan, foil for loose coverage, peeler, spatula

Food List

- Potatoes, gruyere, garlic, parsley, chicken stock
3. Pomme de Terre Savoyarde
- Serve on wooden board.

Equipment List

- 350°F oven, lined sheet tray/saute pan, tongs.

Food List

- Green beans, bacon, olive oil,
4. Haricots Vert au beurre
- Do this at the end. Use stored beans.

Journal

1. Croquettes d'Asperges
- This is a fried dish that can take the various shapes but usually made in rolls. Croquettes can generally have many variations of ingredients in its filling, but all croquettes are battered, breaded and fried. This variation has the filling in a thick velouté sauce which would serve as the batter, so all that would be required to make it is the breading and the frying.
 - The velouté sauce should be thick enough to be able to hold its shape, even after mixing in the other filling ingredients. A way to achieve this would be to reduce the amount of stock, i.e. not using all the stock the recipe calls for at the beginning but rather, using part of it and adding it in only if necessary, until the desired thickness is achieved.

- The ingredients used as a filling should be precooked or cut very consistent and fine, that way, they cook evenly and quickly such that the final product is golden brown and completely cooked.
- During production, I noticed that my mise en place took a too long to finish. This was partly because I put too much stock in the velouté so that took long to thicken up and overall, I was not completely organized.
- Chef mentioned that the plating was simple and attractive. In terms of appearance, it was golden brown. For taste, it was rather bland. I needed to have seasoned the velouté and vegetable mixture more such that after the croquettes are chilled and fried, it would still be tasty.



2. Oeufs en Cocotte Florentine

- This dish is baked in ramekins in a water bath. Its made with mornay sauce, spinach, cheese and a freshly cracked egg. Unlike an egg custard that can also be baked in a water bath, this needs to be cooked only until the egg whites are set, not the whole egg. It is served with toasted bread or biscuits to be used for the dipping tool.
- When making the mornay sauce, making sure that it does not burn is important as burning it will affect the appearance and the taste. When the cheese is added to the mornay sauce, it will thicken, so thickening the sauce to the right point prior to adding the cheese is essential to avoid ending up with a lumpy sauce.
- The spinach should be sautéed before being put into the ramekin.

- During production, I noticed that my mornay sauce took too long to make because I added too much milk which increased the time for the sauce to thicken. I also couldn't keep to the time limit that I set for the production.
- Chef said the plating was well executed. The mornay sauce could've used more cheese so that its taste would've matched its perfect consistency, because the taste was closer to that of a bechamel sauce. The portion was slightly small. It should have been more as that would have improved the presentation and satisfy the guest eating it. The cheese garnish on the top should've been golden brown.



3. Pommes de Terre Savoyarde

- This is a baked dish that consists of layered potatoes that are sliced thinly and mixed with other ingredients that are finely minced and baked in a stock to give a unique flavor. The variations of this dish are as many as the various ingredients used to flavour the dish. The unique thing about this dish is that it is a gratin. The top is covered with cheese and browned till a golden-brown colour is achieved. It is like Anna Potatoes which uses melted butter instead of stock to cook.
- The potatoes need to be sliced thinly so that the cooking process is consistent through out. Hence, a sharp knife is essential. The stock should be enough just to cover the potatoes which have to completely fill up the pan. This will promote even cooking.
- During production, I added too much stock, so the cooking time was longer than usual which could have affected the texture of the potatoes and made them mush. However, I noticed that and poured some of the stock.

- I was not able to get Chef's comments on this dish, however, I remember Chef talking about the importance of seasoning the dish, ensuring that the potatoes are cooked and that the top of the dish was browned and not burnt.

4. Haricots Verts au Beurre

- This is a simple dish consisting of green beans wrapped in bacon. The simplicity of the dish appreciates the natural flavours of the dish and cook of the ingredients. It can be served with a mornay sauce.
- The beans must be blanched and then shocked in ice water. This is very important so that they don't lose colour from being overcooked. The bacon should be cooked through and crispy.
- During production, I put too much butter when I was finishing the bundles, so the beans were starting to discolour. I should have reduced the amount of butter I used. I could've also cut all the beans to the same size and tied it in such a way that the beans would be covered over their center so that only the bacon is touching the pan and not the ends as well.
- Chef said that the presentation was good. The beans were slightly discoloured on ends. They were quite tasty and paired well with the mornay sauce.

Questions

Hi Chef. How come these simple and amazing side dishes aren't as popular in most restaurants in Vancouver?

Fish

FILLET DE TRUITE POËLÉÉ AUX AMANDES (PAN-FRIED TROUT WITH TOASTED ALMONDS)

Yield: 1 serving

Preparation Time: 0:30

AMOUNT	MEASURE	INGREDIENT	PREPARATION
1.00	Each	Trout	Pan-dressed & Butterflied
	To taste	Salt and Pepper	
	As needed	All-purpose Flour	
1.00	Ounce	Butter	Clarified
0.50	Ounce	Butter	Whole
2.00	Tbsp.	Almonds	Sliced thin
1.00	Ounce	Lemon Juice	
0.50	Tablespoon	Fresh Parsley	Chopped
3.00	Sprigs	Thyme	
6.00		Cherry tomato	

1. Prepare the fish as per chef's demo. Season the trout with salt and pepper. Dredge in flour.
2. Pan-fry the trout in the clarified butter until lightly browned, only cook half way through. Remove & Keep aside to drain on a rack and reserve.
3. Degrease the pan, add the whole butter, and cook until it begins to brown. Add thyme
4. Add the sliced almonds and sauté a few seconds, until the almonds begins to brown. Remove pan from heat.
5. Add the Cherry tomatoes, lemon juice and parsley and swirl to combine with the butter.
6. Place the fish in to the oven at 380 F to finish cooking all the way through. 4-6 minutes, depending on doneness of the fish.
7. Top the fish with the sauce and serve table side.

TIPS:

Watch for handling of fish, prepare and store correctly.

Use feel, touch to determine doneness of fish. Try to hold a crispy skin.

Do not over brown the butter sauce as it can become bitter and too oily.

Garnish Tips: Grilled lemon, fresh lemon, parsley, micro herbs.

PAUPIETTES DE SOLE À LA MOUSSE DE SAUMON

Yield: 4 servings Preparation Time: 0:30

AMOUNT	MEASURE	INGREDIENT	PREPARATION
2.00	Each	Sole filet	Skinless and fillet
8.00	Ounces	Salmon	
2.00	Each	Eggs	Separated
3.00	Ounces	Heavy Cream	
2.00	Ounces	Butter	
4.00	Ounces	White Wine	
2.00	Sprig	Tarragon	
2.00	Sprig	Thyme	
8.00	Ounces	Fish Fumet	
1.00	Head	Shallot	Minced
0.50	Ounce	Butter	Softened & cubed
1.00	Tblsp.	Tomato paste	
2.00	Tblsp.	Chives	Finely sliced

1. Scale, Clean & filet the sole fish. Handle and store correctly. Keep aside on a sheet pan lined with plastic.
2. Make salmon mousseline with salmon, egg white, 2 oz of the cream, and seasoning.
3. Season fillets, cover with plastic film, and flatten slightly with a mallet. Spread with the mousseline and roll the fillets starting with the wide end first and finishing with the tail end. Hold together with a toothpick, and tie the fish with a chive ribbon,
4. Sprinkle the bottom of a buttered sauté pan with shallots. Place the paupiettes on top and add wine, tarragon, thyme and fish fumet. Cover with buttered parchment paper. (cartouche)
5. Heat on stove until reaches a simmer and finish in a 350°F oven.
6. Do not overcook. Remove from oven; remove sole rolls and set aside, keeping warm.
7. Stir the tomato paste into the liquid and reduce the sauce slightly.
8. Add the cream and bring the sauce to a gentle boil. Strain through a fine chinois. Add the chives, mount with butter (known as monte beurre) and adjust seasonings.
9. Serve 2 paupiettes per portion on a hot plate. Finish with the butter sauce and julienne de legumes, with recipe to follow.

TIPS:

What is **Beurre Monté**? **Monter au Beurre** or “**Beurre Monté**” is a French term used to describe the process of adding or whisking in whole, cold butter into a sauce at the end of the cooking process. This process, which is usually done off the heat, adds shine, flavor and richness. The goal is to melt the butter whilst keeping the butter emulsified in the sauce

Your Chef will demonstrate fileting the salmon & portion out the fish meat for you. The salmon meat and mousseline ingredients must be kept extremely cold before mixing.

Place mousseline ingredients into a cold robo coupe to process (place the robo coupe base into the fridge before class to become cold)

If the salmon & mousseline ingredients are not extremely cold, the mousse will split in the robocoupe. Make sure you use a palet knife to spread the mousseline onto the sole fillets.

Prepare a cartouche, as per chefs demo for poaching the fish.

Garnishes: lemon, parsley, chervil, micro herbs, edible flowers, chives, julliene veg

JULIENNE DE LEGUMES (VEGETABLES JULIENNE)

Yield: 4 servings Preparation time: 0:20

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
1.00	Ounce	Butter	Whole
2.00	Ounces	Carrot	Julienne
2.00	Ounces	Turnip	Julienne
2.00	Ounces	Yellow Squash	Julienne
2.00	Ounces	Zucchini	Julienne
		Salt and Pepper	To taste

1. Sweat carrots and turnips in butter until half-way cooked. Then sweat 2 – 3 minutes longer.
2. Add yellow squash and zucchini and cook until tender.
3. Season. Serve.

TIPS:

Do not overcook the vegetables, be sure to keep the colour of the veg and the hold the julienne shape.

Another option may be to cut all the vegetables into batons – blanch & shock each vegetable separately, then tie together with chives into ‘bundles’ (similar to the bean bundles recipe from week 3, vegetables) Gently saute the bundles in butter to reheat.

Week 4 Timeline

TIME (PM)	ACTIVITY
1:30	Place robo coupe base in fridge!

	Gather equipment and ingredients. Make sure oven is turned on to 380°F . Start clarifying butter. Grab plates for presentation.
2:00	Start with julienne carrot, turnip, squash and zucchini. Store properly. Prepare monter au beurre.
2:30	Process your fish. Wear gloves, handle and store properly. LABEL your tray.
3:00	Get two trays lined with paper towel, tongs and fish spatula ready. Start with the Pan-fried Trout. Make sure ALL mise en place is ready before you start.
3:45	Get two trays lined with paper towel, tongs and fish spatula ready. Oven to 350°F . Make a cartouche. Start the sole and salmon dish.
4:15	Don't forget to monter the sauce. Finish the julienne vegetables.
4:30	Take pictures
5:00	Clean up

1 Block of Butter, Salt & Pepper Ramekins, Tray lined with paper towel for breaking down fish, 4 eggs.

Equipment List

- Frying pan, lined tray with rack, stainless steel bowl, fish spatula, tongs, small metal spoon,

Food List

- Egg, cream, flour, almonds, lemon juice, parsley, thyme, cherry tomatoes, trout.

1. Pan-fried Trout

- Breakdown at empty desk.

Equipment List

- Frying pan, fish spatula, cartouche, toothpick, chive ribbon, plastic film & mallet, chinois, stainless steel bowl

Food List

- Eggs, cream, sole, salmon, white wine, tarragon, fish fumet**, shallot, chives, tomato paste***,

2. Sole and Salmon

- Be careful when plating.

Journal

1. Fillet de Truite Poelee aux Amandes

- This is a simple to execute yet delicious fish dish that is served with a toasted almond butter sauce. The trout fish can be filleted or butterflied, and the toasted almond butter sauce is poured over top.
- When handling the trout, scaling it properly is very important since the fish will be served with the skin on. Also, the body of the trout is delicate. So, avoid putting too much pressure on the flesh when filleting or butterflying it.
- During the preparation of the fish, try to hold a crispy skin as it will improve the flavour and appearance of the dish. During preparation of the sauce, take care not to burn the butter; it should be browned and nutty.
- I spent quite some time filleting and deboning the fish which took into my cooking time. A sharper knife and a gentler handling would have helped me save time.
- Chef said that the fish was well seasoned and cooked properly with a crispy skin. However, I bruised the fish during production, so the appearance was affected. Chef recommended that I organize myself better and give myself more time to handle the delicate products and use the right tools and techniques to properly execute the dishes. The sauce on the trout was not enough. I should have poured more on top as one of the key tastes of the dish is the combination of the trout with the butter sauce.

2. Paupiettes de Sole a la Mousse de Saumon with Julienne de Legumes

- This is a delicate dish that has a creamy salmon mouse rolled into sole fillets, poached in a fish fumet en papillote, served with a julienne de legumes. It is a dish that requires the right technique to execute properly.
- When making the mousse, all the equipment and products must be very cold for the mousse to be made properly. The blending machine should be kept in the fridge about an hour before use. During the production, the products must also be very cold before use. They can be kept on ice at the production table. Keeping them cold would help prevent bacteria from growing and contaminating the product. It also helps with the combining process since everything being used is at the same temperature which will prevent the mouse from splitting. The mousse should have a smooth consistent texture, it should be free of lumps.
- Before the filling of the sole, the fish fumet must be started and simmering with a cartouche ready.
- When filling up the sole with the mousse, one needs to work quickly. This will help avoid contamination and spoilage. A palette knife is a good tool to use for spreading the mousse on the sole, The sole should be tied with a chive on the ends and in the middle to help hold its shape and prevent the mousse from leaking out during the cooking process.

- When preparing the julienne vegetables, take care not to brown the vegetables. They should only be sweated till tender. They should not be overcooked to mush.
- During production, I noticed that I was rushing, because I was short on time again due to not organizing myself properly. So, even though I finished the dish on time, there were areas that could've been better executed that would've made the dish "pop" more.
- Chef said that the presentation of the dish was quite attractive. The sole and mousse were seasoned well, however, the mousse was leaking out of the sole. She recommended I tied the sole at the ends as well as in the middle and not to overcook the fish. Those techniques would prevent the leakage. The julienne vegetables had a good texture; however, they were slightly heavy on the pepper. The sauce was a good tasty creamy sauce; however, it needed to be more acidic so that it would accompany the dish better as the acid would help cut through the fat.



Questions

Hi Chef. Would smoking the trout and serving that with the same sauce make the dish have too nutty of a flavor or would that create another layer of flavour to the dish? And by doing so, would it still be a classical French dish?

Poultry

CHICKEN CORDON BLEU & WATERCRESS, CUCUMBER SALAD

<u>Amount & Measurement</u>	<u>Prep</u>	<u>Ingredients</u>
2 pounds (4, 8-ounce breasts)		boneless skinless chicken breasts
.30 pounds (115 gm)	Sliced	smoked ham (Black Forest)
.30 pound (115gm)	thinly sliced	swiss cheese
250 grams		all-purpose flour
½ teaspoon		kosher salt
¼ teaspoon		white pepper
2 whole	beaten	eggs
100 ml		whole milk
500 grams		breadcrumbs (panko)
1 ounce (28 gm)	chopped	parsley
.28 pounds		butter, divided (1 stick)
3 ounce		white wine
300 ml		chicken stock
300 ml		heavy cream
		Few grinds nutmeg
		Additional salt and pepper to taste

Preparation

1. Lay out the breasts on your cutting board (the side that had the skin, face down).
2. Use a sharp knife and butterfly each breast by running the knife parallel to the cutting board from the center of the breast and slice from the center one way almost to the edge and then the other almost to the edge and then fold it open like a book would open.
3. Lay each piece between two pieces of waxed paper and pound to ¼ inch thick, no thinner (Again keep the side that had the skin facing down).
4. Fold & lay the Swiss cheese slices in the center of each butterflied breast, keeping the skin side of the chicken breast down.
5. Fold & lay sliced ham on top of the cheese.
6. Roll the chicken up into a roulade, although trying to keep the shape of the chicken breast. Hold together tightly with tooth picks, making sure you the cheese and ham is not overflowing too much (***point is to keep the cheese on the inside to produce and oozy center***).
7. Place the breast in the freezer for 20 minutes. This will help keep it together when breading & frying.
8. While the chicken is chilling, lay out three large bowls and fill one with flour, salt and pepper, the second with beaten eggs and milk and the third with bread crumbs and parsley. (***breading station***)

9. remove chicken from freezer and coat in flour, shake off excess, coat in egg, shake off excess and coat in bread crumbs and shake off excess. *(one hand wet, one hand dry)*. Place the chicken on a clean, lined tray. Keep refrigerated until ready to fry.
10. In a medium pan with high sides (*10" non-stick pan with 3" sides*), melt 6 tablespoons of the butter over medium heat.
11. Once the butter is frothy and just starting to brown about the edges, place the crumbed chicken breasts in, seam side down and cook for 2 ½ minutes. Gently turn and cook for another 2 ½ minutes.
12. cook for 15-20 minutes or until a probe thermometer inserted into the center reads 160 degrees F. **(around 18 minutes)**.
13. Once chicken is gold brown all around, remove and drain on paper towel.
14. Place the chicken on a tray with parchment paper and cook for 15-20 minutes or until a probe thermometer inserted into the center reads 160 degrees F. **(around 18 minutes)**.
15. In the same pan as the chicken was fried, raise heat to high and add the wine deglaze and cook until almost all of the wine evaporates.
16. Add the stock and reduce the mixture.
17. Add the cream and when it steams and starts to bubble, remove from the heat and whisk in the last two tablespoons of butter. *(Monte au Beurre or "Beurre Monté" is a French term used to describe the process of adding or whisking in whole, cold butter into a sauce at the end of the cooking process.*
18. Add chopped parsley and nutmeg and season to taste.
19. Remove chicken from the oven, place on a hot plate. Serve with sauce on side and watercress & cucumber ribbon salad, micro herbs

TIPS:

The sauce will not be very thick but a creamy consistency. Do not bring the sauce back to a boil to reheat, otherwise the butter in the sauce will split. Just gently reheat on a very low heat.

Prepare a simple vinaigrette dressing (student research). Wash and prepare watercress. Slice cucumber with a vegetable peeler into ribbons.

Before serving toss the watercress in the vinaigrette, arrange the watercress & cucumber salad on the plate with the chicken cordon bleu, and sauce on side.

Watch your temperatures when serving, sauce consistency, tastes, garnishes, plating.

COQ AU VIN

<u>Amount & Measurement</u>		<u>Prep</u>	<u>Ingredients</u>
.5	pound	bacon	cut in 1/2-inch lardons
2	each	cut into 8 pce	Salt and ground black pepper
1		small dice	chicken fryers
4	each	peeled & trimmed	carrot
16		peeled	baby carrots
3		peeled and minced	pearl onions
6	cloves	roughly chopped	shallots
1	ounce		garlic
1	pound	quartered	unsalted butter
57	gm		mushrooms
500	ml		all purpose flour
500	ml		hot chicken stock
30	gm		dry red wine
2	sprigs		tomato paste
2			fresh thyme
2			bay leaves
2	sprigs		rosemary
3	sprigs		parsley
57	gm	chopped	fresh parsley (garnish)

Preparation

1. Preheat the oven to 375 degrees.
2. Prepare the baby carrots for the garnish. **Trim, Peel and shape as per teachers' demo.** Blanch, refresh and keep aside.
3. Render and cook down the bacon in a large pot over medium heat. Remove the bacon and drain it on paper towels.
4. Fabricate the chicken into 8 pieces, season the chicken pieces and brown each piece well skin side down first. Remove the chicken from the pot and set aside.
5. In the same pot, add the diced carrots and the pearl onions to the pot; brown
6. Stir in the shallots and garlic and cook for another couple of minutes until well caramelized.
7. Add the butter and the mushrooms and cook for another 5 minutes.
8. Sprinkle the vegetables with the flour and cook, stirring, for 1 minute longer.
9. Stir in the tomato paste, and bouquet garni (**highlighted ingredients**) and a little more salt and pepper.
10. Add the chicken stock and wine and bring to a boil. Cook, stirring, until the sauce thickens
11. Add the chicken and the bacon, gently folding them into the sauce.
12. Braise in the oven, covered, for 30 minutes
13. Remove the cover and finish, stirring occasionally gently, until the chicken is cooked through and the carrots & pearl onions are tender, about 30 minutes longer. Remove the pot from the oven (**remove the chicken and reduce the sauce to the right consistency If need be to avoid the chicken from**

drying out, place the chicken back in the sauce when desired consistency is reached and ready to serve)

14. Season to taste with salt and pepper, remove bay leaves and thyme bits, add the chopped parsley.
15. Reheat the baby carrots by caramelizing them in a pan with a little olive oil, butter, salt, pepper and thyme.

TIPS:

Marinate the chicken in the red wine before hand for half hour, for a deeper rich color on the chicken, and tenderization

To Serve: Serve the Coq Au Vin warm presently neatly on a hot plate or bowl, with correct portioning and ratios of chicken to veg to sauce, garnish with 3-4 baby carrots on top.

Prepare whipped/mashed potatoes as an accompaniment, by boiling potatoes in cold water until tender, passing through a food mill, whipping in hot cream, butter and seasoning.

The whipped potatoes may be piped onto the plate around or under your Coq Au Vin dish.

Finish with Chervil and fresh Parsley

Week 5 Timeline

TIME (PM)	ACTIVITY
1:30	Gather equipment and ingredients. Grab plates for presentation. Simmer potatoes for mashed potato. Set oven to 375°F. Prep watercress and cucumber and vinaigrette. Store for later use.
2:00	Breakdown chickens, store properly. Full chicken is stored in bowl with red wine and stored.
2:15	Start with the breasts and process till roulade is made and placed in freezer.
2:45	Move on to the coq au vin and process till it is braising in the oven. Check mash and finish it. Transfer to piping bag with tip placed in it.
3:30	Move back to chicken cordon and cook till finished. Make sure you temp it. Have cold butter ready for beurre monte. Check coq au vin. Prepare garnishes.

4:15	Serve chicken cordon. Pipe out mash onto lined parchment and brown in oven. Place mash first then serve with coq au vin.
4:30	Take pictures
5:00	Clean up

1 Block of Butter, two 3in. deep pans, 3 potatoes, 3 bowls for breading, sachet for bouquet garni, bowl for vinaigrette, 4 burger covers line with parchment, toothpicks, two trays lined with paper towel, big bowl for red wine marinade, seasoning tray, garnish tray

Mashed Potatoes

Potatoes – 3 units.

Heavy cream – 2oz.

Butter – 2oz.

Salt and pepper – to taste

Vinaigrette

Oil – 120g

Vinegar – 40g

Sugar – 30g

Salt – 1tbsp

Pepper – 1tsp

Equipment List

- Tongs, tray lined with parchment for mash, piping bag, pips tips, peeler

Food List

- Bouquet garni; thyme, bay leaf, rosemary, parsley, chervil

1. Coq au vin

- Make sure you marinate the chicken in bowl.

Equipment List

Toothpick, tongs, microplane, measuring cups, peeler, probe

Food List

- Nutmeg, cucumber, watercress (washed), microherbs

2. Chicken Cordon

- Ensure it is fully cooked.

Journal

1. Coq Au Vin

- This is a rich dish that is made traditionally with poultry braised in red wine. Braising is a combination of a dry heat cooking method used first and then followed by a moist heat cooking method. The most common poultry used in making this dish is chicken, however, a game hen could also be used as well as other poultry. Different poultry will give different flavours. The poultry can be marinated in the red wine prior to cooking to tenderize the poultry and add more flavour to it. The poultry used in the making of are usually browned; seared over high heat to brown the caramelize the poultry (this is called maillard reaction). This achieves a deeper flavour in the dish. The addition of various vegetables like garlic, shallots, carrots and mushrooms to the dish, which are tossed in flour, improve the flavour of the dish as well as thicken the sauce. A bouquet garni; a bunch of fresh herbs, usually thyme, rosemary, parsley and sometimes bay leaf, all tied in a cheesecloth is put in the dish for added flavour. The addition of the red wine deglazes the bottom of the pan and adds another layer of flavour to the dish.
- When making the dish, ensuring that the poultry is well browned and not burnt is key as this will greatly affect the flavour.
- Adding too much liquid may cause the poultry to dry out due to prolonged cooking, so there may be a need to take out the poultry, keep aside, and reduce the sauce till the desired consistency is reached then returning the poultry to the dish and finished off with the final seasoning.
- During production, I put too much stock, so I had to take out the chicken and reduce the sauce. I also made a side dish of mashed potatoes that was sweet flavoured to go with the savoury dish, to give a contrast of sweet and savoury.
- Chef mentioned that, the mash potatoes may have been better as a savoury mash since there were other sweet components already in the dish. The presentation was good and as well as the plating. The sauce had a good flavour to it.



2. Chicken Cordon Bleu and Watercress, Cucumber Salad

- This is a stuffed, breaded, pan-seared and baked poultry dish that is very rich in flavour. It is served with a simple salad. A chicken breast is used in making this dish. The chicken breast can be butterflied; cut in half from the side, but not completely, leaving the edge intact such that it looks like an open book. The stuffing is then put on the butterflied breast and then rolled into a roulade (stuffed, rolled cut of meat). Or, a pocket is made, usually from the top, leaving the other sides connected, where the stuffing is put into. The stuffing that is traditionally used in the breast is cheese and ham. The stuffed breast is then put in the freezer for about 20 minutes to allow it to set and keep its form. After that, it is breaded by using seasoned flour, egg wash and panko breading, twice, before pan-searing it in a preheated pan with a little oil to brown the side to a golden-brown colour then transferred to the oven to finish it. The dish is completely cooked when the cheese oozes out of the breast when it is cut in half.
- When stuffing the dish, ensure that the breast is butterflied properly, so that enough can be fit into the breast but not too much that the breast won't be able to close, else, the stuffing would leak and dry out during the cooking process.
- When breading the breast, ensure that it is completely covered. This will help protect the skin and produce a better-looking product.
- When searing it, be careful not to burn the breast.

- During production, I burnt one side of the breast because the heat was too high. I also had difficulty in finishing the sauce for the dish.
- Chef mentioned that the presentation was good. For the salad, it was tossed in a bit too much dressing. The watercress bruises easily, so it would have better for the salad to be tossed at the point of service. Apart from the burnt side of the breast, it was cooked properly and cooked through. The cheese oozed out beautifully. The breast was still moist and tender; however, it was lacking in seasoning.



Questions

Hi Chef. Regarding the sauce for the Chicken Cordon Bleu, I found it difficult finish the cream sauce with a monter au beurre method. Would it have been possible to use a beurre manie instead because, the more I added cold butter, the more liquid the sauce became. Or was the process I used not done properly?

Pork & Lamb

CARRÉ DE PORC RÔTI AU JUS LIÉ (ROASTED PORK LOIN)

Yield: 5 servings Preparation Time: 0:45

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
4.00	Pounds	Pork rack	
		Salt and Pepper	To taste
0.50	Pound	Mirepoix	Prepared
2.00	Ounces	Flour	
1.00	Sprig	Rosemary	
1.00	Sprig	Thyme	
1.00	Clove	Garlic	Crushed
2.00	Each	Roma Tomatoes	Quartered
4.00	Ounces	White Wine	
1.00	Quart	Brown Stock	Prepared
		Salt and Pepper	To taste
		Veal glaze	
		Dijon	
4.00	Ounces	Butter	
		Salt and Pepper	To taste

1. Prepare pork loin. Remove shin bone and back bone.
2. Chop bones into large chunks. Truss the loin and season.
3. Prepare the mirepoix, herbs, and vegetables.
4. Place bones in the bottom of a roasting pan.
5. Add the mirepoix, flour, herbs, garlic, wine and tomato.
6. Season and Sear the pork rib on each side for till well browned. Only brown, DO NOT cook. Or the pork will dry out.
7. Prepare the veal glaze. (*notes below*)
8. Place the loin on top of the bones and vegetables in the roasting pan. Place the roasting pan in a preheated oven at 375°F.
9. Deglaze the pork with the liquid in the roasting pan after 15 minutes. Turn down the heat to 340°F and roast the loin to 145°F internal temperature. Remove from oven and set the roast aside to rest, cover lightly with tin foil. Keep in a warm place.
10. Strain the liquid and vegetables remaining in your roasting pain through a chinois.
11. Add the liquid to the veal glaze, and reduce further to nappe consistency
12. Gently reserve the vegetables, transfer to a pan. Season and reheat gently with a little butter before service.
13. Close to service time, whisk the Dijon mustard into the veal glaze. Just before service brush the pork with a little of the veal glaze and finish under the salamander for a very light brown.
14. Cut the ribs off the roast into cutlets, arrange vegetables for French service with the veal glaze.

NOTES:

Veal Glaze – 500ml brown stock, 1 Tbs of tomato paste – reduce till nappe.

Chefs Demo of Cleaning the pork rib – Each student will have a portion of 2 pork rib’s (from the rack) each. This means step 1 & 2 will, be omitted, as the chef will demo this.

For a glossy richer veal glaze sauce, try the technique of monte beurre (whisking in a little cold butter off the heat before serving) PRACTICE makes perfect.

Watch your knife cuts when cutting the mirepoix, cut to your desire, as these vegetables will be served with your pork and sauce as presentation.

PIECE D’AGNEAU “PROVENÇALE”

Yield: 4 servings

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
1		Lamb rack	Trimmed and frenched
2	Tblsp	Dijon mustard	
1/3	Cup	Bread crumbs	sifted
½	bunch	Parsley	Finely chopped
1	clove	Garlic	Finely chopped
1/2	teasp	Fresh Thyme	Finely chopped
4	Cloves	garlic	Not peeled
75	ml	Red wine	
350	ml	Demi-glaze	

1. Season the rack very carefully and brown on all sides in a little olive oil. Let rest. Do not overcook, Brown only.
2. Brush the rack on the top and sides with the Dijon mustard. Let marinate 20 minutes at room temperature.
3. Sauté the chopped garlic very lightly in olive oil, and add the breadcrumbs. Mix well and toast the crumbs to golden. Let cool and mix with the chopped herbs
4. Coat the rack with the herbed crumbs and roast in a preheated 375° F oven to medium about 15 minutes –with whole garlic in the same pan. (*research medium temp for lamb*)
5. Remove the lamb from the pan to rest, keep warm, covered with foil.
6. Deglaze the pan with the red wine and reduce by half. Add the demi-glaze and reduce further to sauce consistency. Strain the sauce, season and monté with butter before service. Keep the whole roasted garlic from the pan for your garnish.

7. Serve the rack whole for carving, (*as per chefs dem/instructions*) garnished with the whole garlic, two suitable vegetables, potatoes and sauce.

NOTES:

Side Garnishes: Chive Whipped Potatoes (keeping in mind points from last week, light and fluffy), Glazed or Roasted Baby Carrots, Green Beans – Buttered or blanched.

Maple syrup will be provided for glazing.

You have had practice working with vegetables and have gained many techniques already, you may choose how you would like to prepare your carrots and beans, using the techniques you have learnt throughout the course so far.

Demi Glace – student research for 350ml

Week 6 Timeline

TIME (PM)	ACTIVITY
1:30	Gather equipment and ingredients. Grab plates for presentation. Set alarm for 4:50PM. Simmer potatoes for mashed potato. Set oven to 375°F. Prep mirepoix. Start espagnole and have stock ready for demi-glace. Start veal glaze. Prep baby carrots and beans.
2:15	French rack for Provençale. Store. Season then sear off, brush, then rest 20mins. SET TIMER! Check glaze. Check demi. Prepare breading for rack. Leave to cool. Start loin prep
3:15	Bread the rack. And bake both rack and loin. SET 20mins timer. Finish mash and veggies. Keep warm
3:35	Check rack, if ready take out and set oven to 340°F, deglaze loin pan with liquid. SET 15mins timer. Finish rack sauce by deglazing, adding demi to rack pan, then finish with butter. Present. Sauce on side Picture.

4:00	Take loin out and rest. Finish loin sauce: strain, adding to glaze and reduce till nappe. Keep mirepoix carefully.
4:15	Toss mirepoix in butter to heat up before service. Sauce on side. Present. Pictures.
4:30	Time if needed to do something.
5:00	Clean up

1 Block of Butter, two 3in. deep pans, 3 potatoes, 1 bowls for breading, two trays lined with paper towel, big bowl for red wine marinade, seasoning tray, garnish tray

Mashed Potatoes

Potatoes – 3 units.

Heavy cream – 1oz.

Butter – 2oz.

Salt and pepper – to taste

Demi-glace

Mirepoix – 300g; 2: 1: 1

Butter – 100g

Flour – 100g

Brown stock – 700ml

Brown stock – 700ml

Equipment List

- Browning pan, burger lid for holding, sauté pan, saucepan x 4, strainer, chinois, peeler,

Food List

- Enough parsley and thyme for breading. Salt and pepper the mixture. monter au beurre/ beurre manie.

1. Provençale

- Do not overcook. Use probe.

Equipment List

- Browning pan, burger lid for holding, roasting pan, saucepan, strainer, chinois

Food List

- Dijon for glaze, monter au beurre/ beurre manie
2. Pork Loin
- Truss properly. Do not overcook. Do not forget to put unpeeled garlic!!

Journal

1. Roasted Pork Loin

- This is a classic French braised pork dish served with a veal glaze and a side of the mirepoix vegetables that were used in the process of making the dish. The pork loin is served as a rack and not a chop. It is traditionally “frenched”, i.e. the fat and all meat that is attached to the bones of the rack are scraped off completely as this greatly improves the appearance of the dish. This is a dish that shows the techniques used in making it. From the knife cuts on the mirepoix, which must be uniform in shape and size (paysenne cut), to the browning and not burning, of the rack which is achieved with precise heat control and proper use of appropriate equipment. The purpose of browning the meat is to achieve a deeper flavour from the pork rack. The other techniques employed in making the dish is the techniques involved in making the glaze. The glaze is a concentrated reduction of brown stock in a nappe (coating the back of a spoon) consistency and finished with cold butter that is whisked in small cubes. This is called “monter au beurre”. It gives a glossy appearance to the sauce.
- When browning the rack, be careful not to burn it as flavor will be lost. Heat control is important.
- The size of the mirepoix vegetables should not be too small so that they don't turn mushy when they are being braised in the oven. They should be large enough and still have body and bite to them.
- It is important to let the rack rest and cover it with foil when it is cooked so that the juices are reabsorbed back into the meat and it stays moist. This will ensure that the rack will remain tender, juicy and not dry out.
- Chef mentioned that the plating was really good, the sauce was the perfect consistency, the rack was tender, juicy and properly cooked.



2. Piece D'Agneau "Provaencale"

- This is another popular classic French dish that is served with, whipped mashed potatoes with chives in it and glazed baby carrots with a red wine sauce. Lamb has quite a subtle and distinct flavor and is tender when cooked properly. The lamb rack is usually served between medium rare and medium with its bones, frenched, that is, the fat and all meat that is attached to the bones of the rack are scraped off completely as this greatly improves the appearance of the dish. If the lamb is overcooked, it becomes too hard to eat. The rack front of the rack is coated with breadcrumbs while the sides of the rack are not. This improves the appearance of the lamb. The techniques involved in making this dish include browning, the process of caramelizing the outside of the lamb over high heat without burning it to achieve a deeper flavour, the use of a marinade right after browning, which helps to deepen the flavour, deglazing, the process of using liquid to extract the bits of fond from the bottom of the pan to extract more flavour, glazing, the process of caramelizing the carrots in maple syrup and butter and monter au beurre, the process of adding in cold butter in cubes to a reduced sauce to give shine.
- When browning the lamb rack, be very careful not to burn it or even cook it all the way since the lamb is so delicate and tender, as flavor will be lost. Heat control is important.
- When breading the rack, only bread the front part by piling up the crumbs in dollops not by rubbing it all over. This will improve the presentation.
- During production, I breaded the rack the wrong way by dousing it in the breading, so I had to clean it up and re-bread it the right way.
- Chef mentioned that the presentation of the dish was very attractive. The mash potatoes had the right texture but could have used more salt to boost up the flavour. The baby carrots

were glazed properly. The rack had a good appearance however, it was slightly too rare which made it difficult to cut into. It needed another 4 to 5 minutes in the oven.



Questions

Hi Chef. Like the lamb rack, is it possible to bread the pork rack as well or would breading it impact the flavour profile poorly or stray away from French Cuisine?

Beef

BEOUF BOURGUIGNON – FRENCH STYLE BEEF STEW WITH BURGANDY WINE

<u>Amount & Measurement</u>	<u>Prep</u>	<u>Ingredients</u>
3 lbs, cut into 2-3-inch cubes 4 cups	trimmed of fat	Beef Chuck Beef Stock
150 gm 4 tbsp 3 tbsp 2 tsp 4 4 320 gm	lardons crushed & minced	salted pork Olive oil Tomato paste Thyme Bay leaves Cloves of garlic Pearl onions
400 gm 1 lb 1 tsp 1 tsp	large dice halved	Carrots White Mushrooms Sea salt Freshly ground black pepper
250 gm 40 gm		Butter Flour
1 litre		Pinot Noire

Preparation:

1. Prepare the beef. Marinade in the Pinot Noir for 20 minutes (preferably 3 hours will give the best flavors and a better tenderization).
2. Remove the beef from the wine, **reserve** the wine. Dry the beef well and on med-high heat, sear on all sides in hot oil until brown, (browned only not cooked through) don't crowd the pan. Move meat frequently to avoid sticking/burning.
3. Remove meat from pan keep aside.
4. Add the salted pork lardons to the pan and brown.
5. Add the garlic, carrots, tomato paste, thyme, bay leaves.
6. Stir in the flour, gently.
7. Deglaze pan with the reserved pinot noir, allow to simmer, scrape up the fond, and then add the beef stock, allow to simmer for 1 hour (until meat is tender and sauce has thickened to gravy like consistency).
8. Place pearl onions into simmering water for 10 seconds, shock in ice bath, and then remove skins. To cook onions place them in a pan, then add water halfway up and 1-2 tbsp. butter and ¼ tsp. salt. Allow to simmer 15 minutes or until tender. Reserve.

9. Clean & trim the mushrooms if dirty. Cut in half. Be sure mushrooms are **absolutely dry** before sautéing.
10. To cook mushrooms, heat 1-2 tbs butter in larger sauté pan until it foams, then add mushrooms and sauté until no liquid remains and they are lightly browned. Reserve.
11. When stew is done, checking for tenderness, remove the bay leaves add the pearl onions and mushrooms.
12. Season with salt and pepper.
13. When ready to serve, gently reheat, without breaking the vegetables, adjust the liquid if need. serve with boiled parsley potatoes, French bread.

TIPS:

Alternative: This dish may also be cooked in the oven at 380 F, in an oven proof dish until sauce has thickened and meat is tender.

Parsley Potatoes: boil baby potatoes until tender (do not overcook, place baby potatoes in cold water, boil until tender, check with your pairing knife. Slide the knife into the potato. If there is no resistance the potato is ready). Toss the Potatoes in melted butter and finely chopped parsley. Season well with salt and pepper.

Serve the Beef Stew with warm parsley potatoes and French bread (your style)

TARTARE DE FILET DE BOEUF (STEAK TARTARE)

<u>Amount & Measurement</u>	<u>Prep</u>	<u>Ingredients</u>
14 oz.	trimmed center cut	beef tenderloin
6 tbsp		extra-virgin olive oil, + more to taste
4	separate yolk	egg yolk (quail egg)
100 gm	minced	Capers, rinsed and drained
		Caper Berries (to garnish)
2 tbsp	minced	Fat-leaf parsley
1 small	minced (brinoise)	Red onion
6	minced	Cornichons
		Fleur de sel & freshly ground black pepper, to taste
		Sherry vinegar, to taste
2 tbs		Dijon mustard, for serving
2 tbs		Horseradish cream for serving

Preparation:

1. Chill beef in freezer for 30 minutes. Transfer beef to cutting board and, using a very sharp knife, cut beef lengthwise into 1/8"-thick slices. Julienne each slice, and cut each julienne crosswise to finely mince beef. Transfer beef to a bowl and refrigerate.
2. Prepare all other ingredients (knife cuts are important in this dish, all ingredients must be a fine minced brinoise)
3. In a cold refrigerated stainless steel bowl, mix all the ingredients, *except the egg yolk, mustard & horseradish* together gently, do not mash or damage the finely chopped meat when mixing.
4. Add seasoning to taste
5. On a cold plate, use a metal ring to mould the tartare on the plate. Serve with the qual egg yolk on top, and the mustard and horseradish cream on the side.
6. Serve with thinly sliced croutons.

NOTES:

You may present this dish with all the condiments on the side/on top or around the beef, which allows the guest to mix the tartare themselves.

Or you may mix all together as per recipe (don't add all your ingredients at once when mixing, alternate and adjust to quantities and taste)

This dish must be served cold. Drizzle olive oil, salt and pepper over you thinly sliced crouton and cook till golden, to serve with the tartare.

Serve with micro herbs for a fine touch and drizzle of truffle oil around the plate. There are many ways to serve this dish, get creative while using great products and balancing your ingredients.

Week 8 Timeline

TIME (PM)	ACTIVITY
1:30	Gather equipment and ingredients. Grab plates for presentation. Set alarm for 4:45PM. 3 labelled bowls in the fridge. Simmer potatoes. Set oven to 375°F. Prep herb mix with oil in bowl for potatoes. Prep beef chuck, place in red wine bowl. 30mins timer set. Prep the tenderloin, wrap and freeze. Pot of boiling water set. Strainer set.
2:15	Make toasted bread and crusts, use herb dressing. Move on to Bourguignon. Start the simmering, pearl onions and mushrooms. Set 1-hour timer.
2:45	Check potatoes. If ready, remove and mix with herb salad. Keep covered for later. Are the croutons cooling?

	Move to tartare. Start with beef tenderloin, finish it then do others. Make cream.
3:50	Check stew. Prepare to serve. Warm up whole potatoes. Then slice for service. Plate & Picture.
4:15	Plate Tartare & Picture
4:30	Time if needed to do something.
5:00	Clean up

1 Block of Butter, one 3in. deep pans, 3 potatoes, 3 bowls, two trays lined with paper towel, big bowl for red wine marinade, seasoning tray, garnish tray

Herb Dressing

Parsley – 100g
 Rosemary – 2 sprigs
 Thyme – 8 sprigs
 Oil – 30ml
 Salt & pepper – to taste

Equipment List

- Burger lid for holding, measuring cup, small bowl, half sheet tray lined with parchment

Food List

- Tomato paste, carrots, pearl onions, beef stock, lardons, croutons(whole)

1. Beef Bourguignon

- Do not overcook when browning. Control the heat.

Equipment List

- All 4 cold bowls, gloves for mixing, spoons

Food List

- Micro herbs, quail egg, parsley, caper berries, sherry vinegar, croutons(sliced)

2. Steak Tartare

- Knife cuts! Be gentle. Be quick.

Journal

1. Beef Bourguignon

- This is a very traditional French beef stew. Its main ingredients are beef and red wine. The typical wine used is the burgundy wine which popular in the Burgundy region in eastern France, made using 100% pinot grapes. The part of the beef that is commonly used is the chuck. A well-marbled chuck beef is ideal. The chuck is a tougher cut of beef; therefore, slow cooking or moist heat methods of cooking will make it the chuck more tender. This stew is made by browning the beef chuck cubes to caramelize them for flavour extraction and not burn them, the beef is kept aside while the pot is deglaze with the vegetables, the wine, stock, flour and aromatics, then the beef is placed back in the pot to stew for at least an hour to make it tender and allow the sauce to thicken to a nappe consistency. The stew was served with a side of potatoes which boiled whole and skin-on, then marinated in an herb dressing made with thyme, parsley, chervil, olive oil, salt and pepper and served warm and uncut.
- Controlling the heat level is essential through out the cooking process. From the browning of the beef, to the browning of the vegetables, to the deglazing of the pan, to the simmering of the stew. Improper control may lead to burning of the products from heat levels too high and even drying out of the meat from over reduction. The heat should be adjusted accordingly during preparation.
- The pearl onions are simmered separately and added towards the end so that they can hold their shape and keep their colour. This improves the appearance of the stew. The mushrooms are browned separately and then added at the end as well to improve the flavour and appearance.
- Chef mentioned that the stew was slightly over reduced which made the stew very rich and intense; an addition of stock to thin out the stew would have made the stew less intense which would make it more edible since the flavour would then be both delicious and mellow. The potatoes needed some more salt to boost their flavour. The presentation was good.



2. Steak Tartare

- This is cold, freshly ground beef dish that is served with cold uncooked vegetables, and an egg yolk. The beef used in this dish is usually high-grade quality beef that is frozen to enable the slicing to be easier to julienne into pieces fine enough to make a mould. The beef may then be mixed with the some or all the other ingredients except the yolk or left as is and served separate from the other ingredients. The other ingredients that are usually served with the beef are usually vegetables that have strong and distinct flavours which complement eating the beef raw. There are usually one or more vegetables that are acidic and/or salty that is served as one of the accompanied vegetables; this is so because the acid present in said vegetables will tenderize the beef which will produce a unique flavour. The vegetables, just like the beef, are cut to a fine julienne and then minced. The dish was served with croutons and horseradish, Dijon and sherry vinaigrette dip.
- When preparing the dish, everything thing must be cold. This is to ensure the safe handling of the food and to prevent any form of contamination. All ingredients should be kept cold until needed and after the ingredients have been worked on, they should be returned to the refrigerator. While working on the ingredients, the ingredients need to be on ice.
- A sharp knife is important as one of the finesse skills that really elevate this dish is the knife cuts. A sharp knife will make the cuts smoother and finer as opposed to a “not sharp” that would just smash and bruise the products making them very unappealing to eat.
- Chef mentioned that the knife cuts were good. The beef had a bit too much parsley mixed in which was over-powering the flavour of the beef as opposed to complimenting it. The egg yolk had a bit of egg white on it. which should have been taken off. The accompanying vegetables were well cut. The presentation was very good.



Questions

Hi Chef. Given that beef stew traditionally take at least 2 hours to cook, would it make sense to use a pressure cooker to cook the “browned” beef and then using the liquid from the pressure cooker to deglaze the browning pan alongside the wine and then finished off in the pot? In what way would that affect the dish?

Specialty Meat & Dessert

RIS DE VEAU BRAISÉS (BRAISED CALF'S SWEETBREADS)

Yield: 4 servings Preparation Time: 0:45

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
2.20	Pounds	Calf's Sweetbreads	Not trimmed; 4 x 8.5 oz
1.50	Ounces	Butter	
3.50	Ounces	Carrot	
3.50	Ounces	Yellow Onion	
1.00	Each	Sachet d'epices	
2.00	Ounces	White Wine	
1.00	Ounces	Madeira	Or Port Wine
16.00	Ounces	Beef Stock	Thickened
0.50	Ounces	Butter	
		Accompanying Garnish:	
12.00	Ounces	Green Peas	
1.00	Ounce	Butter	
8.00	Each	Pearl Onion	
4.00	Ounces	Lettuce Leaves	Romaine
4.00	Ounces	Carrot	
4.00	Ounces	Turnips	
1.00	Ounce	Butter	

1. Prepare the calf's sweetbreads (preferably the day before):
 - a. Soak the sweetbreads in ice cold water, changing the water frequently.
 - b. Blanch them for 3 – 4 minutes, then refresh and drain well.
 - c. Remove any fatty parts, as well as any nerves and cartilages and trim into shapes if necessary.
 - d. Place the trimmed sweetbreads, in a refrigerator until required.
2. Prepare the aromatic garnish:
 - a. Peel, wash, and slice the carrots and onions
 - b. Wash and stalk the parsley; prepare the sachet de epice
3. Cook the sweetbreads:
 - a. Season the sweetbreads with salt and pepper and brown them in a sauteuse in order to tighten them up. Remove and keep aside
 - b. Add the aromatic garnish (carrots, onions, parsley stalks) to the same pan and cook without browning for 3 – 5 minutes.
 - c. Then place the sweetbreads on the aromatic garnish.
 - d. Deglaze with the white wine and let reduce.
 - e. Add the Madeira or Port and reduce again.
 - f. Add the brown stock.
 - g. Check the seasoning and add the sachet.
 - h. Cook the sweetbreads in a preheated 400°F oven for about 35 to 40 minutes.

4. Prepare the garnish:
 - a. Peel wash and tourné “turn” the carrots and turnips (1 – 2 pieces per servings).
 - b. Cook carrots and turnips by glazing “a blanc” method. (student to research blanc method).
 - c. Peel, wash, and cook the pearl onions by the same method.
 - d. Remove damaged outside leaves from the lettuce, pull off good leaves removing stalks. Wash well. Chiffonade the lettuce.
5. Cooking fresh green peas:
 - a. Sweat the chiffonade of lettuce in butter in a saucepan.
 - b. Add the green peas and 6 oz of water.
 - c. Cook the green peas slowly, covered, on low heat for just a few minutes. Pay attention to the reduction of the water. Thicken the peas with a little butter.
 - d. Correct seasoning with salt and pepper.
6. Finish and glaze the calf's sweetbreads:
 - a. Check that they are cooked and transfer them to a plate.
 - b. Pass the sauce through a fine strainer without pressing it.
 - c. Remove excess fat by skimming if necessary. Check the consistency and seasoning.
 - d. Glaze the sweetbreads just inside the oven or under the salamander.
 - e. Keep sauce hot separately, finish the sauce with butter to a glossy stage and check seasoning.
7. Finish the green peas:
 - a. Add the carrots, turnips, and onions to the green peas and lettuce. Check the seasoning and adjust.
8. To serve. Place the vegetables on the base, sweet breads on top and sauce around the plate.

TIPS:

Prepare all your vegetables before cooking them at the end, to avoid the peas and lettuce from turning brown in colour.

(tourne the carrots, turnips, pearl onions – blanch and keep aside. Prepare the peas and lettuce. Closer to service, complete vegetables)

Student to research Blanc cooking method

Student to research Sachet de epice

CUISSES DE GRENOUILLES À LA PROVENÇALE (Frogs Legs)

Yield: 4 servings Preparation Time: 0:30

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
8.00	Pair	Frog Legs	Trimmed, trussed
4.00	Ounces	Milk	
		Flour for dredging	One set-up per class; see Chef
2.00	Ounces	Vegetable Oil	For sautéing
1.00	Clove	Garlic	Minced
2.00	Ounces	White Wine	
2.00	Each	Tomato	Concassé, ¼" dice
0.50	Each	Anchovy Fillet	Minced
1.00	Ounce	Black Olives	
1.00	Teaspoon	Basil	Julienne

1. Cross the frog's legs by inserting one leg through the calf muscle of the other. Soak legs with milk, salt, and pepper for at least a ½ hour.
2. Dredge frog legs in flour; shake off excess.
3. Sauté in oil until browned on both sides, remove and pat dry, arrange on a platter and keep warm.
4. In the same skillet, add garlic, sauté, deglaze with wine, and reduce by half.
5. Add tomatoes, anchovy, olives, and half of the basil. Simmer until sauce consistency and season.
6. Pour the sauce over frog legs and sprinkle with the remaining basil.
7. Serve with crusty garlic and herb bread.

TIPS:

Soaking the frog legs in milk: This will help draw out any impurities and whiten and swell the **legs**. This process is usually done with most offal and some types of fish as well.

TARTE DES DEMOISELLES TATIN (UPSIDE-DOWN APPLE TART)

Yield: 6 servings Preparation Time: 0:45

<u>AMOUNT</u>	<u>MEASURE</u>	<u>INGREDIENT</u>	<u>PREPARATION</u>
6.00	Each	Granny Smith Apples	Peeled, keep whole
6.00	Ounces	Butter	
8.00	Ounces	Granulated Sugar	
8.00	Ounces	Puff Pastry	

1. In a 6” sauté pan, place the butter and sugar and melt slowly, stirring occasionally, allowing it to caramelize to a light brown.
2. Remove both ends of the apple with a melon baller. Cut the apple in half from stem end down. Remove core with the melon baller (see Chef Demo).
3. Roll puff pastry to 1/8” thick and 8” diameter. Dock and refrigerate.
4. Place the apple halves standing up and back-to-back in a crown in the caramelized butter-sugar mixture until you cover the entire bottom of the sauté pan. Wedge smaller pieces of apple in between to ensure tight packing.
5. Place the sauté pan back on low heat for 4 minutes.
6. Cover the apples with the puff pastry and tuck in the edges.
7. Place in a preheated 375°F oven for 20 minutes to finish baking the apples and the puff pastry.
8. When done refrigerate to gelatinize the cooked apples and the juice.
9. When ready to serve you might have to reheat the sauté pan a little to loosen the apples.
10. Carefully turn over the tart onto a platter. Et voila!

Week 9 Timeline

TIME (PM)	ACTIVITY
12:30	Gather equipment and ingredients. Grab plates for presentation. Set alarm for 4:45PM. Make seasoned bread. Start with Tart Tatin.
1:30	Soak frog legs.
1:45	Work on sweetbread.
3:00	Finish frog legs.
3:45	Present dishes starting with the frog legs, sweetbreads.
4:00	Serve dessert.

5:00	Clean up.

Food list

- 1 block of butter, sachet d'epice (peppercorn, bay leaf, thyme, rosemary)

Equipment List

- 4 stainless steel; 2 sauté pans, 5 holding trays, whisk, chinois x2, 2 pots of boiling water, ice for shocking in big stainless steel, mesh strainer

1. Sweetbread

- Do not overcook and brown. Remember, “a blanc”

2. Frog leg

- Use the pasta bowl.

3. Tart Tatin

- Use appropriate plate

Journal

1. Braised Calf's Sweetbreads

- This is considered a delicacy in French cuisine. The meat is gotten from the pancreas or the thymus glands of the calf. The sweetbreads are soaked in ice water, drained and then blanched before the fatty parts, nerves and cartilage are removed. They are then divided into portions, browned quickly, then braised using white wine and veal stock. When cooked it is tender and has a creamy texture. It can be served with accompanying vegetables that are cooked ‘a blanc’ i.e. cooked without browning. The vegetables used were pearl onions, turnips, carrots, green peas and frisee lettuce, which were blanched till al dente then sautéed lightly to just sweat to give the outer membrane a shiny and firm look.

- When handling the sweetbread, care must be taken not to damage the meat as it is very delicate. A sharp pairing knife will make remove the cartilage easier. The blanching should not be more than five minutes or else the meat may overcook and start getting rubbery in texture.
- Chef mentioned that the vegetables could have been blanched longer to achieve a softer texture. A tip would be to add a few extra as test pieces and use that to gauge the cook on the vegetables. The sweetbread by itself could've used more salt to amp up the flavour, however, when eaten with the sauce, was a perfect flavour since the sauce was very rich. The presentation was good.



2. Frog Legs

- This is considered a delicacy in French cuisine. The frogs that are used for eating are bred specifically for eating and only their legs are eaten. The meat tastes like a mix between chicken and fish when cooked. It should be cooked till well done but not dried out. Trussing the legs then sautéing on medium heat on both sides will brown the meat without burning it and will cook it through. Alternatively, it can be finished in the oven. When cooked, the juices should run clear. This can be served with a sauce made from the fond and some toasted bread of choice.
- Care must be taken when handling the frog legs so as not to damage the meat or the bones since they are very tender. Heat control during the browning process is important to be able

achieve the right cook without burning or overcooking the frog legs. Adjust the heat accordingly.

- Chef mentioned that the sauce had a great consistency and was very delicious. The frog legs were slightly undercooked and needed about five more minutes in the oven as the juices were not clear with a bit of pink. The presentation was simple and appealing.



3. Apple Tarte Tatin

- This is a dessert that originated in France. It is a dish where the fruit is caramelized in butter and sugar, before a layer of puff pastry is placed over it, tucked under the fruits and baked. It is known as an upside-down tart. The most used fruit is an apple; however, peaches or pears can be used as well. The slices of the fruit should be thick enough to not mush up and thin enough to cook through without burning.
- When preparing the dish, the fruits need to be tightly packed in the pan. Avoid having any loose space by placing a piece of fruit where the space is present. During the caramelization process, be careful not to burn the caramel or the fruit. This can be achieved by using low heat throughout.
- Chef mentioned that although the tart looked presentable, it did not turn out properly. It was quite soggy.



Questions

Hi Chef. With the idea of making caramelized onions, would caramelizing the apples in a mixture of melted butter with added sugar on low heat before being tucked in the pastry work as well?

Classical

French

Cuisine

Instructed By

Chef Atifa

Prinsloo