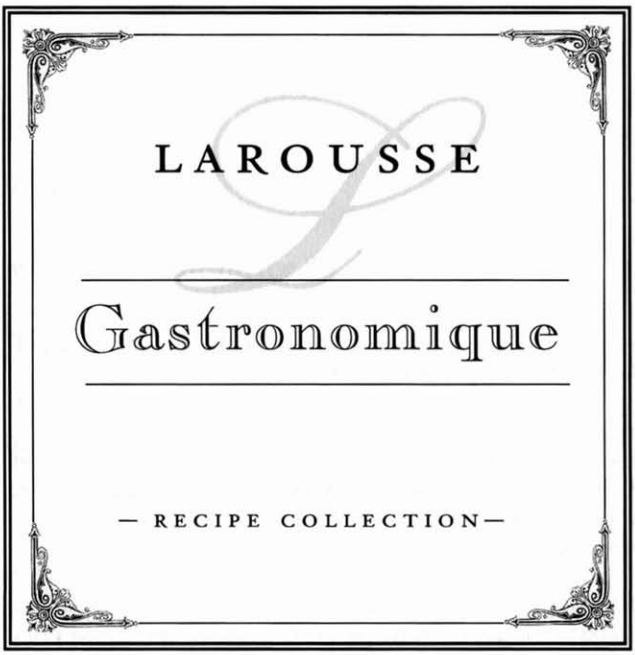
LAROUSSE

Gastronomique

DESSERTS, CAKES & PASTRIES

A TIMELESS COLLECTION OF MORE THAN 500 QUINTESSENTIAL DESSERTS, BISCUITS, CAKES, AND PASTRIES, TOGETHER WITH 60 RECIPES FOR SAUCES, CUSTARDS, ICINGS, PRESERVES, CREAMS, AND MORE.





DESSERTS, CAKES & PASTRIES

With the assistance of the Gastronomic Committee
President Joel Robuchon



CLARKSON POTTER/PUBLISHERS
NEW YORK

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Contents

Useful information *8*

Introduction *9*

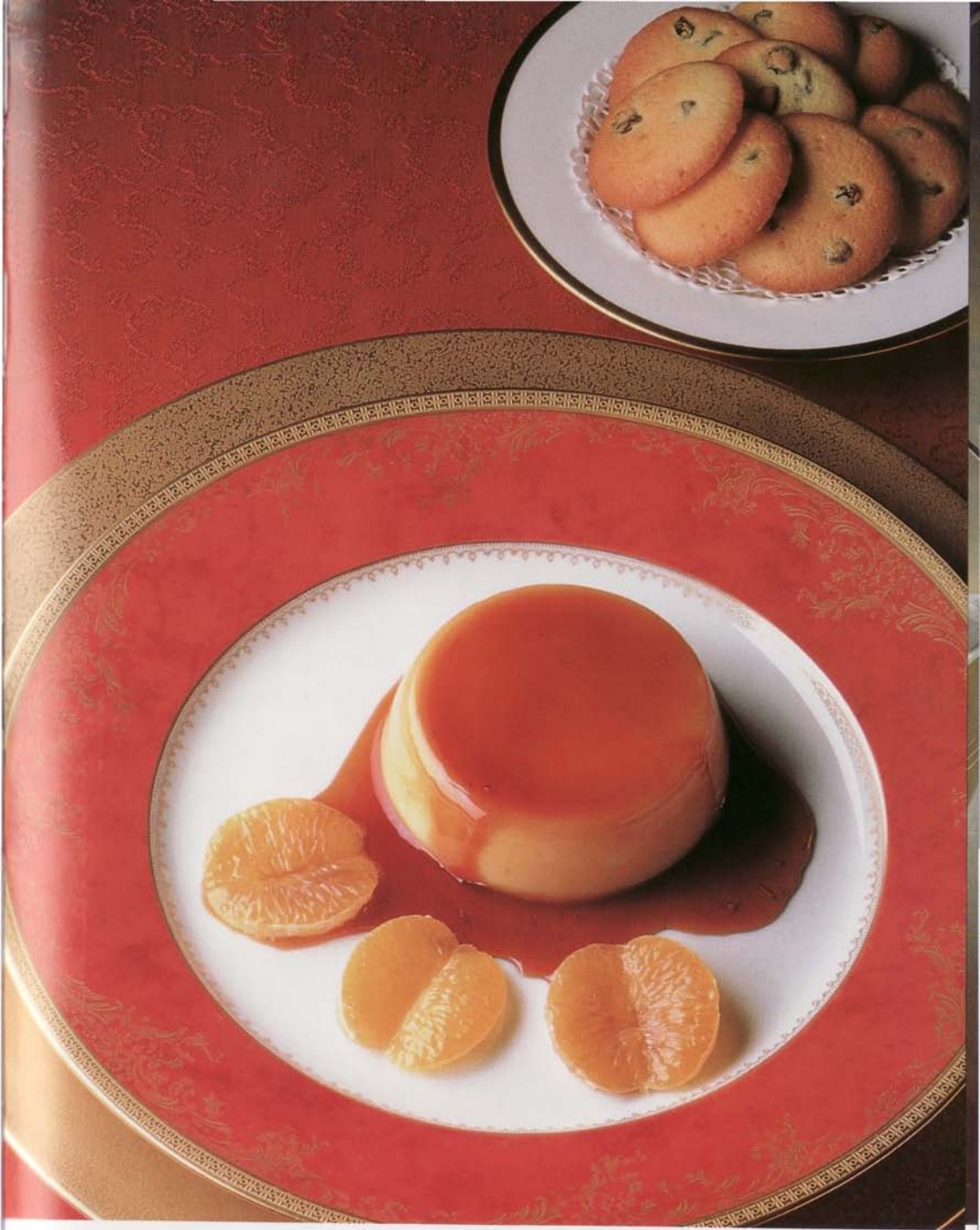
Desserts *10*
- Desserts & sweet puddings *13*
- Iced desserts *118*

Biscuits, cakes, pastries & sweet breads *148*
- Biscuits (cookies) *151*
- Cakes & gâteaux *165*
- Pastries *213*
- Sweet breads *268*

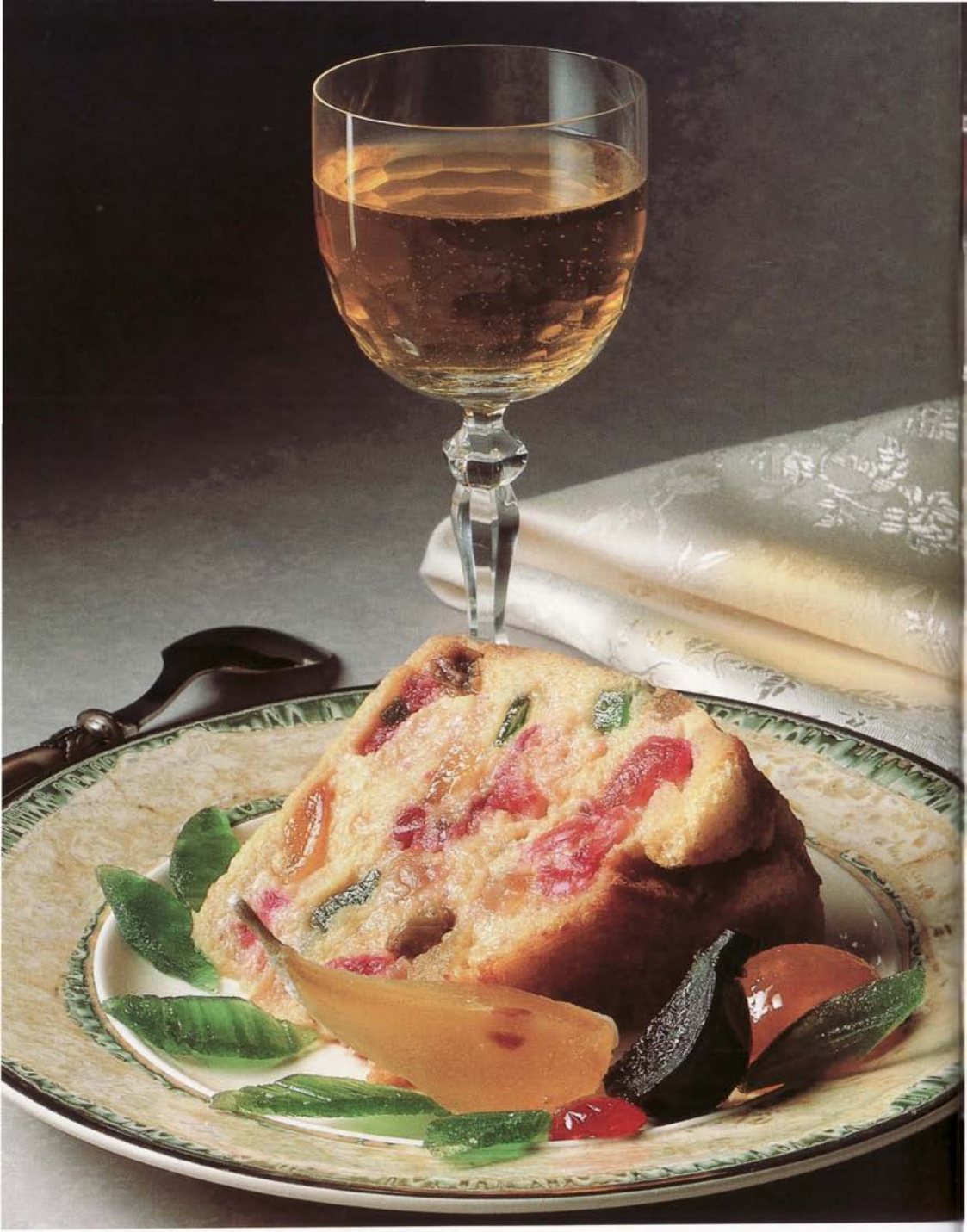
Basic recipes & classic additions *288*
- Batters *291*
- Butters & creams *293*
- Custards *296*
- Icings & pastes *298*
- Pastry & dough *301*
- Preserves & jellies *306*
- Sauces, coulis & purées *310*
- Sugar *313*

Index *320*

Acknowledgements *352*



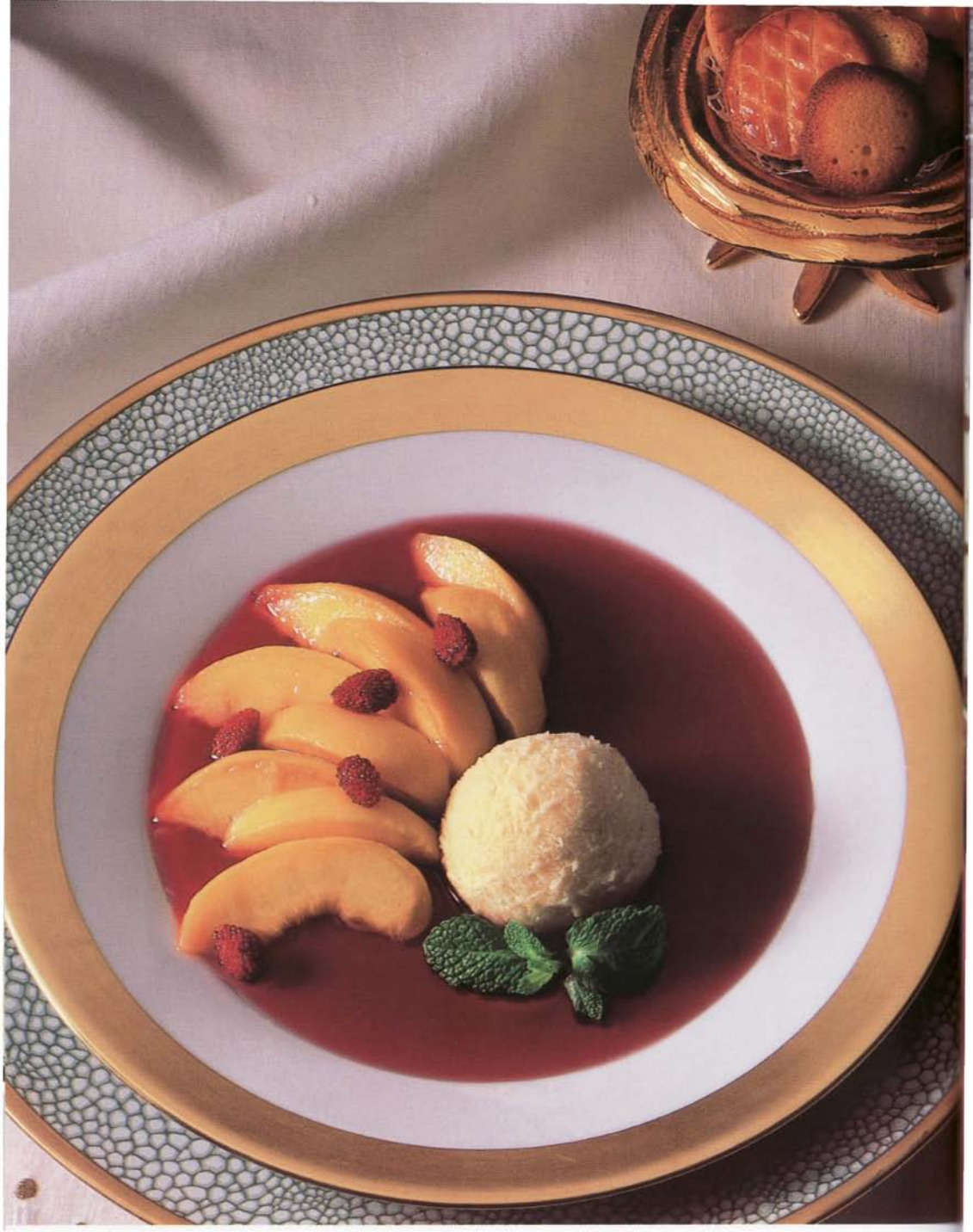
Crème caramel
Recipe on page 47



Diplomat pudding (baked)
Recipe on page 55



Floating islands
Recipe on page 61



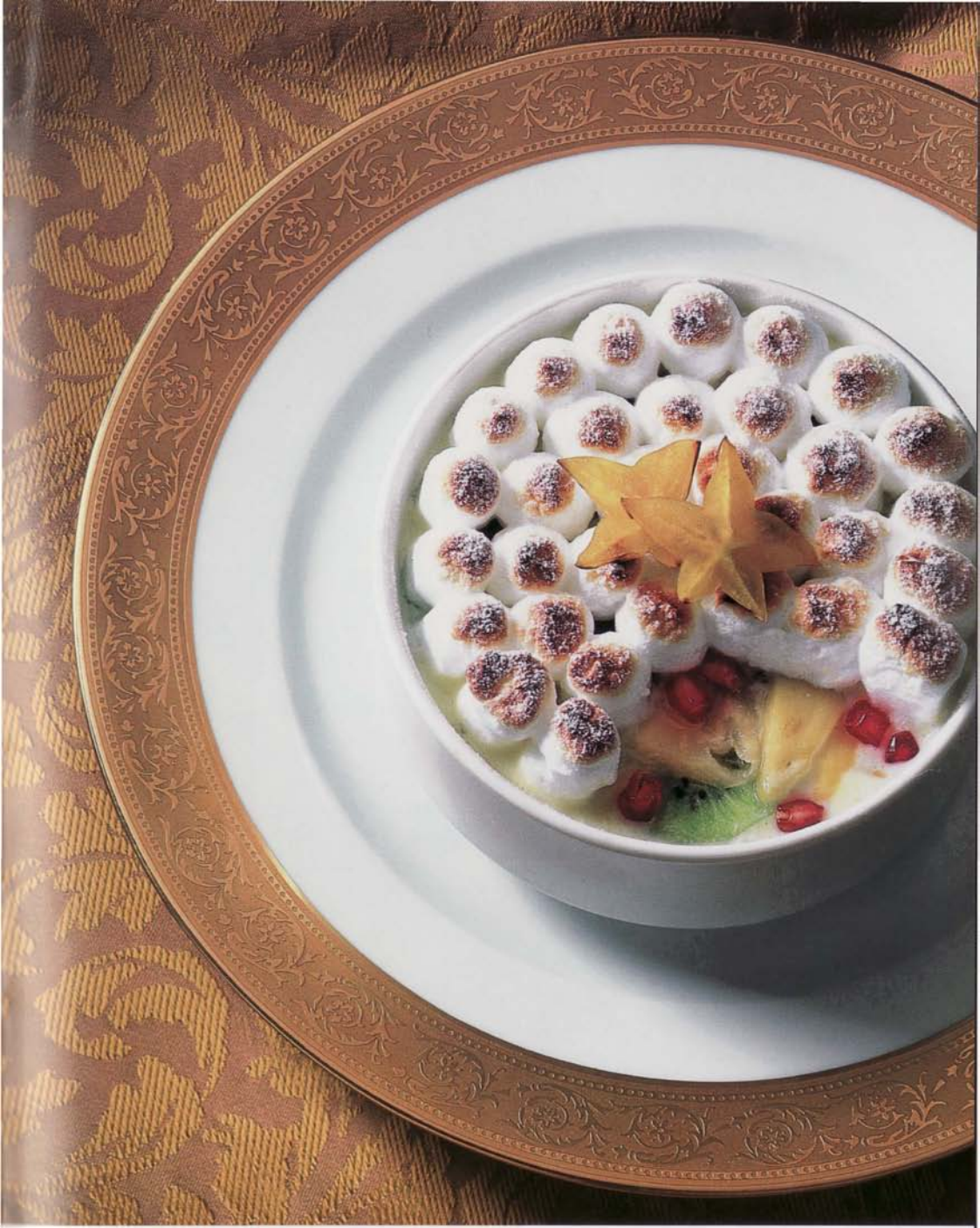
Peaches à la bordelaise
Recipe on page 82



Pineapple surprise
Recipe on page 89



Rice with almond milk and citrus fruit jelly
Recipe on page 100



Vanilla meringues with exotic fruit
Recipe on page 114



Passion fruit sorbet
Recipe on page 137



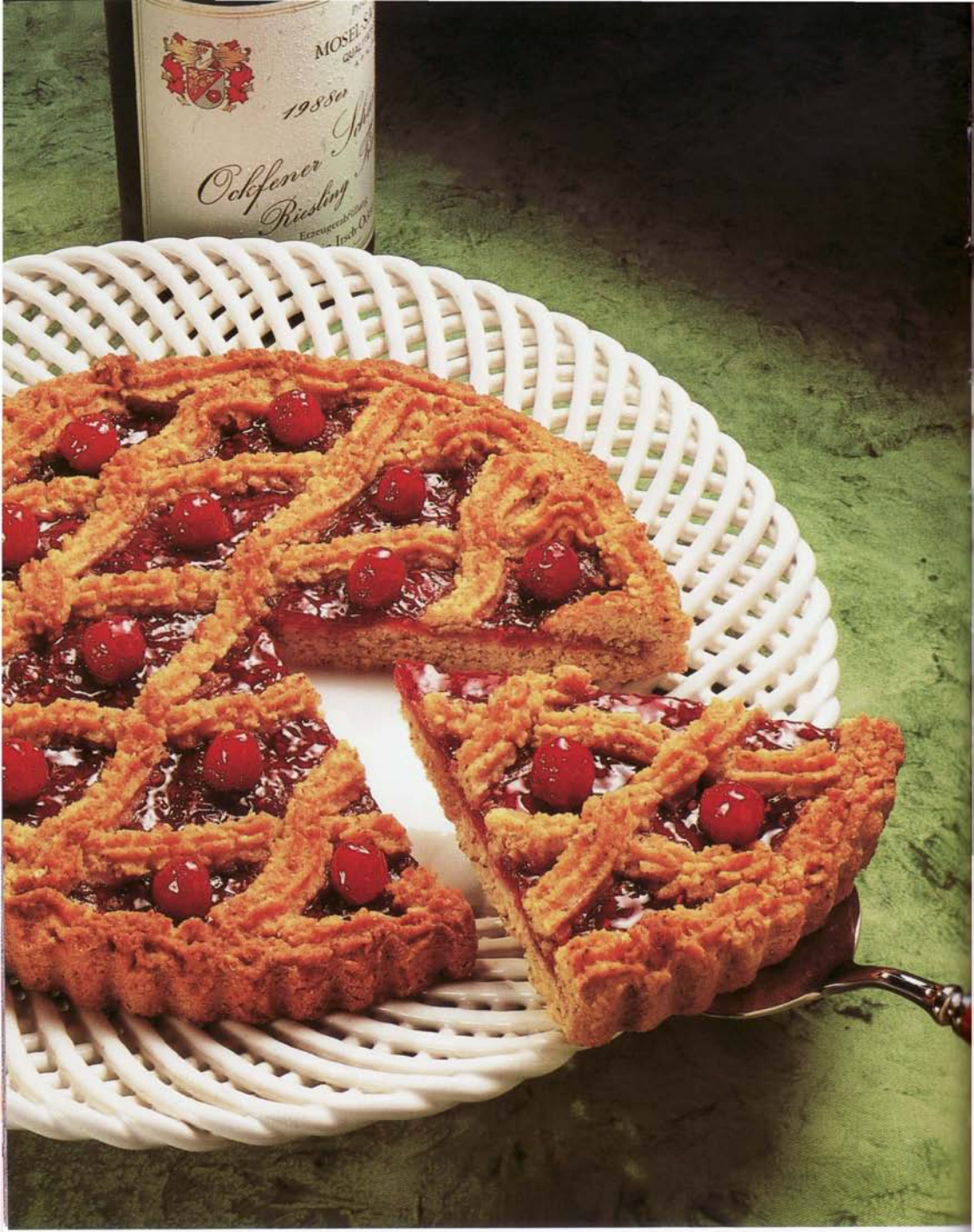
Redcurrants in a tulip
Recipe on page 161



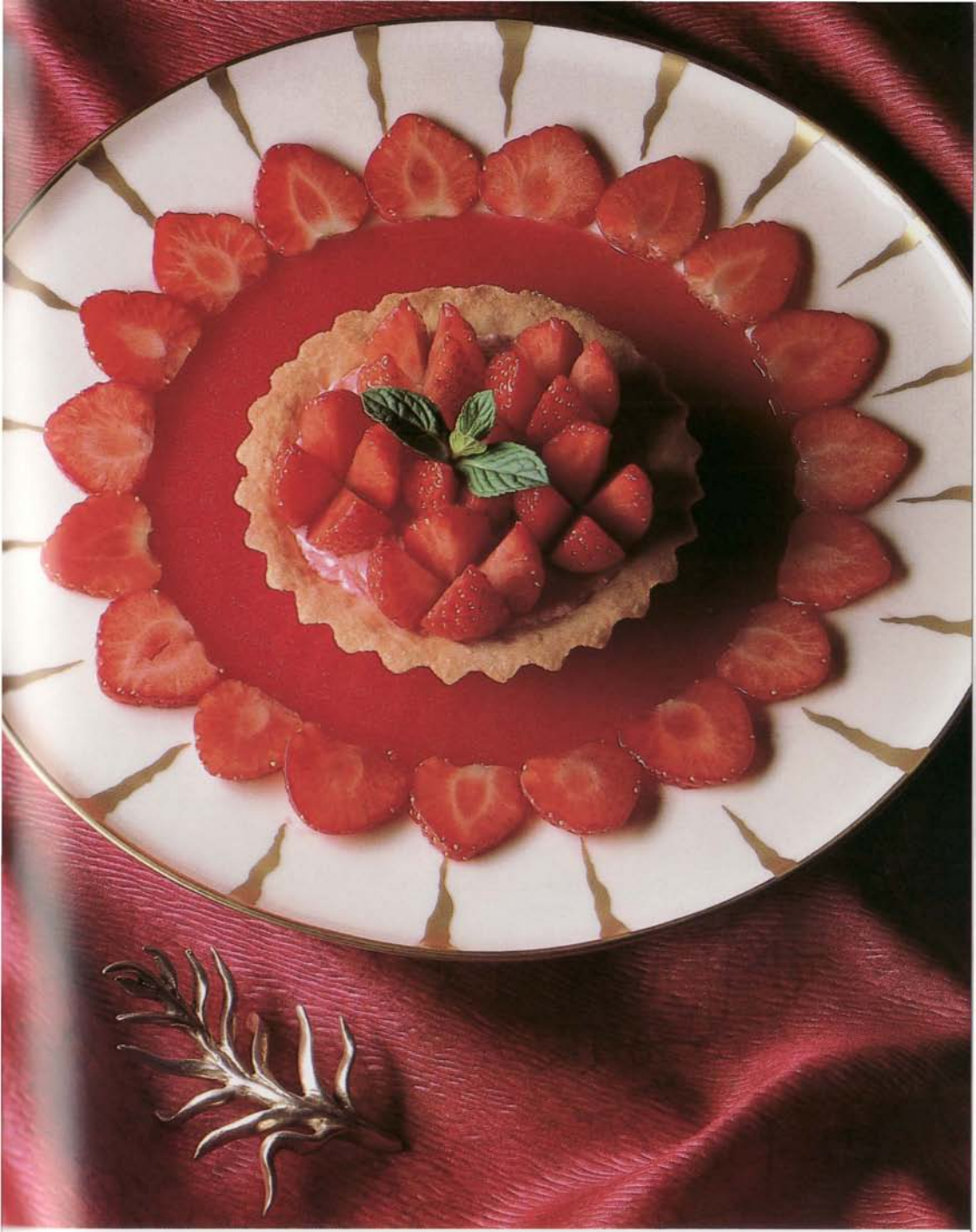
Black Forest gâteau
Recipe on page 169



Orange sandwich cake
Recipe on page 201



Linzertorte
Recipe on page 244



Strawberry délices
Recipe on page 261



Individual tangerine barquettes
Recipe on page 262



Kugelhopf
Recipe on page 279



Rum babas
Recipe on page 284

Useful information

How to use this book

The recipes are divided into two main chapters: Desserts, and Biscuits, cakes, pastries & sweet breads. Within these chapters, entries are grouped by type of dish and then by main ingredient in A–Z order. The third chapter, Basic recipes & classic additions, has recipes for the batters, custards, pastry, sauces and so on referred to in the first two chapters.

When an entry refers to another recipe, it may be found by first referring to the relevant section and then to the food or dish type. A comprehensive index of entries lists the entire contents.

Weights & measures

Metric, imperial and American measures are used in this book. As a general rule, it is advisable to follow only one set of measures and not to mix metric, imperial and/or cup quantities in any one recipe.

Spoon measures

Spoon measures refer to standard measuring utensils. Serving spoons and table cutlery are not suitable for measuring as they are not standard in capacity.

¼ teaspoon = 1.5 ml
½ teaspoon = 2.5 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml

Oven temperatures

Below are the standard settings for domestic ovens. However, ovens vary widely and manufacturer's instructions should be consulted. Individual ovens also perform differently and experience of using a particular appliance is invaluable for adjusting temperatures and cooking times to give the best results. Those working with commercial cooking appliances will be accustomed to using the higher temperatures attained. Many chefs' recipes refer to glazing or cooking in a hot oven for a short period: as a rule, the hottest setting for a domestic appliance should be used as the equivalent.

Temperatures and timings in the recipes refer to preheated ovens.

If using a fan-assisted oven, follow the manufacturer's instructions for adjusting timing and temperature.

Centigrade	Fahrenheit	Gas mark
110°C	225°F	gas ¼
120°C	250°F	gas ½
140°C	275°F	gas 1
150°C	300°F	gas 2
160°C	325°F	gas 3
180°C	350°F	gas 4
190°C	375°F	gas 5
200°C	400°F	gas 6
220°C	425°F	gas 7
230°C	450°F	gas 8
240°C	475°F	gas 9

Introduction

Larousse Gastronomique is the world's most famous culinary reference book. It was the vision of Prosper Montagné, a French chef who was responsible for the first edition published in Paris in 1938. His aims were to provide an overview of 20th-century gastronomy and its history, as well as a source of reference on the more practical aspects of cookery. Twenty-three years later the first English edition was published and it immediately became the culinary bible of chefs, cooks and food aficionados.

A new English edition of this monumental work was published in 2001. Completely revised and updated, it reflected the social and cultural changes, together with advances in science and technology, that have dramatically influenced our ideas about food, the way we cook and how we eat.

Distilled from the latest edition, in one convenient volume, is this collection of over 500 recipes for desserts, biscuits, cakes, pastries and sweet breads, together with 60 recipes for sauces, custards, icings, preserves, pastry and creams. Whether your interest is in the great traditions of French cuisine or in the wide spectrum of food as the international subject it has become, the recipes reflect the diversity of the world of cooking in the 21st century.

DESSERTS

Desserts & sweet puddings

Almond blancmange (modern)

Blanch and skin 450 g (1 lb, 3 cups) sweet almonds and 20 bitter almonds (or use all sweet almonds). In a blender purée the almonds with 1 litre (1¾ pints, 4⅓ cups) hot water; when the liquid is milky and the almonds are very fine, strain the mixture through muslin (cheesecloth). Sprinkle 25 g (1 oz, 4 envelopes) gelatine over 5 tablespoons almond milk and leave to swell. Heat the remaining almond milk with 100 g (4 oz, ½ cup) sugar, stirring frequently. When the sugar has dissolved and the liquid is almost boiling, stir into the gelatine, and continue stirring until the gelatine has melted. Pour the almond blancmange into a 1.15 litre (2 pint, 5 cups) mould, leave until cold, then refrigerate until firmly set.

Almond blancmange (traditional)

Blanch 450 g (1 lb, 3 cups) sweet almonds and about 20 bitter almonds. Leave them to soak in a bowl of cold water, which renders them singularly white. Drain in a sieve and rub in a napkin to remove the skins. Pound in a mortar,

moistening them, little by little, with 1½ tablespoons water at a time, to prevent them from turning into oil. When they are pounded into a fine paste, put into a bowl and dilute with 1.15 litres (2 pints, 5 cups) filtered water, added a little at a time. Spread a clean napkin over a dish, pour the almond mixture into it and, with two people twisting the napkin, press out all the almond milk. Add to the milk 350 g (12 oz, 1½ cups) sugar and rub through a fine sieve. Strain the liquid through a napkin once again and add 25 g (1 oz plus 4 grains) clarified isinglass a little warmer than tepid – or use 25 g (1 oz, 4 envelopes) gelatine dissolved in warm water. Blend with the blancmange. Pour into a mould and place in a container with crushed ice.

- *variations:* to make rum blancmange, add ½ glass rum to the mixture described above. To make a Maraschino blancmange, add the same amount of Maraschino.

To serve this dessert in small pots, prepare two-thirds of the quantity given in the recipe; you will, however, need less gelling agent, as when the blancmange is served in small pots it should be more delicate than when it is to be turned out.

Blancmanges can also be flavoured with lemon, vanilla, coffee, chocolate, pistachio nuts, hazelnuts and strawberries. Whipped cream can also be incorporated for a richer mixture.

Almond crêpes

Prepare some sweet crêpe batter and leave it to stand. Meanwhile, make some confectioner's custard (pastry cream), adding 75 g (3 oz, ¾ cup) ground almonds to each 600 ml (1 pint, 2½ cups) custard. Cook the pancakes and fill them with the almond cream. Roll them up, arrange them in an ovenproof dish, dust with caster (superfine) sugar, and brown them quickly in a preheated oven at 230°C (450°F, gas 8).

Almond milk jelly

Soak 3 leaves of gelatine in a little water. Alternatively ¾ oz, 1½ envelopes of dissolved powdered gelatine may be added to the hot milk. Blanch 250 g (9 oz, scant 2 cups) sweet almonds and 15 g (½ oz, 1 tablespoon) bitter almonds in 500 ml (17 fl oz, 2 cups) water for 2 minutes – or use all sweet nuts. Drain and skin the almonds and pound them thoroughly in a mortar, adding a few drops of iced water to prevent the nuts turning into oil. When the paste is completely smooth, strain the gelatine liquid into the almond paste (reserving the leaves) and stir.

Stretch some muslin (cheesecloth) over a bowl and carefully pour the mixture on to the cloth. Twist and squeeze the muslin to obtain 500 ml (17 fl oz, 2 cups) almond milk. Pour the milk into a saucepan. Crush the leaves of gelatine and add to the almond milk, together with 200 g (7 oz, 1 cup) caster (superfine) sugar. Bring slowly to the boil, stirring continuously. Then strain through a fine sieve. Spoon into individual dishes or into a ring mould. Chill the jelly until set.

American pudding

Put in a large bowl 75 g (3 oz, ¾ cup) stale breadcrumbs, 100 g (4 oz, 1 cup) plain (all-purpose) flour, 100 g (4 oz, ⅔ cup, firmly packed) brown sugar and 75 g (3 oz, ⅓ cup) chopped beef suet. Add 100 g (4 oz, ⅔ cup) finely diced crystallized (candied) fruit, 1 tablespoon blanched finely shredded orange zest and the same amount of lemon zest. Bind the mixture with 1 egg and 3 yolks. Add a generous pinch of cinnamon, the same amount of grated nutmeg and 1 liqueur glass of rum. Mix well and pour into a buttered and floured charlotte mould. Cook in a bain marie in a preheated oven at 200°C (400°F, gas 6) for about 50 minutes until firm. Leave to cool and turn out on to a serving dish. Serve with rum-flavoured zabaglione.

Apple and rice charlotte

Butter a charlotte mould. Line the bottom and sides with a layer of cold milky rice pudding to which an egg yolk and a stiffly whisked egg white have been added. Fill the mould with a well-reduced apple purée. Cover with a layer of rice pudding and place the mould in a bain marie. Bring to the boil on top of the cooker (stove) and then place the bain marie in a preheated oven at 220°C (425°F, gas 7) and cook for 40 minutes. Turn out on to a serving dish and coat with a hot blackcurrant sauce.

Apple and walnut crêpes

Make some sweet crêpes. Lightly brown some thin slices of apple in butter and sprinkle them with sugar. Cover a quarter of each crêpe with the apple slices and a few peeled moist walnuts. Fold the crêpes into four and sprinkle with more sugar. The crêpes may be flamed with Calvados or with another fruit liqueur if desired.

Apple charlotte (1)

Peel and core 3 kg (6½ lb) apples and cut into quarters. Slice them thinly and place in a shallow frying pan with 800 g (1¾ lb, 3½ cups) caster (superfine) sugar and 150 g (5 oz, ⅔ cup) butter. Place the pan over a brisk heat, stir the ingredients quickly with a wooden spatula, add a vanilla pod (bean) and reduce to a thick purée.

Butter a cold charlotte mould and dust it lightly with caster sugar. Slice a loaf of bread. Remove the crusts and cut the slices into 8 heart-shaped pieces and 16 very thin strips, 4 cm (1½ in) wide and the exact height of the mould. Dip the pieces in 100 g (4 oz, ½ cup) melted butter. Place the 8 hearts in a rosette in the bottom of the mould and arrange the 16 strips around the sides of the mould, so that they overlap with no gaps. To make it easier to unmould

the charlotte, brush the strips that are lining the inside of the mould with some beaten egg: this coating will stiffen the lining during cooking.

Mix the well-reduced apple purée with 200 ml (7 fl oz, ¾ cup) thick sweetened apricot purée and pour into the mould. Cook in a preheated oven at 220°C (425°F, gas 7) for 25–30 minutes. Leave to stand for a short time before turning out; serve hot.

Apple charlotte (2)

For 20–22 sponge fingers (ladyfingers), prepare a syrup with 200 (7 oz, generous ¾ cup) granulated sugar and 175 ml (6 fl oz, ¾ cup) water. Flavour the syrup (by addding 2 tablespoons of rum, for example). Line the bottom of a charlotte mould with sponge fingers that have been cut into a point and then steeped in the syrup. Line the sides of the mould with sponge fingers that have been cut to the height of the mould and soaked in syrup. Place them tightly together (cut-side down).

Peel and slice about 12 apples. Melt 1 tablespoon butter in a shallow frying pan, add the apples, 250 g (9 oz, generous 1 cup) caster (superfine) sugar, 1 vanilla pod (bean) and a little grated lemon rind. Cover and leave to cook for 5 minutes. Remove the lid from the pan and cook for a further 10 minutes, stirring occasionally. Then add 4 tablespoons apricot jam (preserve). Remove the vanilla pod and pour the purée into the lined mould. Cover with pieces of sponge finger. Place in a preheated oven at 190°C (375°F, gas 5) and bake for 30–40 minutes. Take the charlotte out of the oven, leave it to stand for about 15 minutes and then turn it out of the mould. Coat it with a hot apricot sauce.

Apple charlotte with brown sugar

Peel, core and quarter 4 Belle de Boskoop or Granny Smith apples. Remove the crusts from 10 slices of white bread and fry in 65 g (2½ oz, ¼ cup) butter.

Drain and use to line the bottom and the sides of a charlotte mould. Melt about 75 g (3 oz, ⅓ cup) butter in a frying pan, add 200 g (7 oz, 1¼ cups) soft brown sugar, then the apple quarters, and cook for 10 minutes, stirring from time to time. Flame with 1½ tablespoons warmed Calvados. Heap this mixture in the mould and bake in a preheated oven at 200°C (400°F, gas 6) for 30 minutes. Cool under a press, then turn out and serve with custard cream.

Apple compote

Prepare a syrup with 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water. Peel the apples, cut them into quarters, remove the cores and cover them with lemon juice. Boil the syrup, add the apples and remove as soon as they are tender. Serve either warm or cold.

Apple crown à la normande

Peel and core some dessert (eating) apples, and poach in a vanilla-flavoured syrup. Leave to cool in the syrup, then drain. Prepare an egg custard flavoured with Calvados, and cook in a plain ring mould in a bain marie. Leave to cool, then turn out on to a serving dish. Arrange the apple halves in the centre in a dome. Decorate with very thick Chantilly cream using a piping (pastry) bag with a fluted nozzle. Serve with an apricot sauce flavoured with Calvados.

Apple crumble

Into a food processor put 150 g (5 oz, 1¼ cups) plain (all-purpose) flour, add 150 g (5 oz, ⅔ cup) butter cut into pieces, and 150 g (5 oz, ⅔ cup) caster (superfine) sugar. Process until the mixture looks like breadcrumbs. Peel and core 1.5 kg (3¼ lb) apples. Cut into quarters, arrange in an ovenproof dish and cover with the crumble mixture. Cook for 35 minutes in a preheated oven at 200°C (400°F, gas 6). Serve with custard or thick crème fraîche.

Apple délicieux

Prepare and bake 675 g (1½ lb) apples on a baking sheet in a preheated oven at 190°C (375°F, gas 5). Reduce the pulp to a purée and allow to cool. Beat 5 egg yolks with 100 g (4 oz, ½ cup) caster (superfine) sugar until the mixture becomes light and foamy. Whisk the 5 whites stiffly and fold a little at a time into the egg mixture alternately with the apple purée and 65 g (2½ oz, ⅔ cup) dried white breadcrumbs. Empty the mixture into a buttered and floured soufflé dish and cook in a preheated oven at 190°C (375°F, gas 5) for 40–45 minutes. Dust with sugar and serve very hot.

Apple flamusse

Put 65 g (2½ oz, ⅔ cup) plain (all-purpose) flour in a mixing bowl. Make a well in the centre and add 75 g (3 oz, 6 tablespoons) caster (superfine) sugar, a generous pinch of salt and 3 beaten eggs. Mix with a wooden spoon until smooth. Gradually add 500 ml (17 fl oz, 2 cups) milk and mix well. Peel 3 or 4 dessert (eating) apples and cut them into thin slices. Arrange them on a buttered pie plate so that they overlap. Pour the batter mixture over the top and cook in a preheated oven at 150°C (300°F, gas 2) for 45 minutes. When cooked, turn the flamusse over to serve, and sprinkle the apples generously with caster sugar.

Apple fritters

Core the apples with an apple corer, peel and cut into rounds about 3 mm (⅛ in) thick. Sprinkle with lemon juice and macerate for 30 minutes in Cognac or Calvados. Drain, dip in batter and deep-fry in hot oil. Drain the fritters. Dust with caster (superfine) sugar and arrange on a napkin. Fritters may also be served dusted with icing (confectioner's) sugar and glazed in a hot oven or under a grill (broiler).

Apple gratiné

Make 1 litre (1¾ pints, 4⅓ cups) syrup per 1 kg (2¼ lb) apples, using 500 g (18 oz, 2¼ cups) sugar per 1 litre (1¾ pints, 4⅓ cups) water. Peel some firm dessert (eating) apples, cut them in half and poach gently in the syrup, making sure that they do not disintegrate. Drain and leave to cool.

Peel and core some apples, cut into quarters and weigh. For 500 g (18 oz) aples, allow 300 g (11 oz, ⅓ cups) sugar. Put the apples and sugar in a preserving pan with 2 tablespoons water. Cook gently until the apples crush under a spoon. Rub them through a strainer over a bowl. Put the purée back into the pan, bring to the boil, stirring continuously, and cook until the purée reaches a temperature of 106°C (223°F). Use the conserve to line a buttered ovenproof dish, then arrange the apple halves on top. Mix some fine breadcrumbs with half as much ground almonds. Scatter liberally over the apples, sprinkle with melted butter and brown in a preheated oven at 220°C (425°F, gas 7).

The syrup in which the apples have been cooked can be strained and used to cook apples or other fruit.

Apples flamed with Calvados

Pommes flambées au calvados Peel some apples, core them and arrange in a buttered ovenproof dish. Sprinkle with sugar and melted butter and cook in a preheated oven at 220°C (425°F, gas 7) until just tender. Arrange the apples in a silver timbale or flameproof dish and heat it. Sprinkle with warmed Calvados and set alight.

Apple soufflés

Cut 8 large dessert (eating) apples in half, core them and then scoop out half the pulp without piercing the skin. Cook the pulp for 5 minutes with

2 tablespoons water, without stirring, in a covered saucepan. Then add 300 g (11 oz, 1⅓ cups) caster (superfine) sugar to the pulp and continue cooking, stirring to obtain a very smooth purée. Sprinkle the inside of the fruit halves with 100 ml (4 fl oz, ½ cup) brandy and add another 100 ml (4 fl oz, ½ cup) brandy to the apple purée. Stiffly whisk 5 egg whites and fold them into the apple purée. Arrange the apple halves in a well-buttered ovenproof dish, use a spoon or piping (pastry) bag to fill them with apple purée and sprinkle with 50 g (2 oz, ⅓ cup) icing (confectioner's) sugar. Cook in a preheated oven at 230°C (450°F, gas 8) for 10–12 minutes until browned. Serve immediately. The apples soufflés may be served on a caramel sauce, made by adding single (light) cream to caramel, or a caramel dessert sauce based on a custard, flavoured with light caramel. Diced red, yellow and green apple makes an attractive decoration.

Apples with cream and kirsch

Peel and core crisp sweet dessert (eating) apples, sprinkle them with lemon juice and cook them in boiling vanilla-flavoured syrup until transparent. Drain and leave to cool. Mix very cold fresh double (heavy) or whipping cream with a quarter of its volume of very cold kirsch, then whip until the whisk leaves a trail. Pour this over the apples.

Apples with honey and salted butter

Peel, halve and core 8 dessert (eating) apples. Pour 250 g (9 oz, ¾ cup) liquid acacia honey into a flameproof baking dish, spreading it evenly. Place this dish over a brisk heat until the honey has browned. Remove from the heat and arrange the apple halves in the dish with their curved sides underneath and a small knob of salted butter in each. Cook in a preheated oven at 240°C (475°F, gas 9) for 10 minutes. Serve immediately.

Apricot compote

Halve the apricots, remove the stones (pits) and extract and blanch the kernels in boiling water. Cook the fruit for about 20 minutes in syrup: use 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water. Arrange the apricot halves in a fruit bowl with half a kernel on each; pour the syrup over them.

Apricot compote (baked)

Place some apricot halves in an ovenproof dish. Sprinkle them with sugar and bake in a preheated oven at 180°C (350°F, gas 4) for about 20 minutes. Serve in a fruit dish.

Apricot croquettes

Cook 500 g (18 oz) apricots in syrup, drain, dry and cut into large dice. Add 400 ml (14 fl oz, 1¾ cups) very thick confectioner's custard (pastry cream). Flavour the apricot mixture with rum and leave to cool completely. Divide into portions of 50–65 g (2–2½ oz).

Mould each portion into a small ball, flatten slightly and roll in flour, beaten egg and fresh breadcrumbs. Deep-fry in oil heated to 175–180°C (347–350°F) and serve with hot apricot sauce.

Apricot fritters

Stone (pit) some ripe apricots and macerate for 30 minutes in sugar and rum (or kirsch or Cognac). Drain thoroughly, dip in sweetened or unsweetened batter and deep-fry in hot oil. Remove the fritters and drain. Dust them with caster (superfine) sugar and arrange on a napkin. Fritters may also be served dusted with icing (confectioner's) sugar and glazed in a hot oven or under a grill (broiler).

Apricot pannequets

Pannequets are sweet or savoury pancakes that can be filled with chopped ingredients, a purée or a cream.

Make a batter with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, a pinch of salt, 3 beaten eggs mixed with 1 tablespoon caster (superfine) sugar, 250 ml (8 fl oz, 1 cup) milk, 250 ml (8 fl oz, 1 cup) water and 1 tablespoon melted butter. Use the batter to make some fairly thick pancakes (8 are required for this recipe). Pile them in a covered dish and keep hot over a saucepan of boiling water. Make 250 ml (8 fl oz, 1 cup) confectioner's custard (pastry cream) flavoured with rum and add to it 12 very ripe apricots (or drained canned apricots), stoned (pitted) and cut into dice, and 75 g (3 oz, ¾ cup) coarsely chopped almonds. Spread the pancakes with this preparation and roll them up. Arrange them in a buttered ovenproof dish, dust them generously with icing (confectioner's) sugar, and place them in a preheated oven at 230°C (450°F, gas 8) for 8–10 minutes.

Apricots à l'ancienne

Poach large apricot halves in a vanilla-flavoured syrup. Drain them and arrange on a layer of sponge cake which has been soaked with rum and coated with sweet apple purée. Sprinkle the apricots with chopped almonds and sugar, spoon over a little melted butter and bake in a preheated oven at 220°C (425°F, gas 7) until brown on top. Serve with a sauce made of apricot jam (preserve) diluted with a little hot water, sieved and then flavoured with rum.

Apricots bourdaloue

Poach 16 apricot halves in a light vanilla-flavoured syrup. Drain and wipe with paper towels. Two-thirds fill a flameproof dish with cooked dessert semolina. Arrange the apricot halves on top. Cover with a thin layer of

semolina and top with 2 crushed macaroons and 1 tablespoon sugar. Place in a very hot oven for a short time to glaze the top. Serve with apricot sauce. Pudding (short-grain) rice may be used instead of semolina and peaches or bananas instead of apricots.

Apricots colbert

Poach apricot halves in a sugar syrup until barely tender, then pat dry. Fill each half with thick cold rice pudding; sandwich the halves together and coat with egg and breadcrumbs. Deep-fry the coated apricots, drain and serve with an apricot sauce flavoured with kirsch.

Apricots condé

Poach apricot halves in a sugar syrup and arrange on both sides of a thick ring of cold rice pudding. Decorate with glacé (candied) cherries and angelica. Insert split blanched almonds between the apricots. Heat the apricot ring in a preheated oven at 160°C (325°F, gas 3) and serve with a kirsch-flavoured apricot sauce.

Apricots flambé

Allow 4–6 poached and drained apricot halves per person; while still hot place in individual dishes. Spoon 2–3 tablespoons of the hot poaching syrup over each portion, warm a scant tablespoon kirsch for each portion and set alight and pour over the fruit.

Attereaux of apricots Pompadour

Thread slices of stale brioche on skewers, alternating with halved apricots, which have been cooked in syrup and thoroughly drained. Dip them in fried custard mixture flavoured with rum or kirsch. Coat them with breadcrumbs

and deep-fry quickly in hot oil at 180°C (350°F). Drain on paper towels, sprinkle with caster (superfine) sugar and serve with hot apricot sauce.

Attereaux of pineapple

Peel a fresh pineapple and cut into cubes. Thread the cubes on to skewers, dip them into a fried custard mixture, coat with breadcrumbs and deep-fry.

Baked apples

Make a light circular incision round the middle of some firm cooking apples. Core them and then place them in a large buttered ovenproof dish. Fill the hollow in each apple with butter mixed with caster (superfine) sugar. Pour a few tablespoons of water into the dish. Cook in a preheated oven at 220°C (425°F, gas 7) until the apples are just tender, about 30 minutes. Serve the apples in the dish in which they were cooked.

Baked bananas

Bake unpeeled bananas in a preheated oven at 220°C (425°F, gas 7) for 10–20 minutes. Peel off a third of the skin lengthways to form a boat shape and serve with melted butter and caster (superfine) sugar or with redcurrant jelly.

Baked pears with Sauternes

Make some walnut ice cream with a custard base made from 1 litre (1¾ pints, 4⅓ cups) milk, 150 ml (5 fl oz, ⅔ cup) walnuts ground to a purée with a little milk, 150 g (5 oz, ⅔ cup) caster (superfine) sugar and 6 whole eggs. Peel, core and halve 2 Doyenné du Comice pears. Put 200 g (7 oz, ¾ cup) butter and 300 g (11 oz, 1⅓ cups) sugar in a sauté pan over a medium heat. As soon as the caramel begins to thicken, add the pears, then a bottle of Sauternes and cook slowly until the fruit is tender. Serve with the ice cream.

Baked quinces

Generously butter an ovenproof dish. Peel 4 very ripe quinces and hollow them out carefully with an apple corer. Mix 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream with 65 g (2½ oz, 5 tablespoons) caster (superfine) sugar and fill the quinces with the mixture. Sprinkle the fruit with 125 g (4½ oz, ½ cup) caster (superfine) sugar and bake in a preheated oven at 220°C (425°F, gas 7) for 30–35 minutes, basting several times.

Banana croûtes à la maltaise (1)

Cut from a stale brioche 12 rectangular slices, 6 cm (2½ in) long and slightly wider than a banana. Arrange these slices on a baking sheet, dust with caster (superfine) sugar and glaze in a preheated oven at 230°C (450°F, gas 8). Peel 6 bananas and cut them in half lengthways. Lay these banana halves on a buttered baking sheet, sprinkle them with caster sugar and cook them for 5 minutes in the preheated oven at 230°C (450°F, gas 8).

Make a turban shape on a round ovenproof dish, alternating the bananas and the slices of brioche. Make a thick confectioner's custard (pastry cream) flavoured with orange zest and mixed with split almonds. Fill the centre of the turban with this mixture. Sprinkle the whole preparation with finely crumbled macaroons, moisten with melted butter and brown in the preheated oven. Just before serving, surround the turban with a thin ribbon of apricot sauce flavoured with rum or with a fruit liqueur.

Banana croûtes à la maltaise (2)

Cut a large, day-old brioche into slices, and then cut the slices into rectangles a little longer and wider than the bananas. Arrange them on a baking sheet, sprinkle with sugar, and lightly glaze in a preheated oven at 220°C (425°F, gas 7). Meanwhile peel 6 bananas, cut them in half lengthways, and sprinkle

lightly with lemon juice. Place the bananas on a buttered baking sheet and cook in the oven for 5 minutes. Arrange the bananas, alternating with slices of brioche, in a circle in an ovenproof dish. Fill the centre with a confectioner's custard (pastry cream) flavoured with orange zest. Sprinkle the whole dish with finely crushed macaroons and melted butter and brown in the oven. Before serving, decorate with candied orange peel.

Banana fritters

Peel some bananas and cut in half lengthways. Macerate for 1 hour in white or dark rum with sugar. Dip in batter and deep-fry in hot oil. Drain, dust with caster (superfine) sugar and arrange on a napkin.

Banana soufflé

Mix together in a saucepan 1 tablespoon sifted flour and a pinch of salt with 100 ml (4 fl oz, 7 tablespoons) milk, which has been boiled with 2 tablespoons caster (superfine) sugar and ½ vanilla pod (bean) and then cooled. Boil the mixture for 2 minutes, whisking all the time, then remove from the heat and add the pulp of 4 finely sieved bananas, 2 egg yolks and 20 g (¾ oz, 1½ tablespoons) butter. Flavour, if required, with kirsch or rum. Fold in 3 stiffly whisked egg whites. Pour the mixture into a 20 cm (8 in) buttered soufflé mould (or small ramekins) coated with caster sugar. Cook in a preheated oven at 200°C (400°F, gas 6) for 30 minutes for a large soufflé or about 12 minutes for ramekins.

Banana soufflés

Select some firm ripe bananas. Peel off a strip of skin from each and remove the flesh. Sprinkle the flesh with lemon juice, mash and mix with a very small amount of confectioner's custard (pastry cream). Fold in whisked egg whites

to prepare a soufflé mixture. Fill the skins with the soufflé mixture. Smooth the surface. Bake in a preheated oven at about 200°C (400°F, gas 6) for 8–9 minutes. Serve immediately.

Bananas à la créole au gratin

Select firm bananas and peel off a wide strip of skin from each. Remove the flesh in one piece, without crushing and sprinkle with lemon juice. Blanch the skins for 2 minutes in boiling water, cool by dipping in cold water and pat dry. Slice the flesh and soak for 30 minutes in lemon juice, sugar and rum. Put a layer of cooked rice pudding mixed with finely chopped crystallized (candied) fruit into each skin. Arrange the banana slices vertically on top and cover with finely crushed macaroons. Coat with melted butter and place under a hot grill (broiler).

A rum-flavoured apricot sauce can be served with the bananas.

Bananas flambé

Peel some firm bananas and cook in butter or a vanilla-flavoured sugar syrup, without allowing them to become soft. Drain. Warm some rum, Calvados, Armagnac or Cognac and pour over the bananas. Set alight and serve.

Bananas in butter

Peel some just-ripe bananas and arrange in a buttered ovenproof dish. Pour some melted butter over and dust with sugar. Bake in a preheated oven at about 200°C (400°F, gas 6) for 15 minutes.

Bavarian cream

A Bavarian cream is a cold dessert made from egg custard, stiffened with gelatine, mixed with whipped cream and sometimes flavoured. Soak 15–20 g

(½–¾ oz, 2–3 envelopes) gelatine in 3 tablespoons cold water. Heat 600 ml (1 pint, 2½ cups) milk with a vanilla pod (bean). Work together 8 egg yolks, 100 g (4 oz, ½ cup) caster (superfine) sugar and a pinch of salt. When the mixture is smooth, strain in the milk, stir well, then add the gelatine and mix. Stir continuously over a gentle heat until the mixture coats the back of a spoon. The mixture must not boil. Pour into a bowl and allow to cool, then refrigerate until the custard is cold and just beginning to thicken.

Chill 350 ml (12 fl oz, 1½ cups) double (heavy) cream and 75 ml (3 fl oz, ⅓ cup) milk in the refrigerator. Then whip together. As soon as it begins to thicken, add 50 g (2 oz, ¼ cup) caster sugar. Fold the cream into the cooled mixture. Brush the inside of a Bavarian cream (or soufflé or savarin) mould with oil, preferably almond oil. Fill to the brim with the Bavarian cream mixture. Cover with lightly oiled paper and refrigerate until firmly set. To loosen the cream, dip the bottom of the mould in hot water, place a serving dish on top of the mould and quickly turn them over together.

- *coffee Bavarian cream:* add 2 tablespoons instant coffee to the milk instead of the vanilla pod.
- *chocolate Bavarian cream:* add 100 g (4 oz, 4 squares) melted plain (bittersweet) chocolate to the milk.
- *lemon or orange Bavarian cream:* add the juice of 2 lemons or oranges.
- *Bavarian cream liqueur:* add about 2 teaspoons liqueur or more depending on its particular strength of flavour.

Bavarian cream à la cévenole

Make a Bavarian cream mixture and add an equal volume of puréed marrons glacés flavoured with kirsch. Brush a round mould with sweet almond oil and heap the mixture into it. Set in the refrigerator, then turn out on to a serving dish. Decorate with piped Chantilly cream and halved marrons glacés.

Bavarian cream à la créole

Grease a mould with sweet almond oil and fill it with alternating layers of rum-flavoured and pineapple-flavoured basic Bavarian cream, separating the layers with finely chopped bananas soaked in rum. Place in the refrigerator for about 3 hours. Then turn it out on to a dish and decorate with Chantilly cream. Sprinkle with chopped pistachio nuts.

Bavarian cream à la normande

Line the base of a suitable mould with a thick layer of the basic Bavarian cream flavoured with Calvados. Leave to set. Prepare an apple purée and stir in sufficient dissolved gelatine to set it. Allow 15 g (½ oz, 2 envelopes) gelatine for 300 ml (½ pint, 1¼ cups) purée. Whip 150 ml (¼ pint, ⅔ cup) double (heavy) cream with 2 tablespoons icing (confectioner's) sugar until thick. Mix the whipped cream with the apple purée, spoon into the mould and top with a layer of the basic Bavarian cream.

Bavarian cream au parfait amour

Finely shred the zest of ½ a lemon and place in a bowl. Add 475 ml (16 fl oz, 2 cups) boiling milk, 6 cloves and 100 g (4 oz, ½ cup) caster (superfine) sugar, stir well, then leave to infuse for 1 hour. Strain the mixture and add 15–20 g (½–¾ oz, 2–3 envelopes) gelatine dissolved in 6 tablespoons hot water and sufficient cochineal or red food colouring to give a pink colour. Chill the bowl and as soon as the mixture begins to set, stir in 125 g (4½ oz, ½ cup) soft cream cheese. Turn into a dish and refrigerate until firmly set.

Bavarois aux fruits

Soak 25 g (1 oz, 4 envelopes) gelatine in 5 tablespoons cold water. Warm 500 ml (17 fl oz, 2 cups) heavy sugar syrup, add the gelatine and stir to

dissolve. Cool slightly, then add the juice of 3 lemons and 500 ml (17 fl oz, 2 cups) thick fruit purée (apricot, pineapple, blackcurrant, strawberry, raspberry) and refrigerate until on the point of setting. Whip 450 ml (¾ pint, 2 cups) double (heavy) cream with 50 g (2 oz, ¼ cup) caster (superfine) sugar until softly thick and gently fold this into the half-set fruit jelly. Turn the mixture into an oiled mould and refrigerate until it is firmly set, then turn out. It may be served with a fruit sauce (preferably matching the fruit that is used in the cream).

Beauharnais bananas

Peel 6 bananas and arrange in a buttered ovenproof dish. Sprinkle with sugar and 4 tablespoons white rum. Bake in a preheated oven at 200°C (400°F, gas 6) for 5–8 minutes. Pour some double (heavy) cream over, sprinkle with crushed macaroons and a little melted butter, then glaze in a preheated oven at 240°C (475°F, gas 9). Serve in the baking dish.

Bilberry compote

Dissolve 500 g (18 oz, 2¼ cups) caster (superfine) sugar in 200 ml (7 fl oz, ¾ cup) water. Add a little grated lemon zest, and boil for 5 minutes. Clean 1 kg (2¼ lb, 5 cups) bilberries (huckleberries), add them to the syrup and boil for 8–10 minutes. Drain the bilberries using a slotted spoon and place them in a bowl. Reduce the syrup by one-third and pour it over the bilberries. Serve well chilled. When prepared by this method, the bilberries can be used to make a tart.

Biscuit pudding with crystallized fruits

Soak 125 g (4½ oz, ⅔ cup) currants in rum. In a saucepan, moisten 200 g (7 oz, 2½ cups) crumbled sponge finger biscuits (ladyfingers) with 600 ml

(1 pint, 2½ cups) boiling milk to which 150 g (5 oz, ⅔ cup) caster (superfine) sugar has been added. Work the mixture over the heat, then add 150 g (5 oz, ¾ cup) diced crystallized (candied) fruits, the rum-soaked currants, 3 egg yolks and 125 g (4½ oz, ½ cup) melted butter. Finally, fold in 3 egg whites whisked into very stiff peaks. Butter a smooth, round mould, sprinkle it with breadcrumbs, pour the mixture into it, and cook in a bain marie in a preheated oven at 200°C (400°F, gas 6) for 50–60 minutes. Serve with a pineapple or cherry sauce.

Blackcurrant charlotte (frozen)

To make the ice cream, beat 6 egg yolks and 200 g (7 oz, ¾ cup) sugar until white and fluffy. Add 60 ml (2 fl oz, ¼ cup) blackcurrant liqueur and, if available, some blackcurrants macerated in sugar. Add 6 tablespoons cold milk to 400 ml (14 fl oz, 1¾ cups) very thick, cold double (heavy) cream and whip until the cream stands in peaks. Mix the whipped cream with the blackcurrant mixture and pour into a container. Place in the freezer until it is slightly set.

Line the base and sides of a charlotte mould with sponge fingers (ladyfingers) dipped in blackcurrant syrup and cut to fit the mould. Fill the mould with alternate layers of blackcurrant ice cream and sponge fingers soaked in the syrup. Finish with a layer of fingers. Weight the top, then place in the freezer. Turn out the frozen charlotte just before serving. It can either be served with custard or decorated with Chantilly cream and blackcurrants cooked in a sugar syrup.

Bricelets vaudois (waffles)

Put 65 g (2½ oz, 5 tablespoons) butter and 100 g (4 oz, ½ cup) caster (superfine) sugar into a mixing bowl and beat into a foamy mixture. Add

1 egg plus 1 yolk, 250 ml (8 fl oz, 1 cup) crème fraîche, a pinch of salt and the grated zest of 1 lemon. Mix together, then add 200 g (7 oz, 1¾ cups) sifted plain (all-purpose) flour. Work together quickly to make a runny batter. Using a ladle or spoon, pour small quantities of the batter into a waffle iron. Close the iron and cook, then remove and serve hot, dusted with sugar or with butter and syrup.

Buttered apples

Core and peel some apples and place them for 2 minutes in boiling water with some lemon juice added to it (or squeeze the lemon juice over the apples). Drain, arrange in a buttered ovenproof dish, sprinkle with caster (superfine) sugar and moisten with a few drops of water. Cover and cook in a preheated oven at 220°C (425°F, gas 7) until tender. Place each apple on a round slice of bread fried in butter. Add a few tablespoons of sugar or golden (corn) syrup and some butter to the cooking juices, stir in until the butter has melted and pour over the apples.

Cabinet pudding

Prepare 600 ml (1 pint, 2½ cups) vanilla-flavoured egg custard. Cut 100 g (4 oz, ⅔ cup) crystallized (candied) fruits into a fine dice. Wash 100 g (4 oz, ⅔ cup) seedless raisins, then moisten them with 3 tablespoons rum. Pour another 3 tablespoons rum over 150 g (5 oz, 2 cups) sponge finger biscuits (ladyfingers) broken into pieces. Butter a charlotte mould and fill it with alternate layers of the sponge fingers, raisins and crystallized fruit. Pour the egg custard over the filling. Place in a bain marie and cook in a preheated oven at 220°C (425°F, gas 7) for about 45 minutes. Leave the pudding until lukewarm before turning it out on to a serving dish. Serve with a vanilla custard cream or an apricot sauce.

Caramel cream with honey

Make a caramel with 50 g (2 oz, 3 tablespoons) honey and 50 g (2 oz, ¼ cup) sugar and use to line the bottom and sides of a charlotte mould. Mix together 8 eggs and 350 g (12 oz, 1 cup) honey with a spatula. Pour 1 litre (1¾ pints, 4⅓ cups) boiling milk on to the egg and honey mixture, mix well and pour it into the mould. Cook in a bain marie in a preheated oven at 180°C (350°F, gas 4) for 1 hour.

Caribbean brioche

Hollow out a large brioche mousseline in the same way as for brioche with raspberries. Cut the brioche removed from the inside into cubes and brown these in butter. Reduce the syrup from a can of pineapple by three-quarters and flavour with rum. Cut the pineapple into large dice. Cut some firm ripe bananas into thin slices and heat these with the pineapple dice in butter; place the fruit in the reduced syrup. Add the cubes of brioche, mix together, and fill the brioche with the mixture. Replace the top and heat in the oven.

Charlotte à la Chantilly

Line the bottom and sides of a charlotte mould with 18–22 sponge fingers (ladyfingers). Prepare some Chantilly cream with 500 ml (17 fl oz, 2 cups) double (heavy) cream blended with about 3 tablespoons mixed crystallized (candied) fruits. Fill the mould with the mixture and refrigerate until ready to serve. Turn out on to a serving dish and decorate with crystallized fruits. The crystallized fruits may be replaced with strawberries or raspberries.

Charlotte à la valentin

Cook 1 kg (2¼ lb, 3 cups) raspberry jam (preserve) until it is almost caramelized. Cover a round sheet (the detachable bottom of a flan ring, for

example) with a layer of sponge fingers (ladyfingers) and spread with a coating of jam; build up the cake with alternate layers of sponge fingers and jam. Trim the shape with a very sharp knife so that it forms a round cake. Pour the remaining jam over the top of the cake and spread it evenly over the whole surface with a metal spatula. Leave to cool thoroughly and then place the cake on a sheet of gold embossed paper.

Make a meringue with 4 egg whites and 250 g (9 oz, generous 1 cup) caster (superfine) sugar and decorate the cake with it. Sprinkle the meringue with 100 g (4 oz, 1 cup) flaked almonds then place the cake in a preheated oven at 230°C (450°F, gas 8) to colour it. Chill the cake in the refrigerator until ready to serve.

Charlotte majestic

Butter a charlotte mould. Decorate the bottom with crystallized (candied) fruits and then line the mould with sponge fingers (ladyfingers). Prepare a Bavarian cream of the desired flavour and pour into the mould. Cover with sponge fingers and place in the refrigerator. To turn out, quickly dip the mould in hot water.

Chartreuse crêpes

Prepare a sweet crêpe batter. Fifteen minutes before making the crêpes, prepare the filling. Beat 50 g (2 oz, ¼ cup) butter to a soft paste and add 50 g (2 oz, ¼ cup) caster (superfine) sugar, 3 crushed meringues and 3 tablespoons green Chartreuse. Add 6 crushed macaroons, the grated zest of 1 orange and 3 tablespoons Cognac to the batter and mix well. Thin the batter with 100 ml (4 fl oz, 7 tablespoons) water and cook the crêpes. Spread each one with the filling and fold in four. Dust with icing (confectioner's) sugar and serve very hot.

Cherries Condé

Stone (pit) the cherries and poach them in syrup. Fill an ovenproof dish with rice cooked in milk, smooth over the top and decorate with some of the drained cherries, candied angelica cut into diamond shapes, and shelled almonds. Purée the rest of the cherries and add enough of the syrup to obtain a very liquid sauce; reduce this sauce until it becomes syrupy. Reheat the decorated rice in the oven. Serve with the cherry sauce.

Cherries flambéed à la bourguignonne

Remove the stalks and stones (pits) from some cherries and cook them with sugar and water, using 350 g (12 oz, 1½ cups) sugar and 3 tablespoons water per 1 kg (2¼ lb) cherries. Cook gently for 8–10 minutes, then add 2–3 tablespoons redcurrant jelly and reduce for about 5 minutes. Pour into a flambé pan, sprinkle with Burgundy marc, heated in a small saucepan or a ladle, and flame the cherries just before serving.

Cherry compote

For each 1 kg (2¼ lb, 4½ cups) stoned (pitted) cherries, use 300 g (11 oz, 1½ cups) caster (superfine) sugar and 5 tablespoons water to make a sugar syrup. Cook until it has reached the 'large ball' stage. Add the cherries and cook with the lid on for 8 minutes over a low heat. Drain the cherries and place in a bowl. Mix 2 tablespoons kirsch with the syrup and pour over the cherries. Cool before serving.

Cherry compote (baked)

Stone (pit) the cherries, place them in a deep dish and sprinkle with caster (superfine) sugar to taste. Leave for 3–4 hours so the juice runs out, then cover and cook in a preheated oven at 180°C (350°F, gas 4) for about 20 minutes.

Cherry crêpes

Prepare a crêpe batter with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 75 g (3 oz, 6 tablespoons) caster (superfine) sugar, a pinch of salt, 3 beaten eggs and 1 egg yolk, gradually adding 500 ml (17 fl oz, 2 cups) milk. Leave to stand for 2 hours at room temperature. Remove the stalks and stones (pits) from 400 g (14 oz, 1⅔ cups) fresh cherries or use 300 g (11 oz, 1¼ cups) cherries preserved in syrup. Cut them in two, mix them with the batter and allow to stand for 2 hours.

Cook the crêpes and keep them hot on a plate over a saucepan of boiling water. Coat each crêpe with a thin layer of orange marmalade – about 200 g (7 oz, ⅔ cup) is required. Roll up the crêpes and arrange them on an ovenproof dish. Sprinkle with caster sugar and glaze in the oven.

Cherry-filled soufflé fritters

Remove the stalks and stones (pits) from some cherries and cook them in syrup. Remove and drain the cherries and reduce the syrup until it coats a wooden spatula. Flavour it with kirsch. Return the cherries to the syrup and coat them thoroughly. Prepare some fritter batter; dip the cherries in the batter and fry. Arrange the fritters in a bowl or compote dish and dust them with icing (confectioner's) sugar.

Chestnut charlotte

Mix 200 g (7 oz, ⅔ cup) chestnut purée with 125 g (4½ oz, ⅓ cup) chestnut preserve and add 2 tablespoons pure malt whisky. Soak 15 g (½ oz, 2 envelopes) gelatine in sufficient cold water to swell, blend with 3 tablespoons double (heavy) cream and then add the chestnut mixture. Mix 150 ml (5 fl oz, ⅔ cup) double cream with 2 tablespoons vanilla sugar, beat well and add the chestnut mixture a little at a time.

Soak 18 sponge fingers (ladyfingers) in a mixture of 2 tablespoons whisky and an equal quantity of syrup and use them to line the bottom and sides of a charlotte mould. Pour the chestnut mixture into the mould and leave to set for at least 6 hours in the refrigerator.

Chestnut compote

Slit the shells of the chestnuts, plunge them into boiling water for 5 minutes and peel them while they are still hot. Make a vanilla-flavoured syrup using 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water. Cook the chestnuts in this syrup for about 45 minutes. Pour the chestnuts and syrup into a bowl, cool and refrigerate before serving.

Chestnut cream

Make some chestnut preserve (see basic recipes) and put into sundae dishes. Decorate with Chantilly cream piped through a fluted nozzle and top each with a crystallized (candied) violet. If the preserve is prepared especially for this cream, the amount of sugar used may be reduced by a quarter if desired.

Chestnut croquembouche

Take 60 choice roasted chestnuts, peel them carefully and remove any traces of burning. Glaze by dipping them in sugar cooked to the crack stage, one by one, and place them on a smooth round mould, 18 cm (7 in) in diameter and 13 cm (5 in) deep. Assemble the *croquembouche* at the last minute: the moisture in the chestnuts softens the sugar so it loses its consistency and gloss.

Chestnut croquettes

Dip some chestnuts in boiling water and peel them. Cook them in a light syrup – 500 g (18 oz, 2¼ cups) granulated sugar per 1 litre (1¾ pints,

4⅓ cups) water – flavoured with vanilla. Press the cooked chestnuts through a sieve to obtain a purée and thicken it with egg yolks and butter, allowing 5 egg yolks and 50 g (2 oz, 4 tablespoons) butter per 500 g (18 oz, 2¼ cups) chestnut purée. Spread the mixture onto a well-buttered baking sheet and leave to cool completely. When cooled, cut into rectangles of about 50 g (2 oz), cover with egg and breadcrumbs and deep-fry in oil heated to 180°C (356°F). Serve the croquettes very hot with a fruit sauce flavoured with Cognac or Armagnac.

Instead of fresh chestnuts, 500 g (18 oz, 4½ cups) sieved marrons glacés may be used, blended with 400 ml (14 fl oz, 1¾ cups) confectioner's custard (pastry cream) flavoured with rum, Cognac or Armagnac.

Chestnut soufflé

Place 300 g (11 oz) peeled chestnuts in a saucepan with 200 ml (7 fl oz, ¾ cup) milk, 1½ tablespoons sugar and a pinch of salt. Boil for 10 minutes with the lid on, then remove the lid and continue to boil for a further 5 minutes to allow the milk to evaporate. Set 4 whole chestnuts aside and rub the remainder through a sieve or put in a blender or food processor. Blend the purée with 400 ml (14 fl oz, 1¾ cups) double (heavy) cream and place in a bain marie of very hot water.

Butter a 20 cm (8 in) soufflé mould and coat with flour. Whisk 5 egg whites until stiff, together with a pinch of salt. Return the chestnut purée to the heat and, when it is just boiling, remove from the heat and mix in 3 egg yolks. Stir thoroughly. Add one quarter of the stiffly whisked egg whites and mix thoroughly. Crumble 2 of the reserved chestnuts and add them. Carefully fold in the remaining egg whites using a metal spoon. Pour this mixture into the prepared mould and smooth the surface with the spoon. Sprinkle with the 2 remaining chestnuts cut into 12 pieces. Place in a preheated oven at 180°C

(350°F, gas 4). Turn off the oven and leave it to cook for 15–20 minutes without opening the door. Serve immediately with a tangerine sorbet.

Chestnut soufflé Mont-Bry

Boil 100 ml (4 fl oz, 7 tablespoons) milk with 40 g (1½ oz, 3 tablespoons) caster (superfine) sugar and a pinch of salt. Blend 25 g (1 oz, ¼ cup) plain (all-purpose) flour with a small quantity of cold milk in a pan. Add the sweetened milk and cook for 2–3 minutes, stirring constantly. Remove from the heat and blend in 4 egg yolks and 15 g (½ oz, 1 tablespoon) butter, followed by 4 tablespoons sweetened vanilla-flavoured chestnut purée and a few pieces of marron glacé. Whisk 5 egg whites until very stiff and fold carefully into the mixture. Put the mixture into a buttered soufflé dish and bake in a preheated oven at 200°C (400°F, gas 6) for 35 minutes.

Chocolate and strawberry mousse

Melt 500 g (18 oz) plain (dark) chocolate. Separate the whites from the yolks of 8 eggs. Add the yolks, one by one, to the cooled melted chocolate and then blend in 6 tablespoons double (heavy) cream. Place in the refrigerator. Very lightly cook 200 g (7 oz, 1½ cups) strawberries in 6 tablespoons sugar syrup. Drain and leave to cool. Stiffly whisk the egg whites with a pinch of salt. Fold them carefully into the chocolate cream. Serve the mousse in individual moulds, topped with a few strawberries.

Chocolate charlotte

Break 250 g (9 oz, 9 squares) bitter (semisweet) chocolate into pieces and melt them very gently in a bain marie to obtain a smooth paste. Remove from the heat and add 4 egg yolks one by one, mixing well. Then add 2 tablespoons double (heavy) cream. Beat 6 egg whites into very stiff peaks and add 150 g

(5 oz, ⅔ cup) caster (superfine) sugar. Blend the chocolate carefully into this mixture. Line a charlotte mould with sponge fingers (ladyfingers) – 300 g (11 oz) are required. Fill with the chocolate mixture. Place in the refrigerator for at least 4 hours. Turn out the charlotte and serve it with custard cream.

Chocolate custard

Melt 100 g (4 oz, 4 squares) cooking (unsweetened) chocolate in a bain marie with 1 tablespoon milk; when the mixture is quite smooth, add 500 ml (17 fl oz, 2 cups) milk, bring to the boil, then remove from the heat. Whisk 6 eggs with 100 g (4 oz, ½ cup) caster (superfine) sugar until pale and thick. Gradually add the chocolate-flavoured milk, whisking it all the time. Strain the custard into 6 ramekins and cook in a bain marie in a preheated oven at 190°C (375°F, gas 5) for 25–30 minutes. Take the moulds out of the bain marie, leave to cool and chill well.

Chocolate marquise

Chocolate marquise is a glazed dessert halfway between a mousse and a parfait, based on chocolate, fine butter, eggs and sugar and chilled in a mould.

Break 250 g (9 oz, 9 squares) plain (dark) chocolate into small pieces and melt it gently in a covered bain marie. Separate the yolks and whites of 5 eggs. Add 100 g (4 oz, ½ cup) granulated sugar to the yolks, beating the mixture until it becomes light and fluffy. Then add the melted chocolate and 175 g (6 oz, ¾ cup) melted butter and mix well. Whisk the egg whites with a little salt until very stiff, and carefully fold them into the chocolate mixture. Cool a deep sandwich tin (layer cake pan) or charlotte mould under running water and pour the mixture into it, smoothing it down well.

Chill for 12 hours in the refrigerator before removing from the mould. Serve with vanilla flavoured custard cream or Chantilly cream.

Chocolate mousse

Melt 150 g (5 oz, 5 squares) plain (dark) chocolate in a bain marie, remove from the heat and add 75 g (3 oz, 6 tablespoons) butter. When the mixture is very smooth, quickly blend in 2 large egg yolks. Whisk 3 egg whites with a pinch of salt until very stiff, then whisk in 25 g (1 oz, 2 tablespoons) caster (superfine) sugar and 1 teaspoon vanilla-flavoured sugar. Carefully mix the chocolate preparation with the whisked egg whites, using a wooden spatula. Pour into a dish and chill for at least 12 hours.

Chocolate pudding

Soften 150 g (5 oz, ⅔ cup) butter at room temperature and 125 g (4½ oz, 4½ squares) plain (dark) dessert chocolate in a bowl over a pan of simmering water. Work the butter with a wooden spoon in a warm mixing bowl, then beat in 75 g (3 oz, 6 tablespoons) caster (superfine) sugar and 1 tablespoon vanilla-flavoured sugar. When the mixture is white and creamy, add 8 egg yolks, one after the other.

Mix the softened chocolate with 1 tablespoon flour and 1 tablespoon potato flour, then blend it with the mixture. Finally, add 5 stiffly whisked egg whites. Pour into a buttered and floured charlotte mould, place in a bain marie, and cook in a preheated moderate oven at 200°C (400°F, gas 6) for about 50 minutes until firm. Turn out the pudding while still lukewarm and coat with vanilla- or coffee-flavoured custard cream.

Chocolate soufflé

Over a low heat, dissolve 75 g (3 oz, 3 squares) dark (semisweet) chocolate in 1 tablespoon milk taken from a 250 ml (8 fl oz, 1 cup). Then add the remainder of the milk. Sweeten with 75 g (3 oz, ⅓ cup) caster (superfine) sugar and heat until both sugar and chocolate have dissolved and melted. Beat 2 egg

yolks with 2 tablespoons caster sugar until the mixture turns thick and white, then incorporate 25 g (1 oz, ¼ cup) plain (all-purpose) flour in a trickle. Gradually pour the boiling chocololate-flavoured milk into the mixture, beating briskly. Pour the mixture into a saucepan and bring to the boil, stirring all the time. Once it has boiled, transfer the mixture to a large bowl and allow to cool.

Butter a 20 cm (8 in) soufflé mould and sprinkle it with 2 tablespoons caster sugar. Whisk 6 egg whites until they are stiff. Incorporate a further 2 egg yolks into the chocololate preparation, then carefully fold in the whites using a metal spoon. Pour the mixture into the mould and cook in a preheated oven at 190°C (375°F, gas 5) for 20 minutes. Then sprinkle the soufflé with icing (confectioner's) sugar and return to the oven for 5 minutes to glaze the surface. Serve immediately.

Christmas pudding

Finely chop 500 g (18 oz, 3½ cups) suet. Wash and dry 500 g (18 oz, 3 cups) seedless raisins, the same amount of sultanas (golden raisins), and 250 g (9 oz, 1½ cups) currants. Finely chop 250 g (9 oz, 1½ cups) candied peel or 125 g (4½ oz, ¾ cup) orange peel and 125 g (4½ oz, ½ cup) glacé (candied) cherries, 125 g (4½ oz, 1 cup) blanched almonds and the zest of 2 lemons. Mix all the ingredients together with 500 g (18 oz, 9 cups) fresh breadcrumbs, 125 g (4½ oz, 1 cup) plain (all-purpose) flour, 1 tablespoon mixed spice, the same amount of cinnamon, half a nutmeg (grated) and a pinch of salt. Add 300 ml (½ pint, 1¼ cups) milk and, one by one, 7 or 8 beaten eggs. Next, add 300 ml (½ pint, 1¼ cups) rum (or brandy) and the juice of 2 lemons. Mix everything together thoroughly to obtain a smooth paste.

Wrap the mixture in floured cloths, shaping the portions into balls, or spoon into a greased pudding basin (heatproof mould). Steam or boil.

Keep the pudding in its cloth or basin for at least 3 weeks, in a cool place. Before serving, steam the pudding for 2 hours, then turn it out, sprinkle it with rum or brandy and serve it flambéed, decorated with a sprig of holly.

Clafoutis

A dessert from the Limousin region of France, clafoutis consists of black cherries arranged in a buttered dish, covered with fairly thick batter and baked. It is served lukewarm, dusted with sugar. As a rule, the cherries are not stoned (pitted) but simply washed and stalked (stemmed), since the kernels add their flavour to the batter during cooking.

Remove the stalks from 500 g (18 oz) washed black cherries, dust them with 50 g (2 oz, ¼ cup) caster (superfine) sugar and leave for at least 30 minutes. Butter a baking tin (pan) and fill it with the cherries. Put 125 g (4½ oz, 1 cup) plain (all-purpose) flour in a mixing bowl and add a pinch of salt, 50 g (2 oz, ¼ cup) caster sugar and 3 well-beaten eggs; mix well; then add 300 ml (½ pint, 1¼ cups) milk and mix thoroughly again. Pour the mixture over the cherries and bake in a preheated oven at 180°C (350°F, gas 4) for 35–40 minutes. When it is lukewarm dust with icing (confectioner's) sugar.

Coffee dacquoise

Dacquoise is a traditional gâteau from south-western France, also called *Palois* (the Dacquois are the inhabitants of Dax, the Palois those of Pau). It consists of two or three layers of meringue mixed with almonds (or almonds and hazelnuts).

Whisk 8 egg whites with a pinch of salt until they form stiff peaks. Then gradually add 200 g (7 oz, 1 cup) caster (superfine) sugar and 2 teaspoons vanilla sugar, whisking continuously, and continue whisking until the meringue is firm and shiny. Gently fold in 150 g (5 oz, 1¼ cups) ground

almonds and 75 g (3 oz, ¾ cup) chopped blanched hazelnuts. Butter three 20 cm (8 in) flan (pie) rings, place them on buttered baking sheets and divide the mixture between them. Cook in a preheated oven at 180°C (350°F, gas 4) for about 20 minutes. When the meringue rounds are cooked, turn them out and allow to cool.

Prepare a coffee *crème au beurre* for the filling using 250 g (9 oz, 1 cup) sugar cooked with 100 ml (4 fl oz, 7 tablespoons) water, 8 egg yolks, 250 g (9 oz, 1 cup) butter and 1 tablespoon coffee essence (extract). Toast 100 g (4 oz, 1 cup) flaked almonds. Place the coffee cream in a piping (pastry) bag fitted with a fluted nozzle and sandwich the meringue rounds with thick layers of piped cream. Sprinkle the top with toasted almonds and dust with icing (confectioner's) sugar.

Coffee soufflé

Over a low heat, dissolve 2 tablespoons instant coffee in 1 tablespoon milk taken from a 250 ml (8 fl oz, 1 cup). Then add the remainder of the milk and bring to the boil. Beat 2 egg yolks with 2 tablespoons caster (superfine) sugar until the mixture turns thick and white, then incorporate 25 g (1 oz, ¼ cup) plain (all-purpose) flour in a trickle. Gradually pour the boiling coffee-flavoured milk into the mixture, beating briskly. Pour the mixture into a saucepan and bring to the boil, stirring all the time. Once it has boiled, transfer it to a large bowl and allow to cool. Butter a 20 cm (8 in) soufflé mould and sprinkle it with 2 tablespoons caster sugar. Whisk 6 egg whites until they are stiff. Incorporate a further 2 egg yolks into the coffee preparation, then carefully fold in the whites using a metal spoon. Pour the mixture into the mould and cook in a preheated oven at 190°C (375°F, gas 5) for 20 minutes. Then sprinkle the soufflé with icing (confectioner's) sugar and return to the oven for 5 minutes to glaze the surface. Serve immediately.

Compote du vieux vigneron

Peel 1 kg (2¼ lb) fairly sour apples. Cut them into quarters, remove the pips (seeds) and place them in a heavy based saucepan together with 150 g (5 oz, ⅔ cup) sugar. Cover and stew the apples over a very gentle heat until they disintegrate. Prepare a syrup with 575 g (1¼ lb, 2½ cups) granulated sugar and 750 ml (1¼ pints, 3¼ pints) red wine. Peel 800 g (1¾ lb) pears and an equal quantity of peaches. Cut the pears into quarters and remove the pips. Cut the peaches in half and stone (pit) them. Add the peaches and pears to the boiling syrup together with 2 or 3 cloves and ½ teaspoon powdered cinnamon. Cook for 15–18 minutes.

Add 50 g (2 oz, ¼ cup) butter to the hot apples, mix well and pour into a bowl. When the peaches and pears are cooked, drain them and arrange them on top of the stewed apples. Add 250 g (9 oz) grapes to the boiling syrup, leave for 3 minutes and then drain. Use them to decorate the other fruit. Remove the cloves from the syrup and reduce it until it thickens. Pour it over the compote and allow it to cool completely.

If no grapes are available, soak some raisins in a little weak tea. When they have swollen, use as for fresh grapes.

Compote of prunes

Soak the prunes in tepid weak tea to soften for at least 2 hours. When they are swollen, drain them, stone (pit) them and put in a saucepan. Just cover the fruit with cold water (or red or white wine) and stir in some sugar to taste – a maximum of 100 g (4 oz, ½ cup) per 500 g (18 oz, 4 cups) prunes – 2 tablespoons lemon juice and 1 teaspoon vanilla-flavoured sugar. Bring to the boil, then cook gently for about 40 minutes. Serve lukewarm or cold. When well-reduced and strained, this compote may also be used to fill puff-pastry cases, turnovers or tartlets.

The prunes may be left unstoned (unpitted) and the quantity of water or wine can be increased; the prunes are then served with all their juice.

Cranberry compote

Combine 500 g (18 oz, 2¼ cups) caster (superfine) sugar, the grated zest of ½ a lemon and 200 ml (7 fl oz, ¾ cup) water in a saucepan; slowly bring to the boil, then boil for 5 minutes. Add 1 kg (2¼ lb) washed and stalked cranberries and cook over a high heat for 10 minutes. Remove the fruit from the liquid with a perforated spoon and place in a fruit dish. Reduce the syrup by one-third if the compote is to be eaten straight away, or by half if it is to be kept for a few days in the refrigerator. Pour the syrup over the fruit and allow to cool for 1 hour. Serve with vanilla-flavoured meringues.

Crème brûlée

Slit open a vanilla pod (bean) lengthways and remove all the little seeds using a knife. Place them in a bowl with 3 egg yolks and 50 g (2 oz, ¼ cup) caster (superfine) sugar and mix well with a whisk. Gradually whisk in 300 ml (½ pint, 1¼ cups) single (light) or double (heavy) cream and 60 ml (2 fl oz, ¼ cup) milk. Strain through a chinois. Pour this mixture into small ramekins and place in a bain marie. Cook for 30 minutes in a preheated oven at 190°C (375°F, gas 5). Allow to cool and place in the refrigerator for at least 1 hour.

Sprinkle 100 g (4 oz, ⅔ cup) soft brown sugar on top to cover the custards completely. Place under a very hot grill (broiler) until the sugar has caramelized. Refrigerate before serving.

Crème caramel

Boil 500 ml (17 fl oz, 2 cups) milk with a vanilla pod (bean) split in two. In a mixing bowl, blend 2 whole eggs, 4 egg yolks and 125 g (4½ oz, ½ cup) caster

(superfine) sugar; gradually add the boiling milk (having removed the vanilla pod), whisking it quickly. Pour the resulting custard into a caramel-coated mould, place the mould in a bain marie and cook in a preheated oven at 190°C (375°F, gas 5) for about 40 minutes or until the custard is lightly set. Then take the mould out of the bain marie and allow it to cool completely. Turn out on to a dish and cool before serving.

Crêpes à la cévenole

Prepare some sweet crêpes and coat each one with a thin layer of rum-flavoured chestnut cream. Roll up the crêpes and arrange them in a buttered ovenproof dish. Dust generously with caster (superfine) sugar and grill (broil) to caramelize the sugar. Serve with Chantilly cream if desired.

Crêpes à la condé

Prepare a crêpe batter with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 3 eggs, 500 ml (17 fl oz, 2 cups) milk, 2 teaspoons dried yeast and 2 tablespoons oil. Let it stand for 2 hours at room temperature. Soak 50 g (2 oz, ⅓ cup) chopped crystallized (candied) fruits in 100 ml (4 fl oz, 7 tablespoons) rum.

Boil 2 litres (3½ pints, 9 cups) water in a saucepan, add 100 g (4 oz, ⅔ cup) short-grain rice, boil for a few seconds and then rinse in cold water. Set aside to drain. Boil 400 ml (14 fl oz, 1¾ cups) milk with a vanilla pod (bean). Remove the pod and add to the milk 75 g (3 oz, 6 tablespoons) caster (superfine) sugar, 25 g (1 oz, 2 tablespoons) butter, a generous pinch of salt and the rice. Bring to the boil, stir and pour into an ovenproof dish. Cover with foil and cook in a preheated oven at 200°C (400°F, gas 6) for 20 minutes.

Cook the crêpes and keep them hot on a plate over a saucepan of boiling water. Remove the rice from the oven, stir and allow it to cool for 5 minutes. Add 3 egg yolks one by one, followed by the crystallized fruits and the rum.

Mix well. Fill the crêpes with the rice mixture, roll them up and arrange them in an ovenproof dish. Sprinkle them with caster sugar and brown lightly for a few minutes in a preheated oven at 230°C (450°F, gas 8).

Crêpes à la frangipane

Make some crêpes and prepare some frangipane cream, using 500 ml (17 fl oz, 2 cups) milk for the cream and an equal quantity for the crêpe batter. Coat the crêpes with the cream and fold into four. Arrange in a buttered ovenproof dish, dust with icing (confectioner's) sugar and lightly caramelize in a very hot oven or under the grill (broiler). Serve very hot.

Crêpes à la russe

Heat 600 ml (1 pint, 2½ cups) milk until lukewarm. Mix a little of the milk with 15 g (2 oz) fresh yeast or 7 g (¼ oz) dried yeast and add to the remaining milk together with 20 g (¾ oz, 1½ tablespoons) caster (superfine) sugar, 200 ml (7 fl oz, ¾ cup) single (light) cream and a large pinch of salt. Blend 400 g (14 oz, 3½ cups) plain (all-purpose) flour with the milk mixture in a deep bowl. Allow the mixture to rise in a warm place for 1 hour. Whisk 2 egg whites into stiff peaks and blend them carefully with the batter using a metal spoon. Cook the crêpes (which swell as they start to brown). Roll them up when they are cooked, arrange them on a warmed serving dish and sprinkle them generously with fine caster sugar. Serve them hot.

Crêpes mylène

Prepare a crêpe batter by mixing 200 g (7 oz, 1¾ cups) plain (all-purpose) flour, 2 whole eggs, 200 ml (7 fl oz, ¾ cup) beer, 2 tablespoons oil, a pinch of salt, the grated zest of 1 lemon and about 200 ml (7 fl oz, ¾ cup) water to thin the batter. Leave to stand for 1 hour at room temperature.

Twenty minutes before cooking the crêpes, make a sauce: put a large knob of butter in a frying pan with 200 g (7 oz, ¾ cup) caster (superfine) sugar, the juice of 2 oranges and 1 lemon, and a small glass of Cognac. Cook over a gentle heat, stirring continuously to obtain a smooth sauce. Keep it warm. Cut 3 peeled pears into fine slices, cook them for a few minutes in boiling syrup and drain them. Toast 100 g (4 oz, 1 cup) flaked (slivered) almonds in a preheated oven at 230°C (450°F, gas 8), stirring them from time to time.

Cook the crêpes and keep them hot on a plate over a saucepan of boiling water. Fill each crêpe with some slices of pear, roll them up and place them in the frying pan with the sauce. Heat for 2 minutes, then pour over a small glass of mirabelle plum brandy and flame over a brisk heat, gently shaking the frying pan. Arrange the crêpes in a warmed serving dish and serve sprinkled with the toasted almonds.

Crêpes normandes

Prepare a crêpe batter with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 3 eggs, 300 ml (½ pint, 1¼ cups) milk, 200 ml (7 fl oz, ¾ cup) water, a pinch of salt, 1 tablespoon single (light) cream, 2 tablespoons Calvados and 1 tablespoon melted butter. Leave to stand for 2 hours at room temperature. Peel and slice 2 dessert (eating) apples and toss them in 40 g (1½ oz, 3 tablespoons) butter in a frying pan until they brown lightly. (The apples may be soaked in a little Calvados before they are cooked.) Cool and add them to the crêpe batter. Make the crêpes and pile them up on a serving dish. Sprinkle with caster (superfine) sugar and serve very hot with fresh cream.

Crêpes Suzette

Prepare a crêpe batter with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 3 whole eggs, 250 ml (8 fl oz, 1 cup) milk and a pinch of salt. Add the juice of

1 tangerine, 1 tablespoon Curaçao and 2 tablespoons olive oil. Leave to stand for 2 hours at room temperature. Work 50 g (2 oz, ¼ cup) butter with the juice and grated zest of 1 tangerine, 1 tablespoon Curaçao and 4 tablespoons caster (superfine) sugar.

Make some thin crêpes in a heavy-based frying pan (never washed, but wiped each time with clean paper towels). Coat them with a little of the tangerine butter, fold them in four, return them one by one to the frying pan and heat them through. Arrange them in a warmed dish, so that they overlap slightly, to serve.

Crown of croûtes à la Montmorency

Cut stale brioches into slices 1 cm (½ in) thick. Arrange these slices on a baking sheet, dust them with sugar and glaze them in a preheated oven at 230°C (450°F, gas 8). Cover each slice with a thin layer of frangipane cream flavoured with cherry brandy, then arrange them in a crown on a round dish, placing them very close to one another. Fill the centre of this crown with a dome of stoned (pitted) cherries, cooked in a vanilla-flavoured syrup and drained well. Decorate the border of the crown with more cherries. If liked, coat with redcurrant sauce laced with cherry brandy and serve more of this sauce separately.

Crown of croûtes with pears

Cut a brioche or a stale savarin into 4 slices, dust with sugar and glaze in a preheated oven at 230°C (450°F, gas 8). Peel and core 3 apples and 2 pears and cut into thin slices. Put them in a saucepan with the juice of ½ a lemon, 500 ml (17 fl oz, 2 cups) red wine, 150 g (5 oz, ⅔ cup) caster (superfine) sugar, 1 clove and a large pinch of cinnamon. Cook quickly for 15 minutes, then drain the fruits.

Peel 4 pears, leaving them whole, and place them, stalks upwards, in the saucepan containing the cooking syrup. Add some water so that the liquid comes halfway up the fruit. Bring to the boil, then simmer gently for 12 minutes. Remove the clove and leave to cool.

Arrange the croûtes in a crown on a large round dish. Fill the centre with the thin slices of apple and pear, and place the whole pears on top of the croûtes. Warm in a preheated oven at 220°C (425°F, gas 7) and serve with Chantilly cream.

Crown of peaches with Chantilly cream

Prepare an egg or caramel custard or a Bavarian cream in a 1 litre (1¾ pint, 4⅓ cup) ring mould. Bring a mixture of 1 litre (1¾ pint, 4⅓ cup) water and 575 g (1¼ lb, 2½ cups) granulated sugar to the boil, add a vanilla pod (bean) and simmer gently for 5 minutes. Plunge 6 ripe peaches into boiling water for 30 seconds. Drain, peel and remove the stones (pits). Poach the fruit gently in the sugar syrup for 15 minutes, then drain thoroughly.

Unmould the custard (or Bavarian cream) on to a round dish. Arrange the peaches in the centre of the ring and chill. Whip 300 ml (½ pint, 1¼ cups) double (heavy) cream with 100 ml (4 fl oz, 7 tablespoons) very cold milk, 65 g (2½ oz, ⅓ cup) caster (superfine) sugar and 1 teaspoon vanilla sugar. Pipe this whipped cream in a dome over the peaches, using a piping (pastry) bag fitted with a star (fluted) nozzle.

Decorate with glacé (candied) cherries and pieces of angelica.

Curaçao soufflé

Whisk 250 g (9 oz, 1 cup) granulated sugar with 8 egg yolks until the mixture turns pale and thick. Incorporate 100 ml (4 fl oz, 7 tablespoons) Curaçao (or another liqueur), then fold in the whites of 12 eggs very stiffly whisked with a

pinch of salt. Pour the mixture into a large buttered soufflé mould coated with sugar, place in a preheated oven at 200°C (400°F, gas 6) and bake for 15 minutes. Sprinkle icing (confectioner's) sugar over the top and return to the oven for 5–6 minutes to glaze the surface. Serve immediately.

Dauphine (or Viennese) fritters

Sift 500 g (1 lb 2 oz, 4½ cups) plain (all-purpose) flour. Set aside three-quarters of the flour, place the remaining quarter in a bowl and make a well in the centre. Put 20 g (⅔ oz) fresh yeast (1½ cakes compressed yeast) in the well and stir with a little warm milk or water. Then add enough warm water so that the mixture can be kneaded into a softish dough. Shape the dough into a ball, make a cross in the top with a knife, cover and leave in a warm place.

Make a well in the remaining flour on the table. Put 4 eggs and 2 tablespoons warm water in the centre of the well and work together to form a dough, pounding it several times. Dissolve 25 g (1 oz, 2 tablespoons) sugar and 15 g (½ oz) salt in a very small quantity of water and add to the dough. Soften 200 g (7 oz, 1 cup) butter and work this into the dough. Then add 2 eggs, one at a time, working the dough continuously. Pound several times, then flatten out on the table and put the yeasted dough in the centre. Mix both doughs together, kneading well. Put in a bowl, cover with a cloth and leave in a warm place to rise for 5–6 hours. Knead the dough again and leave, covered, in a cool place until required.

Divide the dough in half and roll each piece out to a thickness of 5 mm (¼ in). On one half, arrange at regular intervals small blobs of apricot jam (preserve), not more than 4 cm (1½ in) in diameter. Moisten the dough around each blob of jam with water and cover with the other piece of dough. Press down well between the jam to stick the dough together and cut with a plain 5 cm (2 in) diameter pastry (cookie) cutter.

Spread a cloth on a plate. Dust with flour and arrange the fritters on the cloth. Allow to rise for 30 minutes and then deep-fry the fritters in oil at 180°C (350°F). When they have puffed and are light golden on one side, turn and cook the other side. Drain the fritters. Arrange on a napkin and dust with icing (confectioner's) sugar.

Délicieux surprise

Gently melt 125 g (4½ oz, 4½ squares) dark chocolate in a bowl over hot water. Add 1 tablespoon single (light) cream, 20 g (¾ oz, 1½ tablespoons) butter, 1 tablespoon milk and the grated zest of an orange. Keep the sauce hot over the hot water. Cut a large brioche mousseline into 6 thick slices, put them in a dish and sprinkle with 100 ml (4 fl oz, 7 tablespoons) rum. Peel 3 pears, remove the seeds, slice and place on the brioche slices. Whip 150 ml (¼ pint, ⅔ cup) double (heavy) cream with 1 tablespoon very cold milk and slowly add 50 g (2 oz, ¼ cup) caster (superfine) sugar. Cover the brioche and pears with a dome of the whipped cream and pour over the hot chocolate sauce. Serve immediately.

Diplomat pudding

Make a syrup with 100 ml (4 fl oz, 7 tablespoons) water and 100 g (4 oz, ½ cup) caster (superfine) sugar. Bring to the boil and add 50 g (2 oz, ⅓ cup) sultanas (golden raisins). Leave for a few minutes, drain and reserve the syrup. Dice 50 g (2 oz, ⅓ cup) crystallized (candied) fruits and soak in 3 tablespoons rum.

Make a Bavarian cream: soak 15 g (½ oz, 1 tablespoon) gelatine in 3 tablespoons cold water. Boil 500 ml (17 fl oz, 2 cups) milk with half a vanilla pod (bean). Beat 4 large egg yolks with 125 g (4½ oz, ½ cup) caster sugar until the mixture is light and creamy, then add the boiling milk a little at a

time, stirring with a wooden spatula. Pour the mixture into a saucepan and cook over a low heat, stirring continuously, until the custard cream is just thick enough to coat the spoon. Stir the gelatine into the custard cream, then press through a sieve. Leave to cool. Whip 200 ml (7 fl oz, ¾ cup) double (heavy) cream until stiff with 1 tablespoon very cold milk and fold into the cold custard.

Strain the rum from the crystallized fruit and add it to the reserved syrup. Use the rum-flavoured syrup to soak 200 g (7 oz) sponge fingers (ladyfingers). Put some of the crystallized fruit in the bottom of a greased mould, cover with a layer of the Bavarian cream, and then with a layer of sponge fingers sprinkled with sultanas and crystallized fruit. Coat with a little apricot jam (preserve). Continue to fill the mould with layers of Bavarian cream, sponge fingers, sultanas, crystallized fruits and apricot jam. Chill for at least 2 hours.

Heat some apricot jam until melted and add to it 3 tablespoons rum. Unmould the diplomat pudding on to a dish and coat it with the apricot sauce or, if preferred, with a little thin custard.

Diplomat pudding (baked)

Coarsely chop 100 g (4 oz) crystallized (candied) fruits. Put in a bowl with 75 g (3 oz, ½ cup) raisins and add 100 ml (4 fl oz, 7 tablespoons) rum. Leave to macerate for 1 hour. Slice a loaf of brioche. Remove the crusts, butter and lightly toast the slices until golden. Butter a 1.5 litre (2¾ pint, 6½ cups) charlotte mould and sprinkle with icing (confectioner's) sugar. Line the bottom with brioche slices and cover with a layer of the drained macerated fruit, reserving the rum. Fill the mould in this way with alternate layers of bread and fruit.

Beat 200 g (7 oz, 1 cup) caster (superfine) sugar, 100 ml (4 fl oz, 7 tablespoons) milk and 1 teaspoon vanilla sugar with 6 eggs and the rum in

which the fruit was macerated. Gradually pour this mixture into the mould, allowing the brioche to soak up the liquid. Cook for 1 hour in a bain marie in a pre-heated oven at 150°C (300°F, gas 2), making sure the liquid in the bain marie does not come to the boil. Allow to cool completely. Remove from the mould and serve with crystallized fruit.

Diplomat pudding with prunes

Place 200 g (7 oz, 1¼ cups) dried prunes in a small bowl and add just enough weak tea to cover them. Cover and leave to soak for 24 hours. Place the tea and the prunes in a saucepan, add 4 tablespoons caster (superfine) sugar, bring to the boil and cook gently for 15 minutes. Put 2 egg yolks in another saucepan together with 3 tablespoons caster sugar, 1 tablespoon vanilla sugar and 1 tablespoon cornflour (cornstarch). Slowly add 250 ml (8 fl oz, 1 cup) cold milk and stir over a low heat until the mixture boils and the custard thickens. Set aside to cool.

Drain and stone (pit) the prunes, reserve the cooking liquid and add to it 1 liqueur glass of rum or kirsch. Soak 28 sponge fingers (ladyfingers) in this syrup. Cover the bottom of a greased charlotte mould with some of the soaked sponge fingers, ensuring that the rounded surface of each finger is in contact with the mould. Place successive layers of custard cream, prunes and sponge fingers in the mould, finishing with sponge fingers. Chill thoroughly and turn the pudding out just before serving. Serve with a thin rum- or kirsch-flavoured custard cream.

Elderflower fritters with honey

Put 250 g (9 oz, 2¼ cups) plain (all-purpose) flour into a mixing bowl. Make a well in the centre and add 1 teaspoon salt, 4 teaspoons sugar and 4 egg yolks. Very gently incorporate 325 ml (11 fl oz, 1⅓ cups) light beer to make a

smooth dough, but without working it. Allow to rest for 1 hour in a cool place. Heat oil in a deep-fryer to 180°C (350°F). Whisk 4 egg whites until stiff and fold into the mixture very carefully. Dip the flowers of 24 racemes or heads of elderflower into the mixture, holding them by the stem. Turn them between the fingers to remove excess dough and fry them head downwards. Drain on paper towels. Sprinkle the fritters with icing (confectioner's) sugar and pour a little acacia honey over them. Serve hot.

English almond pudding

Cream together 125 g (4½ oz, ½ cup) softened butter and 150 g (5 oz, ⅔ cup) caster (superfine) sugar in a basin. Add 250 g (9 oz, 2 cups) almonds, blanched and finely chopped, a pinch of salt, 1 tablespoon orange-flower water, 2 whole eggs and 2 yolks, and 4 tablespoons double (heavy) cream. Work the mixture well, then pour it into a buttered soufflé dish and cook in a preheated oven at 200°C (400°F, gas 6) for at least 45 minutes. Serve straight from the dish.

English apple pudding

Mix together the following ingredients: 400 g (14 oz, 3½ cups) self-raising flour, 225 g (8 oz, 1½ cups) finely chopped beef suet, 2 tablespoons caster (superfine) sugar, a little salt and 100 ml (4 fl oz, 7 teaspoons) water. Knead thoroughly, then roll out the dough to a thickness of 8 mm (⅜ in).

Butter a 1 litre (1¾ pint, 4⅓ cup) pudding basin (mould) and line it with half of the dough. Fill with finely sliced apples, sweetened with caster sugar and flavoured with the grated zest of 1 lemon and some ground cinnamon. Cover with the remaining dough and press the edges together firmly. Wrap the basin in a cloth and tie it up firmly at the top. Place the pudding on an old saucer in a saucepan with enough boiling water to come halfway up the sides

of the basin. Cover and cook for about 2 hours over a gentle heat, topping up with boiling water as necessary. This pudding can be prepared with pears in the same way.

Exotic fruit salad with lime

Peel a very ripe pineapple and dice the flesh. Peel and stone (pit) 3 mangoes and cut the flesh into strips. Peel 3 bananas, slice them and roll (but do not soak) the slices in the juice of 1 lime. Put all these ingredients together in a bowl, sprinkle with 3–4 tablespoons sugar and chill in the refrigerator for at least 3 hours before serving.

Far breton

Thought of as a flan (tart) with prunes this is a baked butter pudding. It may be eaten warm or cold. The French word *far* was originally used for a porridge made with durum wheat, ordinary wheat or buckwheat flour, with added salt or sugar and dried fruit. It was a popular dish throughout Brittany.

Soak 125 g (4½ oz, 1 cup) currants and 400 g (14 oz, 2¾ cups) stoned (pitted) prunes overnight in warm weak tea, then drain them. Make a well in the centre of 250 g (9 oz, 2¼ cups) plain (all-purpose) flour and mix in a large pinch of salt, 2 tablespoons sugar and 4 well-beaten eggs to make a batter. Thin the batter with 400 ml (14 fl oz, 1¾ cups) milk and mix in the currants and prunes. Pour into a buttered tin (pan) and bake in a preheated oven at 200°C (400°F, gas 6) for about 1 hour, until the top is brown. Sprinkle with icing (confectioner's) sugar.

Fig compote using dried figs

Soak the figs in cold water until they swell. Prepare a syrup with half red wine and half water, using 350 g (12 oz, 1½ cups) granulated sugar to 600 ml

(1 pint, 2½ cups) liquid; flavour it with finely grated lemon zest. Bring the syrup to the boil, add the figs and cook very gently for 20–30 minutes.

Fig compote using fresh figs

Peel some white or black figs. Put them in boiling vanilla-flavoured syrup, made with 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water, and poach for a few minutes only. Drain, reduce the syrup and pour it over the figs.

Fig fritters

Peel and quarter some figs and macerate for 30 minutes in brandy (or liqueur) and sugar. Drain thoroughly, dip in sweetened or unsweetened batter and deep-fry in hot oil. Remove and drain. Dust with caster (superfine) sugar and arrange on a napkin. Fritters may also be served dusted with icing (confectioner's) sugar and glazed in a hot oven or under a grill (broiler).

Figs with raspberry mousse

Peel some fresh ripe figs and cut them into quarters. Make a raspberry mousse by folding in 200 ml (7 fl oz, ¾ cup) Chantilly cream to 250 g (9 oz, 1½ cups) sieved sweetened raspberries. Arrange the fig quarters in a shallow bowl, cover with the mousse and chill for 30 minutes before serving.

Flambéed plums

Stone (pit) some greengages or mirabelle plums and poach them in a vanilla-flavoured syrup until just tender. Drain them and place in a flameproof casserole. Add a little arrowroot blended with water to the cooking syrup, pour a little of this syrup over the plums and heat. Sprinkle with quetsch or mirabelle brandy heated in a ladle, flame and serve immediately.

Flamri

Also known as flamery, this is a baked semolina pudding prepared with white wine instead of milk and served cold. It is coated with a purée of sweetened red fruit.

Place 500 ml (17 fl oz, 2 cups) sweet white wine and 500 ml (17 fl oz, 2 cups) water in a saucepan and bring to the boil. Gradually stir in 250 g (9 oz, 1¼ cups) fine semolina and simmer gently for 25 minutes. Remove from the heat and add 250 g (9 oz, 1 cup) caster (superfine) sugar, 2 beaten eggs and a generous pinch of salt. Then stir in 6 stiffly whisked egg whites. Pour the mixture into a buttered charlotte mould in a bain marie. Cook in a preheated oven at 200°C (400°F, gas 6) for 30 minutes. Allow to cool, then turn out on to a serving dish and coat with a sauce made from a purée of uncooked red fruit that has been sweetened with sugar.

Flaugnarde

Also known as *flangnarde*, *flognarde* or *flougnarde*. A flan made in the Auvergne, Limousin and Périgord regions of France. The name is derived from the Old French *fleugne*, meaning soft or downy. The flan resembles clafoutis and is made with apples, pears or prunes, flavoured with cinnamon, vanilla, rum, brandy, orange-flower water or lemon. It resembles a large pancake and is served lukewarm or cold (Curnonsky recommended the latter), generously sprinkled with icing (confectioner's) sugar and sometimes spread with jam (preserve).

Beat 4 eggs with 100 g (4 oz, ½ cup) caster (superfine) sugar in a bowl until the mixture is light and frothy. Gradually add 100 g (4 oz, 1 cup) plain (all-purpose) flour and a pinch of salt. Slowly beat in 1.5 litres (2¾ pints, 6½ cups) milk. Mix well, then flavour with 100 ml (4 fl oz, 7 tablespoons) rum or 4 tablespoons orange-flower water. Peel and core 3 pears, cut them

into thin slices and add them to the mixture. Butter an ovenproof dish, pour in the mixture and dot the surface with small pieces of butter. Bake in a preheated oven at 220°C (425°F, gas 7) for 30 minutes. Serve hot or cold.

Floating island with pink pralines

Make a custard with 500 ml (17 fl oz, 2 cups) boiled milk, 6 egg yolks, 200 g (7 oz, 1 cup) sugar and half a vanilla pod (bean). Pour it into a serving dish and leave to cool completely.

Butter a deep cake tin (pan) that has a slightly smaller diameter than the serving dish. Crush 100 g (4 oz) pink pralines or sugared almonds with a rolling pin and sprinkle three-quarters over the bottom of the mould. Whisk 4 egg whites with a pinch of salt and 8 tablespoons caster (superfine) sugar until very stiff. Fold in the remaining crushed pralines and fill the mould with the mixture. Cook in a bain marie in a preheated oven at 140°C (275°F, gas 1) for 30–40 minutes. Unmould while still hot on to the chilled custard. Decorate with pralines.

Floating islands

A cold dessert consisting of a light egg custard topped with egg whites that have been stiffly whisked with sugar, shaped with a tablespoon and poached either in boiling water or in the milk used to make the custard. In the latter case the dish is more difficult to make successfully and the whites are not as meltingly soft. Floating islands are served drizzled with pale caramel or crushed praline.

Boil 750 ml (1¼ pints, 3¼ cups) milk with a vanilla pod (bean) or 1 teaspoon vanilla sugar. Whisk 8 egg whites to stiff peaks with a pinch of salt, then fold in 3 tablespoons caster (superfine) sugar. Using a tablespoon, gently drop portions of the whisked egg whites into the boiling milk. Turn the whites

so that they are cooked all over. Remove after 2 minutes and drain on a cloth. Make an egg custard with the same milk, the 8 egg yolks, and 250 g (9 oz, 1 cup) sugar. When completely cold, pour the custard into a deep dish, place the cooked egg whites on top, and chill until ready to serve. Serve drizzled with caramel.

Fondant-coated or Marquise cherries

Thoroughly drain about 50 cherries (complete with their stalks) preserved in brandy or eau-de-vie. Pat dry, removing any excess liquid. Put 375 g (13 oz) fondant into a small heavy-based saucepan and heat rapidly, adding 4 tablespoons kirsch; mix well with a wooden spatula. When the fondant is liquid, remove from the heat and incorporate 3–4 drops of red food colouring, mixing briskly. Hold each cherry by the stalk and dip it in the fondant; let any excess drip back into the saucepan. Then lay the cherries on a work surface or marble slab sprinkled lightly with icing (confectioner's) sugar to prevent the fruit from sticking. Transfer each cherry to a small paper case.

Alternatively, add colouring to only half the fondant, to give 25 pink and 25 white cherries. (The same method can be used for large blackcurrants preserved in brandy; use pink fondant.)

Four-fruit compote

Use equal quantities of apples, quinces and oranges, together with a few large grapes. Prepare a syrup with 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water. Peel the apples and quinces, remove the pips (seeds), slice thickly and sprinkle with lemon juice. Plunge the slices of quince in the boiling syrup; 15 minutes later, add the apples. Meanwhile, peel and slice the oranges, removing the pith, and add them to the other fruit 20 minutes after the beginning of the cooking time. Continue to cook for

another 10 minutes. Peel and, if possible, remove the pips from the grapes. Add them to the syrup as soon as the pan has been removed from the heat. Allow to cool and chill in the refrigerator.

French bread pudding

Crumble 14 slices of stale milk bread. Pour over the top 4 beaten eggs mixed with 100 g (4 oz, ½ cup) caster sugar (superfine) sugar; add 400 ml (14 fl oz, 1¾ cups) tepid milk, then 4 tablespoons raisins which have been soaked in weak tea, 3 tablespoons chopped crystallized (candied) fruit, the same amount of rum, a pinch of salt and sieved apricot jam (preserve). Mix together well.

Butter a pudding basin (mould) or a charlotte or manqué mould and pour half the mixture into it. Arrange 4 finely sliced canned pears over the surface, then pour in the remaining mixture. Place the mould in a bain marie containing boiling water. Put in a preheated oven at 200°C (400°F, gas 6) and cook for about 1 hour until set. Dip the bottom of the mould in cold water, then turn the pudding out. Serve with blackcurrant sauce.

Fried custard fritters

Boil 500 ml (17 fl oz, 2 cups) milk with 1 tablespoon vanilla-flavoured sugar. In a mixing bowl, beat 5 egg yolks with 100 g (4 oz, ½ cup) caster (superfine) sugar until the mixture is white. Beat in 75 g (3 oz, ¾ cup) plain (all-purpose) flour and gradually add the boiling milk, whisking it well. Pour the mixture into a saucepan, boil over a gentle heat for 3 minutes, stirring all the time, then remove from the heat and leave to cool until lukewarm. Spread the custard evenly over a buttered baking sheet to a thickness of 1.5 cm (⅝ in) and leave it to cool completely. Cut it into rectangles, diamonds or circles, dip these in batter and plunge them into hot oil at a temperature of 170–180°C (338–350°F). Drain and dust with icing (confectioner's) sugar.

Fried custard with crystallized fruits

Macerate 100 g (4 oz, ⅔ cup) diced crystallized (candied) fruits in 100 ml (4 fl oz, 7 tablespoons) Grand Marnier. Prepare some custard for frying as in the previous recipe and blend the fruit with it. Lightly oil a baking sheet and pour the custard on to it to form an even layer, 2 cm (¾ in) thick; leave to cool before putting in the refrigerator for 2–3 hours. Then cut the custard into diamond shapes and coat with beaten egg and breadcrumbs. Fry in hot oil at a temperature of 175–180°C (347–350°F) until lightly browned, then drain on paper towels. Dust with icing (confectioner's) sugar and serve very hot.

Fried rice pavés

Make a thick rice pudding using 125 g (4½ oz, ½ cup) short-grain rice and 600 ml (1 pint, 2½ cups) milk, sweetened to taste (the grains must be completely soft and sticky). Butter a baking sheet and spread with a layer of rice about 1 cm (½ in) thick. Smooth the surface, sprinkle with a little melted butter and leave to cool completely. Cut the rice into 5 cm (2 in) squares.

Stew 800 g (1¾ lb) fruit with a little sugar until reduced to a purée (use apricots, apples, plums, oranges or greengages). Strain the pulp into a pan, add some chopped canned pineapple and boil to reduce by one-third. (Chestnut purée could also be used.)

Spread half of the rice squares with the fruit and top with the remaining squares. Press them together, coat in breadcrumbs and deep-fry in hot oil at 175–180°C (347–350°F) until golden brown. Drain them on paper towels and serve very hot with strawberry sauce or custard cream.

Fritters Mont-Bry

Prepare sweetened semolina as for a dessert, let it cool, then spread it on a buttered baking sheet in a layer 1 cm (½ in) thick. When completely cold, cut

it into small rectangles 4 × 5 cm (1½ × 2 in). Boil down some apricot jam (preserve) mixed with rum until reduced by half, then add a salpicon of finely diced walnuts and figs. Coat half the semolina rectangles with this mixture and cover with the remaining rectangles. Dip into batter and deep-fry at 175°C (347°F). Drain on paper towels and dust with caster (superfine) sugar.

Fruit brochettes en papillotes

Peel some oranges, remove the pith and seeds, and cut the segments into pieces; peel some pears, apples and bananas, cut into cubes or slices and sprinkle with lemon juice; cut some fresh or canned pineapple into cubes. Macerate for 30 minutes with sugar to taste and a liqueur or spirit (Curaçao, brandy, rum or Grand Marnier), then thread the pieces on to small skewers, mixing the various fruits. Lay each skewer on a piece of lightly buttered foil or greaseproof (wax) paper and dot the fruit with small pieces of butter. Wrap the brochettes in the foil or paper, lay them on the shelf (rack) in a preheated oven at 240°C (474°F, gas 9), and cook for about 15 minutes. Serve the brochettes in their wrapping. To microwave, use wooden skewers and buttered greaseproof paper, and cook for about 3 minutes on full power.

Fruit mousse

Weigh the pulp of the fruits (for example, strawberries, raspberries, apricots) and rub it through a sieve. Measure the same amount of double (heavy) cream. Prepare a sugar syrup using half as much sugar as fruit pulp. Whisk the cream and quickly add first the syrup, then the fruit purée. Refrigerate.

Fruit salad à la maltaise

Macerate some sliced bananas, stoned (pitted) cherries and cubes of fresh pineapple in Curaçao and sugar. Chill. Put a layer of orange-flavoured ice

cream in the bottom of a glass fruit bowl; arrange the drained fruit on top. Decorate with whipped cream and peeled orange segments. Alternatively, the ice cream can be omitted and orange juice mixed with Curaçao poured over.

Fruit salad à la normande

Peel and core a pineapple and cut the flesh into cubes. Peel and slice some bananas. Peel and core some apples, cut them into cubes and sprinkle with lemon juice. Macerate all the fruit in some Calvados mixed with sugar. Chill. Arrange the fruit in a glass bowl and pour the fruit liquid over it. Cover with single (light) or Chantilly cream.

Fruit salad à l'occitanienne

Peel and core some pears, slice thickly and sprinkle with lemon juice. Peel and slice some figs. Peel some large black and white grapes. Arrange the ingredients in layers in a glass bowl, sprinkle with sugar and pour over some Blanquette de Limoux (a sparkling white wine) and a little brandy. Chill for at least 1 hour. Cover with Chantilly cream and decorate with peeled grapes.

Fruit salad with gin

Chill 4 shallow glass sundae dishes. Peel 2 pink grapefruit; detach the segments and skin them completely. Peel 2 papayas, remove the seeds and cut the flesh into thin slices. Peel and slice 4 kiwi fruit. Shell about 20 lychees, removing the stones (pits) if wished, or carefully drain 20 canned lychees.

Remove the dishes from the refrigerator; arrange the grapefruit segments alternately with the slices of papaya, insert slices of kiwi fruit here and there, and arrange the lychees in the centre of each dish. The decoration can be completed with a large raspberry in the middle. Put the filled dishes in the least cold part of the refrigerator.

Squeeze 2 oranges, dissolve 2 tablespoons caster (superfine) sugar in the juice and add 4 tablespoons gin. Just before serving, divide the juice between the dishes. Serve with vanilla-flavoured meringues.

Fruit salad with kirsch and Maraschino

Peel 6 peaches, 3 pears and 2 apples and slice thinly; slice 4 bananas and cut 6 apricots into chunks. Mix all the fruit in a bowl; then add 25 g (1 oz) hulled strawberries, 75 g (3 oz) raspberries, and 125 g (4½ oz) seeded white grapes. Sprinkle with 5–6 tablespoons caster (superfine) sugar; pour over 300 ml (½ pint, 1¼ cups) kirsch and 300 ml (½ pint, 1¼ cups) Maraschino. Gently mix the ingredients together. Surround the bowl with crushed ice and leave to macerate for 1 hour. Then pour the contents into a glass fruit bowl, also surrounded by crushed ice. Decorate with about 50 g (2 oz) strawberries, some grapes and 25 blanched and halved almonds.

Fruit salad with kiwi fruit

Choose the fruit according to the season. Divide oranges and grapefruit into segments, then peel and remove the pith. Peel, core and slice apples and pears, and sprinkle with lemon juice. Peel peaches and melon and cut into cubes; sprinkle the peaches with lemon juice. Hull strawberries and raspberries. Peel and slice the kiwi fruit, which should represent a quarter of the total volume of fruit.

Place all the fruit (except for the raspberries) in a large salad bowl, sprinkle with sugar and moisten with kirsch or another fruit-based liqueur. Leave in a cool place until ready to serve. Add the raspberries at the last moment.

The whole strawberries can be replaced by strawberry purée: put the fruit through a blender, sieve the purée, sweeten with sugar and pour it over the other fruit just before serving.

Fruit soufflé made with sugar syrup

Mix 1 kg (2¼ lb, 4½ cups) granulated sugar with 100 ml (4 fl oz, 7 tablespoons) water and boil until the temperature reaches 140°C (275°F). Then add 1.12 kg (2½ lb) finely sieved fruit purée. Fold in 12 stiffly whisked egg whites and cook in a large soufflé mould in a preheated oven at 190°C (375°F, gas 5) for about 35–40 minutes. Use strawberries and raspberries raw. Cook apricots, cherries, pears and apples with sugar beforehand; apples should be reduced until very dry before being sieved.

Gâteau de crêpes

Make a dozen sweet crêpes. Prepare a Chantilly cream with 200 ml (7 fl oz, ¾ cup) double (heavy) cream, 500 ml (17 fl oz, 2 cups) milk, 1 tablespoon vanilla-flavoured sugar (or a few drops of vanilla extract), and 25 g (1 oz, 2 tablespoons) caster (superfine) sugar. Lay a crêpe on the serving dish and spread with strawberry jam (preserve). Cover with a second crêpe and spread with Chantilly cream. Continue in this way, alternating the layers of jam and cream. Finish with a crêpe. Sprinkle with icing (confectioner's) sugar and trace a pattern of diamond shapes for decoration. Serve immediately.

German bread and fruit pudding

Finely dice 150 g (5 oz, about 5 slices) white bread and fry lightly in butter. Put in a bowl and pour on 200 ml (7 fl oz, ¾ cup) boiled milk. Mix, then add 2 apples cut into small cubes and cooked in butter, 50 g (2 oz, ⅓ cup) diced candied orange peel, 50 g (2 oz, ½ cup) ground almonds and the same amount of seeded raisins, which have been soaked in water and drained. Add 75 g (3 oz, 6 tablespoons) caster (superfine) sugar, 1 tablespoon blanched and finely chopped lemon peel and 3 egg yolks. Mix well, then blend in 3 egg whites whisked into very stiff peaks.

Pour this mixture into a buttered charlotte mould, place in a bain marie, and cook in a preheated oven at 200°C (400°F, gas 6) for about 50 minutes. Turn out the pudding while still lukewarm and coat with a sauce made by mixing 200 ml (7 fl oz, ¾ cup) red wine with 2 tablespoons sieved and warmed apricot jam (preserve).

Glacé cherries filled with almond paste

Prepare some almond paste with 125 g (4½ oz, 1 cup) ground almonds, 250 g (9 oz, 1 cup) sugar, 4 tablespoons glucose powder, 5 tablespoons water and some kirsch. Split 50 glacé (candied) cherries in half, but without separating the halves completely. Shape the almond paste into small balls and insert one into each cherry. Serve on a tray sprinkled with icing (confectioner's) sugar.

Grapefruit salad

Mix grapefruit segments with fine slices of apple sprinkled with lemon juice, chopped celery and a few shredded lettuce leaves. Dress with a little yogurt or a light oil-based dressing.

Gratinée de poires aux pistaches

Bring to the boil 1 litre (1¾ pints, 4⅓ cups) water with 1 vanilla pod (bean) cut in two, 200 g (7 oz, 1 cup) caster (superfine) sugar and 2 tablespoons lemon juice. Peel and core 6 ripe but firm pears. Poach gently. Allow to cool. Make a confectioner's custard (pastry cream) with 250 ml (8 fl oz, 1 cup) milk, 1 vanilla pod cut in two, 20 g (¾ oz, 2½ tablespoons) plain (all-purpose) flour, 3 egg yolks and 70 g (2¾ oz, 5 tablespoons) sugar. Place in a bowl, add 1 tablespoon pear brandy and, when it is almost cold, 3 tablespoons whipped cream. Beat 1 egg yolk with 25 g (1 oz, 2 tablespoons) sugar until the mixture foams and turns a paler yellow. Incorporate 1 tablespoon chopped pistachio

nuts and 2 tablespoons whipped cream. Drain the pears and cut them in the shape of a fan but so they are still attached at the stalk end. Cut 1 vanilla pod into matchsticks. Put some confectioner's custard (pastry cream) on to each plate and place a pear fan in the middle. Sprinkle icing (confectioner's) sugar on the pears without going over the edge. Place the plates under the grill (broiler) to brown the fruit. Pour some pistachio cream evenly around the pears and draw marbling patterns with the point of a knife. Now sprinkle the edge of the plate with icing sugar and chopped pistachio nuts. Place a spoonful of ice cream next to each pear, decorate with vanilla matchsticks and serve them immediately.

Grilled bananas

Peel some bananas, brush with melted butter and grill (broil) gently for 15 minutes. Arrange the bananas in a dish, dust with caster (superfine) sugar and coat with sour cream, soft (whipped) cream cheese or a dessert sauce.

Hawaiian cream coupes

Prepare 500 ml (17 fl oz, 2 cups) almond milk jelly or blancmange and keep it in a cool place. Wash, pat dry and hull 300 g (11 oz, 2½ cups) strawberries, cutting large ones in half. Peel and dice the flesh of a fresh pineapple. Line some sundae dishes with the strawberries and diced pineapple and completely cover with the jelly or blancmange. Top with a layer of raspberry coulis – about 100 g (4 oz, ½ cup). Decorate each dish with piped rosettes of whipped cream.

Italian meringue

Put 300 g (11 oz, scant 1½ cups) caster (superfine) sugar and 100 ml (4 fl oz, 7 tablespoons) water in a heavy-based saucepan and boil to the soft ball stage.

Whisk 4 egg whites until stiff. Add the boiling syrup in a thin stream, whisking continuously until is cold. Store in the refrigerator until needed.

Jam crêpes

Make some sweet crêpes and keep them hot. Sieve some apricot, plum or peach jam (preserve) and heat it, possibly adding some rum or a fruit liqueur. Spread the crêpes with jam, roll them up, sprinkle them with caster (superfine) sugar and serve immediately. The crêpes may also be placed for a few moments under the grill (broiler) to caramelize the sugar.

Kaltschale

This is a Russian dessert consisting of a fresh fruit salad that has been macerated in wine and covered with a purée of red fruit (strawberries, raspberries and redcurrants). It is served in a large bowl that traditionally rests on a dish of crushed ice. The word *kaltschale* is German, and its literal meaning is 'cold cup'.

Rub 1 kg (2¼ lb, 7 cups) strawberries and 250 g (9 oz, 2 cups) very ripe redcurrants through a sieve. Bring 1 litre (1¾ pints, 4⅓ cups) light sugar syrup and ½ bottle of champagne to the boil, then allow to cool. Add the syrup mixture to the fruit purée. Peel and remove the seeds or stones (pits) from several different fruits, such as melon or watermelon, apricots, peaches, pears or fresh pineapple. Cut them into thin slices and sprinkle with lemon juice. Place all the fruit in a large bowl and pour the liquid purée over it. Chill until ready to serve. Add some raspberries at the last moment.

Kissel with cranberries

Kissel is a Russian dessert made from sweetened red fruit purée thickened with arrowroot or flour and sometimes flavoured with white wine. Kissel can

be served warm or cold with crème fraîche. Put 1 kg (2¼ lb, 9 cups) cranberries through a vegetable mill. Mix with 2–2.5 litres (3½–4¼ pints, 9–11 cups) water, pour the mixture through a cloth into a bowl and wring out the cloth thoroughly to extract the maximum quantity of juice. Alternatively, purée the fruit and water in a blender. Mix 50 g (2 oz, ½ cup) potato flour, cornflour (cornstarch) or tapioca into the juice and pour into a saucepan. Add 200 g (7 oz, 1 cup) caster (superfine) sugar and bring to the boil. Stir constantly until the mixture thickens. Pour into a fruit bowl and serve either warm or cold.

Langues-de-chat mousse

Butter a charlotte mould and line the bottom and sides with langues-de-chat biscuits (cookies). Melt 250 g (9 oz) chocolate over a low heat with 2 tablespoons water and 200 g (7 oz, 1 cup) caster (superfine) sugar. Remove from the heat and add 200 g (7 oz, 1 cup) butter and 4 egg yolks, then fold in 4 egg whites, stiffly whisked. Fill the mould with this preparation. Cover the top with langues-de-chat and refrigerate for at least 2 hours. Turn out and serve with coffee-flavoured whipped cream.

Lemon crêpes

Add the grated zest of 1 lemon to 500 ml (17 fl oz, 2 cups) milk. Bring to the boil and leave to cool. Make a crêpe batter with the lemon-flavoured milk, 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 3 eggs, and a pinch of salt. Strain and let it stand for at least 1 hour at room temperature. Add 25 g (1 oz, 2 tablespoons) butter to the batter and thin with 100 ml (4 fl oz, 7 tablespoons) water. Make the crêpes and keep them hot on a plate over a saucepan of boiling water. Fold the crêpes in four, arrange them on a buttered serving dish and dust generously with caster (superfine) sugar.

Lemon mousse

Beat together 2 egg yolks and 5 tablespoons sugar. When the mixture is foamy, add 2 tablespoons cornflour (cornstarch) and then the heated juice of 6 limes and 2 lemons. Bring the mixture to the boil, stirring all the time. Stiffly whisk 2 egg whites and fold into the mixture. Pour this mousse into ramekin dishes and serve chilled with a salad of blood oranges and pink grapefruit.

Lemon soufflé

In a saucepan, work 100 g (4 oz, ½ cup) butter into a soft paste with a wooden spoon. Add 100 g (4 oz, ½ cup) caster (superfine) sugar and 100 g (4 oz, 1 cup) plain flour (all-purpose flour), then moisten with 300 ml (½ pint, 1¼ cups) hot milk and mix well. Bring to the boil, stirring all the time, then beat until the mixture leaves the sides of the pan clean. Remove from the heat and beat in the juice of 2 lemons and 5 egg yolks, then fold in 6 egg whites whisked into stiff peaks and 2 tablespoons blanched and finely chopped lemon peel.

Turn the mixture into a buttered 1.5 litre (2¾ pint, 6 cup) pudding basin or soufflé mould, place in a bain marie, and cook in a preheated oven at 200°C (400°F, gas 6) for 40 minutes until well risen and golden brown. Serve with a lemon-flavoured custard cream.

Liège waffles

Take 500 g (18 oz, 4½ cups) sifted strong plain (bread) flour. Mix 15 g (½ oz, 1 cake) fresh (compressed) yeast or 1½ teaspoons dried yeast with 120 ml (4½ fl oz, ½ cup) tepid water and blend with a quarter of the flour. Leave to rise until doubled in size. Then add the rest of the flour, a generous pinch of salt, 125 g (4½ oz, generous ½ cup) caster (superfine) sugar, 4 beaten eggs and 200 g (7 oz, scant 1 cup) softened butter. Mix well.

Work the dough with the palm of the hand. Divide it into balls, each the size of an egg. Roll into sausage shapes and leave to stand on a floured board for 30 minutes. Heat a waffle iron and, if necessary, grease it. Put a piece of dough between the plates, close the waffle iron and leave to cook. Repeat with the remaining dough. Serve the waffles lukewarm or cold, sprinkled with icing (confectioner's) sugar.

Lime soufflé

Boil 120 ml (4½ fl oz, ½ cup) milk together with the zest of 1 lime. Whisk together 50 g (2 oz, ¼ cup) granulated sugar, 2 egg yolks, 25 g (1 oz, ¼ cup) cornflour (cornstarch) and 120 ml (4½ fl oz, ½ cup) lime juice. Pour the boiling milk on to this mixture, then return to the heat and bring to the boil, whisking all the time. Leave to cool.

Butter 4 ramekins liberally and coat with sugar. Add 2 egg yolks to the confectioner's custard (pastry cream). Stiffly whisk the whites of 6–8 eggs (depending on their size), blend in 75 g (3 oz, ⅓ cup) caster (superfine) sugar and fold the mixture into the confectioner's custard. Pour the mixture into the prepared moulds and place in a preheated oven at 200°C (400°F, gas 6). After 12 minutes, place a thin slice of lime on each soufflé, cover with a sheet of greaseproof (wax) paper and cook for a further 3 minutes. Serve immediately with a warm custard cream flavoured with blanched lime zest.

Mango dessert with passion fruit and rum

Remove the pulp from 500 g (18 oz) passion fruit and discard the seeds. Whisk the pulp together with an equal quantity of sugar syrup and freeze to make a sorbet.

Cut some Genoese sponge cake into 4 rounds, 10 cm (4 in) in diameter and 1 cm (½ in) thick, and scoop out a slight hollow in each. Cut the flesh of

4 well-ripened mangoes into slices. Fill the hollows in the sponge rounds with the passion fruit sorbet and arrange the slices of mango in the shape of a fan over the top. Place in the coldest part of the refrigerator.

Prepare a zabaglione mixture with rum: whisk 4 egg yolks with 7 tablespoons rum in a bain marie. When the mixture is light and fluffy, add 4 tablespoons whipped double (heavy) cream. Coat the slices of mango with the zabaglione, glaze for a short time under the grill (broiler), and decorate with Cape gooseberries.

Melon en surprise à la parisienne

Choose a good-quality ripe firm melon weighing about 2 kg (4½ lb). Remove a thick slice from the stalk end. Carefully remove the seeds and then scoop out the flesh without piercing the rind. Dice the flesh and place in the refrigerator to chill. Select some fruit in season, such as apricots, peaches and pears, and cut it into cubes. Add some grapes, stoned (pitted) plums, strawberries, raspberries and pineapple cubes. Mix this fruit with the melon, sprinkle with a little caster (superfine) sugar, and pour over some kirsch, Maraschino or other liqueur.

Sprinkle the inside of the rind with a little sugar, pour in a liqueur glass of the same liqueur, fill with the fruit, replace the top of the melon, and store in the refrigerator. Serve the melon in a dish containing crushed ice.

Alternatively, ripe small melons can be used. Cut them in half and prepare each half as above to serve as individual portions.

Meringues cuites

Put 8 egg whites and 500 g (18 oz, 4 cups) icing (confectioner's) sugar into a bowl resting on a pan of simmering water over a low heat and whisk the mixture until it is very stiff and holds its shape. Flavour with coffee essence,

vanilla sugar or a little rum. Pipe the mixture into small mounds on a baking sheet either oiled or lined with non-stick baking parchment and bake in a very cool oven for about 2 hours.

Mirabelle custard pudding

Wash and stone (pit) 300 g (11 oz) mirabelle plums. Mix 4 eggs with 75 g (3 oz, 6 tablespoons) caster (superfine) sugar, add 400 ml (14 fl oz, 1¾ cups) milk and a generous pinch of salt. Gradually add 100 g (4 oz, 1 cup) plain (all-purpose) flour and whisk until smooth. Blend in 20 g (¾ oz, 4½ teaspoons) melted butter. Put the plums in a buttered ovenproof dish and cover with the mixture, tilting the dish so the mixture runs between the fruit. Bake in a preheated oven at 220°C (425°F, gas 7) for 35–40 minutes. Remove from the oven, sprinkle with caster sugar and serve hot, warm or cold.

Mont-blanc

A cold dessert made of vanilla-flavoured chestnut purée, topped with a dome of Chantilly cream and decorated. Alternatively, the cream may be surrounded by a border of sweetened chestnut purée and mounted on a base of sablé pastry or meringue.

Shell 1 kg (2¼ lb) chestnuts and simmer them until soft in 1 litre (1¾ pints, 4⅓ cups) milk with 150 g (5 oz, ⅔ cup) sugar, a pinch of salt and a vanilla pod (bean) split in two. Press the chestnuts through a potato ricer and pack the vermicelli-like chestnut purée into a buttered ring mould. Refrigerate for at least 30 minutes. Whisk together 400 ml (14 fl oz, 1¾ cups) double (heavy) cream, 1 teaspoon vanilla sugar and 25 g (1 oz, ¼ cup) icing (confectioner's) sugar to make Chantilly cream. Turn the chestnut ring out on to a dish and fill the centre with the Chantilly cream. Decorate with pieces of marrons glacés and crystallized (candied) violets. Refrigerate until served.

Mousseline of apples with walnuts

Peel and core 8 medium dessert (eating) apples, cut into slices, and make a compote by stewing them until soft with 2 knobs of butter, 3 tablespoons caster (superfine) sugar, 1 teaspoon vanilla-flavoured sugar and a small piece of finely chopped lemon zest.

Peel and core 3 more apples and cut each into 8 pieces. Poach these pieces of apple slowly in a syrup prepared with 350 ml (12 fl oz, 1½ cups) water, 125 g (4½ oz, scant ⅔ cup) sugar and a vanilla pod (bean): the fruit should be just softened. Remove 15 pieces of apple and complete the cooking of the other 9. Drain the fruit and put the syrup to one side.

As soon as the compote is cooked, mash it with a fork and reduce it over a high heat, turning it over with a spatula until a thick fruit paste is obtained. Remove from the heat and cool. Thicken with 120 ml (4½ fl oz, ½ cup) whipped double (heavy) cream, 3 beaten eggs and 3 yolks. Add 2 tablespoons crushed walnuts and the half-poached apple pieces.

Butter a charlotte mould and pour the mixture into it. Pile it up slightly and cook in a bain marie in a preheated oven at 190°C (375°F, gas 5) for about 40 minutes. Remove from the oven and turn after 15 minutes on to a hot dish.

Prepare a sauce by reducing the syrup in which the apples were cooked to 120 ml (4½ fl oz, ½ cup), remove it from the heat, and add 50 g (2 oz, ¼ cup) butter and then 250 ml (8 fl oz, 1 cup) whipped double (heavy) cream. Flavour with Noyau liqueur. Coat the mousseline with this sauce and decorate with the 9 fully cooked pieces of apple. Serve some langues-de-chat biscuits (cookies) separately.

Nanette fritters

Cut a stale brioche into round slices. Prepare a confectioner's custard (pastry cream) and add to it some chopped crystallized (candied) fruit which has

been macerated in kirsch or rum. Spread a little of this mixture on each slice of brioche and sandwich together in pairs. Moisten with a little sugar syrup flavoured with kirsch or rum. Remove the fritters and drain. Dust with caster (superfine) sugar and serve. Fritters may also be served dusted with icing (confectioner's) sugar and glazed in a hot oven or under a grill (broiler).

Nègre en chemise

Melt 250 g (9 oz, 9 squares) chocolate in a double saucepan (boiler) with 1 tablespoon milk. Soften 250 g (9 oz, generous 1 cup) butter with a spatula. Mix the melted chocolate with the butter, beat thoroughly, and then add 5 tablespoons sugar and 4 or 5 egg yolks. Whisk 5 egg whites until very stiff and fold them carefully into the mixture. Oil a bombe or charlotte mould, pour in the chocolate cream and refrigerate for at least 12 hours.

Just before serving, make some Chantilly cream by whisking 200 ml (7 fl oz, ¾ cup) double (heavy) cream and 5 tablespoons very cold fresh milk, adding 40 g (1½ oz, ⅓ cup) icing (confectioner's) sugar and either 1 teaspoon vanilla sugar or a few drops of vanilla essence (extract). Unmould the chocolate cream on to a serving dish, then pipe over Chantilly cream, taking care that the chocolate shows through in places.

Nesselrode pudding

Mix 1 litre (1¾ pints, 4⅓ cups) crème anglaise with 250 g (9 oz, 1 cup) chestnut purée. Macerate 125 g (4½ oz, ¾ cup) candied orange peel and diced crystallized (candied) cherries in Málaga, and soak some sultanas (golden) and currants in warm water. Add all the ingredients to the crème anglaise together with 1 litre (1¾ pints, 4⅓ cups) whipped cream flavoured with maraschino. Line the base and sides of a large charlotte mould with greaseproof (wax) paper and add the mixture. Cover the mould with a double

thickness of foil and secure it with an elastic (rubber) band. Place the mould in the freezer. When the pudding is frozen, unmould it on to the serving dish, peel off the paper and surround the base with marrons glacés.

Omelette à la dijonnaise

Beat 8 eggs with 2 tablespoons sugar, 2 or 3 finely crushed macaroons and 1 tablespoon double (heavy) cream. Make 2 flat omelettes. Put one of them on to a round ovenproof dish and spread it with 3 tablespoons very thick confectioner's custard (pastry cream) mixed with 1 tablespoon ground almonds flavoured with Cassis. Place the second omelette on top and completely coat with egg whites whisked to stiff peaks. Sprinkle with icing (confectioner's) sugar and glaze quickly in a very hot oven. Serve the omelette surrounded by a ribbon of blackcurrant jam (preserve).

Omelette flambée

Beat the eggs with some sugar and a pinch of salt, then cook the omelette in butter, keeping it very creamy. Dredge with sugar, sprinkle with heated rum and set light to it immediately before serving. The rum can be replaced by Armagnac, Calvados, Cognac, whisky or a fruit-based spirit.

Omelette Reine Pédauque

Beat 8 eggs with 1 tablespoon caster (superfine) sugar, 1 tablespoon ground almonds, 1 tablespoon double (heavy) cream and a pinch of salt. Make 2 flat omelettes. Place one of the omelettes in a round ovenproof serving dish. Mix 6 tablespoons thick apple compote with 2 tablespoons double (heavy) cream and 1 tablespoon rum. Spread this mixture over the omelette, put the second omelette on top, sprinkle with icing (confectioner's) sugar and glaze quickly in the oven or under the grill (broiler).

Omelette with fruit compote

Prepare a compote of peaches, plums, apples or apricots: cook the fruit in vanilla-flavoured syrup, drain, bind with jam (preserve) made from the same type of fruit and flavour with liqueur. Beat 8 eggs with 1 tablespoon caster (superfine) sugar and a pinch of salt. Cook the omelette in butter. Just before folding, fill with 4 tablespoons fruit compote. Fold the omelette, slip it on to a round plate and sprinkle with caster sugar. Glaze under the grill (broiler).

Orange dessert

Make a sponge cake 24 cm (9½ in) in diameter with 4 eggs, 125 g (4½ oz, ⅔ cup) caster (superfine) sugar and 125 g (4½ oz, 1 cup) plain (all-purpose) flour. Bake and cool on a wire rack.

Make a syrup with 300 ml (½ pint, 1¼ cups) water and 200 g (7 oz, 1 cup) sugar. Wash 2 oranges. Cut in two and slice finely into even slices. Cook the orange slices in the syrup, drain and put them to one side. Remove the zest of 2 oranges, blanch it twice and cook for 10 minutes in the syrup.

Divide the remaining syrup into 3 amounts. Dilute one amount with 3½ tablespoons orange liqueur to moisten the sponge cake. Dilute the second amount with a little orange juice and add 100 g (4 oz, ⅓ cup) orange jelly to make the sauce accompanying the dessert, which is then strained through a fine chinois. Dilute the third amount with 100 g (4 oz, ⅓ cup) orange jelly and a little orange juice, adding 1 leaf of gelatine, dissolved, for the final glazing.

Make a custard with 500 ml (17 fl oz, 2¼ cups) milk, flavoured with ½ vanilla pod (bean), 4 egg yolks, 100 g (4 oz, ½ cup) caster sugar and 60 g (2¼ oz, ½ cup) plain (all-purpose) flour. Add 2 sheets of dissolved leaf gelatine and cool it quickly. Whisk until smooth. Add 3½ tablespoons orange liqueur, 150 g (5 oz, 1 cup) candied orange zest, diced very small, and then gently fold in 300 ml (½ pint, 1¼ cups) double (heavy) cream, lightly

whipped. Cut the sponge cake horizontally into 3 layers. Line the sides of a ring mould 24 cm (9½ in) in diameter, placed on iced (frosted) cardboard, with the half slices of candied orange, slightly overlapping. Place a layer of sponge cake at the bottom of the ring. Soak it with syrup and cover with half the cream. Put the second layer of sponge cake on top, soak it again and cover with the remaining cream. Put the last layer of sponge cake on top, with the golden side facing upward. Press gently and soak with the rest of the syrup. Put in the refrigerator for a few hours. Glaze with the jelly and put it back in the refrigerator to set. Carefully remove from the ring. Pour a fine ribbon of sauce around and decorate with candied orange zest and sprigs of mint.

Pannequets à la cévenole

Pannequets are sweet or savoury pancakes filled with chopped ingredients, a purée or a cream.

Make a batter with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, a pinch of salt, 3 beaten eggs, 1 tablespoon caster (superfine) sugar, 250 ml (8 fl oz, 1 cup) milk, 250 ml (8 fl oz, 1 cup) water and 1 tablespoon melted butter.

Mix 250 ml (8 fl oz, 1 cup) sweetened chestnut purée flavoured with kirsch with 3 tablespoons crème fraîche and 3 tablespoons fragments of marrons glacés. Spread the pancakes with the mixture and roll up. Arrange in a buttered ovenproof dish, dust generously with icing (confectioner's) sugar, and place in a preheated oven at 230°C (450°F, gas 8) for 8–10 minutes.

Pannequets à la créole

Prepare 8 sweet pancakes (see pannequets à la cévenole). Mix 300 ml (½ pint, 1¼ cups) confectioner's custard (pastry cream) flavoured with rum with 4 slices of canned pineapple cut into a salpicon. Spread the pannequets with this mixture and finish as for pannequets à la cévenole.

Pannequets with crystallized fruit

Prepare 8 sweet pancakes (see pannequets à la cévenole). Cut 250 g (9 oz, 1½ cups) crystallized (candied) fruit into small dice and macerate them in 100 ml (4 fl oz, 7 tablespoons) brandy or rum. Mix 4 egg yolks with 125 g (4½ oz, ½ cup) caster (superfine) sugar, add 65 g (2½ oz, ½ cup) plain (all-purpose) flour, and mix well. Sprinkle with 500 ml (17 fl oz, 2 cups) boiling milk, whisking quickly. Pour into a saucepan and boil for 2 minutes, beating with a whisk. Combine the crystallized fruit and the macerating spirit with this mixture, then leave until lukewarm.

Spread each pannequet with a generous tablespoon of the fruit cream mixture, roll them up and arrange in a buttered ovenproof dish. Dust with 100 g (4 oz, ¾ cup) icing (confectioner's) sugar and caramelize in a preheated oven at 220°C (425°F, gas 7). Serve as soon as they are taken out of the oven. The pannequets may be flamed with rum just before serving.

Peach compote

Prepare a vanilla-flavoured syrup with 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water. Plunge the peaches for about 30 seconds in boiling water and cool them under cold running water. It should then be easy to peel them. Either leave them whole or cut them in half and remove the stones (pits). Poach them in boiling syrup for 13 minutes if cut in half, or 18 minutes if they are whole.

Peaches à la bordelaise

Plunge 4 peaches into boiling water for 30 seconds. Drain, peel and remove the stones (pits). Sprinkle the fruit with sugar and leave to steep for 1 hour. Boil 300 ml (½ pint, 1¼ cups) Bordeaux wine with 8 lumps of sugar and a small piece of cinnamon stick. Place the peach halves in this syrup to poach

for 10–12 minutes. When the fruit is cooked, drain, slice and place in a dish. Boil the syrup to reduce it, pour over the peaches and leave to cool. Serve with vanilla ice cream, decorated with wild strawberries and mint.

Peaches dame blanche

Macerate 4 slices pineapple in 1 tablespoon each of kirsch and Maraschino. Make a syrup using 250 ml (8 fl oz, 1 cup) water, 250 g (9 oz, 1 cup) caster (superfine) sugar and half a vanilla pod (bean), split in two. Peel 2 large peaches and poach gently in the syrup for about 10 minutes, turning them frequently, then remove from the heat.

Prepare some Chantilly cream by whipping 150 ml (¼ pint, ⅔ cup) double (heavy) cream with 1 tablespoon milk, 1 tablespoon caster (superfine) sugar and a little vanilla sugar or essence (extract) to taste; chill. Drain the peaches, halve them and remove the stones (pits). Divide 500 ml (17 fl oz, 2 cups) vanilla ice cream between 4 sundae glasses, add a slice of pineapple and a peach half to each, and decorate with a 'turban' of Chantilly cream using a piping (pastry) bag fitted with a fluted nozzle. Serve immediately.

Peaches Pénélope

Prepare a strawberry mousse as follows. Wash and hull 1 kg (2¼ lb) ripe strawberries and purée them in a blender. Add 300 g (11 oz, 1½ cups) caster (superfine) sugar, the juice of 1 lemon and 1 teaspoon vanilla sugar. Stir to dissolve. Prepare some Italian meringue with 100 g (4 oz, ½ cup) caster sugar and 2 egg whites and set aside to cool completely. Whip 250 ml (8 fl oz, 1 cup) double (heavy) cream with 150 ml (¼ pint, ⅔ cup) very cold milk. Add the Italian meringue to the strawberry purée, then carefully fold in the whipped cream. Put the mousse into individual 10 cm (4 in) soufflé moulds and place in the refrigerator to set.

In the meantime, poach some peaches in a vanilla-flavoured syrup for 15 minutes, then drain. Allow the peaches to cool, then place in the refrigerator. To serve, turn out the mousses into sundae dishes, place either a half peach or slices of peach on each mousse and decorate with fresh raspberries. Sprinkle with a little icing (confectioner's) sugar and serve with zabaglione flavoured with Parfait Amour liqueur.

Peaches with raspberries

Poach some peaches in a vanilla-flavoured sugar syrup, leave to cool completely, then chill. When ready to serve, drain and arrange them in a glass dish. Prepare a fresh raspberry purée, add a little of the reduced sugar syrup and flavour with a few drops of raspberry liqueur. Cover the peaches with the purée and decorate with fresh raspberries.

Pear and apple caramel compote

Prepare two batches of syrup as for pear compote and place in separate pans. Peel and quarter some apples and remove the pips (seeds) and cover with lemon juice. Prepare some pears as for pear compote. Boil the syrups, add the fruit and cook until the apples are tender and the pears translucent. Drain them and arrange them in layers in a fruit bowl. Place the bowl in the refrigerator. Mix the two lots of syrup together and reduce until it begins to turn pale gold in colour. Pour this boiling syrup over the cold fruit and set aside to cool. Do not refrigerate.

Pear and caramel-cream coupes

Prepare the caramel cream: cook 100 g (4 oz, 8 tablespoons) caster (superfine) sugar in 50 ml (2 fl oz, 3½ tablespoons) water to obtain a golden caramel. Pour 120 ml (4 fl oz, ½ cup) double (heavy) cream into a large basin,

sprinkle it with the caramel, and whisk. Then transfer the mixture to a saucepan and cook over a gentle heat. Meanwhile work 100 g (4 oz, ½ cup) butter with a spatula in the deep basin until soft. Test a drop of the caramel cream in a bowl of cold water: if it forms a firm ball, the cream is cooked. Then pour it over the butter, whipping briskly. Set aside in a cool place until used. Divide 500 ml (17 fl oz, 2 cups) almond milk jelly or blancmange among 8 sundae dishes and place in the refrigerator. Divide 16 diced canned pear halves among the dishes, cover with caramel cream and put into a cool place. A few moments before serving, decorate with piped rosettes of whipped cream.

Pear and peach salad with raspberries

Peel 4 pears and 4 peaches, dice the flesh and put in a bowl with the juice of a lemon; sprinkle with 3 tablespoons sugar. Clean 200 g (7 oz, 1½ cups) raspberries, add them to the bowl and chill for at least 3 hours. Just before serving, mix very gently.

Pear charlotte

Peel 1 kg (2¼ lb) Williams pears and poach them in a syrup prepared with 250 ml (8 fl oz, 1 cup) water and 500 g (18 oz, generous 2 cups) granulated sugar. Cut them into medium-sized slices and set aside in the syrup.

Soften 8 sheets leaf gelatine or sponge 20 g (¾ oz, 3 envelopes) powdered gelatine in cold water. Then drain and dissolve the leaf gelatine in a little water or dissolve the sponged gelatine. Prepare a custard with 500 ml (17 fl oz, 2 cups) milk, 250 g (9 oz, generous 1 cup) caster (superfine) sugar, 8 egg yolks, and 1 vanilla pod (bean). Remove from the heat and add the gelatine. When the custard is cold, blend in 120 ml (4½ fl oz, ½ cup) juice extracted from Williams pears and 750 ml (1¼ pints, 3¼ cups) Chantilly cream.

Line a charlotte mould with sponge fingers (ladyfingers) and then fill it with alternate layers of cream and drained slices of pear. Place in the refrigerator for at least 4 hours or until set. Prepare a raspberry sauce by puréeing 300 g (11 oz, 2 cups) fruit, 125 g (4½ oz, 1 cup) icing (confectioner's) sugar and the juice of 1 lemon. Invert the charlotte and serve it with the sauce.

Pear charlotte (using canned fruit)

Put 15 g (½ oz, 2 envelopes) gelatine to soften in 5 tablespoons cold water. Press 350 g (12 oz) drained canned pears through a sieve and warm the pulp gently in a saucepan. Add the softened gelatine to the pear purée and stir to dissolve. Cut 350 g (12 oz) drained canned pears into 1 cm (½ in) cubes. Whip 250 ml (8 fl oz, 1 cup) whipping cream with 3 tablespoons icing (confectioner's) sugar. Whisk 2 egg whites with 50 g (2 oz, ¼ cup) caster (superfine) sugar until they form stiff peaks.

Line a charlotte mould with a ring of greaseproof (wax) paper. Line the bottom and the sides with sponge fingers (ladyfingers) trimmed at the ends to the height of the mould. Pour the pear and gelatine mixture into a large bowl, add the diced pears and 1½ tablespoons pear brandy, then incorporate the cream and the egg whites, using a spatula. Pour this mixture into the charlotte mould and chill in the refrigerator for about 10 hours until set.

Turn out the charlotte on to a serving dish and surround it with a ring of raspberry sauce. Serve the remainder of the sauce in a sauceboat.

Pear compote

Peel the pears, cut them into quarters and remove the cores. (If the pears are small, leave them whole.) Cook them in boiling vanilla-flavoured syrup, prepared with 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water, until they become translucent. Remove and place in a bowl.

Reduce the syrup and pour it over the pears. Cool before serving. Some pear brandy may be added to the cold syrup if desired.

Pears in wine

Peel 8 fine Williams' Bon Chrétien or Passe Crassane pears, but leave the stalk on and brush them with lemon juice. Put the pear peelings in a large saucepan and add 1 litre (1¾ pints, 4⅓ cups) red wine (Côtes du Rhône or Madiran), 100 g (4 oz, ⅓ cup) honey, 150 g (5 oz, ¾ cup, firmly packed) soft brown sugar, the zest of 1 lemon (previously blanched), a little white pepper, a few coriander seeds, a pinch of grated nutmeg and 3 vanilla pods (beans), slit in two. Bring to the boil and simmer. After 10 minutes, add the pears, stalks upright. Cover the pan and cook slowly for 20 minutes. Leave to cool before putting in the refrigerator for 24 hours. Serve coated with the gelled juice.

Pears Joinville

Line a 23 cm (9 in) savarin mould with caramel. Boil 1 litre (1¾ pints, 4⅓ cups) milk with half a vanilla pod (bean). Beat 12 eggs with 200 g (7 oz, ¾ cup) caster (superfine) sugar until thick and pale. Add the boiling milk gradually, whisking all the time, then strain the mixture through a fine sieve and pour it into the caramel-lined mould. Put the mould into a baking dish filled with enough water to reach halfway up the sides. Cook in a preheated oven at 200°C (400°F, gas 6) for 20 minutes or until the custard has set. Remove from the oven and allow to cool completely before turning out.

Drain the contents of a large can of pears. Melt 200 g (7 oz, ⅔ cup) apricot jam (preserve) over a gentle heat and flavour with 100 ml (4 fl oz, 7 tablespoons) kirsch or pear brandy. Make a Chantilly cream by whipping together 200 ml (7 fl oz, ¾ cup) double (heavy) cream, 5 tablespoons iced milk, 50 g (2 oz, ½ cup) icing (confectioner's) sugar and 1 teaspoon vanilla

sugar. Cut the pears into thin slices and arrange them in the centre of the caramel mould. Put the Chantilly cream in a piping (pastry) bag fitted with a fluted nozzle and decorate the pears. Serve with the warm apricot sauce.

Pears Wanamaker

Cut 6 madeleines in half and arrange them on a buttered dish, spacing them out slightly. Soak with kirsch and coat with a thick, sweetened, pear purée mixed with a little redcurrant jelly. Poach 6 peeled pears in vanilla-flavoured syrup, cut in half, remove the cores and place a pear half on each half-madeleine. Prepare a vanilla soufflé mixture and cover the pears with it. Brown in the oven. If desired, serve with a kirsch zabaglione.

Pineapple compote

Remove the skin and core of a pineapple. Slice the fruit and cook in some vanilla-flavoured syrup for about 15–20 minutes. Arrange the pineapple slices in a dish, reduce the syrup and pour it over the pineapple. Cool completely, and keep in the refrigerator until ready to serve.

Pineapple coupes

Cut some fresh or canned pineapple into dice and diamond shapes and macerate them for 1 hour in white rum. Place 2 tablespoons diced pineapple in each dish, cover with vanilla ice cream and smooth out the surface. Decorate each dish with the pineapple diamonds and sprinkle with a few drops of the white rum.

Pineapple en surprise

Cut the top off a choice pineapple close to the leaves and hollow it out carefully, without splitting the skin. Cut the pulp into dice and macerate it

with 100 g (4 oz, ½ cup) caster (superfine) sugar and 2 tablespoons rum for about 2 hours. Boil 600 ml (1 pint, 2½ cups) milk in a saucepan with a vanilla pod (bean) split in two. In a mixing bowl, beat 1 whole egg with 3 yolks and 100 g (4 oz, ½ cup) caster sugar; when the mixture is white and thick, blend in 50 g (2 oz, ½ cup) plain (all-purpose) flour to obtain a very smooth paste. Pour the boiling milk over the paste fairly slowly to avoid cooking the yolks, whisking rapidly all the time. Return the mixture to the pan, place over a gentle heat and stir until the cream has thickened. Then remove from the heat and add the juice in which the pineapple has been macerated.

Cool this cream in the refrigerator, then mix it gently with the diced pineapple, 3 egg whites whisked to very stiff peaks, and 100 ml (4 fl oz, 7 tablespoons) crème fraîche. Fill the pineapple with this preparation, replace its top and refrigerate until ready to serve.

Pineapple fritters

Slice a peeled fresh pineapple (alternatively, use canned pineapple). Sprinkle the slices with caster (superfine) sugar and kirsch or rum and macerate for 30 minutes. Drain thoroughly, dip in sweetened or unsweetened batter and deep-fry in hot oil. Remove the fritters from the oil and drain. Dust with caster (superfine) sugar and arrange on a napkin. Fritters may also be served dusted with icing (confectioner's) sugar and glazed in a hot oven or under a grill (broiler).

Pineapple surprise

Cut a pineapple in half lengthways through the whole fruit, including the leaves, and scoop out the flesh carefully, making sure you do not damage the skin. Cut the flesh into small, equal-sized cubes and macerate in 100 g (4 oz, ½ cup) caster (superfine) sugar and 3 tablespoons light rum for 2 hours.

Bring 600 ml (1 pint, 2½ cups) milk to the boil with a vanilla pod (bean), cut in half. Beat 1 whole egg and 3 egg yolks with 100 g (4 oz, ½ cup) caster sugar. When the mixture is white and foamy, add 65 g (2½ oz, ½ cup) plain (all-purpose) flour and stir to obtain a very smooth mixture. Pour the hot milk on to this mixture, very slowly so as not to cook the yolks and make the mixture curdle. Return to a low heat and whisk briskly until the custard has thickened. Remove from the heat. Drain the pineapple and add the rum-flavoured syrup to the crème pâtissiere. Chill the mixture in the refrigerator. Reserve a few pieces of pineapple for decoration, then add the rest to the crème pâtissière. Fold in 3 very stiffly whisked egg whites and 100 ml (4 fl oz, 7 tablespoons) crème fraîche. Fill the pineapple halves with this mixture. Decorate with the reserved pinepple and a few wild strawberries. Add a little finely pared lime rind if liked. When they are available, small pineapples can be used, allowing ½ per portion.

Plombières cream

Place 8 egg yolks and 1 tablespoon rice flour in a saucepan and mix well. Add 500 ml (17 fl oz, 2 cups) milk, which is almost boiling. Place the saucepan over a moderate heat, stirring continuously with a wooden spoon. When the mixture begins to thicken, remove it from the heat and stir thoroughly until it is perfectly smooth. Then cook it over the heat for a further few minutes. This cream must have the same consistency as a confectioner's custard (pastry cream). Then add 175 g (6 oz, ¾ cup) caster (superfine) sugar and a minute pinch of salt.

Pour the mixture into another pan and set it on ice, stirring from time to time: it will thicken as it cools. When it is completely cold, just before serving, mix in 4 tablespoons of a liqueur (kirsch or rum, for example) and then a small quantity of whipped cream; the finished product should be light,

velvety and perfectly smooth. Serve in a silver dish, in small pots, in a pastry case, a biscuit (cookie) crumb case or a dish-shaped base of almond paste.

Plum compote

Stone (pit) the plums carefully without splitting them in two. Poach them in boiling syrup, prepared with 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water, for 10–12 minutes. Serve well chilled, with or without cream.

This recipe can also be prepared using mirabelle plums.

Plum pudding

Put the following ingredients in a large mixing bowl: 125 g (4½ oz, 1 cup) suet, 175 g (6 oz, 1½ cups) chopped blanched almonds, 250 g (9 oz, 1½ cups) each of raisins and currants, 100 g (4 oz, 1 cup) sifted plain (all-purpose) flour, a generous pinch of salt, 250 g (9 oz, 1 cup) caster (superfine) sugar, 125 g (4½ oz, 1 cup) fairly dry white breadcrumbs, 250 g (9 oz, 1½ cups) chopped candied peel, the grated zest of ½ lemon and ½ teaspoon each mixed spice, ground cinnamon and grated nutmeg.

Beat 4 eggs with 4 tablespoons milk and the same quantity of rum. Add to the mixing bowl.

Boil 150 g (5 oz, ⅔ cup) granulated sugar with 4 tablespoons cold water until golden brown, then stir in 250 ml (8 fl oz, 1 cup) boiling water. Add this caramel to the ingredients in the mixing bowl. Stir the mixture thoroughly for 15 minutes.

Butter a large pudding basin (mould) and place a circle of greaseproof (wax) paper at the bottom. Place 125 g (4½ oz, ¾ cup) stoned (pitted) prunes (previously soaked in cold tea or water, then drained) in the basin and pour the pudding mixture on top. Cover with a circle of greaseproof paper, then

with a pudding cloth or double thickness foil. Place the basin in the basket of a pressure cooker and add enough water to reach halfway up the basin. Cook for 1½ hours, beginning the timing from the moment that steam begins to escape. Alternatively, cook for 4 hours in a steamer or on an old saucer in a saucepan with enough boiling water to reach halfway up the basin (topping up with boiling water as necessary). Remove the basin, wrap in foil and store in a cool place.

Steam for 1 hour more in a pressure cooker, or 2 hours in a steamer or saucepan, before serving. Then turn the pudding out on to a serving dish and sprinkle with 3 tablespoons sugar. Pour 4 tablespoons warm rum over the pudding and set it alight. The pudding can also be served cold.

Poirissimo

This dessert consists of pear compote, pear conserve, pears in wine, pear tart and pear granita, a small portion of each being carefully arranged on individual plates. For all the recipes, the pears must be peeled quickly just before they are required, to prevent discoloration.

To make the compote, peel the pears, cut them into quarters and cook them for 10 minutes over a brisk heat in a covered saucepan with sugar, lemon juice and a little water.

For the conserve, allow 800 g (1¾ lb, 3½ cups) sugar and 100 ml (4 fl oz, 7 tablespoons) water per 1 kg (2¼ lb) fruit. Boil the sugar and water until the syrup coats the back of a spoon. Add the sliced pears to the syrup, together with vanilla extract to taste, and cook until the fruit is tender.

The syrup for the pears in wine is made by boiling a mixture of wine and honey, reducing it by half. Peel some small ripe pears without removing the stalks and cook them in the honey-and-wine mixture for 15 minutes. Cool and add some cassis (blackcurrant liqueur).

Roll out some shortcrust pastry (basic pie dough) into a circle and cover with slices of pear sprinkled with lemon juice. Sprinkle with sugar and bake for 20 minutes in a preheated oven at 220°C (425°F, gas 7). Serve warm.

Prepare the granita the day before. Make a purée with some very ripe pears and a little lemon juice and place it in the freezer. When it begins to solidify, purée in a blender, adding sugar, lemon juice and a little pear liqueur to taste. Return to the freezer and repeat the operation once. The resulting granita must have the colour and consistency of snow.

Praline pannequets

Pannequets are sweet or savoury pancakes filled with chopped ingredients, a purée or a cream.

Make a batter with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, a pinch of salt, 3 beaten eggs mixed with 1 tablespoon caster (superfine) sugar, 250 ml (8 fl oz, 1 cup) milk, 250 ml (8 fl oz, 1 cup) water and 1 tablespoon melted butter. Cook 8 fairly thick pancakes.

Prepare 300 ml (½ pint, 1¼ cups) confectioner's custard (pastry cream) flavoured with liqueur (Cointreau or Grand Marnier) or with Armagnac and mix with 100 g (4 oz, ½ cup) crushed praline. Spread the pancakes with this mixture and roll up. Arrange in a buttered ovenproof dish and sprinkle with 8 finely crushed macaroons. Place in a preheated oven at 230°C (450°F, gas 8) for a few minutes to heat through.

Prunes in Rasteau with fresh cream

Soak 36 prunes overnight in 500 ml (17 fl oz, 2 cups) light red Bordeaux wine and the same amount of Rasteau (a sweet wine of the Rhône Valley). The following day cook them in the wine together with a lemon and an orange cut into thick slices: bring to the boil, reduce the heat and simmer for 15 minutes.

Leave to cool, then cover and chill for 3 days in the cooking liquid. Remove the slices of fruit and serve the prunes coated with double (heavy) cream.

Quince compote

Peel the quinces, cut them into quarters and remove the seeds. Cut each quarter into two and blanch the pieces. Cool them under cold running water and pat dry. Cook until tender in a vanilla-flavoured syrup made with 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water. Arrange in a dish and pour the syrup over.

Raspberry charlotte (1)

Make a syrup with 300 g (11 oz, 1⅓ cups) granulated sugar and 250 ml (8 fl oz, 1 cup) water. Add 500 g (18 oz, 3¼ cups) raspberries and cook for 30 minutes. Dissolve 15 g (½ oz, 2 envelopes) powdered gelatine in 2 tablespoons hot water over a pan of simmering water and mix with the raspberries. Allow to cool. Soak some sponge fingers (ladyfingers) in kirsch and use them to line a charlotte mould. Whip 250 ml (8 fl oz, 1 cup) double (heavy) cream and mix it with the raspberries. Fill the lined mould with the mixture and leave to set in the refrigerator for at least 3 hours. Serve with custard.

Raspberry charlotte (2)

Line a charlotte mould with sponge fingers (ladyfingers) soaked in raspberry-flavoured syrup. Whip some fresh cream with caster (superfine) sugar and vanilla sugar. Add an equal quantity of raspberry purée made with either fresh or frozen raspberries. Fill the lined mould with the mixture and cover with a layer of sponge fingers, also soaked in raspberry syrup. Press the sponge fingers down, put a plate over the mould and chill for at least 3 hours. Invert on to a plate just before serving.

Raspberry compote

Wash, hull, dry, but do not cook the raspberries. Arrange them in a heatproof dish. Prepare boiling syrup with 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water. Pour the syrup over the fruit and leave to cool. Serve warm or chilled.

Redcurrant compote

Pull the fruit very carefully from the stalks with a fork and place in a saucepan. Cover with boiling syrup, prepared with 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water. Bring back to the boil, then pour both the fruit and the syrup into a dish. Cool, then place in the refrigerator. (Raw strawberries or raspberries can be added if desired.)

Rhubarb compote

Use only fresh sticks of rhubarb and carefully remove the strings. Cut the sticks into pieces 6–7.5 cm (2½–3 in) long. Blanch them in boiling water for 3 minutes, drain and cool. Place them in a preserving pan. Cover with a syrup prepared with 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water. Cover and cook without stirring. Serve either warm or cold. This compote can be used as a filling for tarts.

Rhubarb compote with strawberries

Peel 1 kg (2¼ lb) rhubarb, carefully removing all the stringy parts, and cut into even-shaped chunks 4–5 cm (1½–2 in) long. Place in a large bowl and sprinkle generously with vanilla sugar. Leave the chunks to soak for 3 hours, stirring occasionally to redistribute the sugar. Put the rhubarb in a saucepan and cook for 15 minutes over moderate heat. Wash, hull and quarter 300 g (11 oz, 2 cups) ripe strawberries. Add to the rhubarb and cook for another

5 minutes. Transfer the rhubarb to a fruit bowl and allow to cool. Serve in bowls, on its own or with vanilla ice cream and small warm madeleines.

Rice à l'impératrice

Soak 15 g (½ oz, 2 envelopes) gelatine in 3 tablespoons warm water. Soak 125 g (4½ oz, ¾ cup) crystallized (candied) fruit in 3 tablespoons rum. Add 250 g (9 oz, 1⅓ cups) short-grain rice to 1 litre (1¾ pints, 4⅓ cups) boiling water and boil for 2 minutes. Drain, and then add the rice to 1 litre (1¾ pints, 4⅓ cups) boiling milk containing 1 vanilla pod (bean), a pinch of salt and 15 g (½ oz, 1 tablespoon) butter. Cook gently for about 20 minutes until the rice is just beginning to soften. Now add 200 g (7 oz, scant 1 cup) caster (superfine) sugar and cook for a further 5 minutes. Remove from the heat and add the crystallized fruit with the rum.

While the rice is cooking, prepare a custard with 250 ml (8 fl oz, 1 cup) milk, half a vanilla pod, 4 eggs, 5 tablespoons caster sugar and a tiny pinch of salt. While the custard is still hot, add the soaked gelatine and stir until dissolved. Then rub the custard through a fine sieve and flavour with 1 tablespoon rum if desired. Leave the rice and the custard to cool.

Whip 250 ml (8 fl oz, 1 cup) double (heavy) cream with 3–4 tablespoons very cold milk until thick, then add 1 teaspoon vanilla sugar and 3 tablespoons caster sugar. Mix the custard into the chilled rice, then very carefully fold in the cream. Pour into a savarin mould or a deep sandwich tin (layer cake pan) and keep in the refrigerator until required. Unmould on to a serving dish and decorate with crystallized fruit or fruit in syrup.

Rice cakes Pompadour

Prepare 175 g (6 oz, ¾ cup) short-grain rice, cooking it until all the milk has been absorbed and the grains begin to burst; allow to cool slightly. Butter a

baking sheet and spread the warm rice to a thickness of about 1 cm (½ in). Dot the surface with butter and allow to cool completely.

Prepare 200 ml (7 fl oz, ¾ cup) thick confectioner's custard (pastry cream) flavoured with rum. Chop 150 g (5 oz, 1 cup) crystallized (candied) fruits into small pieces. Cut the rice into 5 cm (2 in) squares. Mix the custard and crystallized fruits and coat the undersides of the squares with this mixture; stick the squares together in pairs. Coat twice with breadcrumbs and deep-fry in hot oil at 180°C (350°F). Drain the cakes on paper towels and serve with hot apricot sauce.

Rice cooked in milk

Cook 200 g (7 oz, 1 cup) washed round-grain rice for 2 minutes in boiling salted water. Drain and pour it into 900 ml (1½ pints, 1 quart) boiling milk. Add 75 g (3 oz, 6 tablespoons) caster (superfine) sugar, a pinch of salt and either a pinch of ground cinnamon or a vanilla pod (bean). Cover the pan and cook over a very low heat for 30–40 minutes. Add 50 g (2 oz, ¼ cup) butter, and, if desired, 2 or 3 egg yolks. Serve either warm or chilled.

Rice cooked in milk for ring moulds and cakes

Blanch 200 g (7 oz, 1 cup) round-grain rice in boiling water for 2 minutes. Drain, refresh under cold running water and drain again. Bring 900 ml (1½ pints, 1 quart) milk to the boil, add ½ teaspoon salt and a vanilla pod (bean), then add the rice, together with 75 g (3 oz, 6 tablespoons) caster (superfine) or granulated sugar and 25 g (1 oz, 2 tablespoons) butter. Cook either over a very low heat in a covered pan for 30 minutes without stirring, or in a preheated oven at 200°C (400°F, gas 6) for 35 minutes. Remove the vanilla pod. Mix 4–6 egg yolks with a little of the rice, then pour it into the pan and stir well. If liked, 4 egg whites, whisked until stiff, may be added.

Rice fritters

Prepare a thick rice pudding. Spread in a layer 1.5 cm (½–¾ in) thick and allow to cool completely. Cut into small squares, rectangles or lozenges. Dip in batter and deep-fry in hot oil. Remove the fritters and drain. Dust with caster (superfine) sugar and arrange on a napkin.

Rice fritters may also be made of two rounds of the chilled pudding mixture spread with confectioner's custard (pastry cream) and sandwiched tightly together.

Rice gâteau with caramel

Prepare some plain rice cooked in milk. Remove the vanilla pod (bean), if one has been used, and add 175–200 g (6–7 oz, 1–1¼ cups) caster (superfine) sugar and 3 egg yolks. Gently mix, then add the 3 egg whites whisked to stiff peaks. Place 100 g (4 oz, ½ cup) granulated sugar, the juice of ½ a lemon and 1 tablespoon water in a saucepan, then cook until the mixture turns brown. Pour it immediately into a charlotte mould with a diameter at the top of 20 cm (8 in). Tilt the mould to line the bottom and sides with caramel. Pour the rice mixture into the mould, press it down and place the mould in a bain marie. Bring to the boil, then bake in a preheated oven at 200°C (400°F, gas 6) for about 45 minutes. Leave to cool, then turn out on to a serving dish.

Heat a little hot water in the mould to dissolve the remaining caramel and pour it over the gâteau. Serve with crème anglaise or a purée of red fruits. Crystallized (candied) fruit and raisins, soaked for 2 hours in a small glass of rum, can be added to the rice before the whisked egg whites.

Rice pudding

Wash 250 g (9 oz, 1½ cups) round-grain rice and blanch it in boiling water. Drain it and place in a flameproof casserole, then add 1 litre (1¾ pints,

4⅓ cups) milk boiled with 150 g (5 oz, ⅔ cup) caster (superfine) sugar, half a vanilla pod (bean) and a pinch of salt. Add 50 g (2 oz, ¼ cup) butter, stir and bring slowly to the boil. Then cover the casserole and finish cooking in a preheated oven at 220°C (425°F, gas 7) for 25–30 minutes.

Remove from the oven and beat in 8 egg yolks, mixing carefully. Then fold in 7–8 egg whites whisked into very stiff peaks. Use this mixture to fill about 10 small moulds which have been buttered and sprinkled with fine breadcrumbs. Cook in the oven in a bain marie for 30–35 minutes. Turn out and serve with a rum-flavoured zabaglione, a custard cream or a fruit sauce flavoured with liqueur.

The mixture may be flavoured with 50 g (2 oz, ½ cup) cocoa per 500 g (18 oz, 3 cups) cooked rice.

Rice ring à la créole

Butter a ring or savarin mould. Fill with thick rice pudding, press down, heat through in the oven, then turn out on to a serving dish. Poach 16 half slices of pineapple in vanilla-flavoured syrup and fill the centre of the ring with them. Decorate with cherries and angelica. Serve either slightly warmed, or very cold, with apricot sauce flavoured with rum.

Rice ring à la montmorency

Prepare a rice ring as in the previous recipe. Separately, prepare some confectioner's custard (pastry cream) flavoured with kirsch, and also some stoned (pitted) cherries poached in syrup. Fill the centre of the ring with alternate layers of confectioner's custard and poached cherries, then sprinkle with crushed macaroons and melted butter and place in a preheated oven at 240°C (475°F, gas 9) for a few minutes to heat through. Serve with cherry sauce flavoured with kirsch.

Rice with almond milk and citrus fruit jelly

Cook 75 g (3 oz, ½ cup) round-grain Camargue rice in 250 ml (8 fl oz, 1 cup) milk and 25 g (1 oz, 2 tablespoons) sugar. Incorporate a mixture of 200 ml (7 fl oz, ¾ cup) double (heavy) cream, 1 egg, 1 egg yolk and 1 teaspoon almond milk. Place in 4 ovenproof dishes and cook for 15 minutes in a pre-heated oven at 120°C (250°F, gas ½). Place in a cool place. Peel 4 oranges and 3 pink grapefruit, then quarter lengthways and cut the segments across into slices. Collect the fruit juice, warm slightly and add 2 sheets of soaked and drained gelatine, heat gently, stirring until the gelatine has dissolved. Put in a cool place. Decorate each dessert with the slices of orange and grapefruit and cooked shreds of finely pared zest. Pour the syrupy jelly on top.

Roast figs with a coulis of red fruits

Melt 50 g (2 oz, ¼ cup) butter in a frying pan. Add 16 fresh ripe figs and 3 tablespoons icing (confectioner's) sugar. Fry until lightly golden, then cook in a preheated oven at 200°C (400°F, gas 6) for 8–10 minutes. Remove from the oven and, using scissors, cut the figs open to look like flowers. Fill the figs with 200 g (7 oz) fresh raspberries. Pour 300 ml (½ pint, 1¼ cups) raspberry or strawberry coulis on 4 plates and decorate with the figs. Place 1 scoop of vanilla ice cream in the centre of each plate. Serve immediately.

Rum zabaglione with marrons glacés

Beat 10 egg yolks and 200 g (7 oz, 1 cup) granulated sugar with a whisk in a bain marie, until the mixture becomes pale and thick. Mix in 3 wine glasses white wine and 3 tablespoons white rum, beating all the time, until the mixture becomes thick and frothy. Flavour lightly with a few drops of vanilla essence (extract). Arrange some marrons glacés in sundae dishes, cover with zabaglione and chill in the refrigerator until required.

Remove the ice cream from the freezer 30 minutes before serving. Keep in the refrigerator until ready to serve. Serve in bowls, decorated with the scoops of cream and slivers of pistachio nut.

Saffron rice à la néerlandaise

Wash about 175 g (6 oz, ¾ cup) short-grain rice. Blanch it for 2 minutes in boiling water. Drain, rinse in cold water and drain again. Boil 1 litre (1¾ pints, 4⅓ cups) milk with ½ teaspoon salt and 1 generous tablespoon soft light brown sugar. Add the rice and cook for 35–40 minutes until very soft. Then add 1 tablespoon lemon juice and a generous pinch of powdered saffron and mix well. Pour the rice into individual sundae dishes and leave to cool completely. Serve as a cold dessert, sprinkled with brown sugar, accompanied by cinnamon or ginger biscuits (cookies).

Salad of Maltese oranges with candied zest

Prepare a syrup with 250 g (9 oz, 1 cup) sugar, 200 ml (7 fl oz, ¾ cup) grenadine syrup, 250 ml (8 fl oz, 1 cup) water and the juice of 1 lemon. Thoroughly wash 3 kg (6½ lb) Maltese oranges. Peel, without removing the white pith from the fruit. Cut the zest into very fine strips. Cook these strips for 1 hour in the syrup which should bubble only very lightly. Allow the candied zest to cool in the syrup and set aside in a cool place. Then remove and discard the white pith from the oranges. Place the orange segments in a salad bowl and pour the syrup on top. Decorate the orange salad with the candied zest and serve immediately.

Scotch pudding

Place 500 g (18 oz, 9 cups) fresh breadcrumbs in a large bowl and moisten with a little boiled milk. Add 100 g (4 oz, ½ cup) sugar, 100 g (4 oz, ¾ cup)

currants, 100 g (4 oz, ¾ cup) sultanas (golden raisins), 100 g 4 oz, ¾ cup) raisins, 175 g (6 oz, 1 cup) chopped crystallized (candied) fruit, 4 beaten eggs and 4 tablespoons rum. Pour the mixture into a smooth buttered mould, filling it up to 1 cm (½ in) from the brim. Place in a bain marie and cook in a preheated oven at 200°C (400°F, gas 6) for 1 hour. Serve with a rum-flavoured zabaglione or a Madeira-flavoured custard cream.

Semolina fritters

Add some small raisins that have been soaked in rum to thick semolina pudding. Spread in a layer 1.5 cm (½–¾ in) thick and allow to cool completely. Cut into small squares, rectangles or lozenges. Dip in batter and deep-fry in hot oil. Remove the fritters and drain. Dust with caster (superfine) sugar and arrange on a napkin.

Semolina fritters may also be made of two rounds of the chilled mixture sandwiched tightly together with confectioner's sugar (pastry cream).

Semolina pudding (rich)

Sprinkle 250 g (9 oz, 1¾ cups) semolina into 1 litre (1¾ pints, 4⅓ cups) boiling milk in which has been dissolved 125 g (4½ oz, ½ cup) caster (superfine) sugar, a generous pinch of salt and 100 g (4 oz, ½ cup) butter. Mix and cook over a very gentle heat for 25 minutes. Leave to cool slightly, then add 6 egg yolks and 1 small liqueur glass of orange-flavoured liqueur. Using a metal spoon, gently stir into the mixture 4 egg whites whisked into very stiff peaks. Pour this mixture into a savarin mould, buttered and dusted with semolina. Place in a bain marie and cook in a preheated oven at 200°C (400°F, gas 6) until the mixture is slightly springy to the touch. Leave the pudding to stand for 30 minutes before turning it out. Serve with either custard or an orange sauce.

Semolina pudding (simple baked)

Bring to the boil in a flameproof casserole 1 litre (1¾ pints, 4⅓ cups) milk containing 150 g (5 oz, ⅔ cup) caster (superfine) sugar, a pinch of salt and a vanilla pod (bean) split in half. Mix in 250 g (9 oz, 1½ cups) semolina and 75–100 g (3–4 oz, 6–8 tablespoons) butter, then cover the pan and cook in a preheated oven at 200°C (400°F, gas 6) for 25–30 minutes.

Semolina ring with fruit

Butter a ring or savarin mould and fill with a stiff, cooked semolina pudding mixed with finely diced crystallized (candied) fruit. Place in a preheated oven at 160°C (325°F, gas 3) for a few minutes, until set. Turn out on to a serving dish. Fill the centre with whole, halved or cubed fruit, poached in vanilla-flavoured syrup. Heat again for a few minutes in the oven. Just before serving, sprinkle the ring with a very hot fruit sauce flavoured with rum or kirsch.

Semolina subrics

Make a simple baked semolina pudding, remove from the oven and mix in 6 egg yolks. Leave to cool a little, then spread it in a layer 2 cm (¾ in) thick over a buttered baking sheet. Brush the surface with melted butter to prevent a crust from forming and leave to cool completely. Cut out rounds using a 6 cm (2½ in) pastry (cookie) cutter and brown them in a frying pan in clarified butter. Arrange them in a ring in a round dish and fill the centre with redcurrant jelly or with another red jelly or jam (preserve).

Soufflé Ambassadrice

Make a confectioner's custard (pastry cream) with 1 litre (1¾ pints, 4⅓ cups) milk, 8 egg yolks, a pinch of salt, 100 g (4 oz, 1 cup) plain (all-purpose) flour (or 4 tablespoons cornflour (cornstarch) or potato flour) and 300 g (11 oz,

1⅓ cups) granulated sugar. Add 1 teaspoon vanilla essence (extract), 8 crushed macaroons and 50 g (2 oz, ½ cup) shredded (slivered) almonds soaked in rum. Fold in 12 stiffly whisked egg whites, turn into a soufflé dish and cook in a preheated oven at 200°C (400°F, gas 6) for 30–35 minutes.

Soufflé lapérouse

Prepare a confectioner's custard (pastry cream) using 250 ml (8 fl oz, 1 cup) milk. Add 65 g (2½ oz) praline, 100 ml (4 fl oz, 7 tablespoons) rum and 50 g (2 oz, ⅓ cup) crystallized (candied) fruit. Stiffly whisk the whites of 5 eggs (whose yolks have been used for the custard) and fold them into the mixture. Butter a 20 cm (8 in) soufflé mould, then coat with caster (superfine) sugar. Pour in the mixture. Place in a preheated oven at 180°C (350°F, gas 4) and bake for 15 minutes. Sprinkle with icing (confectioner's) sugar and allow to cook for a further 5 minutes, so that the top of the soufflé is caramelized.

Soufflé omelette

Mix together in a bowl 250 g (9 oz, generous 1 cup) caster (superfine) sugar, 6 egg yolks and 1 teaspoon vanilla sugar or 1 tablespoon grated orange or lemon zest. Beat until the mixture turns white and thick. Whisk 8 egg whites to stiff peaks and fold carefully into the yolk mixture.

Butter a long ovenproof dish and sprinkle it with caster sugar. Pour in three-quarters of the omelette mixture and smooth it into a low mound with the blade of a knife. Put the rest of the mixture into a piping (pastry) bag with a plain round nozzle and pipe an interlaced decoration on top of the omelette. Sprinkle with caster sugar. Cook in a preheated oven at 200°C (400°F, gas 6) for about 20 minutes. Dredge with icing (confectioner's) sugar and glaze under the grill (broiler). The omelette can also be flavoured with chocolate, coffee or a liqueur.

Soufflé omelette with wild strawberries

Clean, wash and drain some wild strawberries. Leave them to macerate in a few spoonfuls of Alsace framboise (raspberry-flavoured spirit) with a pinch of vanilla sugar. Whisk 4 egg whites to stiff peaks and separately beat the yolks with a little sugar. Mix the two carefully, then pour into a heavy frying pan containing very hot butter. When the eggs begin to set, add the strawberries, fold the omelette over and continue to cook over a low heat. Dredge very lightly with sugar and serve. A little fresh strawberry purée can be poured over the omelette.

Soufflé Rothschild

Cut 150 g (5 oz, 1 cup) crystallized (candied) fruit into small pieces and macerate in 100 ml (4 fl oz, 7 tablespoons) Danziger Goldwasser for at least 30 minutes to soften.

Whisk together 200 g (7 oz, 1 cup) caster (superfine) sugar and 4 egg yolks until the mixture turns white and thick. Then mix in 75 g (3 oz, ¾ cup) plain (all-purpose) flour and 500 ml (17 fl oz, 2 cups) boiling milk. Pour into a saucepan and bring to the boil, stirring constantly, then cook for 1–2 minutes. Pour this confectioner's custard (pastry cream) into a bowl and add 2 egg yolks and the pieces of fruit with their macerating liquid. Whisk 6 egg whites to stiff peaks with a pinch of salt and fold them carefully into the custard mixture.

Butter 2 soufflé dishes (for 4 servings each) and sprinkle the insides with 1½ tablespoons caster sugar. Divide the mixture between the 2 dishes and bake in a preheated oven at 200°C (400°F, gas 6).

After 25 minutes, sprinkle the tops of the soufflés with icing (confectioner's) sugar, taking care to leave the oven door open for the shortest possible time, then continue to cook for another 5 minutes.

Soufflé Simone

Generously butter a 20 cm (8 in) soufflé mould. Melt 100 g (4 oz, 4 squares) cooking (semisweet) chocolate in 2½ tablespoons milk. Add 2 tablespoons confectioner's custard (pastry cream) and 50 g (2 oz, ¼ cup) caster (superfine) sugar and bring to the boil. Remove from the heat and mix in 2 egg yolks. Stiffly whisk the whites of 5 eggs and sweeten very slightly. Lightly sprinkle the buttered mould with 2 tablespoons caster sugar. Fold the egg whites into the chocolate mixture and pour into the mould. Bake in a preheated oven at 200°C (400°F, gas 6) for about 25 minutes. Serve with lightly whipped cream.

Spiced gingerbread fruit charlotte

Heat 200 ml (7 fl oz, ¾ cup) milk. Stir 50 g (2 oz, 3 tablespoons) clear honey into the milk. Add 2 tablespoons very finely chopped candied orange peel and the same of candied lemon peel, with 1 teaspoon powdered cinnamon, 1 powdered clove and a pinch of grated nutmeg. Allow to infuse off the heat.

Beat 4 egg yolks and 25 g (1 oz, 2 tablespoons) caster (superfine) sugar until the mixture has thickened and doubled in volume. Stir this mixture into the flavoured milk and cook gently over a low heat, stirring all the time without boiling until the mixture thickens. Remove from the heat.

Roast 40 g (1½ oz, ¼ cup) chopped almonds and hazelnuts under the grill (broiler) until golden. Soak and dissolve 3 sheets of leaf gelatine or 7 g (¼ oz, 1 envelope) powdered gelatine in a little cold water. Stir the dissolved gelatine into the fruit custard. Add 250 ml (9 fl oz, 1 cup) very cold whipped cream, then the almonds and nuts. Flavour with 2 teaspoons kirsch. Refrigerate.

Mix 250 ml (8 fl oz, 1 cup) sugar syrup and 4 teaspoons kirsch. Dip 12 slices of gingerbread in this syrup and line the bottom and sides of a charlotte mould, overlapping them. Fill with the cooled cream, smooth the top and cover with gingerbread. Leave in the refrigerator for at least 6 hours.

Soak mixed dried fruits (prunes, apricots, figs and raisins) and fresh raisins in warm Gewürztraminer and place in a dish. Unmould the charlotte on a dish, sprinkle with crushed praline and serve with the dried fruit.

- *Individual charlottes* Instead of making a large charlotte, ramekins or individual soufflé dishes can be used to make individual charlottes. Line the bases only – not the sides of the dishes – and top the mixture with gingerbread. Chill any leftover cream, then scoop it into neat ovals (as for quenelles) and serve with the charlottes. The charlottes may be served on plates flooded with crème anglaise, feathered with chocolate custard, and the dried fruit can be spooned into tuile or brandy snap cups.

Strawberries à la maltaise

Cut some oranges in half and scoop out the flesh. Trim the bases of the orange halves so that they can stand upright. Place them in the refrigerator. Squeeze the pulp and sieve it to obtain the juice. Wash, wipe and hull some small strawberries. Add some sugar and a little Curaçao or Cointreau to the orange juice, and pour the mixture over the strawberries. Store in the refrigerator. To serve, fill the orange halves with the strawberries and arrange them in a dish on a bed of crushed ice.

Strawberries cardinal

Arrange some chilled strawberries in glass goblets. Cover with fresh raspberry purée and sprinkle with flaked almonds.

Strawberries Condé

Bind some rice cooked in milk, flavoured with sugar and vanilla, with egg yolk, and fill a ring mould. Cook in a bain marie for 30 minutes in a preheated oven at 200°C (400°F, gas 6), then leave to cool and turn out of the mould on

to a serving dish. Wash some large strawberries, drain, hull and divide into 2 equal quantities. Sprinkle half with sugar and brandy and leave in a cool place to macerate for at least 1 hour. Press the other half of the strawberries through a sieve, together with some raspberries (a quarter of the weight of strawberries); add some lemon juice – 1 tablespoon per 500 g (18 oz) strawberries – and just enough caster (superfine) sugar for the purée not to taste sour. Drain the whole strawberries and arrange in the middle of the rice. Serve the fruit purée with the rice ring.

Strawberry charlotte

First prepare some sponge fingers (ladyfingers). Beat together 6 egg yolks and 150 g (5 oz, ⅔ cup) caster (superfine) sugar until pale and creamy; whisk 7 egg whites until they form stiff peaks. Combine a quarter of the beaten egg whites with the yolk-sugar mixture, then add the rest of the egg whites together with 150 g (5 oz, 1¼ cups) plain (all-purpose) flour. Butter and flour 4 baking sheets. Mark a 23 cm (9 in) diameter circle on 3 of the sheets; pipe the mixture through a piping (pastry) bag in a circular pattern within the circles on these sheets. Pipe the remaining mixture in diagonal lines to cover the fourth sheet. Bake in a preheated oven at 240°C (475°F, gas 9) for 10–12 minutes.

Now prepare a strawberry Bavarian cream. Reduce 1 kg (2¼ lb, 8 cups) strawberries to a purée and press through a sieve. Heat 450 ml (¾ pint, 2 cups) of this purée with 25 g (1 oz, 2 tablespoons) sugar until it boils. Soak and dissolve 3 sheets leaf gelatine or 7 g (¼ oz, 1 envelope) powdered gelatine in a little cold water and add to the strawberry pulp. Set aside to cool. When the mixture is cold, mix in 450 ml (¾ pint, 2 cups) whipped cream.

Line the sides of a 23 cm (9 in) deep round cake tin (pan) with strips cut from the diagonally piped sponge mixture. Place a sponge round in the base.

Fill with the Bavarian cream (inserting the second round of sponge in the centre). Cover with the last sponge and refrigerate for 4 hours. Unmould the charlotte and dust with icing (confectioner's) sugar. Prepare a sauce by mixing the remaining strawberry purée with the juice of ½ a lemon and 125 g (4½ oz, ½ cup) caster sugar. Dip a large strawberry in this sauce and place in the centre of the charlotte; serve the rest of the sauce in a sauceboat.

Strawberry compote

Wash, hull, dry, but do not cook the strawberries. Arrange them in a heatproof dish. Prepare boiling syrup with 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water and pour this over the fruit. The syrup may be flavoured with orange or other flavourings.

Strawberry mousse

Put 400 g (14 oz, 3 cups) strawberries through a blender or food processor and sweeten the purée with 150 g (5 oz, ⅔ cup) caster (superfine) sugar. Flavour with a small amount of strawberry liqueur and leave to stand. Stiffly whisk 4 egg whites and add 15 g (½ oz, 1 tablespoon) sugar. Carefully fold the whisked egg whites into the strawberry purée. Place the mixture in individual glass dishes and refrigerate. Serve with a strawberry sauce made by adding a little lemon juice to about 150 g (5 oz, ⅔ cup) strawberry purée.

Strawberry or raspberry soufflé

Prepare a confectioner's custard (pastry cream) using 1 litre (1¾ pints, 4⅓ cups) milk, 8 egg yolks, a generous pinch of salt, 100 g (4 oz, 1 cup) plain (all-purpose) flour (or 4 tablespoons cornflour (cornstarch) or potato flour) and 300 g (11 oz, 1⅓ cups) granulated sugar. Add 300 g (11 oz, 2–3 cups) puréed wild strawberries, large strawberries soaked in sugar or raspberries. Fold in

12–14 very stiffly whisked egg whites with a metal spoon. Pour the mixture into a well-buttered large soufflé mould coated with sugar. Bake in a pre-heated oven at 190°C (375°F, gas 5) for 20–25 minutes.

Striped chocolate and vanilla Bavarian cream

This consists of creams of different colours and flavours placed in alternating layers in the mould. Striped Bavarian cream can also be made directly in crystal or glass bowls: preparation is quicker and the cream more delicate because the amount of gelatine used can be significantly reduced as the bavarois will not be turned out.

Soak 15–20 g (½–¾ oz, 2–3 envelopes) gelatine in 3 tablespoons cold water. Heat 500 ml (17 fl oz, 2 cups) milk with a vanilla pod (bean). Put 225 g (8 oz, 1 cup) caster (superfine) sugar, a pinch of salt and 8 egg yolks in a saucepan and stir together. Add the vanilla-flavoured milk (without the vanilla pod) and the dissolved gelatine and mix. Warm this cream over a gentle heat, stirring constantly. As soon as it coats the back of a spoon, remove from the heat. Strain or sieve and then divide into two portions. Melt 50 g (2 oz, 2 squares) plain (bittersweet) chocolate and add to half the Bavarian cream mixture.

Complete each half of the cream separately and add to each, as soon as they start to thicken, half the prepared whipped-cream mixture made from 350 ml (12 fl oz, 1½ cups) chilled double (heavy) cream and 60 ml (2 fl oz, ¼ cup) cold milk. Brush the inside of a mould with oil. Fill with alternate layers of the two creams, taking care not to pour in the next layer before the previous one has set. Chill until completely set, then turn out.

All kinds of flavourings and combinations may be used, such as vanilla and strawberry, vanilla and coffee, chocolate and coffee, pistachio and strawberry and vanilla with praline.

Summer pudding

Cook some redcurrants and blackcurrants with sugar until their juice runs and they are just tender. Then add a mixture of strawberries (halving or quartering any that are large) and raspberries; blackberries can be added for an autumn pudding, when they are available. Taste the fruit mixture and mix in sufficient caster (superfine) sugar to sweeten it and create a generous amount of syrup.

Line a deep basin (bowl) with medium-thick slices of bread, trimmed of crusts, overlapping them evenly. Place a neat slice in the bottom of the bowl first, so that it will look neat when the pudding is turned out. Fill with the fruit mixture, pressing it down well, then cover with bread slices. Stand the basin in a shallow dish and cover the top with a saucer or plate. Place a heavy weight on top to press the pudding and chill overnight. (The shallow dish will catch any juice that seeps from the pudding.) Reserve any leftover fruit juices to spoon over the pudding before it is served.

Ease a knife between the pudding and the basin before inverting it on to a serving dish. Spoon any reserved juices over the top of the pudding, especially if there are any white patches of bread visible, and serve at once, with clotted or whipped cream.

Sweet omelette à la normande

Peel, core and slice 3 dessert (eating) apples. Cook them in 50 g (2 oz, ¼ cup) butter and some caster (superfine) sugar. Add 200 ml (7 fl oz, ¾ cup) double (heavy) cream and reduce to a creamy consistency, then flavour with 2–3 tablespoons Calvados.

Beat 10 eggs with a pinch of salt, sugar and 2 tablespoons double cream. Cook the omelette, fill it with the apple mixture, then place under a hot grill (broiler) to glaze.

Swiss meringues

Work 500 g (18 oz, 4 cups) icing (confectioner's) sugar with 2 egg whites, 3 drops of white vinegar, 1 teaspoon vanilla sugar and a pinch of salt. When the mixture is white and smooth, add 4 stiffly whisked egg whites. Mix well and pipe the mixture on to a buttered and floured baking sheet. Dry the meringues in a preheated oven on the lowest possible setting for 12 hours; if possible, prop the oven door slightly ajar to maintain a low temperature for drying out, rather than cooking, the meringues.

Tapioca dessert

Boil 500 ml (17 fl oz, 2 cups) milk with a pinch of salt, 25 g (1 oz, 2 tablespoons) sugar and 1 teaspoon vanilla sugar. Sprinkle in 75 g (3 oz, ⅔ cup) tapioca, stir, then add 2 beaten egg yolks. Continue mixing, then blend in 3 egg whites whisked to stiff peaks with 75 g (3 oz, ⅔ cup) icing (confectioner's) sugar. Serve thoroughly chilled.

Tapioca with milk

Boil 1 litre (1¾ pints, 4⅓ cups) milk with a pinch of salt, 2 tablespoons sugar and, as desired, either a vanilla pod (bean) or ½ teaspoon orange-flower water. Sprinkle in 75–100 g (3–4 oz, ⅔–¾ cup) tapioca, mix, then cook for 10 minutes, stirring regularly. Remove the vanilla pod.

Terrine of fruit with honey jelly

You will need 2 rectangular terrines for this recipe. Add 2 tablespoons honey, 500 g (18 oz, 2¼ cups), caster (superfine) sugar, some orange and lemon peel and a few leaves of lemon-balm to 1.5 litres (2¾ pints, 6½ cups) water in a pan. Boil for 30 minutes, then strain through coarse muslin (cheesecloth). Soak 75 g (3 oz, 12 envelopes) powdered gelatine in a little cold water, add to

the strained liquid, then chill. Meanwhile, clean some strawberries, raspberries and alpine strawberries, cut some peeled pears into quarters, seed some grapes and dice some candied orange and lemon peel. Pour the half-set jelly on to the fruit and gently mix together. Put into the terrine and leave to set in a cool place for at least 2 hours. Serve with raspberry purée decorated with a band of honey.

Turban of croûtes à la Beauvilliers

Cut from a stale brioche 12 rectangular slices, 6 cm (2½ in) long and slightly wider than a banana. Arrange these slices on a baking sheet, dust with caster (superfine) sugar and glaze in a preheated oven at 230°C (450°F, gas 8). Peel 6 bananas and cut them in half lengthways. Lay these banana halves on a buttered baking sheet, sprinkle them with caster sugar and cook them for 5 minutes in the preheated oven at 230°C (450°F, gas 8).

Make a turban shape on a round ovenproof dish, alternating the bananas and the slices of brioche. Cook some semolina in sweetened vanilla-flavoured milk, bind with egg yolks, and add a salpicon of crystallized (candied) fruit, macerated in a fruit liqueur. Fill the centre of the turban with this mixture. Sprinkle the whole preparation with finely crumbled macaroons, moisten with melted butter and brown in the preheated oven. Just before serving, surround the turban with a thin ribbon of apricot sauce flavoured with rum or with a fruit liqueur.

Two-fruit charlotte

Cut thin slices of stale bread into strips and trim them to a suitable length to line a charlotte mould. Butter the mould and line the bottom and sides with the strips of bread. Mix some apple purée with some apricot purée and reduce – 100 ml (4 fl oz, 7 tablespoons) of the mixture are required. Peel and core

some apples, cut them into pieces and sprinkle with a little lemon juice, sugar and vanilla-flavoured sugar. Fill the mould with alternate layers of purée and pieces of raw apple. Cover the top with breadcrumbs and press down firmly. Cook the charlotte in a preheated oven at 200°C (400°F, gas 6) for about 40 minutes.

Vanilla meringues with exotic fruit

Whip 200 ml (7 fl oz, ¾ cup) whipping cream with 2 tablespoons caster (superfine) sugar and put in the refrigerator. Peel and dice 1 mango, 2 kiwis and 1 pineapple. Coat the fruit with 200 g (7 oz) confectioner's custard (pastry cream). Add to this mixture the pulp of 8 passion fruit, the seeds of a vanilla pod (bean) and the seeds of a pomegranate. Fold in the whipped cream. Spoon the mixture into individual flameproof bowls. Place a layer of thin slices of exotic fruit on top of the creamy mixture. Whisk 2 egg whites until they form stiff peaks and fold in 2 tablespoons caster sugar. Cover the fruit with the meringue, smooth the surface with a spatula, brown under the grill (broiler) and serve dusted with icing (confectioner's) sugar. The meringue can be piped on top of the fruit, if preferred.

Vanilla soufflé

Pour 250 ml (8 fl oz, 1 cup) milk into a saucepan and add a vanilla pod (bean). Heat gently until boiling, stirring occasionally, then cover and remove from the heat. Leave to infuse until completely cold, or for at least 30 minutes. Remove the vanilla pod.

Mix 4 egg yolks with 3 tablespoons caster (superfine) sugar and 25 g (1 oz, ¼ cup) plain (all-purpose) flour. Gradually stir in a little of the vanilla-flavoured milk to make a smooth paste. Then stir in the remaining milk and pour the mixture into the saucepan. Bring to the boil, stirring continuously,

until smooth and thick. Remove from the heat and cover the surface of this confectioner's custard (pastry cream) with wet greaseproof (wax) paper or cling film (plastic wrap) and leave to cool.

Butter a 20 cm (8 in) soufflé dish and sprinkle it with caster sugar. Whisk 6 egg whites until stiff, but not dry, then beat a spoonful of them into the confectioner's custard to soften it slightly. Fold in the remaining whites and turn the mixture into the dish. Run your fingertip or end of a mixing spoon around the inside of the rim to make a shallow channel in the mixture, then bake the soufflé in a preheated oven at 190°C (375°F, gas 5) for 20 minutes. Working quickly, dust the surface soufflé with icing (confectioner's) sugar and cook for a further 5 minutes to glaze the surface. Serve at once.

Vatrouchka

This Russian cheesecake consists of a sablé base, covered with a mixture of eggs, sugar, crystallized (candied) or sometimes dried fruits and curd cheese, usually topped with a lattice of pastry and dusted with sugar after cooking. Macerate 200 g (7 oz, 1 generous cup) diced crystallized (candied) fruits in 2 tablespoons Cognac, Armagnac or rum.

To prepare the pastry, beat together in a bowl 3 egg yolks and 1 egg white with 200 g (7 oz, 1 cup) caster (superfine) sugar until the mixture is thick and creamy. Whisk in 125 g (4½ oz, ½ cup) softened butter, then sprinkle with 350 g (12 oz, 3 cups) sifted plain (all-purpose) flour. Form the pastry into a ball and chill for about 1 hour. Cut the pastry in half. Use one portion to line a 25 cm (10 in) round, fairly deep, loose-bottomed flan tin (pan). Prick the pastry with a fork and bake blind in a preheated oven at 200°C (400°F, gas 6) for 12–15 minutes, then leave to cool.

Meanwhile prepare the filling: combine 4 whole eggs and 5 yolks with 400 g (14 oz, 1¾ cups) caster sugar in a bowl until the mixture is thick and

creamy; add the crystallized fruits with the alcohol in which they have been macerating and 1 kg (2¼ lb, 4½ cups) curd cheese; mix well together.

Pour the filling into the cooled pastry and smooth the surface. Roll out the reserved pastry into a rectangle and cut it into narrow strips. Arrange these in a lattice on top of the filling sealing the ends on the sides of the pastry case. Glaze the filling and the strips with beaten egg and bake in a preheated oven at 180°C (350°F, gas 4) for 40–50 minutes. Take out the *vatrouchka*, dust with icing (confectioner's) sugar and leave until completely cold before serving.

Waffles

In a large earthenware bowl sift 500 g (18 oz, 4½ cups) plain (all-purpose) flour with 2 teaspoons bicarbonate of soda (baking soda), 4 teaspoons baking powder and 2 teaspoons salt. Add 30–40 g (1–1½ oz, 2–3 tablespoons) caster (superfine) sugar, 150 g (5 oz, ⅔ cup) melted butter, 5 beaten eggs and 750 ml (1¼ pints, 3¼ cups) milk (or more, if very light waffles are preferred). Mix well until the batter is runny and completely smooth.

Heat and, if necessary, grease a waffle iron. Pour a small ladle of batter in one half of the open waffle iron. Close the iron and turn it over so that the batter is distributed equally in both halves. Leave to cook. Open the waffle iron, take out the waffle, sprinkle with icing (confectioner's) sugar and serve.

Waffles with praline butter cream

Mix 15 g (½ oz, 1 cake) fresh (compressed) yeast or 1½ teaspoons dried yeast with 300 ml (½ pint, 1¼ cups) tepid water. Blend in 500 g (18 oz, 4½ cups) strong plain (bread) flour, then add 125 g (4½ oz, generous ½ cup) butter, 40 g (1½ oz, 3 tablespoons) caster (superfine) sugar and 2 teaspoons salt. Knead to obtain a smooth dough. Leave to rise under a cloth overnight, then shape it into little balls and leave to rise on a floured board for 1–2 hours.

When the balls have doubled in size, heat a waffle iron, grease it if necessary, place a ball of dough in it, close it and leave to cook. As soon as the waffle has browned, take it out, slice it in two horizontally and leave to cool completely. Do the same with the remaining dough.

In a warm basin, cream 250 g (9 oz, generous 1 cup) butter, 200 g (7 oz, 1½ cups) icing (confectioner's) sugar and 200 g (7 oz) as the filling.

Zabaglione

Put 5 egg yolks into a basin and add the grated zest of ½ a lemon, a pinch of powdered vanilla or a few drops of vanilla essence (extract) and 180 g (6½ oz, ¾ cup) granulated sugar. Whisk the mixture until it is thick and pale, then place the basin over a bain marie and continue whisking, adding 200 ml (7 fl oz, ¾ cup) white wine and 100 ml (4 fl oz, 7 tablespoons) Marsala a little at a time. When the zabaglione is thick and frothy, take the basin out of the bain marie. Frost the rim of 6–8 sundae dishes with lemon juice and granulated sugar. Divide the zabaglione among these dishes and serve immediately with plain petits fours.

Iced desserts

Apricot coupes

Soak some diced fresh or canned apricots and some apricot halves in brandy. Divide the diced fruit among some sundae dishes (2 tablespoons per dish). Cover with a layer of apricot water ice, smooth and top with an apricot half and some fresh split almonds. Sprinkle with a few drops of brandy or kirsch.

Apricot water ice

Cook some stoned (pitted) apricots with a little water until soft. Drain and press the fruit through a sieve (or purée in a blender), adding sufficient cooking juice to make a purée of pouring consistency. Prepare a sugar syrup by heating 225 g (8 oz, 1 cup) sugar with 600 ml (1 pint, 2½ cups) water. Stir from time to time until the sugar has completely dissolved. This yields 750 ml (1¼ pints, 3¼ cups) syrup. Combine equal quantities of apricot purée and sugar syrup, and flavour to taste with lemon juice – 1 lemon to each 600 ml (1 pint, 2½ cups) mixture. Either pour the cooked mixture into a prepared ice-cream maker, or freeze until slushy in a freezer, then beat thoroughly before refreezing until firm.

Baked Alaska

First prepare some vanilla ice cream: make a custard using 7–8 egg yolks, 200 g (7 oz, 1 cup) caster (superfine) sugar, 750 ml (1¼ pints, 3 cups) single (light) cream and a vanilla pod (bean) or 1 teaspoon vanilla sugar. Freeze in an ice-cream churn. When the ice cream is fairly hard, pack it into a square cake tin (pan) and leave it in the freezer for 1 hour.

Meanwhile, make a sponge by beating 125 g (4 oz, ½ cup) caster sugar with 4 egg yolks until the mixture turns thick and white. Sprinkle with 150 g (5 oz, 1¼ cups) sifted plain (all-purpose) flour, then add 40 g (1½ oz, 3 tablespoons) melted butter and fold in 4 egg whites whisked to stiff peaks with a pinch of salt. Pour the batter into a greased square cake tin and bake in a preheated oven at 200°C (400°F, gas 6) for 35 minutes. Turn the sponge out and leave it to cool.

Immediately before serving make a meringue mixture whisking 4 egg whites, a pinch of salt and 6 tablespoons caster sugar and put the mixture into a large piping (pastry) bag. Split the sponge in two through the middle and trim the edges neatly, if necessary, then arrange the pieces side by side on a baking sheet. Sprinkle with 3 tablespoons sugar flavoured with Cointreau or Grand Marnier. Unmould the ice cream and place on the sponge. Mask the sponge and ice cream entirely with half of the meringue, smoothing it with a metal spatula. Use the rest of the meringue to decorate the top with swirls. Dredge with icing (confectioner's) sugar and place in a preheated oven at 250°C (475°F, gas 9) until the meringue is coloured. Serve immediately.

Baked Alaska can be flamed when it is taken out of the oven, using the same liqueur that was used to flavour the sponge.

Banana ice cream

Peel firm, ripe bananas and purée in a food processor or blender with lemon juice (use 1 lemon for 6 bananas). Mix with an equal volume of sugar syrup. Flavour with rum and freeze in the usual way.

Blackcurrant sorbet

Place 250 g (9 oz, 1¼ cups) sugar and 400 ml (14 fl oz, 1¾ cups) water in a saucepan. Heat to dissolve the sugar. (The density should be 1.14; if it is less

than this, add a little more sugar.) Warm the syrup, then add 350 ml (12 fl oz, 1½ cups) blackcurrant juice and the juice of ½ lemon. Mix well and pour into an ice-cream machine or freeze, beating at intervals. 'Real' sorbet is made by adding a quarter of the volume of Italian meringue to the ingredients.

Bombe glacée

A frozen dessert made from a bombe mixture, often enriched with various ingredients, and frozen in a mould. The dessert was named after the spherical mould in which it used to be made. Nowadays, cylindrical moulds with rounded tops are used.

Traditionally, bombe moulds are filled with two different mixtures. The bottom and sides of the mould are lined with a layer of plain ice cream, a fruit ice or a sorbet; the inside is filled with the chosen bombe mixture. The mould is then hermetically sealed, clamped and frozen. To serve, the bombe is turned out on to a folded napkin placed on the serving dish. The bombe may be decorated in a number of ways depending on its ingredients: crystallized (candied) fruit or violets, marrons glacés, pistachios, fruit macerated in liqueur or whipped cream.

Chill the mould in the refrigerator for about 20 minutes. At the same time soften the ice cream or water ice chosen to line the mould. Spread it roughly on the bottom and sides of the mould with a plastic or stainless steel spatula. Place the mould in the freezer for about 15 minutes to harden and then smooth the ice with the spatula. Replace the mould in the freezer for a further hour before filling with the bombe mixture, unless the mixture is a parfait, in which case pour it down the sides of the lined mould until filled and place in the freezer for 5–6 hours.

In traditional cuisine, the mixture is made with 32 egg yolks per 1 litre (1¾ pints, 4⅓ cups) syrup (density: 1.285). Pour the syrup and egg yolks into

a saucepan and place the pan in a bain marie over a moderate heat. Whisk vigorously until the mixture is thick and creamy, then press it through a very fine sieve. Whisk again, away from the heat, until completely cold: by this stage it should be light, fluffy and white. Finally add an equal volume of whipped cream and the chosen flavouring.

Bombes are often made with a far lighter mixture. For example, a 1 litre (1¾ pint, 4⅓ cup) bombe Hawaii can be made using 500 ml (17 fl oz, 2 cups) pineapple sorbet to line the bombe mould and 500 ml (17 fl oz, 2 cups) kirsch parfait made with 2 egg yolks, about 60 ml (2 fl oz, ¼ cup) syrup (density: 1.2407) and about 250 ml (8 fl oz, 1 cup) whipped cream together with 1½ teaspoons kirsch.

- *bombe Aïda:* line the mould with tangerine ice cream and fill with vanilla bombe mixture flavoured with kirsch.
- *bombe Alhambra:* line the mould with vanilla ice cream and fill with strawberry bombe mixture (a combination of strawberry purée, Italian meringue and whipped cream). Turn out the bombe and surround with large strawberries macerated in kirsch.
- *bombe archiduc*: line the mould with strawberry ice cream and fill with praline bombe mixture.
- *bombe bourdaloue:* line a mould with vanilla ice cream. Fill with an anisette-flavoured bombe mixture and freeze the ice cream until set. Turn out and decorate with candied violets.
- *bombe cardinal:* line a conical ice mould with a layer of strawberry or raspberry ice cream and fill the inside with vanilla mousse mixture flavoured with praline.
- *bombe chateaubriand*: line the mould with apricot ice cream and fill with vanilla bombe mixture mixed with crystallized (candied) apricots macerated in kirsch.

- *bombe diplomate*: line the mould with vanilla ice cream and fill with maraschino bombe mixture mixed with diced crystallized (candied) fruit macerated in maraschino.
- *bombe Doria*: coat a bombe mould with pistachio ice cream. Macerate some pieces of marrons glacés in Curaçao, then add them to a vanilla-flavoured bombe mixture. Fill the mould with this mixture and place in the refrigerator to set.
- *bombe duchesse*: line the mould with pineapple ice cream and fill with pear bombe mixture.
- *bombe glacée Montmorency*: coat a bombe mould with a layer of kirsch ice cream. Prepare a bombe mixture flavoured with cherry brandy and add cherries macerated in kirsch. Fill the mould with this. Finish as usual.
- *bombe Grimaldi*: line the mould with vanilla ice cream and fill with kümmel-flavoured bombe mixture. Decorate with crystallized (candied) violets and halved pistachio nuts.
- *bombe Monselet*: line the mould with tangerine ice cream and fill with port-flavoured bombe mixture mixed with chopped crystallized (candied) orange peel that has been macerated in brandy.

Capucine iced pudding

Prepare a Genoese sponge and cook it in a charlotte mould. Leave it to cool completely, then slice a thin layer of sponge from the top (to serve as a lid). Scoop out the rest of the sponge, leaving a lining crust and fill it with alternate layers of tangerine-flavoured iced mousse and Kümmel-flavoured iced mousse. Cover with the sponge lid and put in the freezer for 6 hours. Just before serving, decorate with Chantilly cream, using a piping (pastry) bag. Traditionally, this iced pudding is set on a base of nougatine and decorated with flowers and ribbons made of sugar.

Caramel ice cream

Whisk together 9 egg yolks and 300 g (11 oz, 1⅓ cups) caster (superfine) sugar until the mixture becomes white and foamy. Make caramel without water: warm 100 g (4 oz, ½ cup) sugar in a heavy based saucepan over a gentle heat, stirring with a wooden spoon. As soon as the sugar has melted and turned into a smooth mass, add 100 g (4 oz, ½ cup) sugar, melt, then blend in another 100 g (4 oz, ½ cup) sugar. Continue to stir until the caramel turns brown. Add 1 teaspoon lemon juice or vinegar, and remove from heat.

Boil 1 litre (1¾ pints, 4⅓ cups) milk. Mix with the hot caramel over a gentle heat, stirring with a wooden spoon. Pour this boiling mixture over the sugar and egg yolk mixture, whisking vigorously, then stir the mixture into the saucepan, over a low heat. When the mixture begins to coat the spoon, remove the saucepan from the heat and immerse the base in cold water. Continue to stir until the mixture is cold. Freeze in an ice-cream maker.

Cherry water ice

Purée some stoned (pitted) cherries in a blender. Add a sugar syrup flavoured with kirsch, using 200 ml (7 fl oz, ¾ cup) water and 400 g (14 oz, 1¾ cups) sugar to 1 litre (1¾ pints, 4⅓ cups) purée and thoroughly mix together. Set in an ice cream freezer, then turn out and serve with a cherry sauce.

Chestnut plombières ice cream

Pound thoroughly in a mortar (or use a blender or processor) 300 g (11 oz, 2 cups) blanched fresh almonds and (if desired) 15 g (½ oz, 1½ tablespoons) ground bitter almonds, gradually adding 4 tablespoons milk. Then add 1.5 litres (2¾ pints, 6½ cups) scalded single (light) cream and mix thoroughly. Press through a fine sieve. Place 300 g (11 oz, 1½ cups) caster (superfine) sugar and 12 egg yolks in a large bowl and beat until the mixture

becomes white and thick. Bring the almond milk to the boil and pour it on to the egg and sugar mixture, whisking continuously. Place over the heat and stir gently until the cream coats the back of the spoon. Then immerse the base of the saucepan in cold water to stop the cooking process and continue to whisk until the cream has cooled. Place in an ice-cream freezer.

When the mixture is partially frozen, mix in 250 g (9 oz, 1 cup) sweetened chestnut purée, obtained by cooking the chestnuts in vanilla-flavoured sweetened milk (alternatively, use a can of sweetened chestnut purée), 400 ml (14 fl oz, 1¾ cups) whipped double (heavy) cream and 150 ml (¼ pint, ⅔ cup) milk, both very cold. Place in an ice-cream mould and freeze.

Chocolate ice cream

Beat 8 egg yolks and 200 g (7 oz, ¾ cup) caster (superfine) sugar together until pale and thick. Melt 250 g (9 oz, 1½ cups) grated bitter (bittersweet) chocolate in a covered pan with 200 ml (7 fl oz, ¾ cup) water. Add 1 litre (1¾ pints, 4⅓ cups) boiling milk to the chocolate and stir until the mixture is completely smooth. Pour the boiling chocolate mixture over the egg yolk mixture and cook over a very gentle heat until the custard coats the spoon. Immediately dip the saucepan in cold water to prevent further cooking and continue to beat until the cream is lukewarm. Stir it occasionally until it is completely cold. Complete the ice cream in the usual way, using an ice-cream churn or mould and whisking the part-frozen mixture until smooth.

For a richer ice cream, replace 200 ml (7 fl oz, ¾ cup) of the milk with the same volume of double (heavy) cream, and use 10 egg yolks instead of 8.

Coffee and brandy bombe

Chill a 1 litre (1¾ pint, 1 quart) bombe mould in the freezer. Make a custard with 500 ml (17 fl oz, 2 cups) milk, 6 egg yolks and 125 g (4½ oz, ½ cup)

caster (superfine) sugar, then add 1 tablespoon instant coffee. Continue to stir until the mixture is completely cold. Freeze in an ice-cream maker.

Bring to the boil a syrup made with 200 ml (7 fl oz, ¾ cup) water and 250 g (9 oz, 1 heaped cup) caster sugar. While still boiling, pour the syrup over 8 egg yolks and beat with an electric mixer until cool. Whip 6 tablespoons milk with 250 ml (8 fl oz, 1 cup) very cold double (heavy) cream. Blend the cream with the egg yolk mixture, flavour it with 3 tablespoons liqueur brandy and chill.

Line the mould with coffee ice cream. Fill with the brandy-flavoured cream, then freeze. Remove from the mould and decorate with coffee beans soaked in liqueur.

Coffee ice cream

Blend together 6 eggs, 200 g (7 oz, ¾ cup) caster (superfine) sugar and 3 tablespoons instant coffee to make a coffee-flavoured custard. Whip 200 ml (7 fl oz, ¾ cup) cold double (heavy) cream with a quarter of its own volume of very cold milk and 1 tablespoon vanilla-flavoured sugar. Fold the whipped cream gently into the cold custard until completely mixed and leave it to freeze in an ice-cream maker. The ice cream can be decorated with sugar coffee beans or coffee sugar crystals.

Coupes glacé à la cévenole with kirsch

The term *à la cévenole* is used for many savoury or sweet dishes containing chestnuts, in this case candied as marrons glacés. Prepare separately 500 ml (17 fl oz, 2 cups) vanilla ice cream and 300 ml (½ pint, 1¼ cups) Chantilly cream. Add 1 liqueur glass of kirsch to 250 g (9 oz, 1¼ cups) marron-glacé fragments and divide equally between 4 sundae glasses. Cover each with a layer of the vanilla ice cream and smooth the surface with a metal spoon or

palette knife. Use a piping (pastry) bag with a fluted nozzle to decorate with Chantilly cream, then arrange marrons glacés and sugar violets on top.

Coupes glacé à la cévenole with rum

Prepare 500 ml (17 fl oz, 2 cups) vanilla ice cream for coupes. Macerate 300 g (11 oz, 1⅓ cups) split marrons glacés in 200 ml (7 fl oz, ¾ cup) rum for 1 hour. Chill 6 sundae dishes in the refrigerator. Fifteen minutes before serving, divide the marrons glacés among the sundae dishes and cover with the vanilla ice cream. Decorate the dishes with whipped cream using a piping (pastry) bag with a fluted nozzle. Each dish can then be topped with crystallized (candied) violets.

Coupes dame blanche

Prepare some Chantilly cream by mixing 200 g (7 oz) double (heavy) cream with 2 tablespoons milk, 25 g (1 oz, 2 tablespoons) caster (superfine) sugar, a little vanilla sugar or essence (extract) to taste and a crushed ice cube; whip until the cream forms peaks. Chill.

Melt 200 g (7 oz, 7 squares) dark chocolate in a bain marie with 2 tablespoons milk. Add 25 g (1 oz, 2 tablespoons) butter and mix well; then add 3 tablespoons single (light) cream. Keep the sauce hot in the bain marie.

Take 6 individual sundae glasses and put 2 scoops of vanilla ice cream into each. Using a piping (pastry) bag fitted with a fluted nozzle, pipe a dome of Chantilly cream into each glass. Serve the hot chocolate sauce separately in a sauceboat (gravy boat).

Coupes malmaison

Prepare 500 ml (17 fl oz, 2 cups) vanilla ice cream. Remove the seeds from 400 g (14 oz) Muscat grapes, plunge them into a saucepan of boiling water

and then immediately into cold water, then drain and peel them. Boil together 3 tablespoons water with 150 g (5 oz, ⅔ cup) caster (superfine) sugar until the sugar just caramelizes. Divide the ice cream among 4 sundae dishes, cover with the grapes and top with the caramel.

Fruit sorbet

For soft fruit, prepare a syrup using 200 g (7 oz, 1 cup) granulated sugar and 150 ml (¼ pint, ⅔ cup) water per 500 g (18 oz) fruit. Poach the fruit in the syrup, then purée in a blender or food processor: the density of the mixture should be 1.1513. For citrus fruit use 100 g (4 oz, ½ cup) sugar and 150 ml (¼ pint, ⅔ cup) water for every 3–4 fruit. Finely grate the zest, then squeeze the juice from the fruit and mix with the syrup: the density of the mixture should be 1.1697. Correct the density by adding more sugar if it is too weak or more water if it is too strong. Pour into an ice-cream maker and allow to freeze. Halfway through the cycle some Italian meringue (one third of the volume of the sorbet) can be added.

Granita

A type of Italian sorbet popularized by Tortoni in Paris in the 19th century. It is a half-frozen preparation with a granular texture (hence its name), made of a lightly sweetened syrup or of a syrup flavoured with coffee or liqueur. Unlike sorbets, granita does not contain any Italian meringue. It is served in sundae dishes or a glass bowl, either between the courses of a meal or as a light refreshment.

Make a light syrup with fruit juice (such as lemon, orange, tangerine, passion fruit or mango) or very strong coffee. Cool the syrup, then pour it into an ice tray and freeze for 3–4 hours without stirring. The granita will then have a granular texture.

Honey ice cream

Infuse 10 g (⅓ oz) mixed ground spices (such as black pepper, juniper, cloves, cinnamon) in 1 litre (1¾ pints, 4⅓ cups) milk. Beat 10 egg yolks with 400 g (14 oz, 1¼ cups) dark Yonne honey until pale and creamy. Add the boiling milk and cook gently at 85°C (185°F) until slightly thickened. Allow to cool and strain through a chinois. Freeze in an ice-cream maker.

Honey sorbet with pine nuts

Mix 900 g (2 lb, 2½ cups) orange-blossom honey, the juice of 1 lemon, a few drops orange-flower water and 1 litre (1¾ pints, 4⅓ cups) water. After processing in an ice-cream maker, add some lightly toasted pine nuts, then pour into a mould and place in the freezer until required.

Iced charlotte with chestnuts

Line a charlotte mould with sponge fingers (ladyfingers). Prepare a syrup with 175 g (6 oz, ¾ cup) granulated sugar, 1 tablespoon lemon juice and 3 tablespoons water. Cook for 3–4 minutes. Gradually add the syrup to 500 g (18 oz, 2 cups) chestnut purée (fresh or canned). Prepare 1 litre (1¾ pints, 4⅓ cups) custard, using 9 or 10 egg yolks. Put half on one side. Flavour the other half with rum and add it to the chestnut purée. Pour a little of this mixture into the mould, cover with a layer of sponge fingers soaked in the syrup, then fill with the remainder. Cover with more sponge fingers. Place in the freezer for 30 minutes. Turn out and serve with the remaining custard.

Iced chestnut vacherin

A vacherin is a cold dessert, made of a ring of meringue or almond paste filled with ice cream or whipped cream (or both). It owes its name to its shape and colour, which resemble the cheese of the same name.

Whisk 8 egg whites to stiff peaks, then mix in 500 g (18 oz, 2¼ cups) caster (superfine) sugar with a spatula. Make a round layer of meringue by piping a flat spiral on greased greaseproof (wax) paper on a baking sheet. Pipe 2 rings of the same diameter on to baking sheets. Cook in a very low oven, then leave to cool. Cook 400 g (14 oz) peeled chestnuts in milk for 40 minutes, drain them and reduce to a purée. When the purée is cold, add 1 liqueur glass of rum, 3 stiffly whisked egg whites, 25 g (1 oz, 2 tablespoons) melted butter and 3 coarsely chopped marrons glacés. Freeze for 4 hours in the freezer. Place the rings of meringue on to the flat round to form a shell, then pile the ice cream into this meringue shell. Decorate with Chantilly cream and a few marrons glacés. Return to the freezer until ready to serve.

Iced cream mousse

Prepare a custard cream with 500 ml (17 fl oz, 2 cups) milk, 350 g (11 oz, 1¾ cups) sugar, and some egg yolks (8 for a liqueur mousse; up to 16 for a fruit mousse). Leave to cool completely. Then add the chosen flavouring – vanilla, orange or lemon zest, liqueur, or 500 ml (17 fl oz, 2 cups) fruit purée – and 500 ml (17 fl oz, 2 cups) double (heavy) cream. Place the mixing bowl in a basin containing crushed ice and whisk the preparation well. Pour into a mould and put in the freezer for at least 4 hours to set.

Iced fruit mousse

Prepare an Italian meringue with 300 g (11 oz, 1⅓ cups) sugar, 6 tablespoons water and 4 egg whites and put it in the refrigerator. Prepare a fruit purée – with 375 g (13 oz, 2½ cups) strawberries, for example. Whip 500 ml (17 fl oz, 2 cups) very cold double (heavy) cream with 150 ml (¼ pint, ⅔ cup) very cold milk until stiff. Mix the meringue and the fruit purée and then add the cream. Pour into a mould and put in the freezer for at least 4 hours to set.

Iced fruit soufflé

Cook 300 g (11 oz, 1⅓ cups) caster (superfine) sugar in 100 ml (4 fl oz, 7 tablespoons) water to the large pearl or soufflé stage (113–115°C (235–239°F). Pour this syrup over 5 very stiffly whisked egg whites, whisking until completely cold. Purée 350 g (12 oz, about 2 cups) fresh strawberries or raspberries, or apricots, peaches or pears cooked in sugar. Fold the purée into the egg white and sugar mixture together with 500 ml (17 fl oz, 2 cups) stiffly whipped cream.

Cut a strip of greaseproof (wax) paper or foil 23 cm (9 in) wide and longer than the circumference of the soufflé mould. Fold in half to reduce its width to 11.5 cm (4½ in). Surround the mould with this double strip so that it comes well above the edge and keep it in place with an elastic band or adhesive tape. Pour the soufflé mixture into the mould until it reaches the top of the paper, smooth over the surface and freeze until firm (about 4 hours). Remove the paper to serve.

Iced liqueur mousse

Make a syrup with 4 tablespoons water and 200 g (7 oz, 1 cup) sugar; while still very hot, pour it in a thin trickle over 7 egg yolks, whisking until the mixture has cooled. Then add 3 tablespoons liqueur, followed by 500 ml (17 fl oz, 2 cups) very cold double (heavy) cream, whisked with 150 ml (¼ pint, ⅔ cup) cold milk. Pour into a mould and put into the freezer for at least 4 hours to set.

Iced parfait

A parfait is an iced dessert made with fresh cream, which gives it smoothness and allows it to be sliced. Mix 4 tablespoons water with 200 g (7 oz, ¾ cup) caster (superfine) sugar and cook to the fine thread stage (110°C, 230°F).

Place 8 egg yolks in a bowl and pour the boiling syrup over them, little by little, whisking all the time. Continue to whisk until the mixture has cooled. Then add the chosen flavouring from the suggestions below.

Whip 200 ml (7 fl oz, ¾ cup) double (heavy) cream with 100 ml (4 fl oz, 7 tablespoons) milk (both chilled) until very firm. Blend the whipped cream with the cooled mixture of egg yolks and syrup and pour into a parfait mould. Place in the freezer and leave to set for at least 6 hours.

- *suggested flavourings:* add 3–4 tablespoons brandy or liqueur; 4–5 tablespoons coffee essence (extract); 200 g (7 oz, 7 squares) melted plain (dark) chocolate; 150 g (5 oz, ⅔ cup) powdered almond praline; or about 10 drops of vanilla extract.

Iced persimmon à la créole

Persimmons can only be eaten when their flesh becomes transparent: this indicates that they are ripe. Cut a hole in each persimmon around the stalk and scoop out the pulp with a teaspoon, taking care not to break the skin. Sprinkle a little marc brandy or liqueur into each fruit and leave to macerate for 1 hour. Mix the fruit pulp with some pineapple ice (1 tablespoon pulp to 3–4 tablespoons pineapple ice). Press the mixture through a fine sieve and fill the fruit shells with the cream. Freeze for about 1 hour before serving.

Iced pineapple à la bavaroise

Choose a large, well-shaped pineapple with a good cluster of fresh leaves. Cut off the top 1 cm (½ in) below the crown and set aside. Scoop out the flesh, leaving an even 1 cm (½ in) thickness around the outside. Fill the inside with a mixture of pineapple Bavarian cream and a salpicon of finely diced pineapple soaked in white rum. Leave to set in a cool place or on ice. Replace the top of the pineapple before serving.

Iced pineapple à la bourbonnaise

Prepare a large pineapple, scooping out the flesh as for iced pineapple *à la bavaroise*. Soak the chopped flesh in rum. Sprinkle the inside of the pineapple case with 2 tablespoons white rum and leave in a cool place for about 2 hours. Just before serving, fill the pineapple case with alternate layers of rum ice cream and the soaked flesh. Replace the top and arrange the pineapple on a napkin or in a fruit bowl, surrounded with crushed ice.

Iced pineapple à la Chantilly

This is prepared as for iced pineapple *à la bourbonnaise*, but the rum ice cream is replaced with a mixture of vanilla ice cream and whipped cream.

Iced pineapple à la créole

The term *à la créole* is given to numerous sweet and savoury preparations inspired by West Indian cookery. Sweet dishes *à la créole* contain rum, pineapple, vanilla or banana. Slice the top off a pineapple and keep it in a cool place, wrapping the leaves so that they do not wilt. Carefully scoop out the flesh of the pineapple and discard the core.

Make a pineapple water ice with the pulp. Soak some finely chopped crystallized (candied) fruit in a little rum. When the pineapple ice is frozen, fill the pineapple by placing the crystallized fruits between two layers of pineapple ice. Replace the top of the pineapple and keep it in the freezer until ready to serve. Serve on a bed of crushed ice.

Iced pineapple à la parisienne

This dish is prepared in the same way as iced pineapple *à la bourbonnaise*, but with banana ice cream. Each layer of ice cream is scattered with blanched sliced almonds.

Iced raspberry soufflé

Sort and clean 400 g (14 oz, 2¾ cups) raspberries. Put the best 20 to one side; crush the others and press through a sieve. Mix with an equal amount of caster (superfine) sugar and add 500 ml (17 fl oz, 2 cups) Chantilly cream. Whisk 2 egg whites very stiffly, whisking in 50 g (2 oz, ¼ cup) caster (superfine) sugar. Fold lightly into the purée and cream mixture, then pour into a 15 cm (6 in) soufflé mould, around which has been wrapped a band of oiled greaseproof (wax) paper 6 cm (2½ in) higher than the mould. Freeze for at least 8 hours. When the soufflé is firm, remove the paper. Decorate with the reserved raspberries and serve immediately, with a lightly sweetened purée of fresh raspberries and almond tuiles. Serve with a dry champagne.

Iced strawberry mousse

Dissolve 900 g (2 lb, 4 cups) granulated sugar in 500 ml (17 fl oz, 2 cups) water and boil until a thick syrup is obtained (104.5°C, 220°F). Add 900 g (2 lb, 4 cups) sieved freshly prepared strawberry purée, then fold in 1 litre (1¾ pints, 4⅓ cups) very stiffly whipped cream. Freeze in the usual way. (Iced raspberry mousse can be prepared in the same way.)

Iced turban

Pour into a ring mould some vanilla ice cream mixed with diced crystallized (candied) fruits steeped in rum. Freeze until set. Turn out on to a layer of nougatine and fill the centre with some vanilla-flavoured Chantilly cream.

Iced vacherin

Prepare 3 layers of meringue: draw 3 circles on sheets of greaseproof (wax) paper, marking their centres. Grease the paper on the side on which the circles have been drawn, then place the ungreased side on baking sheets. Whisk 8 egg

whites to very stiff peaks with a pinch of salt; towards the end of this operation scatter in 500 g (18 oz, 2¼ cups) caster (superfine) sugar (the mixture will be pearly). Fill a large piping (pastry) bag fitted with a large, smooth nozzle with this meringue mixture, then, starting from the centre of the circles, cover these with meringue, forming a flat spiral. Place the baking sheets in a preheated oven at 110°C (225°F, gas ¼), or at the coolest setting, close the door, turn off the oven and cook for 1½–2 hours as it cools. Allow the meringues to become completely cold.

Prepare some vanilla ice cream: make a light custard cream with 5 egg yolks, 150 g (5 oz, ⅔ cup) sugar, 100 ml (4 fl oz, 7 tablespoons) milk, a vanilla pod (bean) and 400 ml (14 fl oz, 1¾ cups) double (heavy) cream. Freeze this cream in an ice-cream maker, making sure that it remains soft. Prepare 500 ml (17 fl oz, 2 cups) soft strawberry ice cream in the same way.

To assemble the vacherin, remove the greaseproof paper from the meringue layers with the point of a knife. Place a ball of vanilla ice cream in the centre of one layer, then place the second layer on top, pressing sufficiently to allow the ice cream to come to the edges of the layer. Replace in the freezer to harden the ice cream, then remove and repeat the process with the strawberry ice cream between the second and third layers. Replace the vacherin in the freezer and prepare the decoration.

Heat 100 g (4 oz, ½ cup) sugar with 400 ml (14 fl oz, 1¾ cups) water and boil for 1 minute. Whisk 2 egg whites to very stiff peaks, pour the boiling syrup over them and whisk until the mixture is cold. Add 500 ml (17 fl oz, 2 cups) double (heavy) cream and whisk until the mixture has set. Chill in the refrigerator then, using a piping bag with a fluted nozzle, pipe it decoratively on the top of the cake. Alternatively, simply apply a smooth covering over the top and sides of the vacherin, giving it the appearance of a cheese. The vacherin may also be decorated with crystallized (candied) fruits or violets.

Jamaican coupes

Prepare 500 ml (17 fl oz, 2 cups) coffee ice cream. Chill 6 sundae dishes in the refrigerator. Clean 165 g (5½ oz, 1 cup) currants and macerate them in 100 ml (4 fl oz, 7 tablespoons) rum for 1 hour. Peel a pineapple and cut the flesh into small dice. Divide the diced pineapple among the sundae dishes and cover with coffee ice cream. Sprinkle the drained currants over the top.

Lemon sorbet

Cut away the zest from 3 lemons, chop it and add it to 500 ml (17 fl oz, 2 cups) cold light syrup with a density of 1.2850. Leave to infuse for 2 hours. Add the juice of 4 lemons, then strain. (The density should be between 1.1699 and 1.1799.) Freeze by the usual method.

Mango sorbet

Choose ripe mangoes, peel them, and rub the flesh through a fine sieve. Add an equal volume of sugar syrup and some lemon juice – the juice of 2 lemons is needed per 1 litre (1¾ pints, 4⅓ cups) sorbet. Add a little extra lemon juice if the syrup is too heavy or some sugar if it is too light. Freeze and finish the sorbet in the usual way.

Mocha vacherin

Place a 20 cm (8 in) flan ring, 5 cm (2 in) deep, on a cardboard base. Put a baked succès base in the ring and place it in the freezer for 20 minutes; this is the mould to be filled.

Prepare a mocha ice cream: coarsely grind 50 g (2 oz) good-quality coffee beans and add to 500 ml (17 fl oz, 2 cups) milk sweetened with 100 g (4 oz, ½ cup) caster (superfine) sugar. Bring to the boil, then cover and leave to infuse, away from the heat, for 10 minutes. Pour the milk through a fine

strainer to remove the coffee grounds and replace it in the pan over a gentle heat. Whisk 6 egg yolks in a bowl with 100 g (4 oz, ½ cup) caster sugar. When the mixture is white and thick, add a little of the hot coffee-flavoured milk, whisking, then pour the contents of the bowl into the milk saucepan. Heat gently, stirring constantly with a wooden spoon. When the custard mixture coats the spoon at 83°C (180°F) withdraw the pan from the heat and stir occasionally until it is cold. Then mix in 250 ml (8 fl oz, 1 cup) double (heavy) cream and freeze in an ice-cream maker.

Fill the mould with this ice cream, gently mixing into it 20 coffee beans that have been steeped in liqueur. Smooth the surface with a palette knife, put the mould back in the freezer and leave to freeze for 3 hours. Place a serving dish in the refrigerator for 30 minutes, then carefully remove the flan ring and place the vacherin on the plate.

To make the decoration, prepare coffee-flavoured Chantilly cream, made with 200 ml (7 fl oz, ¾ cup) double (heavy) cream, 60 ml (2 fl oz, ¼ cup) milk, 3 tablespoons icing (confectioner's) sugar and 1 teaspoon instant coffee powder. Place this mixture in a piping (pastry) bag; first decorate the sides of the vacherin with vertical bands of cream, then decorate the top, piping 8 spirals around it to indicate the portion for each guest. Finish with a rosette in the centre. Place 1 liqueur-soaked coffee bean in each whirl. Replace in the freezer until ready to serve.

Orange sorbet

Select 10 very large juicy oranges and remove the peel and pith. Put the pulp through a juice extractor to obtain the maximum amount of juice. Measure the juice and add 300 g (11 oz, 1⅓ cups) sugar per 1 litre (1¾ pints, 4⅓ cups) (more if the juice is very sour). Pour the juice into an ice-cream maker and freeze until set.

Passion fruit sorbet

Halve some ripe passion fruit, strain the pulp through a vegetable mill, then through a fine sieve. Measure the pulp and add an equal volume of cold syrup made from 500 ml (17 fl oz, 2 cups) mineral water and 675 g (1½ lb, 3 cups) caster (superfine) sugar. The density of the mixture should be 1.135; add a little lemon juice, the density then being 1.075. Pour the mixture into an ice-cream maker and freeze until set. It is also possible – and easier – to add caster sugar to the pulp and enough water to obtain a density of 1.075, then strain the mixture through a fine sieve before putting it in the ice-cream maker. Serve scoops of sorbet with a fan of mango slices and a passion fruit pulp.

Peach Melba

Prepare 500 ml (17 fl oz, 2 cups) vanilla ice cream and 300 ml (½ pint, 1¼ cups) raspberry purée. Plunge 8 peaches into boiling water for 30 seconds, then drain, cool and peel them. Make a syrup with 1 litre (1¾ pints, 4⅓ cups) water, 500 g (18 oz, 2½ cups) sugar and 1 vanilla pod (bean). Boil for 5 minutes, then add the peaches and poach them in the syrup for 7–8 minutes on each side. Drain and cool completely.

Cut the peaches in half and remove the stones (pits). Either line a large fruit bowl with the vanilla ice cream, lay the peaches on top, and coat them with the raspberry purée or spoon the ice cream into individual glasses, top with the peaches and the Melba sauce, and serve scattered with flaked (slivered) almonds.

Peach sorbet

Prepare a sugar syrup with 350 g (12 oz, 1½ cups) sugar and 300 ml (½ pint, 1¼ cups) of water. Bring to the boil, simmer for 3 minutes and cool. Plunge 1 kg (2¼ lb) ripe peaches into boiling water for 30 seconds. Drain, peel and

remove the stones (pits). Reduce the fruit to a purée in a blender and add the juice of 1 lemon. Mix the cold sugar syrup and the peach purée together, pour into an ice-cream maker and freeze.

Peach sorbet with champagne

Prepare a syrup by boiling 100 ml (4 fl oz, 7 tablespoons) water with 300 g (11 oz, 1⅓ cups) granulated sugar and allow to cool. Peel 1 kg (2¼ lb) white peaches, cut into quarters and purée in a blender or food processor. Add the juice of 1 large lemon and mix the purée with the cold syrup. Pour into an ice-cream maker and set in operation for 1 hour. When the sorbet has frozen, switch off the machine and put the container in the freezer, together with 4 sorbet glasses, for about 1 hour. To serve, place 2 balls of sorbet in each glass and pour over some well-chilled champagne (½ bottle for the 4 glasses).

Peach sundaes

Prepare 500 ml (17 fl oz, 2 cups) vanilla ice cream. Plunge some peaches in boiling water for 30 seconds (allow 6 peaches for 4 sundaes). Drain, peel and remove the stones (pits). Reserve a few slices of peach for decoration, setting them aside to soak in a little liqueur. Chop the remainder. Sprinkle with 1 tablespoon lemon juice and 2 tablespoons fruit liqueur (preferably strawberry). Whip 200 ml (7 fl oz, ¾ cup) double (heavy) cream. Chill 4 sundae glasses, divide the peaches among them, cover with a layer of ice cream and pipe whipped cream on top, using a piping (pastry) bag fitted with a star (fluted) nozzle. Decorate with a thin slices of raw peach soaked in liqueur.

Pear sorbet

Peel 4 juicy pears and cut them into quarters. Remove the pips (seeds) and dice the flesh. Sprinkle this with the juice of 1 lemon. Reduce to a fine purée,

with 300 g (11 oz, 1⅓ cups) granulated sugar, in a blender or food processor. Pour the resulting purée into an ice-cream maker and operate for 1½ hours, or until the sorbet has frozen. Put the container into the freezer until required or serve immediately.

Pineapple ice

Add the crushed flesh of ½ a fresh pineapple to 500 ml (17 fl oz, 2 cups) sugar syrup and leave to soak for at least 2 hours. Reduce to a purée in a blender and flavour with rum. Measure the density with a syrup hydrometer and adjust the sugar content as necessary to achieve a density of 1.609. Freeze in an ice-cream maker.

Plombières ice cream

Pound thoroughly in a mortar (or use a blender or processor) 300 g (11 oz, 2 cups) blanched fresh almonds and (if desired) 15 g (½ oz, 1½ tablespoons) ground bitter almonds, gradually adding 4 tablespoons milk. Then add 1.5 litres (2¾ pints, 6½ cups) scalded single (light) cream and mix thoroughly. Press through a fine sieve. Place 300 g (11 oz, 1½ cups) caster (superfine) sugar and 12 egg yolks in a large bowl and beat until the mixture becomes white and thick. Bring the almond milk to the boil and pour it on to the egg and sugar mixture, whisking continuously. Place over the heat and stir gently until the cream coats the back of the spoon. Then immerse the base of the saucepan in cold water to stop the cooking process and continue to whisk until the cream has cooled. Place in an ice-cream freezer.

When the mixture is partially frozen, mix in 200 g (7 oz, 1 cup) finely chopped crystallized (candied) fruit soaked in kirsch or rum, 400 ml (14 fl oz, 1¾ cups) whipped double (heavy) cream and 150 ml (¼ pint, ⅔ cup) milk, both very cold. Then place in an ice-cream mould and freeze.

Raspberry sorbet

Prepare a syrup by boiling 250 g (9 oz, 1 cup) granulated sugar and 400 ml (14 fl oz, 1¾ cups) water. Allow to cool. Pour in 400 g (14 oz, 2¾ cups) raspberries and the juice of ½ a lemon. Purée in a blender or food processor and then rub through a sieve if wished. Pour the mixture into an ice-cream maker and set in operation for about 1 hour. When the sorbet begins to freeze, pour into a mould and place in the freezer until required.

Redcurrant sorbet

Slowly dissolve 175 g (6 oz, ¾ cup) granulated sugar in 450 ml (¾ pint, 2 cups) water. Bring the syrup to the boil and boil steadily for 10 minutes. Cool. Mix 500 ml (17 fl oz, 2 cups) filtered redcurrant juice with 500 ml (17 fl oz, 2 cups) sugar syrup. Add a few drops of lemon juice and mix well. Then freeze the sorbet in the usual way.

Saffron ice cream with rose water

Whip 150 ml (¼ pint, ⅔ cup) milk with 150 ml (¼ pint, ⅔ cup) double (heavy) cream. Place in the freezer to harden.

Beat 3 egg yolks in a bowl with 75 g (3 oz, 2 cup) caster (superfine) sugar until the mixture foams. In a saucepan, bring to the boil 450 ml (¾ pint, 2 cups) milk, 150 g (5 oz, generous ⅔ cup) crème fraîche and ½ teaspoon vanilla essence (extract). Reduce the heat so that the mixture does not simmer. Slowly incorporate the egg yolk mixture, stirring all the time. Remove from the heat. Pound ½ teaspoon saffron, then stir in a little hot water and pour into the saucepan with 1 tablespoon rose water. Stir and leave to cool , stirring occasionally. Chill well, then transfer to an ice-cream maker and freeze until firm. Remove the frozen whipped cream from the freezer and scoop it into small pieces using 2 teaspoons. Return to the freezer.

Remove the ice cream from the freezer 30 minutes before serving. Keep in the refrigerator until ready to serve. Serve in bowls, decorated with the scoops of cream and slivers of pistachio nut.

Saffron rice à la néerlandaise

Wash about 175 g (6 oz, ¾ cup) short-grain rice. Blanch it for 2 minutes in boiling water. Drain, rinse in cold water and drain again. Boil 1 litre (1¾ pints, 4⅓ cups) milk with ½ teaspoon salt and 1 generous tablespoon soft light brown sugar. Add the rice and cook for 35–40 minutes until very soft. Then add 1 tablespoon lemon juice and a generous pinch of powdered saffron and mix well. Pour the rice into individual sundae dishes and leave to cool completely. Serve as a cold dessert, sprinkled with brown sugar, accompanied by cinnamon or ginger biscuits (cookies).

Sorbet

For soft fruit, prepare a syrup using 200 g (7 oz, 1 cup) granulated sugar and 150 ml (¼ pint, ⅔ cup) water per 500 g (18 oz) fruit. Poach the fruit in the syrup, then purée in a blender or food processor: the density of the mixture should be 1.1513. For citrus fruit use 100 g (4 oz, ½ cup) sugar and 150 ml (¼ pint, ⅔ cup) water for every 3–4 fruit. Finely grate the zest, then squeeze the juice from the fruit and mix with the syrup: the density of the mixture should be 1.1697. Add more sugar if it is too weak or more water if it is too strong. Pour into an ice-cream maker to freeze. Halfway through the cycle some Italian meringue (one third of the volume of the sorbet) can be added.

Sorbet in frosted grapefruit

Cut the tops off some grapefruit, hollow them out with a grapefruit knife without piercing the rind and separate the segments. Press the segments (or

blend, then strain them) to obtain the juice and use this to prepare a grapefruit ice in the same way as for sorbet in frosted oranges. Put the grapefruit skins in the freezer. When the ice has just started to freeze, fill the grapefruit skins with it. Place the caps on the fruits and return to the freezer until the ice has frozen. Transfer to the refrigerator 40 minutes before serving.

Sorbet in frosted lemons

Cut the stalk ends off some large thick-skinned lemons and reserve. Using a spoon with a cutting edge, remove all the pulp from the lemon without piercing the peel. Then chill the peel in the refrigerator. Press the pulp, strain the juice and use it to prepare a lemon sorbet. When the sorbet is set, fill the chilled peel with it and cover with the section that was removed. Freeze until time to serve. Decorate with leaves of marzipan (almond paste).

Sorbet in frosted oranges

Choose some unblemished thick-skinned oranges. Cut off the top of each orange at the stalk end. Using a sharp-edged spoon, scrape out all the pulp, taking care not to pierce the skin. Cut a small hole at the top of the orange caps, where the stalk was attached. Put the orange shells and the caps into the freezer. Make an orange sorbet with the pulp. When it begins to set, put it into the orange shells, smoothing the top into a dome shape. Replace the caps and insert a long lozenge-shaped piece of candied angelica into the hole, to resemble a leaf. Put back in the freezer until ready to serve.

Sorbet in frosted tangerines

Choose fine even-sized tangerines with thick skins. Cut off the tops and remove the segments without breaking the peel. Place the empty shells and tops in the freezer. Squeeze the pulp, strain the juice and add 300 g (11 oz, 1⅓

cups) caster (superfine) sugar for every 500 ml (17 fl oz, 2 cups) juice. Dissolve the sugar completely in the juice. Add a little more juice if too thick or a little more sugar if too thin. Place in an ice-cream maker, but stop the process before the ice sets. Fill the frosted shells with the iced pulp and cover each with its top. Return to the freezer to allow the ice to set.

Sorbet in iced melon

Choose a large melon weighing about 2 kg (4½ lb) and cut a fairly large slice from the stalk end. Carefully remove the seeds and then scoop out the flesh without piercing the skin. Make a sorbet with the flesh. Put the empty melon shell and the top into the freezer. When the sorbet has set, but is still a little mushy, fill the empty case, pressing down well. Replace the top of the melon and store in the freezer until ready to serve. Serve the melon standing on a dish of crushed ice.

Sorbet of exotic fruits

Peel 1 very ripe pineapple, cut it into 4, remove the centre and dice the pulp, retaining the juice. Cut 2 mangoes in half, remove the stones (pits) and scoop out the flesh with a spoon. Peel and slice 1 banana. Put the fruit into a blender or food processor with the juice of 1 lemon and purée it. Measure the juice obtained. Add 75 g (3 oz, ⅓ cup) caster (superfine) sugar per 250 ml (8 fl oz, 1 cup) juice. Mix with a fork and add 1 teaspoon vanilla sugar and a pinch of cinnamon. Pour into an ice-cream maker and set in operation for 1½ hours. When the sorbet begins to freeze, place in the freezer until required.

Sorbet with Calvados

Dissolve 200 g (7 oz, 1 cup) caster (superfine) sugar in 325 ml (11 fl oz, 1⅓ cups) water. Add a vanilla pod (bean) cut in half. Bring to the boil to

obtain a light syrup. Remove from the heat and discard the vanilla pod. Add the juice of 1 lemon and a pinch of cinnamon. Mix well. Whisk 3 egg whites to stiff peaks and mix them gently into the syrup. Pour into an ice-cream maker. When the sorbet begins to freeze, add 4–5 liqueur glasses aged Calvados. Beat for a few moments, turn into a mould and freeze.

Strawberry cassata

Prepare 500 ml (17 fl oz, 2 cups) strawberry ice cream, the same quantity of vanilla ice cream, and 400 ml (14 fl oz, 1¾ cups) whipped cream mixed with crystallized (candied) fruits that have been steeped in brandy or a liqueur. Spread the vanilla ice cream in a rectangular mould, cover with the whipped cream and fruits, and place in the freezer until the cream just hardens. Cover with the strawberry ice cream, press down firmly, smooth the surface and leave to set.

Strawberry gratin with lemon zabaglione

Cut 24 large strawberries in half and arrange them on the bottom of a gratin dish, with the cut sides down. Make a lemon zabaglione: put 4 whole eggs, the grated zest and juice of 4 lemons, 100 g (4 oz, ½ cup) granulated sugar and 100 g (4 oz, ½ cup) butter into a saucepan (preferably copper-bottomed). Beat the mixture with a whisk, in a bain marie, until it becomes very frothy. Cover the strawberries with this mixture and brown under the grill (broiler).

Strawberry ice cream

Make a custard with 500 ml (17 fl oz, 2 cups) milk, 6 egg yolks, 125 g (4½ oz, ½ cup) caster (superfine) sugar and little natural vanilla extract (essence). Cool, stirring. Purée 450 g (1 lb) strawberries with 4 tablespoons icing (confectioner's) sugar and stir into the custard. Freeze in an ice-cream maker.

Strawberry sorbet

Wash and hull 1 kg (2¼ lb, 8 cups) strawberries and purée in a blender or food processor. Add 300 g (11 oz, 1⅓ cups) caster (superfine) sugar. Mix well to dissolve, then add the juice of ½ a lemon and 1 orange. Pour into an ice-cream maker. Set in operation for about 1 hour. Pour the sorbet into a mould and place in the freezer for a further 1½–2 hours to allow to freeze completely.

Tangerines en surprise

Prepare some frosted tangerines, but do not fill completely with the sorbet mixture and do not cover. When they are completely frozen, top up with a tangerine-flavoured soufflé, sprinkle with icing (confectioner's) sugar and brown quickly in a preheated oven at 220°C (425°F, gas 7).

Tea sorbet

Prepare quite a strong infusion of tea according to taste. Add sugar in the proportion of 300 g (11 oz, 1⅓ cups) per 1 litre (1¾ pints, 4⅓ cups) and freeze in an ice-cream churn. Prunes cut up into tiny pieces may be added to the sorbet. Green tea flavoured with jasmine gives excellent results.

Truffle ice cream

Boil 3 large well-scrubbed truffles in 1 litre (1¾ pints, 4⅓ cups) milk for about 1 hour. In the meantime, whisk 8 egg yolks with 250 g (9 oz, 1 cup) sugar. Drain, dry and trim the truffles. Pour the milk over the sugar and egg mixture to make a custard; cook until it forms ribbons when the spoon is lifted, then add the chopped truffle trimmings. Cool, then leave to set in an ice-cream maker. Cut the truffles into julienne strips. Fill tulip glasses with alternate layers of ice cream and truffle, finishing with a decoration of julienne strips of truffle.

Tutti-frutti bombe

Line a bombe mould with 1 litre (1¾ pints, 4⅛ cups) pineapple ice and harden in the freezer. Then make a sugar syrup using 250 g (9 oz, 1 cup) sugar and 100 ml (4 fl oz, 7 tablespoons) water, pour into a saucepan in a bain marie and blend in 8 egg yolks. Whisk on the hob (stove top) until thick and frothy. Strain, then whisk again in a basin. Blend in 400 ml (14 fl oz, 1¾ cups) Chantilly cream. Flavour with 1 tablespoon kirsch and add 400 g (14 oz, 3 cups) finely diced crystallized (candied) fruits steeped in kirsch, together with 100 g (4 oz, ⅔ cup) raisins soaked in rum and drained. Pour the mixture into the mould and freeze for 4 hours. Turn out and decorate with glacé (candied) cherries, candied angelica and shredded (slivered) almonds.

Vanilla ice cream

Prepare a crème anglaise with 100 ml (4 fl oz, 7 tablespoons) milk and a vanilla pod (bean) cut in two, 5 or 6 egg yolks, 150 g (5 oz, ⅔ cup) caster (superfine) sugar and 400 ml (14 fl oz, 1¾ cups) double (heavy) cream. Pour the custard cream into an ice-cream maker and allow to set in the freezer for 4 hours. Pile up the mixture in a mould and replace in the freezer to complete the setting of the ice cream.

It may be unmoulded on to a serving dish and decorated with crystallized (candied) fruit or fruit poached in syrup, or coated with cold fruit purée (strawberry, peach or mango, for example). Alternatively it may be used in balls in sundaes or to fill profiteroles.

Vanilla ice cream charlotte

Line a charlotte mould with sponge fingers (ladyfingers). When ready to serve, fill the inside of the mould with vanilla ice cream, vanilla-flavoured bombe mixture, or plombières ice cream.

Vanilla ice cream for coupes

For about 500 ml (17 fl oz, 2 cups) ice cream, use 4 egg yolks, 250 ml (8 fl oz, 1 cup) milk, 1 vanilla pod (bean), 125 g (4½ oz, ½ cup) caster (superfine) sugar, and 2 tablespoons double (heavy) cream. Split the vanilla pod in two, add it to the milk, and bring to the boil. Work the egg yolks into the sugar with a wooden spoon. When the mixture lightens in colour, remove the vanilla pod, and add the boiling milk, little by little, whisking constantly. Heat the mixture, add the cream and continue to heat until the mixture coats the spoon. Strain the mixture into a bowl and allow to cool, stirring continuously. Pour into an ice-cream churn and operate until the ice cream is frozen.

Water ices

The density of the light sugar syrup in these recipes can be measured with a saccharometer or syrup hydrometer. As a guide, a translucent coating syrup boils at 100°C (212°F) or very slightly above – 100.5°C (213°F) – and has a density of 1.2407. To make a light syrup of this type, use 10% sugar to water: 100 g (4 oz, ½ cup) sugar to 1 litre (1¾ pints, 4⅓ cups) water.

- *Grand Marnier ice:* make 1 litre (1¾ pints, 4⅓ cups) clear, coating syrup (density 1.2407). Whisk in the juice of ½ a lemon and 6 tablespoons Grand Marnier. Freeze in an ice-cream maker.
- *liqueur ice:* mix cold, clear sugar syrup (density 1.1407) with the chosen liqueur, generally 6 tablespoons liqueur to 1 litre (1¾ pints, 4⅓ cups) syrup. Add a little lemon juice. (The density of the mixture must be between 1.1425 and 1.1799.) Freeze in an ice-cream maker.
- *mango ice*: use very ripe mangoes. Halve, peel and stone them. Blend the pulp with the juice of ½ a lemon or lime. For 500 ml (17 fl oz, 2 cups) puréed pulp, use 400 ml (14 fl oz, 1¾ cups) clear, coating syrup (density 1.2407). Whisk the syrup and pulp together. Freeze in an ice-cream maker.

BISCUITS, CAKES, PASTRIES & SWEET BREADS

Biscuits (cookies)

Almond bâtonnets

Pound 225 g (8 oz, 1⅔ cups) blanched almonds with 225 g (8 oz, 1 cup) caster (superfine) sugar, or combine in a blender. Bind to a thick paste with 2–3 egg whites and then add 7 tablespoons white rum. Roll out thinly on a floured marble slab or work surface. Cut into strips 8 cm (3½ in) wide and cut these into sticks 2 cm (¾ in) wide. Lightly beat 2 egg whites. Dip the sticks in the egg whites, then in sugar. Arrange on a buttered and floured baking sheet and bake in a preheated oven at about 170°C (325°F, gas 3) until the sugar crisps.

Almond croquets

A dry petit four in the shape of a small stick, generally made of almonds, sugar and egg white.

Soften 50 g (2 oz, ¼ cup) butter with a palette knife (spatula); coarsely chop 75 g (3 oz, ¾ cup) unskinned almonds. In a basin, mix 200 g (7 oz, 1¾ cups) plain (all-purpose) flour with ½ teaspoon baking powder, 75 g (3 oz, ⅓ cup) caster (superfine) sugar, 1 egg and the butter; add the chopped almonds and knead the paste to make it smooth. Shape the paste into a

sausage 20 cm (8 in) long and flatten it into a rectangle 10 cm (4 in) wide. Place on a buttered baking sheet and leave to stand for 15 minutes.

Prepare a caramel with 1 tablespoon sugar and the same amount of water, leave until lukewarm, then add 1 egg and beat all together with a fork. Brush the rectangle with this mixture and use a fork to score the surface. Cook in a preheated oven at 200°C (400°F, gas 6) for 10 minutes, remove from the oven and immediately cut into rectangles about 2 × 5cm (¾ × 2 in).

Aniseed biscuits

Whisk together 500 g (18 oz, 2¼ cups) caster (superfine) sugar and 12 eggs in a basin, as for a sponge cake. When pale and light, add 500 g (18 oz, 4½ cups) plain (all-purpose) flour, 200 g (7 oz, ¾ cup) cornflour (cornstarch) and 50 g (2 oz, ¼ cup) aniseed. Mix well. Drop tablespoons of the mixture on to a wet baking sheet. Place in a warm place to dry. When the biscuits (cookies) begin to rise , bake in a preheated oven at 160°C (325°F, gas 3) for about 15 minutes.

Bar-sur-Aube croquets

Mix together in a basin 500 g (18 oz, 2¼ cups) caster (superfine) sugar and 250 g (9 oz, 2 cups) ground almonds, then work in 8 egg whites, one by one. Carefully blend in 275 g (10 oz, 2½ cups) plain (all-purpose) flour and 1 teaspoon vanilla sugar. Turn this paste out on to the worktop, cut it into small tongue shapes and place these on an oiled baking sheet. Bake in a preheated oven at 180°C (350°F, gas 4). When ready, cool the croquets on a marble slab and store them in a dry place, in a jar or airtight tin.

Bâtons with vanilla icing

In a processor combine 225 g (8 oz, 1⅔ cups) ground almonds and 225 g (8 oz, 1 cup) caster (superfine) sugar to a firm paste with 2–3 egg whites.

Flavour with 2 teaspoons natural vanilla essence (extract). Roll out the paste to a thickness of 1 cm (½ in). Cover with vanilla-flavoured royal icing (frosting). Cut into strips 2 cm (¾ in) wide by 10 cm (4 in) long. Place the sticks on a buttered and floured baking sheet and bake in a preheated oven at about 160°C (325°F, gas 3) for about 10 minutes or until the icing turns white.

Bordeaux croquets

Finely pound 300 g (11 oz, 2¾ cups) skinned almonds in a mortar with 150 g (5 oz, 1⅓ cups) unskinned almonds, 300 g (11 oz, 1⅓ cups) sugar, 125 g (4½ oz, ½ cup) butter, 2 eggs, the grated zest of a lemon or an orange, 3 teaspoons dried (active dry) yeast and a pinch of salt. Chop this mixture coarsely with a knife, then roll it up into a large sausage shape, slightly flattened at the edges. Place on a buttered baking sheet, glaze with egg yolk and score the surface. Bake in a preheated oven at 180°C (350°F, gas 4) for 15 minutes. Cut up into even-sized slices.

Brandy snaps

Melt 100 g (4 oz, ½ cup) butter with 100 g (4 oz, ½ cup) sugar. Stir in 100 g (4 oz, ¼ cup) golden (light corn) syrup, 100 g (4 oz, 1 cup) plain (all-purpose) flour and 1 teaspoon ground ginger. Mix well. Ladle the mixture in small heaps, very well spaced, on to a baking sheet. Place in a preheated oven at 180°C (350°F, gas 4) and bake for 7–8 minutes. To roll the brandy snaps, wrap each one round a wooden spoon handle, pressing them together where they join so that they do not unroll.

Broyé poitevin

This is a large biscuit (cookie) made of shortbread-type dough. Place 250 g (9 oz, 1 cup) caster (superfine) sugar and a pinch of salt in an earthenware dish;

make a well and drop 1 egg and 250 g (9 oz, 1 cup) butter, cut into pieces, into the centre. Knead by hand. Add 500 g (18 oz, 4 cups) plain (all-purpose) flour, a spoonful at a time, then 1 tablespoon rum or brandy and knead until the dough no longer sticks to the fingers (it should be fairly soft). Butter a pie dish 25 cm (10 in) in diameter and spread the dough in the dish, smoothing it with the palm of the hand. Brush the surface with 1 egg yolk mixed with 2 teaspoons black coffee. Draw a crisscross pattern or geometric designs with a fork. Bake in a preheated oven at 180°C (350°F, gas 4) for 30 minutes. Allow to cool before turning out of the mould dish as the cake is crumbly.

Bugnes

Put in a food processor 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 50 g (2 oz, ¼ cup) softened butter, 2 tablespoons caster (superfine) sugar, a large pinch of salt, 2 large beaten eggs and 1½ tablespoons rum, brandy or orange-flower water. Process thoroughly, then shape into a ball and allow to rest for 5–6 hours in a cool place. Roll the dough out to a thickness of 5 mm (¼ in). Cut the dough into strips about 10 cm (4 in) long and 4 cm (1½ in) wide. Make a slit in the middle 5 cm (2 in) long. Thread one end of the dough through the slit; this makes a kind of knot. Fry the *bugnes* in hot oil, turning once. Drain on paper towels, and sprinkle with icing (confectioner's) sugar.

Chocolate bâtonnets

Pound 225 g (8 oz, 1⅔ cups) blanched almonds with 225 g (8 oz, 1 cup) caster (superfine) sugar, 200 g (7 oz, 1½ cups) cocoa powder (unsweetened cocoa) and 2 tablespoons vanilla-flavoured sugar, or combine in a blender. Bind to a thick paste with 3 egg whites and then add 7 tablespoons white rum. Roll out thinly on a floured marble slab or work surface. Cut into strips 8 cm (3½ in) wide and cut these into sticks 2 cm (¾ in) wide. Lightly beat 2 egg

whites. Dip the sticks in the egg whites, then in sugar. Arrange on a buttered and floured baking sheet and bake in a preheated oven at about 170°C (325°F, gas 3) until the sugar crisps.

Chocolate soufflé biscuits

Melt 300 g (11 oz, 11 squares) plain (semisweet) chocolate and stir in 2 egg yolks. Beat 500 g (18 oz, 2¼ cups) caster (superfine) sugar with 10 egg whites in a small saucepan over a very low heat or in a bain marie. When the meringue mixture is fairly firm, add the chocolate mixture. Grease and flour a baking sheet and pipe the biscuit (cookie) mixture on to it, in the shape of macaroons or sponge fingers (ladyfingers). Bake in a preheated oven at 180°C (350°F, gas 4) for about 10 minutes.

Cigarettes russes

Butter a baking sheet. Melt 100 g (4 oz, ½ cup) butter in a bain marie. Whisk 4 egg whites into very stiff peaks, adding a pinch of salt. In a mixing bowl, blend 90 g (3½ oz, 1 cup less 2 tablespoons) plain (all-purpose) flour, 165 g (5½ oz, ¾ cup less 1 tablespoon) caster (superfine) sugar, 1 tablespoon vanilla-flavoured sugar and the melted butter. Carefully add the egg whites. Spread this mixture on the baking sheet, making very thin discs about 7.5 cm (3 in) in diameter; bake only 3 or 4 at a time. Place them in a preheated oven at 180°C (350°F, gas 4) and cook for 10 minutes or until the biscuits (cookies) turn golden. Loosen them and roll each around the handle of a wooden spoon while still hot. Leave them to cool completely.

Craquelins

Knead 250 g (9 oz, 2¼ cups) plain (all-purpose) flour with 125 g (4½ oz, ½ cup) butter, 2 egg yolks, 3 tablespoons cold milk, 25 g (1 oz, 2 tablespoons)

caster (superfine) sugar and a generous pinch of salt. Leave the dough to rest for 2 hours, then roll it out to a thickness of 1.5 cm (⅝ in). Cut it into 5 cm (2 in) squares, arrange the squares on a baking sheet, glaze them with egg and bake in a preheated oven 240°C (475°F, gas 9) until golden brown. Sprinkle with vanilla-flavoured sugar when cooked.

Langues-de-chat (1)

A small, dry, finger-shaped biscuit (cookie), whose name (meaning 'cat's tongue') is probably derived from its shape. Langues-de-chat are thin and fragile, but they keep well and are usually served with iced desserts, creams, fruit salad, champagne and dessert wines.

Cut 125 g (4½ oz, heaping ½ cup) butter into pieces and beat with a wooden spatula until smooth. Add 1 tablespoon vanilla sugar and 75–100 g (3–4 oz, ⅓–½ cup) caster (superfine) sugar; work for about 5 minutes with a wooden spatula. Blend in 2 eggs, one at a time. Finally, add 125 g (4½ oz, 1 generous cup) sifted self-raising flour a little at a time, mixing it in with a whisk. Lightly grease a baking sheet. Using a piping (pastry) bag with a round nozzle, pipe the mixture into strips 5 cm (2 in) long, leaving a space of about 2.5 cm (1 in) between them. Bake in a preheated oven at 220°C (425°F, gas 7) for about 8 minutes: remove as soon as the langues-de-chat have begun to turn golden.

Langues-de-chat (2)

Work together in a mixing bowl 250 g (9 oz, 1 generous cup) caster (superfine) sugar, 200 g (7 oz, 1¾ cups) plain (all-purpose) flour and 1 tablespoon vanilla sugar. Gently fold in 3 stiffly whisked egg whites. Pipe the mixture and bake as described in the previous recipe. When the langues-de-chat are cooked, turn off the heat and leave them to cool in the oven.

Leckerli

Also known as *lecrelet*. A spiced biscuit (cookie) with a distinctive flavour, sometimes coated with icing (frosting). It is a Swiss speciality from Basle. The name is an abbreviation of *leckerli kuchen*, meaning 'tempting cake'.

Sift 500 g (18 oz, 4½ cups) plain (all-purpose) flour into a bowl, add 350 g (12 oz, 1 cup) liquid honey and beat with a spoon. Add 75 g (3 oz, ½ cup) candied orange peel, 40 g (1½ oz, ⅓ cup) flaked (slivered) almonds, 20 g (¾ oz, ¼ cup) spices (half mixed spice, half ground ginger), and 1 teaspoon bicarbonate of soda (baking soda). (The candied peel and flaked almonds can be replaced with chopped hazelnuts and cinnamon.) Mix well until blended. Butter some square baking sheets and spread the mixture in them to a depth of 2.5 cm (1 in). Bake in a preheated oven at 180°C (350°F, gas 4), for about 20 minutes, or until well browned. When done, brush with milk and cut into even rectangles.

Lemon cigarettes

Butter a baking sheet. Melt 100 g (4 oz, ½ cup) butter in a bain marie. Whisk 4 egg whites into very stiff peaks, adding a pinch of salt. In a mixing bowl, blend 90 g (3½ oz, 1 cup less 2 tablespoons) plain (all-purpose) flour, 165 g (5½ oz, ¾ cup less 1 tablespoon) caster (superfine) sugar, 1 tablespoon vanilla-flavoured sugar, the melted butter and 100 g (4 oz, ⅔ cup) finely chopped candied lemon peel. Carefully add the egg whites. Spread this mixture on the baking sheet, making very thin discs about 7.5 cm (3 in) in diameter; bake only 3 or 4 at a time. Place them in a preheated oven at 180°C (350°F, gas 4) and cook for 10 minutes or until the biscuits (cookies) turn golden. Loosen them and roll each around the handle of a wooden spoon while still hot. Leave them to cool completely. Once the cigarettes have cooled, fill both ends with lemon-flavoured butter cream using a piping (pastry) bag.

Milanais sablés

Using the fingers only, blend 250 g (9 oz, 2¼ cups) plain (all-purpose) flour with 125 g (4½ oz, ⅔ cup) softened butter. Add 1 egg, 125 g (4½ oz, ⅔ cup) sugar and ½ teaspoon vanilla essence (extract) or 1 teaspoon vanilla sugar. Knead the dough quickly, shape it into a ball, put it into a floured bowl, and place in the refrigerator for 1 hour.

Roll out the dough to a thickness of 5 mm (¼ in) and cut it with a 6 cm (2½ in) oval biscuit (cookie) cutter into an even number of sablés. Using a small round cutter about 1 cm (½ in) in diameter, cut out 2 circles of dough, one towards either end from half of the sablés (these pieces will form the tops). Place the sablés on a buttered baking sheet and bake in a preheated oven at 180°C (350°F, gas 4) for about 12 minutes: they should be just golden. Allow them to cool completely.

Sprinkle the pieces from which holes have been cut out with icing (confectioner's) sugar and spread the others with a layer of redcurrant jelly. Lightly press the tops and bottoms together.

Milan sablés

Place 250 g (9 oz, 2¼ cups) plain (all-purpose) flour in a bowl. Add the grated zest of 1 lemon, 125 g (4½ oz, ½ cup) softened butter cut into small pieces, 125 g (4½ oz, ½ cup) sugar, 4 egg yolks, a pinch of salt and 1 teaspoon brandy or rum. Knead these ingredients together quickly, roll the dough into a ball and chill for 30 minutes. Then roll out the dough to a thickness of 5 mm (¼ in) and cut out the sablés with a round or oval pastry (cookie) cutter. Arrange the sablés on a greased baking sheet, brush them with beaten egg and score the surfaces lightly with a fork. Bake in a preheated oven at 200°C (400°F, gas 6) for 15 minutes, when the sablés should be scarcely golden. Allow to cool.

Napolitain biscuits

Rub 250 g (9 oz, generous 1 cup) chilled butter into 250 g (9 oz, 2¼ cups) plain (all-purpose) flour until the mixture resembles breadcrumbs. Add 250 g (9 oz, generous 1 cup) caster (superfine) sugar, 250 g (9 oz, 2¼ cups) ground almonds and 2 or 3 egg yolks. Mix quickly without kneading and roll out to a thickness of 1 cm (½ in). Cut out rounds with a pastry (cookie) cutter and bake in a preheated oven at 200°C (400°F, gas 6) for 10 minutes. Decorate the biscuits (cookies) with butter cream or jam (preserve) when cold.

Orange gimblettes

A speciality of Albi, gimblettes are small ring biscuits (cookies) arranged in the shape of a crown.

Grate the rind (zest) of ½ an orange on a lump of sugar; crush the sugar to a fine powder and mix it with caster (superfine) sugar so that the whole amount measures 175 g (6 oz, ¾ cup). Pound thoroughly 100 g (4 oz, ⅔ cup) fresh almonds. Place 225 g (8 oz, 2 cups) sifted plain (all-purpose) flour in a circle around this mixture, and in the centre put 15 g (½ oz, 1 cake) fresh yeast dissolved in 70 ml (2½ fl oz, ¼ cup) milk. Add 50 g (2 oz, 4 tablespoons) butter, 2 egg yolks, a pinch of salt, the almonds and the orange-flavoured sugar. Knead all these ingredients and leave the dough in a warm place for 5–6 hours to allow the yeast to ferment.

Knock back the dough and divide it into 5–6 strips, each the width of a little finger. Cut the strips diagonally into pieces 13 cm (5 in) long. Make these into little rings so that the joins are invisible. Drop the rings into a large saucepan of boiling water. Stir very gently with a spatula for a few minutes to prevent the rings from sticking and to bring them to the surface. Drain them and drop them into cool water. When they are cold, drain again, then toss them to dry them.

Dip each ring in a little beaten egg (2 eggs should be used in all) 2–3 times. Leave them to drain for a few minutes. Arrange them carefully on 3 lightly greased baking sheets and bake them in a preheated oven at 200°C (400°F, gas 6) for 20–30 minutes, until they are a good colour.

Little plaited biscuits (cookies) or little rolls about as long as a thumb can also be made this way. These gimblettes may also be flavoured with the rind (zest) of lemon, citron or Seville (bitter) orange, or with aniseed, vanilla or orange-flower water.

Oublies à la parisienne

A small flat or cornet-shaped wafer, widely enjoyed in France in the Middle Ages, but whose origins go even further back in time. Oublies, which were perhaps the first cakes in the history of cooking, are the ancestors of waffles. They were usually made from a rather thick waffle batter and were cooked in flat, round, finely patterned iron moulds.

Put 250 g (9 oz, 2¼ cups) sifted plain (all-purpose) flour, 150 g (5 oz, ⅔ cup) sugar, 2 eggs and a little orange-flower water or lemon juice into a bowl. Work together until everything is well mixed, then gradually add 575 ml (19 fl oz, 2⅓ cups) milk, 65 g (2½ oz, 5 tablespoons) melted butter and the grated zest of 1 lemon. Heat an oublie or waffle iron and grease it evenly; pour in 1 tablespoon batter and cook over a high heat, turning the iron over halfway through. Peel the wafer off the iron and either roll it into a cornet round a wooden cone or leave it flat.

Petits fours Souvarov

Make a pâte sablé using 675 g (1½ lb, 6 cups) plain (all-purpose) flour, 400 g (14 oz, 1¾ cups) butter, 200 g (7 oz, 1 cup) caster (superfine) sugar, and 1 tablespoon double (heavy) cream. Leave to stand for 1 hour in a cool place.

Roll out the dough to a thickness of 5 mm (¼ in) and cut out shapes using a round or fluted oval pastry (cookie) cutter. Place on a baking sheet and cook in a preheated oven at 200°C (400°F, gas 6) for 15 minutes. Leave to cool, then spread the sablés with thick sieved apricot jam (preserve), sandwich together in pairs and sprinkle with icing (confectioner's) sugar.

Pine-nut crescents

Boil 4 tablespoons water with an equal quantity of sugar in a small saucepan, then remove the syrup from the heat. In a mixing bowl blend 50 g (2 oz, ½ cup) plain (all-purpose) flour with 150 g (5 oz, 1¼ cups) ground almonds, 200 g (7 oz, ¾ cup) caster (superfine) sugar and 3 egg whites. When the dough is quite smooth, divide it into 30 pieces and shape into small crescents. Cover a baking sheet with lightly oiled greaseproof (wax) paper. Dip the crescents in beaten egg, then roll them in 200 g (7 oz, 2 cups) pine nuts. Arrange the crescents on the baking sheet and bake in a preheated oven at 200°C (400°F, gas 6) for 8–10 minutes. Remove from the oven and brush the crescents with the sugar syrup. Transfer to a wire rack to cool.

Redcurrants in a tulip

Using a spatula, spread 250 g (9 oz) tuile mixture in circles 12 cm (4¾ in) in diameter. Cook in a preheated oven at 230°C (450°F, gas 8) until lightly coloured, then shape by pressing on to an upturned bowl. Leave to cool. Soak 1½ sheets of gelatine in cold water. Finely chop ¼ bunch of basil. Heat 300 g (11 oz, 1¾ cups) strawberries with 40 g (1½ oz, 3 tablespoons) sugar and bring to the boil. Simmer for 8–10 minutes, crushing the fruit coarsely with a fork. Incorporate half the basil and put in a cool place. Whip 300 ml (½ pint, 1¼ cups) whipping cream to make a Chantilly, adding 25 g (1 oz, 2 tablespoons) caster (superfine) sugar. Then, very delicately, add 300 g (11 oz, 1½

cups) redcurrants and the rest of the basil. Pour a little basil-flavoured strawberry coulis on to each plate and garnish with a tulip filled with redcurrant cream. Decorate with peaks of crème fraîche and a few redcurrants.

Reims biscuits

Whisk 300 g (11 oz, 1⅓ cups) caster (superfine) sugar, 10 egg yolks and 12 egg whites together in a double or heatproof bowl over a pan of hot water until pale and thick. Fold in 175 g (6 oz, 1½ cups) sifted plain (all-purpose) flour and 1 tablespoon vanilla sugar. Using a plain piping (pastry) nozzle, pipe the mixture on to buttered greaseproof (wax) paper into finger shapes, well separated from each other. Bake in a preheated oven at 180°C (350°F, gas 4) for about 10 minutes.

Shortbread

Cream 175 g (6 oz, ¾ cup) butter with 75 g (3 oz, ⅓ cup) caster (superfine) sugar until very soft and pale. Gradually work in 250 g (9 oz, 2¼ cups) plain (all-purpose) flour to make a firm dough. Divide among two 15 cm (6 in) round greased sandwich tins (layer cake pans), pressing the dough out evenly, and chill well. Mark into wedges and bake in a preheated oven at 160°C (325°F, gas 3) for 50–60 minutes, until pale golden. Dust with caster sugar and cut the wedges, but leave in the tins for 15 minutes, until set, then transfer to a wire rack to cool.

Spéculos

Also known as *speculaas*, this is a Dutch and Belgian speciality consisting of small, flat, spicy, ginger biscuits (cookies) made in the shapes of legendary and traditional characters. Spéculos are traditionally made in carved wooden moulds and sold at Flemish fairs.

Put 500 g (18 oz, 4½ cups) sifted plain (all-purpose) flour in a pile on the worktop. Make a well in the centre and add a pinch of salt, 1 teaspoon bicarbonate of soda, 1½ teaspoons ground cinnamon, 3 eggs, 4 finely crushed (or ½ teaspoon ground) cloves, 300 g (11 oz, 1¾ cups) brown sugar and 200 g (7 oz, 1 cup) softened butter. Mix these ingredients thoroughly, gradually incorporating the flour. Roll the dough into a ball and leave in a cool place overnight. Divide into several pieces and roll them out. Mould them in spéculos moulds coated with flour. Turn out on to a lightly buttered baking sheet and bake in a preheated oven at 190°C (375°F, gas 5) until the biscuits (cookies) have browned (about 20 minutes).

Sponge biscuits

Make a basic sponge cake mixture. Flavour with Curaçao and add chopped candied orange peel. Using a piping (pastry) bag with a smooth nozzle, pipe the mixture on to a sheet of greaseproof (wax) paper in figures of 8. Dust with icing (confectioner's) sugar. Bake in a preheated oven at 180°C (350°F, gas 4) for about 10 minutes. Remove the biscuits (cookies) from the paper while still warm and cool completely before storing them in an airtight container.

Tuiles

A tuile is a crisp thin biscuit (cookie), so named as it was considered to resemble the shape of a curved tile. The basic mixture consists of sugar, shredded (slivered) or ground almonds, eggs and flour, sometimes with added butter and flavoured with vanilla and orange. This is spread on to a baking sheet. The tuile acquires its characteristic shape by being laid over a rolling pin while still hot, then left to set until cool and crisp. Flat round tuiles (called *mignons*) can be stuck together in pairs with meringue, then dried off in the oven.

Whisk together 100 g (4 oz, ½ cup) caster (superfine) sugar, 1 teaspoon vanilla sugar, 75 g (3 oz, ¾ cup) plain (all-purpose) flour, 2 eggs and a small pinch of salt. Blend in 25 g (1 oz, 2 tablespoons) melted butter and 75 g (3 oz, ¾ cup) shredded (slivered) almonds (optional). Using a teaspoon, place small quantities of the mixture, well apart from one another, on a buttered baking sheet. Spread them out slightly with the back of a fork dipped in cold water. Bake in a preheated oven at 240°C (475°F, gas 9) for about 4 minutes – the edges of the tuiles should be golden brown, the centres remaining white. Take out of the oven, remove from the baking sheet and bend them, while still hot, over a rolling pin or a very clean bottle; leave to cool.

Vanilla and cinnamon sablés

Mix 250 g (9 oz, 2¼ cups) sifted plain (all-purpose) flour with 125 g (4½ oz, ½ cup) butter until crumbly. Add 125 g (4½ oz, ½ cup) caster (superfine) sugar and 1 egg. Work together quickly, roll the mixture into a ball, then chill for 1 hour. Cut the dough in half; sprinkle one half with 1 teaspoon ground cinnamon and the other with 1 teaspoon vanilla sugar. Knead each half until the flavourings are well blended, then roll each out into a rectangle, 5 mm (¼ in) thick. Brush the vanilla dough with water and lay the cinnamon dough on top. Roll up the 2 layers as for a Swiss roll into a sausage shape. Brush with water, sprinkle with 3 tablespoons sugar and cut into slices 5 mm (¼ in) thick. Arrange on a greased baking sheet and bake in a preheated oven at 200°C (400°F, gas 6) for about 15 minutes. Allow the sablés to cool completely, then store in an airtight container.

Cakes & gâteaux

Almond financiers

Financiers is the term for cake made from a sponge mixture using ground almonds and whisked egg whites. Small financiers are oval or rectangular in shape; they may be used as a base for iced petits fours.

Large cakes made with the same mixture are decorated with shredded almonds and crystallized (candied) fruits. These large financiers may be cooked in cake tins (pans) of decreasing size and then built up in layers to form a large gâteau.

Butter 16 tins (pans), each 10 × 5 cm (4 × 2 in). Put 100 g (4 oz, 1 cup) plain (all-purpose) flour into a mixing bowl. Add 100 g (4 oz, 1 cup) ground almonds, 300 g (11 oz, 1⅓ cups) caster (superfine) sugar, 2–3 tablespoons vanilla sugar and a pinch of salt. Mix everything thoroughly. Add a pinch of salt to 8 egg whites and whisk them into very stiff peaks. Fold them carefully into the cake mixture. Quickly fold in 150 g (5 oz, ⅔ cup) melted unsalted butter. Divide the mixture between the tins and bake in a preheated oven at 200°C (400°F, gas 6) for 15–20 minutes until the financiers are golden brown, then turn them out and cool on a wire rack. They may be coated with kirsch- or chocolate-flavoured fondant icing (frosting).

Almond sandwich cake

Prepare a sponge cake mixture using 500 g (18 oz, 2¼ cups) caster (superfine) sugar, 1 tablespoon vanilla sugar, 12 egg yolks, 175 g (6 oz, 1½ cups) sifted plain (all-purpose) flour and an equal quantity of cornflour (cornstarch). When the egg and sugar mixture is very pale, and thick enough to

form a ribbon trail, add the flour and cornflour, then 200 g (7 oz, 1¾ cups) blanched almonds (with 4 or 5 bitter almonds if desired), which have been pounded to a paste with 2 egg whites and a few drops of orange-flower water. Whisk 10 egg whites until stiff and fold into the mixture. Butter a very large round cake tin (pan) and dust the inside with caster sugar. Pour in the mixture, which should fill only two-thirds of the tin. Bake in a preheated oven at 160°C (325°F, gas 3) until risen and springy to the touch – about 1–1¼ hours depending on the size of the tin. Turn the cake out on to a cooling rack and, when cool, slice horizontally into 3 equal layers. Spread the bottom round with apricot jam (preserve) and the middle round with raspberry jelly. Reassemble the cake and coat the top and sides with apricot glaze. It may be iced (frosted) with vanilla fondant icing (frosting) and decorated with chopped almonds on the top and sides, if desired.

Apricot bouchées

Petit fours made from sponge-cake shapes, hollowed out and filled or sandwiched together in layers with a filling, are known as *bouchées sucrées* in French, or sweet bouchées. Place 250 g (9 oz, 1 cup) caster (superfine) sugar and 8 eggs in a bowl and whisk together over a pan of hot water. When the mixture is thick and fluffy, fold in alternately 200 g (7 oz, 1¾ cups) sifted plain (all-purpose) flour and 200 g (7 oz, ¾ cup) melted butter mixed with a small glass of rum. Three-quarters fill some small round moulds with the mixture and bake in a preheated oven at 180°C (350°F, gas 4) for about 20 minutes. Turn out on to a rack and cool. Cut in two, spread the bottom half with apricot jam (preserve) flavoured with rum and sandwich the two halves together. Reduce some apricot jam, flavour with rum and brush it on the top and sides of the bouchées. Decorate with blanched toasted almonds and a glacé (candied) cherry.

Apricot Genoese sponge

Bake a Genoese sponge cake. When completely cold, slice it horizontally into 3 layers of equal thickness. Cover each with apricot jam (preserve) rubbed through a fine sieve, flavoured with a little rum and warmed over a gentle heat. Reassemble the cake. Ice with fondant icing (frosting) and decorate with toasted almonds and crystallized (candied) fruits.

Bacchus

Two days in advance, prepare some macerated raisins: wash 75 g (3 oz, ⅔ cup) Californian raisins or sultanas (golden raisins) in lukewarm water, changing the water several times. Soak for 4 minutes, then drain and place in a non-stick saucepan. Cook gently, stirring, until the raisins are hot. Add a small liqueur glass of rum and flambé while rotating the saucepan. When the raisins have coloured slightly, remove from the heat, then transfer to a dish. Cover and leave to macerate for 2 days.

Make two meringue bases using 6 egg whites and 100 g (4 oz, ¾ cup) icing (confectioner's) sugar, whisked into a soft meringue. Fold in 100 g (4 oz, 1 cup) ground almonds and bake the mixture in a Swiss roll tin (jelly roll pan). Leave to cool in the tin.

Make a chocolate sponge cake base and a whipped chocolate ganache. Prepare a syrup with equal quantities of water and granulated sugar flavoured with a little rum. Saturate the chocolate sponge with this syrup. Add two-thirds of the raisins to the ganache.

Assemble the cake, starting with a layer of the almond base, then a layer of ganache with raisins, chocolate sponge, another layer of ganache and, finally a second layer of the almond base. Decorate the top with a few raisins. Glaze the whole cake with pouring (unwhipped) ganache. Place in the refrigerator until set. Serve with crème anglaise and any remaining macerated raisins.

Béarn pastis

While pastis is commonly known as the name of the aniseed-flavoured drink, in south-western France, the term *pastis* is used for various pastries.

Break 12 eggs into a mixing bowl and add 1 tablespoon orange-flower water, 3 tablespoons brandy, 400 g (14 oz, 1¾ cups) caster (superfine) sugar, a little milk and 100 g (4 oz, ½ cup) melted butter. Beat quickly, then beat in 25 g (1 oz) fresh yeast (2 cakes compressed yeast) dissolved in a little water and sufficient flour to make a soft dough. Gather the dough into a ball in the bowl, sprinkle with flour, cover with a cloth and leave it to rise in a warm place for 12 hours. Place the risen dough in a buttered mould and cook in a preheated oven at 220°C (425°F, gas 7) for about 45 minutes.

Blackcurrant ice cream cake

Trim some sponge-cake fingers to the height of a rectangular cake tin (pan). Prepare a sugar syrup flavoured with blackcurrant liqueur and allow to cool. Soak some whole sponge-cake fingers in the syrup and use to line the bottom of the tin. Repeat the process for the cut sponge-cake fingers and use these to line the sides.

To make about 675 g (1½ lb) filling, beat 6 egg yolks and 200 g (7 oz, ¾ cup) sugar until white and fluffy. Add 60 ml (2 fl oz, ¼ cup) blackcurrant liqueur and, if available, some blackcurrants macerated in sugar. Add 6 tablespoons cold milk to 400 ml (14 fl oz, 1¾ cups) very thick, cold double (heavy) cream and whip until the cream stands in peaks. Mix the whipped cream with the blackcurrant mixture and pour into the mould.

Place in the freezer until slightly set, then soak some more sponge-cake fingers in the syrup and cover the mixture with them. Leave in the freezer until set. Just before serving, turn out of the mould and pipe with whipped cream. This dish may be served with a hot or cold blackcurrant sauce.

Black Forest gâteau

Whisk 250 g (9 oz, 1 generous cup) caster (superfine) sugar with 6 eggs until pale, very thick and creamy. Then gently fold in 100 g (4 oz, 1 cup) plain (all-purpose) flour sifted with 50 g (2 oz, ½ cup) cocoa, and 150 g (5 oz, ⅔ cup) melted butter. Butter and flour 3 round 23 cm (9 in) cake tins (pans) and pour in the cake mixture. Bake in a preheated oven at 180°C (350°F, gas 4) for about 25 minutes. Turn the cakes out of the tins and allow to cool.

Make a syrup with 200 g (7 oz, ¾ cup) caster sugar and 350 ml (12 fl oz, 1½ cups) water. Flavour with kirsch. Grate 200–250 g (7–9 oz, 7–9 squares) bitter (semisweet) chocolate into thick shavings and put in the refrigerator. Soak the cooled layers of cake in the syrup.

Make some Chantilly cream by whipping together 750 ml (1¼ pints, 3¼ cups) chilled double (heavy) cream, 200 ml (7 fl oz, ¾ cup) very cold milk, 75 g (3 oz, ⅔ cup) icing (confectioner's) sugar and 2 teaspoons vanilla sugar. Cover each layer of cake with a quarter of the cream and a dozen brandy-flavoured cherries. Cover the sides of the cake with the remaining cream. Decorate the whole cake with chocolate shavings. Serve chilled.

Bordeaux Twelfth-Night cake

This is a traditional cake to be eaten on the day of Epiphany. A bean is inserted in the cake before cooking, and the person whose portion contains the bean is appointed 'king' or 'queen' for the occasion.

Make a well in 500 g (18 oz, 4½ cups) plain (all-purpose) flour and crumble in 20 g (¾ oz, 1½ cakes) fresh (compressed) yeast and 2 teaspoons salt. Work in 8 whole eggs, one by one, the zest of a grated lemon, 200 g (7 oz, 1 cup) caster (superfine) sugar in small quantities, and 200 g (7 oz, 1 cup) butter softened until creamy. Knead the dough well until evenly blended, then leave it to rise in a warm place for 10 hours.

Knock back the dough as for brioche dough and divide it into 4 equal parts. Shape each one into a crown and place these crowns, after inserting the bean on the underside of one of them, on a piece of buttered paper. Allow to rise in a very cool oven, then leave to cool. Brush the crowns with beaten egg. Decorate with thin slices of citron and crystallized (candied) sugar. Bake in a preheated oven at 200°C (400°F, gas 6) for about 40 minutes.

Traditionally, the 4 crowns are placed on top of each other.

Chestnut log

Line 2 shallow square cake tins (pans) measuring about 23 cm (9 in) square with squares of greaseproof (wax) paper. Prepare a Genoese cake mixture using 125 g (4½ oz, 1 cup) plain (all-purpose) flour, 4 eggs and 125 g (4½ oz, ½ cup) caster (superfine) sugar. Spread the mixture in the buttered lined tins with a moistened metal spatula, leaving a gap of 2 cm (¾ in) between the mixture and the top of the tin. Put straight into a preheated oven at about 180°C (350°F, gas 4) and bake for 25–30 minutes. Take the tins out of the oven, turn over on to a cloth and immediately remove the paper from the bottom of the cakes. Cover with another cloth and allow to cool.

Prepare 200 ml (7 fl oz, ¾ cup) sugar syrup by boiling 100 g (4 oz, ½ cup) granulated sugar with 100 ml (4 fl oz, 7 tablespoons) water and flavour it with rum or vanilla. To prepare the chestnut mixture, soften 225 g (8 oz, 1 cup) butter with a spatula and add 450 g (1 lb, 2 cups) chestnut cream and, if desired, 2 tablespoons rum. Beat the mixture for 6–8 minutes until light and fluffy, then divide into 2 portions. Soak the 2 squares of cake in the cooled sugar syrup and spread each with half the chestnut mixture. Place the 2 squares of cake facing each other and roll the first one up tightly, then wrap the second one over the first. Cut both ends off diagonally and stick these to the top of the log to represent knots in the wood. Place the cake in the

refrigerator for 1 hour. Soften the remaining cream again and cover the entire log with it. Mark with the prongs of a fork to imitate the bark. Decorate with 8 marrons glacés, put back in the refrigerator and dust with icing (confectioner's) sugar just before serving.

Chocolate cake

Separate 3 eggs. Add 125 g (4½ oz, ½ cup) caster (superfine) sugar to the yolks and beat until the mixture is pale, thick and foamy.

Break 150 g (5 oz, 5 squares) bitter (bittersweet) chocolate into small pieces in a saucepan. Heat it gently with 4 tablespoons milk in a bain marie with the lid on. Blend 125 g (4½ oz, ½ cup) softened butter with the chocolate, stir until it has melted and become smooth and then pour this chocolate mixture into a warm mixing bowl. Immediately add the egg yolk mixture and stir briskly. In a clean bowl, whisk the egg whites until stiff. Add 125 g (4½ oz, 1 cup) plain (all-purpose) flour to the chocolate mixture and stir until combined. Then quickly fold in the whisked egg whites. Pour the mixture into a buttered manqué mould and bake in a preheated oven at 190°C (375°F, gas 5) for about 45 minutes.

Meanwhile, prepare a caramel with 2 tablespoons sugar, 1 tablespoon water and 1 tablespoon vinegar. Roll 10 walnuts in the caramel and set aside on an oiled plate. When the cake is cooked, leave it to cool in its mould and prepare a French chocolate icing (frosting). Turn out the cold cake on to a rack over a dish. Pour the icing over the cake and spread it over the top and sides with a palette knife (spatula). Decorate with the walnuts.

Chocolate gâteau with chestnuts

Cut a chocolate sponge cake horizontally into three equal layers. Bring to the boil 200 ml (7 fl oz, ¾ cup) water with 150 g (5 oz, ⅔ cup) sugar and cook for

3 minutes. Remove from the heat and add 1 tablespoon rum. Soak the three layers of the chocolate sponge with this syrup after it has cooled down.

Bring 3½ tablespoons milk to the boil. Add 250 g (9 oz, 9 squares) grated plain (dark) chocolate and stir until the mixture is smooth. Add 25 g (1 oz, 2 tablespoons) butter, then cool before adding 250 ml (8 fl oz, 1 cup) whipped Chantilly cream. Coat the first layer of chocolate sponge with this chocolate mousse.

Mix 200 g (7 oz, ¾ cup) chestnut purée with 50 g (2 oz, ¼ cup) soft butter. Beat vigorously and incorporate 1 tablespoon flamed rum, then 300 ml (½ pint, 1¼ cups) whipped Chantilly cream. Using a wide spatula, spread this chestnut mousse on the next chocolate sponge layer, arrange 75 g (3 oz, ½ cup) crumbled marrons glacés on the mousse and cover with the third layer. Put the cake in the refrigerator for 1 hour.

Bring 200 ml (7 fl oz, ¾ cup) milk to the boil and add 1½ teaspoons sugar. Now add 150 g (5 oz, 5 squares) grated plain chocolate, then 25 g (1 oz, 2 tablespoons) butter. Stir well and cool slightly. Coat the cake with this ganache, decorate with a few marrons glacés and store in a cool place until it is required.

Chocolate Genoese sponge

Melt 65 g (2½ oz, 5 tablespoons) butter in a bain marie and use part of it to butter a Genoese mould.

In a heatproof bowl, mix 75 g (3 oz, 6 tablespoons) caster (superfine) sugar with an equal quantity of cocoa and 4 eggs. Place over a saucepan of hot, not boiling, water or in a bain marie, and whisk until the mixture is greatly increased in volume and thick. Remove from the heat or bain marie and continue to whisk until completely cool (the mixture should run off the whisk in a ribbon).

Fold in 125 g (4½ oz, 1 cup) plain (all-purpose) flour and the remaining melted butter. Pour into the mould and cook in a preheated oven at 180°C (350°F, gas 4) for 25 minutes.

Turn the cake out on to a rack and leave it to cool. Cut the cake horizontally in half. Sandwich the layers of cake together with *crème au beurre* or whipped cream. The outside may be spread with cream and coated with toasted chopped almonds.

Chocolate log

Prepare Genoese cakes as for the chestnut log. To prepare the syrup, boil 100ml (4 fl oz, 7 tablespoons) water and 100 g (4 oz, ½ cup) granulated sugar in a small saucepan, allow to cool, then add 2 tablespoons rum. Finally, prepare a chocolate *crème au beurre* using 400 g (14 oz, 1¾ cups) butter. Using a pastry brush, cover the 2 cakes with rum syrup; coat with three-quarters of the cream and roll up. Completely cover the log with the remaining cream and make uneven furrows along it with a fork. Decorate with small sugar or meringue shapes and store in a cool place until required for serving (the *crème au beurre* may also be flavoured with coffee or vanilla).

Chocolate truffles with butter

Truffles are a type of confectionery made of chocolate, melted with butter or cream, sugar and sometimes eggs. The truffles are flavoured with brandy, rum, whisky, vanilla, cinnamon or coffee and shaped into balls, which are coated with chocolate or rolled in cocoa. They are a good accompaniment to coffee. *Muscadines* are long truffles, dipped in chocolate, then sprinkled with icing (confectioner's) sugar. Chambéry truffles, or *truffettes*, a speciality of the town, are made of praline mixed with chocolate, fondant icing (frosting) and butter, then coated with cocoa and sugar or rolled in grated chocolate.

To make 20 truffles, melt in a bain marie 250 g (9 oz, 9 squares) bitter (bittersweet) chocolate with 1 tablespoon milk. When the mixture is very smooth, add 100 g (4 oz, ½ cup) unsalted (sweet) butter cut into small pieces and mix well. Blend in 2 egg yolks, then 3 tablespoons double (heavy) cream and 125 g (4½ oz, 1 cup) icing (confectioner's) sugar. Leave in the refrigerator for 24 hours. Shape the truffles rapidly, spooning out the paste with a teaspoon and rolling it into walnut-sized balls on a marble surface with the palm of the hand. Drop them one by one into a bowl containing 50 g (2 oz, ½ cup) unsweetened cocoa, twisting the bowl to coat the truffles with cocoa. Store in a cool place.

Chocolate truffles with cream

Melt 300 g (11 oz, 11 squares) bitter (bittersweet) chocolate and 75 g (3 oz, ¾ cup) pure cocoa with 120 ml (4½ fl oz, ½ cup) strong coffee in a bain marie. Mix well. Heat 250 ml (8 fl oz, 1 cup) double (heavy) cream and, as soon as it starts to boil, mix with the chocolate paste. Remove from the heat and leave for a few hours in a cool place. Pipe into small balls on foil, leave in a cool place for 1½ hours, then roll in pure cocoa.

Coconut cake

Prepare a syrup using 200 g (7 oz, ¾ cup) caster (superfine) sugar and 200 ml (7 fl oz, ¾ cup) water. Whisk 4 egg yolks in a bowl over hot (but not boiling) water, then slowly pour in the sugar syrup, whisking constantly. When the yolks have almost doubled in volume, remove the bowl from the hot water and whisk until the mixture is cold. Make 250 ml (8 fl oz, 1 cup) fresh Chantilly cream, adding 1 teaspoon vanilla sugar and 2 tablespoons rum. Blend well, then add the egg-yolk mixture and 300 g (11 oz, 4 cups) fresh or desiccated (shredded) grated coconut. Pour into a deep sandwich tin (layer

cake pan) and put in the freezer until the mixture is firm to the touch. Then remove the cake from the tin, cover with grated coconut and keep in the refrigerator until required.

Coconut pyramids

Open a coconut, extract the pulp and grate it. Add 75 g (3 oz, ¾ cup) ground almonds, 150 g (5 oz, ⅔ cup) sugar, 2 teaspoons vanilla sugar (or a few drops of vanilla extract) and 2 or 3 egg whites, depending on their size. Mix well together, then add another 3 egg whites, whisked to stiff peaks with a pinch of salt. Divide this mixture into portions about the size of tangerines, shape them into pyramids and arrange them on a buttered or oiled baking sheet. Bake in a preheated oven at 180°C (350°F, gas 4) for about 12 minutes.

Coffee progrès

Grease 3 baking sheets, dust with flour and trace a circle, about 23 cm (9 in) in diameter, on each with a spoon. In a bowl mix together 150 g (5 oz, ⅔ cup) granulated sugar, 250 g (9 oz, 2 cups) ground almonds and a pinch of salt. Whisk 8 egg whites until stiff with 100 g (4 oz, ½ cup) granulated sugar and gently fold into the first mixture with a wooden spoon. Put this mixture into a piping (pastry) bag with an 8 mm (⅜ in) nozzle and fill the 3 circles, piping in a spiral from the centre to the edge. Bake in a preheated oven at 180°C (350°F, gas 4) for 45 minutes. Ease the discs off the sheets to cool on a flat surface.

While the oven is still hot, roast 150 g (5 oz, 1 cup) flaked (slivered) almonds for 5 minutes. Put 250 g (9 oz, 1¼ cups) granulated sugar in a saucepan with 3 tablespoons water and bring to the boil. Beat 6 egg yolks in a bowl, then gradually pour over the boiling syrup, beating hard until the mixture cools. Dissolve 2 tablespoons instant coffee in 1 tablespoon boiling

water. Cream 350 g (12 oz, 1½ cups) butter and gradually beat in the egg–syrup mixture; then pour in the dissolved coffee and beat well. Reserve one-quarter of this butter cream; cover each disc with one-third of the remaining cream. Then put the discs one on top of the other and cover the sides with the reserved butter cream. Decorate the top with the flaked almonds. Place in the refrigerator for about 1 hour.

Cut out some strips of thick paper 1 cm (½ in) wide and 25 cm (10 in) long. Place them on top of the cake without pressing, leaving a gap of 2 cm (¾ in) between each, and dust the cake with sifted icing (confectioner's) sugar. Carefully remove the paper strips and put the *progrès* back in the refrigerator for at least 1 hour before serving.

Commercy madeleines

Cream 150 g (5 oz, ⅔ cup) butter with a wooden spoon. Add 200 g (7 oz, scant 1 cup) caster (superfine) sugar and mix well. Add 6 eggs, one at a time, then 200 g (7 oz, 1¾ cups) plain (all-purpose) flour sifted with 1 teaspoon baking powder, and finally stir in 1 tablespoon orange-flower water. Butter and lightly flour some madeleine moulds and spoon in the mixture. Bake in a preheated oven at 220°C (425°F, gas 7) for about 10 minutes. Turn out the madeleines on to a wire rack to cool.

Conversations

Conversations are small pastries with an almond filling, a coating of icing (frosting) and a topping of pastry lattice.

Separate 3 eggs. Work 150 g (5 oz, ⅔ cup) butter into a paste with a wooden spatula, adding 150 g (5 oz, ⅔ cup) caster (superfine) sugar, then the 3 yolks one by one. Mix well, then add 175 g (6 oz, 1½ cups) ground almonds, 50 g (2 oz, ½ cup) cornflour (cornstarch) and 1 teaspoon vanilla-flavoured

sugar. Beat thoroughly to obtain a well blended mixture. Cut 400 g (14 oz) puff pastry into three portions, two of them equal, the third smaller. Roll out the equal portions into sheets and use one of them to line 8 greased tartlet moulds. Fill each tartlet with the almond cream and moisten the edges of the pastry with water. Then place the moulds close together and cover them with the second sheet of pastry. Pass the rolling pin over this, cutting the pastry off on the rims of the moulds.

Whisk 2 of the egg whites until stiff, adding 200 g (7 oz, 1¼ cups) icing (confectioner's) sugar. Spread this icing (frosting) over the tartlets. Roll out the remaining pastry, cut it into thin strips and intertwine these in diamond shapes on the icing. Leave for 15 minutes before cooking in a preheated oven at 190°C (375°F, gas 5) for 30 minutes. Allow the tarts to cool before serving.

Damier

A gâteau made of rum-flavoured Genoese sponge filled with butter cream and covered with praline. The sides are coated with flaked almonds and the top is decorated in a chequerboard pattern. Make a Genoese cake using 40 g (1½ oz, 3 tablespoons) butter, 3 egg yolks, 90 g (3½ oz, 7 tablespoons) caster (superfine) sugar, 90 g (3½ oz, 1 cup) plain (all-purpose) flour and a pinch of salt. Allow the cake to rest in the tin (pan) for 24 hours. Prepare a syrup by boiling 300 g (11 oz, 1⅓ cups) caster sugar in 300 ml (½ pint, 1¼ cups) water, allow to cool and then add 3 tablespoons rum.

Prepare a *crème au beurre* using 3 egg yolks, 150 g (5 oz, ⅔ cup) butter, 125 g (4½ oz, ½ cup) caster (superfine) sugar, 2 tablespoons water and 50 g (2 oz, ¼ cup) ground praline. Gently melt 250 g (9 oz, 9 squares) dark chocolate in a bowl over hot water. Prepare some royal icing (frosting) using 1 egg white and 75 g (3 oz, ½ cup) icing (confectioner's) sugar. Toast some flaked almonds and coarsely chop them.

Cut the sponge into two equal rounds and sprinkle the rum syrup over them. Spread half the *crème au beurre* over one of the rounds with a palette knife (spatula). Cover with the second round and decorate this with the remaining *crème au beurre*. Sprinkle the sides of the gâteau with flaked almonds. Using a piping (pastry) bag, pipe the royal icing over the butter cream to form a chequerboard pattern of 3 cm (1¼ in) squares. Fill alternate squares with royal icing and the rest with the melted chocolate.

Danicheff gâteau

Prepare a Genoese sponge using 4 egg yolks, 50 g (2 oz, ¼ cup) butter, 125 g (4½ oz, ½ cup) caster (superfine) sugar and 125 g (4½ oz, 1 cup) plain (all-purpose) flour; leave the cake to rest for 24 hours.

Boil 300 g (11 oz, 1¼ cups) caster sugar with 300 ml (½ pint, 1¼ cups) water in a saucepan, then allow to cool and add 2½ tablespoons kirsch. Prepare some confectioner's custard (pastry cream) using 250 ml (8 fl oz, 1 cup) milk, 2 egg yolks, 50 g (2 oz, ¼ cup) caster sugar, and 1–1½ tablespoons cornflour (cornstarch). Also make an Italian meringue using 4 egg whites, 200 g (7 oz, 1 cup) caster sugar, and 3 tablespoons water.

Cut the sponge cake into two equal rounds and spoon the sugar syrup over them. Place one of the rounds on a baking sheet and thickly spread with the confectioner's custard. Dice a large can of pineapple rings, sprinkle with kirsch, place them on top of the confectioner's custard and cover with about 100 g (4 oz, ⅓ cup) apricot jam (preserve). Place the other round of sponge cake on top and completely coat the surface of the gâteau, including the sides, with the Italian meringue paste, spreading it with a palette knife (spatula). Sprinkle with about 200 g (7 oz, 2 cups) flaked almonds and dust with icing (confectioner's) sugar. Brown in a preheated oven at 200°C (400°F, gas 6) for about 5 minutes. Allow to cool before transferring to a serving dish.

Duchesse petits fours

Grease 3 baking sheets and dust with flour. Mix together 100 g (4 oz, 1 cup) ground almonds, 100 g (4 oz, ½ cup) caster (superfine) sugar, and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Whisk 6 egg whites until very stiff and fold into the mixture with a metal spoon. Melt 40 g (1½ oz, 3 tablespoons) butter and add to the mixture. Put the mixture into a piping (pastry) bag and pipe small rounds on to the baking sheets. Cook in a preheated oven at 190°C (375°F, gas 5) for 7–8 minutes, remove from the oven and carefully lift off the rounds of meringue with a palette knife (spatula). Mix 200 g (7 oz, 1 cup) ground praline with 225 g (8 oz, 1 cup) French butter cream and use to sandwich the duchesses together. Store in a cool place.

Dundee cake

Cream 225 g (8 oz, 1 cup) butter with 225 g (8 oz, 1¼ cups) caster (superfine) sugar and the grated zest of 1 orange until pale and soft. Sift 225 g (8 oz, 2 cups) self-raising flour with 100 g (4 oz, 1 cup) plain (all-purpose) flour. Beat 4 eggs with 1–2 drops oil of bitter almonds. Stir the eggs into the butter mixture, adding the occasional spoonful of the sifted flours to prevent the mixture from curdling. Mix 225 g (8 oz, 1½ cups) each of raisins and sultanas (golden raisins) with 100 g (4 oz, ¾ cup) chopped mixed candied orange, lemon and citrus peel. Add 100 g (4 oz, 1 cup) chopped blanched almonds, 100 g (4 oz, 1 cup) ground almonds and a spoonful of the measured flours, then mix well. Fold the remaining flour into the cake mixture, then stir in the fruit and almond mixture.

Line and grease a 20 cm (8 in) round deep cake tin (pan) and turn the mixture into it. Spread the mixture out evenly. Cover the top with whole blanched almonds, starting with a circle around the edge and working in towards the middle. Press the nuts lightly into the mixture, placing them close

together as they separate slightly when the cake rises during baking. Bake in a preheated oven at 160°C (325°F, gas 3) for about 4 hours. Cover the top of the cake loosely with foil, if necessary, to prevent the nuts from becoming too dark. Insert a clean metal skewer into the middle of the cake to check if it is cooked: if the skewer is clean the cake is cooked; if it has sticky mixture on it, the cake is not ready, continue baking for 15 minutes before testing again.

Leave the cake to cool in the tin (pan) for 30 minutes, then turn it out on to a wire rack and leave to cool completely. Wrap the cake in greaseproof (wax) paper and place in an airtight container, then leave to mature for 2–4 weeks before serving.

English madeleines

Cream 100 g (4 oz, ½ cup) butter with 100 g (4 oz, ½ cup) caster (superfine) sugar until pale and creamy. Stir in 2 eggs and a little self-raising flour taken from 100 g (4 oz, 1 cup). Then fold in the remaining flour. Divide the mixture between 10 well-greased dariole moulds and bake in a preheated oven at 180°C (350°F, gas 4) for about 20 minutes, until risen, golden and springy to the touch. Cool on a wire rack. When cold, coat each cake with a thin layer of warmed and sieved raspberry jam (preserve), then roll in desiccated (shredded) coconut. Top each cake with ½ glacé (candied) cherry.

Filled Genoese sponge à la normande

Bake a Genoese sponge, allow to cool completely, then slice it into 2 rounds and sprinkle each half with a little Calvados-flavoured sugar syrup. Prepare a very dry apple compote, press it through a sieve, then add half its weight of warm confectioner's custard (pastry cream) flavoured with Calvados. Allow this to cool, then spread a thick layer over the bottom half of the cake. Replace the top half. Spread the surface with sieved apricot jam (preserve), then ice

(frost) with fondant and leave to cool completely. Decorate with thin slices of apple cooked in very concentrated syrup, flaked (slivered) almonds and diamond-shaped pieces of candied angelica.

French cassonade tart

Mix together 125 g (4½ oz, ½ cup) melted butter, 2 egg yolks and a pinch of salt. Sprinkle in 250 g (9 oz, 2¼ cups) sifted self-raising flour and add sufficient water to give a smooth firm dough – about 3½ tablespoons. Roll the dough into a ball, wrap it in a cloth and leave to rest for 1 hour. Butter a baking sheet and roll out the pastry into a circle. Pinch around the rim and, with the tip of a knife, lightly trace diamond shapes on the top. Sprinkle evenly with 150 g (5 oz, ¾ cup) cassonade (raw brown sugar) and divide 50 g (2 oz, 4 tablespoons) butter into small balls and place these on top of the sugar. Place in a preheated oven at 200°C (400°F, gas 6) and bake for about 35–40 minutes.

Fruit cake

Soften 125 g (4½ oz, ½ cup) butter at room temperature. Cream it with 125 g (4½ oz, ½ cup) caster (superfine) sugar and a pinch of salt until pale and soft. Add 3 eggs, one at a time. Mix 175 g (6 oz, 1½ cups) plain (all-purpose) flour with 1 teaspoon baking powder. Wash and dry 250 g (9 oz, 1½ cups) currants or mixed dried fruit and add them to the flour. Mix well and stir into the mixture of butter, sugar and eggs. Refrigerate the mixture for 30 minutes.

Butter a loaf tin (pan) about 23 cm (9 in) long, line it with buttered greaseproof (wax) paper and fill with the mixture. Bake in a preheated oven at 240°C (475°F, gas 9) for about 12 minutes, then reduce the temperature to 180°C (350°F, gas 4) and bake for 45 minutes. Check that the cake is sufficiently cooked with the point of a knife, which should come out clean. Allow the cake to become lukewarm before removing from the tin. Cool on a rack.

Galette de plomb

Galette is a term used for biscuits (cookies) made with butte (a great Breton speciality); for tradional buckwheat crêpes from Brittany; and, most commonly, for a flat, round cake of variable size. As a type of cake, the galette probably dates from the Neolithic era, when thick cereal pastes were cooked by spreading them out on hot stones.

Make a well in 300 g (11 oz, 2¾ cups) sifted plain (all-purpose) flour and add 1 teaspoon caster (superfine) sugar, 2 teaspoons salt dissolved in 1 tablespoon single (light) cream, and 200 g (7 oz, ¾ cup) softened butter cut into small pieces (dot these pieces all over the flour). Mix all the ingredients together with the tips of the fingers. Beat together 1 egg and 1 yolk. Add them to the dough and knead towards the centre. If necessary, add another tablespoon of cream. Work the dough into a ball, cover with a cloth and leave to stand for 30 minutes.

Flour the work surface, spread out the dough with the flat of the hand into a rectangle, fold it 3 times upon itself, roll it into a ball again and flatten it into a round shape, 2–3 cm (¾–1¼ in) thick. Place it on a buttered tart dish, trace rosettes on the top with the point of a knife, brush it with beaten egg and bake in a preheated oven at 220°C (425°F, gas 7) for about 30 minutes. Serve lukewarm or cold.

Galette fondante

Mix 300 g (11 oz, 2¾ cups) sifted plain (all-purpose) flour with 50 g (2 oz, ¼ cup) softened butter. Add 1 beaten egg and 1 yolk, 6 tablespoons single (light) cream, 20 g (¾ oz, 1½ tablespoons) sugar and a generous pinch of salt. Roll the dough into a ball and leave to stand for 30 minutes. Roll it out and incorporate 200 g (7 oz, ¾ cup) butter, as for puff pastry. Fold and roll the dough a further 4 times, as for puff pastry, allowing it to rest for 10 minutes

between the first 2 turns but rolling the final 2 turns without resting. Roll the dough out into a circle and score a lattice pattern on the top with the point of a knife. Brush with beaten egg and bake in a preheated oven at 240°C (475°F, gas 9) until golden brown. Sprinkle the galette with icing (confectioner's) sugar and put it back in the oven for a moment to glaze it.

Galettes bretonnes

In a bowl, mix 1 egg yolk and 3 eggs with 600 g (1 lb 5 oz, 2⅔ cups) sugar and 1 teaspoon ground cinnamon. Mix in 750 g (1 lb 10 oz, 3¼ cups) softened slightly salted Breton butter until the mixture is smooth. Add a little brown rum, vanilla essence (extract) and essential oil of bergamot. Sift 1 kg (2¼ lb, 9 cups) plain (all-purpose) flour, add a generous pinch of baking powder and work into the butter mixture. Turn out the resulting dough on to a cloth dusted with flour. Fold the cloth over and knead the dough inside the cloth for 3 minutes, adding flour to the cloth occasionally to prevent the dough from sticking. Leave the dough wrapped in the cloth overnight in a cool place but not in the refrigerator. (Too cold an environment hardens the butter.)

The following day, divide the dough into 5 lumps, each about 500 g (18 oz), flatten them into shallow pie dishes, glaze with beaten egg and a little milk and decorate by scoring with a fork. Bake in a preheated oven at 220°C (425°F, gas 7) for about 20 minutes, until deep golden brown. Take care not to allow the galettes to burn.

Galicien

Prepare a round Genoese sponge cake using 40 g (1½ oz, 3 tablespoons) butter, 3 eggs, 90 g (3½ oz, ½ cup) caster (superfine) sugar, 90 g (3½ oz, scant 1 cup) plain (all-purpose) flour, and a pinch of salt. Slice the cake in half horizontally, then sandwich it back together with a layer of confectioner's

custard (pastry cream) flavoured with finely chopped pistachio nuts. Spread the cake with apricot jam (preserve). Make an icing (frosting) with 3 egg whites, the juice of 1 lemon, 300 g (11 oz, 2¾ cups) icing (confectioner's) sugar, and 3 drops of green colouring. Cover the cake with the icing, decorate with chopped pistachios and keep cool until ready to serve.

Gâteau Alexandra

Gently melt 100 g (4 oz, 4 squares) sweetened chocolate in a bowl over hot water. Whisk 3 egg yolks, 1 egg and 125 g (4½ oz, ⅔ cup) caster (superfine) sugar in a basin until the mixture is almost white and very thick. Blend in 75 g (3 oz, ¾ cup) ground almonds, then the chocolate, 3 tablespoons plain (all-purpose) flour, and 75 g (3 oz, ⅔ cup) cornflour (cornstarch). Whisk 3 egg whites with a pinch of salt until stiff, then gently blend them into the chocolate mixture together with 75 g (3 oz, ⅓ cup) melted butter.

Grease and flour an 18 cm (7 in) square cake tin (pan) and pour in the mixture. Bake in a preheated oven at 180°C (350°F, gas 4) for 50 minutes. When cool, cover the cake with 200 g (7 oz, ⅔ cup) apricot jam (preserve), then refrigerate for about 10 minutes.

Meanwhile, melt 75 g (3 oz, 3 squares) chocolate with 2 tablespoons water and, in another saucepan, very gently warm through 200 g (7 oz, 1 cup) fondant. Add the melted chocolate to the fondant: the mixture must be liquid enough to be spread easily. Cover the cake with this chocolate fondant, then store in a cool place until ready to serve.

Gâteau le parisien

Pare the zest from a lemon, blanch it for 1 minute, cool, dry and cut into short very fine julienne strips. Whisk 3 egg yolks with 100 g (4 oz, ½ cup) caster (superfine) sugar until the mixture is almost white. Pour in 25 g (1 oz, ¼ cup)

plain (all-purpose) flour, 40 g (1½ oz, ⅓ cup) cornflour (cornstarch), 1 teaspoon vanilla sugar and the zest, then carefully fold in the 3 egg whites, whisked with a pinch of salt until very stiff. Pour this mixture into a buttered fairly deep 23 cm (9 in) sandwich tin (layer cake pan) or manqué mould and bake in a preheated oven at 200°C (400°F, gas 6) for 40 minutes.

Make a frangipane cream with 3 egg yolks, 75 g (3 oz, 6 tablespoons) caster sugar, 25 g (1 oz, ¼ cup) cornflour, 400 ml (14 fl oz, 1¾ cups) milk, 1 teaspoon vanilla sugar and 125 g (4½ oz, 1 cup) ground almonds. Blend in 125 g (4½ oz, ½ cup) chopped crystallized (candied) fruits.

When the cake is cooked, leave it to cool. Make some Italian meringue with 3 egg whites, 2 tablespoons icing (confectioner's) sugar, and 175 g (6 oz, ¾ cup) caster sugar. Cut the cooled cake into 3 equal rounds. Cover each layer with the frangipane cream and crystallized fruit mixture and re-form the cake. Spread some meringue on the top, then fill a fluted piping (pastry) bag with the rest of the meringue and decorate all round the cake with regular motifs. Sprinkle the meringue with icing sugar and put in a preheated oven at 180°C (350°F, gas 4). Take out the cake as soon as the meringue turns brown. Leave to cool completely.

Gâteau 'le prélat'

Prepare 1 litre (1¾ pints, 4⅓ cups) strong, lightly sweetened coffee, flavoured with white rum. Allow to cool. Beat together 2 eggs and 6 egg yolks, add 300 g (11 oz, 1½ cups) sugar boiled to the thread stage and whisk until cold. Blend in 300 g (11 oz, 2 cups) melted bitter (semisweet) chocolate pieces, some grated orange zest and 750 ml (1¼ pints, 3¼ cups) lightly whipped double (heavy) cream. Mix well.

Cover the bottom of a buttered rectangular mould with sponge fingers (ladyfingers) soaked in a little of the cold coffee. Cover with some of the

chocolate mixture. Top with another layer of soaked sponge fingers and continue layering until the mould is full, finishing with a layer of sponge fingers. Place in the refrigerator for 24 hours before turning out of the mould. Melt 450 g (1 lb) dark chocolate and mix with 150 g (5 oz, ⅔ cup) butter and 2 tablespoons light oil. Coat the gâteau with this mixture.

Gâteau manqué

Manqués are sponge cakes that are a speciality of Paris.

Melt 100 g (4 oz, ½ cup) butter without browning. Separate 6 eggs. Put the yolks into a bowl with 200 g (7 oz, scant 1 cup) caster (superfine) sugar and 1 teaspoon vanilla sugar. Whisk until the mixture becomes light and frothy. Then fold in 150 g (5 oz, 1¼ cups) plain (all-purpose) flour, the melted butter and half a liqueur glass of rum, mixing until evenly blended. Whisk the egg whites together with a pinch of salt into firm peaks and gently fold them into the manqué mixture.

Grease a deep sandwich tin (layer cake pan) or a manqué mould with butter, pour in the mixture, and bake in a preheated oven at 200°C (400°F, gas 6) for 40–45 minutes. Leave for a few minutes in the tin, then turn out on to a wire rack to cool completely.

Gâteau Montmorency

Montmorency is the name given to various savoury or sweet dishes that include the sour Montmorency cherries

Separate the yolks from the whites of 3 eggs. Whisk the 3 yolks with 50 g (2 oz, ½ cup) ground almonds and 125 g (4½ oz, scant ⅔ cup) caster (superfine) sugar. Drain 400 g (14 oz) cherries in syrup, halve, stone (pit) and roll them in flour. Incorporate 50 g (2 oz, ½ cup) plain (all-purpose) flour and the cherries into the almond mixture, then carefully fold in the 3 egg

whites stiffly whisked with a pinch of salt. Pour the mixture into a buttered cake tin (pan) and bake in a preheated oven at 200°C (400°F, gas 6) for about 30 minutes. Turn the cake out on to a wire rack and allow to cool.

Melt 200 g (7 oz) fondant over a low heat, stirring all the time. Add a liqueur glass of kirsch and 2–3 drops of cochineal (red food colouring). Spread the fondant over the cake with a spatula and decorate with 12 glacé (candied) cherries and a few pieces of angelica.

Alternatively, the cake may be cut into 2 layers, steeped in kirsch, and sandwiched together with butter cream mixed with cherries in brandy.

Gâteau Montpensier

Gâteau Montpensier is a Genoese sponge enriched with ground almonds, raisins and crystallized (candied) fruits.

Steep 50 g (2 oz, ⅓ cup) crystallized (candied) fruits and 50 g (2 oz, ⅓ cup) sultanas (golden raisins) in 6 tablespoons rum. With the fingertips, work 125 g (4½ oz, generous 1 cup) plain (all-purpose) flour with 75 g (3 oz, 6 tablespoons) butter cut into small pieces. Beat 7 egg yolks with 125 g (4½ oz, scant ⅔ cup) caster (superfine) sugar until the mixture is white, then mix in 100 g (4 oz, 1 cup) ground almonds and finally 3 stiffly whisked egg whites. Drain the fruit and sultanas, then add them to the mixture, together with the flour-and-butter mixture. Work together briskly with a wooden spoon for a short time.

Butter a 22 cm (8½ in) cake tin (pan) and sprinkle it with 50 g (2 oz, ½ cup) flaked (slivered) almonds. Pour the mixture into the tin and bake in a preheated oven at 200°C (400°F, gas 6) for 30 minutes. Turn out the cake on to a wire rack and allow to cool. Melt 150 g (5 oz, ½ cup) apricot jam (preserve) over a low heat, strain and spread over the surface of the cake. Keep cold until ready to serve.

Geneva sponge fingers

Beat 125 g (4½ oz, ½ cup) caster (superfine) sugar with a little grated lemon zest, a pinch of salt, 1 whole egg and 3 egg yolks until the mixture is thick enough to form a ribbon trail. Add 50 g (2 oz, ¼ cup) clarified butter, 40 g (1½ oz, ⅓ cup) ground almonds, 125 g (4½ oz, 1 cup) plain (all-purpose) flour and 3 stiffly whisked egg whites. Pour into finger-shaped moulds that have been buttered and dusted with caster sugar and cornflour (cornstarch) and bake in a preheated oven at 180°C (350°F, gas 4) for about 10 minutes. Turn the sponge fingers out of the moulds and leave to dry at the front of the oven with the oven door open. Leave them to cool completely and store in an airtight container until needed.

Genoa cake

A type of rich sponge cake made with ground almonds, not to be confused with Genoese sponge cake. Of varying degrees of lightness, depending on whether or not the beaten egg whites are incorporated separately, Genoa cake is traditionally cooked in a round mould with a fluted edge. It is served plain or with various decorations and fillings.

Work 125 g (4½ oz, ½ cup) butter into a soft paste with 150 g (5 oz, ⅔ cup) caster (superfine) sugar, then whisk until the mixture becomes white. Blend in 100 g (4 oz, 1 cup) ground almonds, then add 3 eggs, one by one, 40 g (1½ oz, ⅓ cup) cornflour (cornstarch) and a pinch of salt. Work everything well together. Flavour the mixture with 1 tablespoon liqueur (such as Curaçao).

Butter a round cake tin (pan), line the bottom with a circle of buttered greaseproof (wax) paper, and pour in the mixture. Bake in a preheated oven at 180°C (350°F, gas 4) for 40 minutes. Turn out immediately on to a wire rack and remove the paper.

Genoese sponge

A light sponge cake that takes its name from the city of Genoa. Genoese sponge is made of eggs and sugar whisked over heat until thick, then cooled and combined with flour and melted butter. It can be enriched with ground almonds or crystallized (candied) fruits and flavoured with liqueur, the rind (zest) of citrus fruits or vanilla.

Genoese sponge differs from ordinary sponge cake in that the eggs are beaten whole, whereas in the latter the yolks and whites are usually beaten separately. Genoese sponge is the basis of many filled cakes. Cut into two or more layers, which may be covered with jam (preserve), cream or fruit purée, it is coated, iced (frosted) and decorated as required.

Melt 125 g (4½ oz, ½ cup) butter gently without allowing it to become hot. Put 275 g (10 oz, 1⅓ cups) caster (superfine) sugar, 8 beaten eggs, 2 large pinches of salt and 1 teaspoon vanilla sugar into a basin and place it in a tepid bain marie; whisk the mixture until it becomes thick, pale and foamy. Remove from the heat and continue to whisk until it cools down completely. Carefully fold in 250 g (9 oz, 2¼ cups) sifted flour and then trickle in the tepid melted butter at the side of the bowl. Mix in gently until it is evenly blended. Pour this mixture into a large buttered sandwich tin (layer cake pan) and bake in a preheated oven at 200°C (400°F, gas 6) for 10–15 minutes.

Genoese sponge with coffee filling

Prepare a Genoese sponge cake using half the given quantity in the recipe and bake it in a large sandwich tin (layer cake pan). Allow it to cool completely. Slice it into 2 layers of equal thickness and cover each layer with coffee butter cream. Reassemble the cake and cover the sides with *crème au beurre*. Decorate the top and sides with chopped toasted almonds and pipe a rosette of butter cream on the top.

Genoese sponge with crystallized fruits

Make a Genoese sponge mixture with 125 g (4½ oz, ½ cup) sugar, 4 eggs, a pinch of salt, ½ teaspoon vanilla sugar, 125 g (4½ oz, 1 cup) sifted plain (all-purpose) flour and 100 g (4 oz, ½ cup) butter. Chop 150 g (5 oz, 1 cup) crystallized (candied) fruits into very small pieces. Roll them in flour, shake in a sieve to remove the excess flour and add to the sponge mix. Pour the mixture into a buttered deep sandwich tin (layer cake pan) or manqué mould and bake in a preheated oven at 200°C (400°F, gas 6) for 25–30 minutes. Make a syrup with 150 g (5 oz, ⅔ cup) sugar and 150 ml (¼ pint, ⅔ cup) water and boil for 4–5 minutes. When cool, add 2½ tablespoons white rum and pour this syrup over the cake while it is still warm.

Ginger cake

Cut 100 g (4 oz, ½ cup) preserved ginger into fine dice. Soften 100 g (4 oz, ½ cup) butter with a wooden spatula. Vigorously whisk together 3 large eggs, 1 tablespoon rum and 2 tablespoons hot water. When the mixture is thick and foamy, gradually add 175 g (6 oz, ¾ cup) caster (superfine) sugar, continuing to whisk. Sift together 250 g (9 oz, 2 cups) plain (all-purpose) flour and 2 teaspoons baking powder, make a well in the middle and mix in the beaten eggs, softened butter and ginger. Pour into a buttered manqué mould or deep sandwich tin (layer cake pan) 22 cm (8¾ in) in diameter. Bake in a preheated oven at 220°C (425°F, gas 7) for about 40 minutes.

Gingerbread

Warm together 100 g (4 oz, ½ cup) margarine or lard (shortening) and 200 g (7 oz, ¾ cup) black treacle or molasses. Add 150 ml (¼ pint, ⅔ cup) milk and allow to cool. Sift 200 g (7 oz, 2 cups) plain (all-purpose) flour, 1 teaspoon mixed spice, 2 teaspoons ground ginger and 1 teaspoon bicarbonate of soda

(baking soda) into a bowl. Add the treacle mixture, 50 g (2 oz, ¼ cup) brown sugar and 2 eggs. Beat well. Pour into a 18 cm (7 in) square tin (pan) lined with greaseproof (wax) paper. Bake in a preheated oven at 150°C (300°F, gas 2) for 1¼–1½ hours, until firm to the touch.

Hazelnut cake

Spread 50 g (2 oz, ½ cup) ground hazelnuts on a baking sheet and brown them lightly in a preheated oven at 140°C (275°F, gas 1). Whisk 5 egg yolks with 150 g (5 oz, ⅔ cup) caster (superfine) sugar for 5 minutes, then beat in 150 g (5 oz, 1¼ cups) sifted plain (all-purpose) flour and the ground hazelnuts. Melt 90 g (3½ oz, 7 tablespoons) butter over a very low heat, blend in the nut mixture, then carefully fold in 5 egg whites whisked to stiff peaks. Pour this mixture into a 20 cm (8 in) buttered, deep, round sandwich tin (layer cake pan) and bake in a preheated oven at 180°C (350°F, gas 4) for 30–35 minutes. Turn the cake out on to a wire rack and leave to cool.

Meanwhile, make *crème au beurre* using 4 egg yolks, 150 g (5 oz, ⅔ cup) caster sugar, 175 g (6 oz, ¾ cup) butter and 50 g (2 oz, ½ cup) ground hazelnuts. Then prepare the dough for the decoration: soften 50 g (2 oz, 4 tablespoons) butter and blend in 50 g (2 oz, 4 tablespoons) caster sugar, 1 teaspoon vanilla sugar and 1 egg; using a whisk, beat in 50 g (2 oz, ½ cup) plain flour. Roll this dough out, cut it into small rounds with a biscuit (cookie) cutter, and place the rounds well apart on a lightly buttered baking sheet. Bake in a preheated oven at 240°C (475°F, gas 9). Remove the rounds when cooked and leave to cool.

Cut the cake into 3 equal layers, spread *crème au beurre* over each layer, then reassemble the cake. Coat the sides with the remaining cream and decorate with the baked rounds. The spaces between the rounds can be filled with toasted hazelnuts. Store in a cool place.

Honey and cherry cake

Soften 100 g (4 oz, ½ cup) butter at room temperature, divide into small pieces, and then cream with 100 g (4 oz, ½ cup) caster (superfine) sugar, a large pinch of salt and 2 tablespoons liquid honey. Mix in 1 teaspoon baking powder, 200 g (7 oz, 1¾ cups) plain (all-purpose) flour and 3 eggs, added one at a time. Flavour with 2 tablespoons rum. Halve 125 g (4½ oz, ½ cup) glacé (candied) cherries and add them to the cake mixture. Pour immediately into a buttered loaf tin (pan) and bake in a preheated oven at 190°C (375°F, gas 5) for about 45 minutes. If the cake is browning too quickly, cover it with a piece of foil. Turn the cooked cake out of the tin when lukewarm and leave to cool on a rack. Decorate with glacé cherries and pieces of angelica.

Italian sponge cake

In a large bowl, use a spatula to beat 500 g (18 oz, 2¼ cups) caster (superfine) sugar with 1½ teaspoons vanilla sugar and 10 egg yolks. Whisk 10 egg whites with a pinch of salt until stiff and fold into the mixture. Quickly fold in 125 g (4½ oz, 1 cup) plain (all-purpose) flour and 125 g (4½ oz, 1 cup) cornflour (cornstarch) sifted together. Butter a charlotte mould and dust the inside with caster sugar and cornflour. Pour the mixture into the mould, no more than two-thirds full. Bake in a preheated oven at 160°C (325°F, gas 3) until risen, golden and firm – about 1¼ hours depending on the size of the mould.

Italian sponge drops

Put 250 g (9 oz, 1 cup) granulated sugar into a small saucepan with 500 ml (17 fl oz, 2 cups) water and boil until the syrup reaches the 'hard ball' stage. Partially cool, then add 4 egg yolks and 125 g (4½ oz, 1 cup) plain (all-purpose) flour. Whisk 4 egg whites stiffly with a pinch of salt and add to the mixture. Pipe into small flat rounds and finish as for lemon sponge drops.

Lemon délice

Melt 100 g (4 oz, ½ cup) butter. Measure 250 g (9 oz, 2¼ cups) self-raising flour into a mixing bowl, then add the melted butter, 4 eggs, 200 g (7 oz, 1 cup) caster (superfine) sugar, the grated zest and juice of 1 lemon, and 100 g (4 oz, ¾ cup) crystallized (candied) fruits cut into very small dice. Mix until evenly blended, then turn the mixture into a 25 cm (10 in) round loose-bottomed cake tin (pan) and cook for 40 minutes in a preheated oven at 190°C (375°F, gas 5).

Meanwhile, prepare a *crème au beurre* using 125 g (4½ oz, ½ cup) caster sugar cooked to the thread stage in 3 tablespoons water, 4 egg yolks, 125 g (4½ oz, ½ cup) butter and the grated zest and juice of 1 lemon.

When the cake is cooked, turn out on to a wire rack, allow to cool and cut into three rounds. Cover two of the rounds with a thick layer of the lemon butter cream and sandwich together. Dust generously with icing (confectioner's) sugar and keep in a cool place (not the refrigerator) until ready to serve. (The layers may be sprinkled with lemon sugar syrup if liked.)

Lemon manqué

Remove the peel (zest) from a lemon and blanch for 2 minutes in boiling water. Refresh in cold water, dry and shred very finely. Finely dice 100 g (4 oz, ½ cup) candied citron peel. Melt 100 g (4 oz, ½ cup) butter without allowing it to brown. Separate 6 eggs. Put the yolks into a bowl with 200 g (7 oz, scant 1 cup) caster (superfine) sugar and 1 teaspoon vanilla sugar. Whisk until the mixture becomes light and frothy. Then fold in 150 g (5 oz, 1¼ cups) plain (all-purpose) flour, the lemon and diced citron, the melted butter and half a liqueur glass of rum, mixing until evenly blended. Whisk the egg whites together with a pinch of salt into firm peaks and gently fold them into the manqué mixture.

Bake the cake, remove from the tin (pan) while still warm, and cool completely. Lightly whisk 2 egg whites and mix in 1 tablespoon lemon juice, then some icing (confectioner's) sugar, until the mixture has a spreading consistency. Coat the cake with the icing (frosting) and decorate with small pieces of candied citron peel.

Lemon sponge drops

Using a large bowl and a spatula, beat 250 g (9 oz, 1 cup) caster (superfine) sugar with 8 egg yolks until the mixture is thick enough to form a ribbon trail. Add the grated zest of 1 lemon, 125 g (4½ oz, 1 cup) sifted plain (all-purpose) flour, 75 g (3 oz, ¾ cup) cornflour (cornstarch), 1½ tablespoons ground almonds and 8 egg whites stiffly whisked with a pinch of salt.

Using a piping (pastry) bag with a smooth nozzle, pipe small flat rounds, 2.5 cm (1 in) in diameter, on to a baking sheet and dust with caster sugar. Bake in a preheated oven at 180°C (350°F, gas 4) for about 10 minutes, or until lightly browned and set. Cool completely and store in an airtight container.

Macaroons (1)

This is the classic macaroon recipe.

Line a baking sheet with rice paper or buttered greaseproof (wax) paper. Mix 350 g (12 oz, 1½ cups) caster (superfine) sugar with 250 g (9 oz, 2½ cups) ground almonds. Lightly whisk 4 egg whites with a pinch of salt and mix thoroughly with the sugar and almond mixture. If liked, a little finely chopped candied orange peel or cocoa powder can be added to the mixture before cooking. Pipe or spoon small heaps of this mixture on to the baking sheet, spacing them so that they do not run into one another during cooking.

Cook in a preheated oven at 200°C (400°F, gas 6) for about 12 minutes. Lift the macaroons off the baking sheet with a spatula, transfer to a wire rack

and leave to cool. Macaroons can be stored in an airtight container for several days in the refrigerator, or for several months in the freezer.

Macaroons (2)

This recipe gives softer macaroons.

Mix together 250 g (9 oz, 2½ cups) ground almonds, 450–500 g (16–18 oz, 3⅓–3⅔ cups) icing (confectioner's) sugar, and 1 teaspoon vanilla sugar or a few drops of vanilla essence (extract) in a bowl with 4 lightly whisked egg whites. Whisk 4 additional egg whites into stiff peaks with a pinch of salt and fold very gently into the mixture. Place the mixture in a piping (pastry) bag with a smooth nozzle 5 mm (¼ in) in diameter. Pipe small amounts of the mixture on to a baking sheet lined with rice paper or greaseproof (wax) paper, spacing them so that they do not stick together during cooking. Cook in a preheated oven at 180°C (350°F, gas 4) for about 12 minutes. Finish as for classic macaroons. A little finely chopped angelica can be added to the almond mixture.

Madeleines

This is the classic French recipe for these small sponge cakes.

Melt 100 g (4 oz, ½ cup) butter without allowing it to become hot. Butter a tray of madeleine moulds with 20 g (¾ oz, 1½ tablespoons) butter. Put the juice of ½ a lemon in a bowl with a pinch of salt, 125 g (4½ oz, scant ⅔ cup) caster (superfine) sugar, 3 eggs and an extra egg yolk. Mix well together with a wooden spatula and then sprinkle in 125 g (4½ oz, scant 1¼ cups) sifted self-raising flour and mix until smooth; finally add the melted butter. Spoon the mixture into the moulds but do not fill more than two-thirds full. Bake in a preheated oven at 180°C (350°F, gas 4) for about 25 minutes. Turn out the madeleines and cool on a wire rack.

Marble cake

Melt 175 g (6 oz, ¾ cup) butter very slowly, without letting it become hot. Whisk in 200 g (7 oz, ¾ cup) caster (superfine) sugar and then 3 egg yolks. Sift 175 g (6 oz, 1½ cups) plain (all-purpose) flour and 1 teaspoon baking powder and stir into the egg mixture. Whisk 3 egg whites with a pinch of salt until stiff and fold them into the mixture. Divide the mixture in half. Fold 25 g (1 oz, ¼ cup) cocoa into one portion. Pour the two mixtures into a greased 20 cm (8 in) cake tin (pan) in alternate thin layers. Bake in a preheated oven at 180°C (350°F, gas 4) for 1–1¼ hours.

Marignan

This is a savarin cake spread with sieved apricot jam (preserve) and covered with Italian meringue; it is traditionally decorated with a ribbon of angelica fashioned like the handle of a basket.

Soak 75 g (3 oz, ½ cup) raisins in warm water until plump. Weigh out 250 g (9 oz, 2¼ cups) strong plain (bread) flour. Dissolve 15 g (½ oz) fresh yeast (1 cake compressed yeast) in a very small amount of water, stir in a little of the flour, then cover the mixture with the rest of the flour and leave to rise. When cracks appear in the flour (after about 15 minutes), transfer the yeast and flour to a mixing bowl and add 25 g (1 oz, 2 tablespoons) caster (superfine) sugar, a pinch of salt and 3 very lightly whisked eggs. Knead the dough well until it becomes elastic, then gradually incorporate about 4½ tablespoons water to make a very soft smooth dough. Stand for 30 minutes.

Melt 75 g (3 oz, 6 tablespoons) butter and add this to the dough, together with the drained and dried raisins. Turn the dough into a buttered and floured manqué mould or deep-sided cake tin (pan), 19 cm (7½ in) in diameter, and leave it to rise. When the dough has doubled in volume, bake in a preheated oven at 190°C (375°F, gas 5) for about 40 minutes.

Prepare a syrup with 100 g (4 oz, ½ cup) sugar, 250 ml (8 fl oz, 1 cup) water, and 6 tablespoons rum. Pour this over the warm cake. Spread the cake with warmed and sieved apricot jam (about half a jar is required). Prepare an Italian meringue mixture with 400 g (14 oz, 1¾ cups) caster sugar, 4 egg whites and 1 liqueur glass of rum. Completely cover the sides and top of the cake with this mixture. Bend a long strip of angelica over the cake to resemble the handle of a basket, and fix it to the cake at each end.

Mascotte

Make a Genoese mixture with 4 eggs, 125 g (4½ oz, scant ⅔ cup) granulated sugar, a pinch of salt and 125 g (4½ oz, generous 1 cup) plain (all-purpose) flour. Bake in a buttered round cake tin (pan) 23 cm (9 in) in diameter.

Prepare a syrup with 100 g (4 oz, ½ cup) granulated sugar and 6 tablespoons water. When it has cooled, blend in 6 tablespoons rum. Make a coffee *crème au beurre* with 4 tablespoons instant coffee powder, 250 g (9 oz, generous 1 cup) sugar, 6 egg yolks, 300 g (11 oz, scant 1½ cups) softened butter and 3 tablespoons rum. Divide into half and add 2 tablespoons toasted crushed almonds to one half.

Cut the cake horizontally into 2 halves and soak them in the rum-flavoured syrup. Sandwich together with the *crème au beurre* without almonds and coat the top and sides of the cake with the remaining cream.

Mocha cake

Melt 90 g (3½ oz, 7 tablespoons) butter, taking care not to let it get too hot. Whisk 5 egg yolks with 150 g (5 oz, ⅔ cup) caster (superfine) sugar until the mixture has turned white and thick. Mix in 150 g (5 oz, 1¼ cups) plain (all-purpose) flour and 50 g (2 oz, ½ cup) ground hazelnuts, then incorporate the melted butter and fold in 5 stiffly whisked egg whites. Pour this mixture into

a deep 22 cm (8½ in) buttered cake tin (pan) and bake in a preheated oven at 180°C (350°F, gas 4) for about 35 minutes. As soon as the cake is cooked, turn it out on to a wire rack and leave to cool completely. Then cover and refrigerate for at least 1 hour.

Dissolve 150 g (5 oz, ⅔ cup) sugar with 2 tablespoons water and very slowly bring it to the boil. Gently mix the boiling syrup with 4 egg yolks and beat briskly until it has cooled and is thick and mousse-like. Now whisk in 175 g (6 oz, ¾ cup) soft butter, cut into small pieces, and 1 teaspoon coffee essence (extract). Finely grind 150 g (5 oz, 1¼ cups) toasted hazelnuts. Cut the cake into 3 layers. Mix two-thirds of the ground nuts into half the cream and spread on 2 of these layers. Sandwich the cake together and cover it completely with half the remaining cream. Sprinkle the surface of the cake with the remaining ground hazelnuts, put the rest of the cream into a piping (pastry) bag with a fluted nozzle and pipe a regular design of rosettes on the cake. Place a coffee bean covered in bitter chocolate at the centre of every rosette. Refrigerate the cake in a sealed container for at least 2 hours and then serve it very cold.

Mocha cake can also be filled and coated with coffee cream, then decorated with toasted flaked (slivered) almonds and crystallized (candied) violets and mimosa. Mocha cake is best eaten the day after its preparation.

Nantes cakes

Cream 100 g (4 oz, ½ cup) butter, 100 g (4 oz, ½ cup) caster (superfine) sugar, a pinch of salt, ½ teaspoon bicarbonate of soda (baking soda) and the zest of 1 lemon or 1 orange until pale and soft. Beat in 2 eggs and 125 g (4½ oz, 1 cup) sifted plain (all-purpose) flour, beating the mixture well. Butter some tartlet moulds and sprinkle with slivered almonds. Pour in the mixture and cook in a preheated oven at 190°C (375°F, gas 5) for about

20 minutes. Turn the cakes out on to a wire rack. Coat them with warmed apricot jam (preserve), then ice (frost) them with fondant flavoured with maraschino and dust with coloured sugar grains.

Napolitain cake

A large cylindrical or hexagonal French cake with a hollow centre. It is made of layers of almond pastry sandwiched together with apricot jam (preserve), redcurrant jelly or other preserve, and usually lavishly decorated with marzipan (almond paste) and crystallized (candied) fruits.

Pound 375 g (13 oz, 2½ cups) sweet almonds in a mortar, together with 5 g (¼ oz, 1 teaspoon) bitter almonds, if desired. Gradually incorporate 1 egg white to prevent the almonds from becoming oily. Then add 200 g (7 oz, 1 cup) caster (superfine) sugar, the very finely grated zest of 1 lemon, 250 g (9 oz, generous 1 cup) softened butter and 500 g (18 oz, 4½ cups) sifted plain (all-purpose) flour. Work all the ingredients together in the mortar. Add 4 whole eggs, one by one, until the dough is very smooth but still firm.

Leave the dough in a cool place for 2 hours. Then roll it out to a thickness of 1 cm (½ in) on a lightly oiled surface and cut out circles 20–25 cm (8–10 in) in diameter. Leaving 2 rounds whole, cut out the centres of the remaining rounds with a pastry (cookie) cutter 6 cm (2½ in) in diameter. Place all the rounds on a baking sheet, in batches if necessary, and bake in a preheated oven at 200°C (400°F, gas 6) for 20–25 minutes.

When cold, cover one of the whole rounds with very reduced sieved apricot jam, then build up the cake by placing the rounds with the centres cut out one on top of the other, covering each of them with apricot jam. Place the remaining whole round on the top and cover it with apricot jam. Put the cake in a cool place. Finish by covering the cake with marzipan or royal icing (frosting) and decorate the top with crystallized (candied) apricot halves.

Orange galettes

Make a well in 250 g (9 oz, 2¼ cups) sifted plain (all-purpose) flour. In the centre place 125 g (4½ oz, ½ cup) sugar, 150 g (5 oz, ⅔ cup) butter, a pinch of salt, the rind (zest) of 2 oranges rubbed on lumps of sugar and 6 egg yolks. Mix these ingredients together and gradually blend the flour into the mixture. Knead the dough into a ball and allow it to stand for a few hours in a cool place. Roll out the dough to a thickness of about 5 mm (¼ in). Cut it into rounds with a fluted cutter 5–6 cm (2–2½ in) in diameter. Place the galettes on a buttered baking sheet, brush with egg beaten with a pinch of sugar and bake in a preheated oven at 240°C (475°F, gas 9) for about 6 minutes until lightly golden.

Orangine

Make a Genoese sponge with 150 g (5 oz, ⅔ cup) caster (superfine) sugar, 6 eggs, 150 g (5 oz, 1¼ cups) plain (all-purpose) flour, 50 g (2 oz, ¼ cup) butter and a pinch of salt. Leave it to cool completely. Make 250 ml (8 fl oz, 1 cup) Curaçao-flavoured confectioner's custard (pastry cream) and mix in 250 ml (8 fl oz, 1 cup) double (heavy) cream, whisked with 1 teaspoon vanilla sugar and 25 g (1 oz, 2 tablespoons) caster sugar. Put this cream into the refrigerator. Slice the sponge into 3 equal layers. Soak each layer with 2 tablespoons Curaçao-flavoured syrup. Spread the cream over 2 of the layers and build up the cake again. Ice (frost) the top and sides with Curaçao-flavoured fondant. Decorate the cake with candied orange peel and angelica.

Orange pound cake

Butter and flour a cake tin (pan). Weigh 3 eggs, then weigh out the same amount of caster (superfine) sugar, butter and sifted plain (all-purpose) flour. Break the eggs, keeping whites and yolks separate. Beat the yolks with

the sugar and a pinch of salt until the mixture becomes white and creamy. Beat in the butter, which should be melted but not hot, then the flour and the blanched, finely grated rind (zest) from 2 oranges or 75 g (3 oz, ½ cup) chopped candied orange peel. Finally add 3 tablespoons Cointreau, Grand Marnier or Curaçao. Whisk the egg whites to stiff peaks and fold them in carefully. Pour the mixture into the cake tin and bake for about 45 minutes in a preheated oven at 200°C (400°F, gas 6); the temperature can be increased to 220°C (425°F, gas 7) when the cake has risen. Turn the cake out of the tin as soon as it is removed from the oven and leave it to cool on a wire rack.

Heat 400 g (14 oz, 1¼ cups) orange marmalade, boil until it is reduced to three-quarters of its volume, then pour it over the cake. Leave until cold, then refrigerate for 1 hour before serving.

Orange sandwich cake

In a large bowl use a spatula to beat 500 g (18 oz, 2¼ cups) caster (superfine) sugar with 1½ teaspoons vanilla sugar and 10 egg yolks. Whisk 10 egg whites with a pinch of salt until stiff and fold into the mixture. Quickly fold in 125 g (4½ oz, 1 cup) plain (all-purpose) flour and 125 g (4½ oz, 1 cup) cornflour (cornstarch) sifted together. Butter a charlotte mould and dust generously with icing (confectioner's) sugar. Pour the mixture into the mould, no more than two-thirds full. Bake in a preheated oven at 160°C (325°F, gas 3) until risen, golden, and firm – about 1¼ hours depending on the size of the mould. Turn the cake out on to a wire rack and leave until just warm.

Cut the cake horizontally into 2 rounds of equal thickness. Pour a little Curaçao on to the bottom half and spread with a thick layer of orange jam (preserve) or marmalade. Place the other half on top. Coat the top and sides with orange jam or warmed sieved marmalade. Coat with fondant icing (frosting) flavoured with Curaçao. Decorate with candied orange and mint

sprigs, and serve with a blackcurrant and raspberry coulis. Instead of making a large cake, the mixture can be baked in individual moulds or soufflé dishes.

Pain d'épice

Heat 500 g (18 oz, 1½ cups) honey to boiling point, then skim it. Place in an earthenware bowl 500 g (18 oz, 4½ cups) sifted plain (all-purpose) flour, make a well in the centre, pour the honey into it and mix with a wooden spoon. (Some flours absorb more liquid than others; it may be necessary to add more liquid in order to obtain a firm paste.) Gather the paste into a ball, wrap it in a cloth and let it stand for 1 hour. Then add 2½ teaspoons baking powder and knead the paste thoroughly. Mix in 2 teaspoons aniseed, a generous pinch of cinnamon, the same amount of powdered cloves and ½ teaspoon grated lemon or orange zest.

Alternatively, mix the sifted flour directly with the same weight of liquid honey. Let the paste stand, then knead it hard with 100 g (4 oz, ½ cup) caster (superfine) sugar, 2 teaspoons cream of tartar, 1 teaspoon bicarbonate of soda (baking soda), 50 g (2 oz, ½ cup) skinned and chopped almonds and 65 g (2½ oz, ½ cup) mixed and chopped candied orange and lemon peel.

Pour the mixture into a 23 cm (9 in) square cake tin (pan) or a buttered manqué mould. Bake in a preheated oven at 190°C (375°F, gas 5) for about 30 minutes. As soon as the cake is cooked, quickly brush the top with some milk sweetened to a thick syrup or with sugar cooked to the fine thread stage and glaze for a few seconds in a cool oven.

Palets de dames

Palets are small, crisp petit fours flavoured with rum, aniseed, vanilla or brown sugar; ground almonds, candied peel or other ingredients may be added. *Palets de dames* are traditionally made with currants.

Wash 75 g (3 oz, ½ cup) currants and macerate them in a little rum. Mix 125 g (4½ oz, ½ cup) softened butter and 125 g (4½ oz, ½ cup) caster (superfine) sugar. Work with a whisk, then blend in 2 eggs, one after the other, and mix well. Next add 150 g (5 oz, 1¼ cups) plain (all-purpose) flour, the currants with their rum and a pinch of salt. Mix thoroughly. Butter a baking sheet, dust it lightly with flour and arrange the mixture on it in small balls, well separated from each other. Cook in a preheated oven at 220°C (425°F, gas 7) for 25 minutes or until the edges of the palets are golden.

Pineapple manqué

Melt 100 g (4 oz, ½ cup) butter without allowing it to brown. Separate 6 eggs. Put the yolks into a bowl with 200 g (7 oz, scant 1 cup) caster (superfine) sugar and 1 teaspoon vanilla sugar. Whisk until the mixture becomes light and frothy. Then fold in 150 g (5 oz, 1¼ cups) plain (all-purpose) flour, 100 g (4 oz, ½ cup) finely chopped, crystallized (candied) pineapple, the melted butter and half a liqueur glass of rum, mixing until evenly blended. Whisk the egg whites together with a pinch of salt into firm peaks and gently fold them into the manqué mixture.

Bake the cake. When it is cold, ice (frost) with 100 g (4 oz) fondant mixed with half a liqueur glass of rum heated to 35°C (95°F). Decorate the top with pieces of crystallized pineapple and glacé (candied) cherries.

Plum cake

Soften 500 g (18 oz, 2¼ cups) butter until creamy and beat until it turns very pale. Add 500 g (18 oz, 2¼ cups) caster (superfine) sugar and beat again for a few minutes. Then incorporate 8 eggs, one at a time, beating well after each addition. Add 250 g (9 oz, 1½ cups) chopped candied peel (orange, citron or lemon), 200 g (7 oz, 1¼ cups) seedless raisins, 150 g (5 oz, 1 cup) sultanas

(golden raisins) and 150 g (5 oz, 1 cup) currants. Mix in 500 g (18 oz, 4½ cups) plain (all-purpose) flour sifted with 1½ teaspoons baking powder, the grated zest of 2 lemons and 3 tablespoons rum.

Line a 25 cm (10 in) round cake tin (pan) with greaseproof (wax) paper so that the paper extends 4 cm (1½ in) above the rim. Pour the mixture into the tin, taking care not to fill it above two-thirds. Bake in a preheated oven at 180°C (350°F, gas 4) for about 2 hours or until a skewer inserted in the centre of the cake comes out clean. Cover with a piece of foil if the cake is browning too much during cooking. Leave to cool in the tin for 10 minutes, then turn out on to a wire rack to cool completely.

Pogne de romans

Also known as *pognon* or *pougnon*, this is a type of brioche that is sometimes filled with crystallized (candied) fruit and served either hot or cold, often with redcurrant jelly.

Arrange 500 g (18 oz, 4½ cups) plain (all-purpose) flour in a circle on the worktop. In the middle of this circle put 1½ teaspoons salt, 1 tablespoon orange-flower water, 25 g (1 oz) fresh yeast (2 cakes compressed yeast), 250 g (9 oz, 1 cup) softened butter and 4 whole eggs. Mix together thoroughly, working the dough vigorously to give it body. Add 2 more eggs, one after the other, and finally incorporate 200 g (7 oz, ¾ cup) caster (superfine) sugar, little by little, kneading the dough all the while. Place this dough in a bowl sprinkled with flour, cover with a cloth and leave it to rise for 10–12 hours at room temperature away from draughts.

Turn the dough out on to the table and knock it back (punch down) with the flat of the hand. Make into 'crowns': shape two-thirds of the dough into balls, then use the remainder to shape smaller balls to place on top, like brioches. Place these crowns in buttered baking tins (pans). Leave the dough

to rise for a further 30 minutes in a warm place. Brush with beaten egg and bake in a preheated oven at 190°C (375°F, gas 5) for about 40 minutes. Serve with redcurrant jelly.

Pound cake

Butter and flour a cake tin (pan). Weigh 3 eggs, then weigh out the same amount of caster (superfine) sugar, butter and sifted plain (all-purpose) flour. Break the eggs, keeping whites and yolks separate. Beat the yolks with the sugar and a pinch of salt until the mixture becomes white and creamy. Beat in the butter, which should be melted but not hot, then the flour and finally 3 tablespoons rum or brandy. Whisk the egg whites to stiff peaks and fold them in carefully. Pour the mixture into the cake tin and bake for about 45 minutes in a preheated oven at 200°C (400°F, gas 6); the temperature can be increased to 220°C (425°F, gas 7) when the cake has risen. Turn the cake out of the tin as soon as it is removed from the oven and leave it to cool completely on a wire rack.

Instead of mixing in the yolks and whites separately, the whole eggs can be lightly beaten and mixed with the sugar: the result is not quite so light.

Punch cakes

Using a large bowl and a spatula, beat together 375 g (13 oz, 1⅔ cups) caster (superfine) sugar, 1½ teaspoons orange-flavoured sugar, 1½ teaspoons lemon-flavoured sugar, 3 eggs and 12 egg yolks until light and fluffy. Continue beating and add 3 tablespoons rum and 375 g (13 oz, 3¼ cups) sifted plain (all-purpose) flour, then 8 stiffly whisked egg whites and 300 g (11 oz, 1⅓ cups) clarified butter. Butter some small paper cases and fill them with the mixture. Bake in a preheated oven at 180°C (350°F, gas 4) for about 15 minutes, until risen and golden.

Sachertorte

A famous Viennese gâteau, created at the Congress of Vienna (1814–15) by Franz Sacher, Metternich's chief pastrycook. Sachertorte (literally, 'Sacher's cake') is a sort of chocolate Savoy sponge cake, filled or spread with apricot jam (preserve), then covered with chocolate icing (frosting); it is traditionally served with whipped cream and a cup of coffee.

(From Joseph Wechsberg's recipe in *Viennese Cookery*, Time-Life) Line two 20 cm (8 in) round sandwich tins (layer cake pans) with buttered greaseproof (wax) paper. Melt 200 g (7 oz, 7 squares) plain cooking (semisweet) chocolate, broken into small pieces, in a bain marie. Lightly beat 8 egg yolks and mix in 125 g (4½ oz, ½ cup) butter, melted, and the melted chocolate. Whisk 10 egg whites until stiff with a pinch of salt and add 150 g (5 oz, ⅔ cup) caster (superfine) sugar, slightly vanilla-flavoured, beating all the time until the mixture stands up in stiff peaks. Fold one-third of the egg whites into the chocolate mixture, then gradually fold in the remaining whites. Add 125 g (4½ oz, 1 cup) sifted plain (all-purpose) flour, sprinkling it on gradually and lightly mixing and folding together all the ingredients until all traces of white disappear. Pour equal quantities of the mixture into the 2 tins and bake in a preheated oven at 180°C (350°F, gas 4) for about 45 minutes, until the cakes are well risen and a skewer inserted in the centres comes out clean. Turn out the cakes on to a wire rack and allow to cool.

To make the icing (frosting), put 150 g (5 oz, 5 squares) plain cooking chocolate, broken into pieces, in a saucepan together with 250 ml (8 fl oz, 1 cup) double (heavy) cream and 200 g (7 oz, ¾ cup) vanilla sugar. Stir over a moderate heat until the chocolate has melted, then cook for 5 minutes without stirring. Beat 1 egg, mix in 3 tablespoons of the chocolate mixture, and pour this back into the saucepan. Cook for 1 minute, stirring, then leave to cool at room temperature.

Spread 175 g (6 oz, ½ cup) sieved apricot jam over one of the halves of the chocolate cake, then put the other half on top. Cover the whole cake with the chocolate icing, smoothing it out with a metal spatula. Slide the cake on to a plate and chill in the refrigerator for 3 hours, until the icing hardens. Remove 30 minutes before serving.

Savoy sponge cake

Savoy sponge cake is extremely light due to the large proportion of stiffly whisked egg whites in the recipe.

Beat 500 g (18 oz, 2¼ cups) caster (superfine) sugar, 1 tablespoon vanilla-flavoured sugar and 14 egg yolks until the mixture is pale and thick. Add 175 g (6 oz, 1½ cups) potato flour or cornflour (cornstarch). Finally, fold in 14 egg whites stiffly whisked with a pinch of salt until they stand in peaks. Pour the mixture into Savoy cake tins (pans), which have been buttered and dusted with potato flour, filling them only two-thirds full. Bake in a preheated oven at 180°C (350°F, gas 4) for about 40 minutes.

Singapour

This is a large Genoese sponge filled with jam (preserve) and fruit in syrup, coated with warmed apricot jam and generously decorated with crystallized (candied) fruits.

Bring 750 ml (1¼ pints, 3¼ cups) water to the boil with 575 g (1¼ lb, 2½ cups) granulated sugar. Drain a large can of pineapple slices, add the slices and simmer for 1½ hours. Leave the slices to cool, then drain them.

Whisk 4 eggs with 125 g (4½ oz, ½ cup) granulated sugar in a bain marie until the mixture reaches 40°C (104°F), then remove from the heat and cool completely. Mix in 125 g (4½ oz, 1 cup) plain (all-purpose) flour, stirring with a wooden spoon, then add 50 g (2 oz, ¼ cup) melted butter. Pour the

batter into a buttered and floured 23 cm (9 in) cake tin (pan). Bake in a preheated oven at 200°C (400°F, gas 6) for about 20 minutes, or until the cake is well risen and golden and the centre springs back when lightly pressed.

Meanwhile, melt 250 g (9 oz, 2¼ cups) apricot jam (preserve) over a gentle heat and grill (broil) 150 g (5 oz, 1¼ cups) chopped almonds. Prepare a syrup with 300 ml (½ pint, 1¼ cups) water and 300 g (11 oz, 1⅓ cups) granulated sugar and allow to cool, then add 3 tablespoons kirsch.

Cut the sponge in half horizontally and let it soak up the kirsch syrup. Spread the lower half with some of the apricot jam; cut the slices of pineapple into small dice, set a few aside and sprinkle the rest over the jam. Place the upper half of the sponge in position and coat the whole cake with more of the jam. Sprinkle with chopped almonds and decorate the top with the remaining diced pineapple, together with glacé (candied) cherries and candied angelica. Serve on the day it is made.

Sponge cake mixture

Using a large bowl and a spatula, beat 500 g (18 oz, 2¼ cups) caster (superfine) sugar with 2 tablespoons vanilla sugar and 10 egg yolks until the mixture is very pale and thick enough to form a ribbon trail. Then carefully fold in 125 g (4½ oz, 1 cup) plain (all-purpose) flour and an equal quantity of cornflour (cornstarch), 10 stiffly whisked egg whites and a pinch of salt.

Alternatively, a slightly heavier mixture can be made using 250 g (9 oz, 1 cup) granulated sugar, 8 eggs (separated), 125 g (4½ oz, 1 cup) plain flour and a pinch of salt.

Sponge fingers (ladyfingers)

Beat 250 g (9 oz, 1 cup) caster (superfine) sugar with 8 egg yolks until the mixture is thick enough to form a ribbon trail. Flavour with 1 tablespoon

orange-flower water. Add 200 g (7 oz, 1¾ cups) plain (all-purpose) flour and fold in 8 egg whites stiffly whisked with a pinch of salt. Using a piping (pastry) bag with a smooth nozzle, pipe short lengths of the mixture on to baking sheets lined with greaseproof (wax) paper. Dust with icing (confectioner's) sugar and gently lift and tap the sheets of paper to remove any excess sugar. Bake in a preheated oven at 160°C (325°F, gas 3) for about 10 minutes, or until pale golden. The mixture can be flavoured with orange or lemon zest, if liked.

Strawberry gâteau

Wash, hull and dry 1 kg (2¼ lb) large strawberries. Bring 150 g (5 oz, ⅔ cup) granulated sugar and 5½ tablespoons water to the boil, add 2 tablespoons of kirsch and 2 tablespoons wild strawberry liqueur. Place an 18 × 23 cm (7 × 9 in) rectangle of sponge cake on a baking sheet lined with greaseproof (wax) paper. Soak it with one-third of the syrup. Whip 500 g (18 oz, 2¼ cups) butter cream to make it lighter and, using a wooden spatula, incorporate 100 g (4 oz, ½ cup) of confectioner's custard (pastry cream). Spread one-third of this mixture on the sponge cake. Arrange the strawberries on top, very close together and pointing upwards, pressing them well into the cream. Pour 2 tablespoons kirsch on top and sprinkle on 25 g (1 oz, 2 tablespoons) caster (superfine) sugar. Level the top of the strawberries using a serrated knife and cover with the remaining butter cream mixture, smoothing the top and sides with the spatula. Cover with another rectangle of sponge cake the same size and pour the remaining syrup over it. Coat the gâteau with a thin layer of pistachio-flavoured almond paste (75 g, 3 oz, ⅓ cup). Leave the strawberry gâteau for at least 8 hours in the refrigerator. Before serving, tidy the edges with a knife dipped in hot water. Decorate with strawberries sliced into a fan shape and coated with 100 g (4 oz, ⅓ cup) of apricot glaze, applied with a pastry brush.

Succès

A French round cake made from two layers of meringue mixture containing almonds, separated by a layer of praline-flavoured butter cream and topped with a smooth layer of the butter cream. It is decorated with flaked (slivered) almonds, sugar, hazelnuts, marzipan leaves and, traditionally, by a rectangle of almond paste with the word *succès* piped in royal icing (frosting).

The succès mixture is also used for making petits fours, usually filled with butter cream, as well as for various pastries.

To make the base, crush 250 g (9 oz, 2 cups) blanched almonds with 250 g (9 oz, 1 cup) sugar until reduced to a powder. Fold in 350 g (12 oz) egg whites (about 8) whisked into very stiff peaks with a pinch of salt. Pour this mixture into two 18–20 cm (7–8 in) flan (pie) rings set on buttered and floured baking sheets; it should form a layer about 5 mm (¼ in) thick. Cook in a preheated oven at 180°C (350°F, gas 4) for 12–15 minutes. Cool on a wire rack after removing the rings.

Swiss roll

Beat 250 g (9 oz, 1 cup) caster (superfine) sugar with ½ tablespoon vanilla sugar and 5 egg yolks until very pale and thick enough to form a ribbon trail. Fold in 50 g (2 oz, ½ cup) each of flour and cornflour (cornstarch), then 5 egg whites stiffly whisked with a pinch of salt. Line a rectangular baking sheet with greaseproof (wax) paper and brush with clarified butter. Spread the mixture evenly using a metal spatula until it covers the whole buttered area to a thickness of about 1 cm (½ in). Cook in a preheated oven at 180°C (350°F, gas 4) for 10 minutes. The top of the cake should be just golden.

Meanwhile, prepare a syrup using 75 g (3 oz, ⅓ cup) granulated sugar, 60 ml (2 fl oz, ¼ cup) water and 3 tablespoons rum. Lightly toast 125 g (4½ oz, 1½ cups) flaked (slivered) almonds. When the cake is cooked, turn it out on

to a cloth and sprinkle with the syrup. Spread it with apricot jam (preserve) or raspberry jelly. Using the cloth, roll up the cake and trim the ends. Cover all the Swiss (jelly) roll with apricot glaze and decorate with the toasted almonds.

Tourons

Pound 250 g (9 oz, 2 cups) blanched almonds with 2 egg whites; add 200 g (7 oz, 1 cup) caster (superfine) sugar and knead the mixture on a marble worktop. Sprinkle with 2 tablespoons icing (confectioner's) sugar and roll out to a thickness of 5 mm (¼ in). Mix 100 g (4 oz, 1 cup) chopped pistachios with 200 g (7 oz, 1 cup) caster sugar and the zest of ½ an orange, very finely chopped. Add 100 g (4 oz) royal icing (frosting) and 2 whole eggs. Mix with a spatula and spread evenly over the almond paste. Cut into circles or rings and arrange on a buttered and floured baking sheet. Dry in a very cool oven.

Truffles in paprika

Melt 150 g (5 oz, 5 squares) bitter (bittersweet) chocolate. Add 175 ml (6 fl oz, ¾ cups) boiling whipping cream and mix well. Leave to cool. Finely chop 40 g (1½ oz, 3 tablespoons) prunes in Armagnac and incorporate into the paste. Shape into small balls and roll in a mixture of half unsweetened cocoa, half mild paprika. Store in a cold place.

Visitandines

A small round or boat-shaped cake, made of a rich mixture of egg whites, ground almonds, butter and sugar. After cooking, it is sometimes glazed with apricot jam (preserve) and iced (frosted) with fondant flavoured with kirsch. Visitandines, which were first made in monasteries, were invented as a means of using up surplus egg whites. Mix 500 g (18 oz, 2¼ cups) caster (superfine) sugar and 500 g (18 oz, 4½ cups) sifted plain (all-purpose) flour, then mix in

12 very lightly beaten egg whites little by little, stirring in well, and finally 800 g (1¾ lb, 3½ cups) melted butter (barely tepid). To finish, add 4 stiffly whisked egg whites. Fill buttered barquette moulds with small quantities of the mixture, using a piping (pastry) bag with a large smooth nozzle. Cook in a preheated oven at 220°C (425°F, gas 7) for about 10 minutes or just long enough for the cakes to be browned with the insides remaining soft.

Walnut cake

Cream 125 g (4½ oz, generous ½ cup) butter, then beat in 300 g (11 oz, 1½ cups) caster (superfine) sugar, 5 eggs (one by one), 125 g (4½ oz, generous 1 cup) ground almonds and 125 g (4½ oz, generous 1 cup) ground green walnut kernels. Then fold in 2 tablespoons rum and 75 g (3 oz, ¾ cup) sifted self-raising flour and mix well until smooth.

Butter a 20 cm (8 in) sandwich tin (layer cake pan), line the base with a circle of buttered greaseproof (wax) paper and transfer the mixture to the tin. Bake in a preheated oven at 200°C (400°F, gas 6) for 35–40 minutes. Allow the cake to cool in the tin before turning it out. Decorate with walnut halves.

Walnut surprises

In a heavy-based saucepan heat 250 g (9 oz, 1 cup) granulated sugar, 750 ml (1¼ pints, 3¼ cups) water and 25 g (1 oz) glucose. When the temperature reaches 115°C (240°F), take the pan off the heat and add, all at once, 125 g (4½ oz, 1 cup) ground almonds. Stir until the mixture acquires a sandy texture, then knead it by hand, blending in 5 drops of coffee essence (strong black coffee). Roll the paste out into a long thin sausage and cut it into 50 equal slices; roll each slice into a ball and flatten it slightly; moisten each side and press in a walnut half. Store in a cool place. To serve, put each petit four into a pleated paper case.

Pastries

Alcazar gâteau

This is a French gâteau made with a base of enriched shortcrust pastry (basic pie dough) covered with a layer of apricot marmalade and topped with a kirsch-flavoured almond meringue mixture. The gâteau is decorated with apricot marmalade and a lattice of almond paste. It keeps for two or three days.

Line a flan tin (pie pan) with 250 g (9 oz) *pâte sucrée*. Prick the base and spread with 2 tablespoons apricot marmalade or jam (preserve). Whisk 4 egg whites and 125 g (4½ oz, ½ cup) caster (superfine) sugar over heat to a stiff meringue, then fold in 50 g (2 oz, ½ cup) ground almonds, 50 g (2 oz, ½ cup) plain (all-purpose) flour and 2 tablespoons melted butter mixed with 1 tablespoon kirsch. Pour this mixture into the prepared flan (pie) case and cook in a preheated oven at 200°C (400°F, gas 6) until the top has browned. Turn the gâteau out of the tin and cool it on a wire tray.

Using a piping (pastry) bag with a fluted nozzle, pipe softened almond paste into a diamond-shaped lattice over the top of the gâteau and then as a border around the edge. Replace it in the oven to brown the almond paste. Over a low heat reduce 200 g (7 oz, ¾ cup) apricot marmalade or jam and fill each of the diamond shapes, then place half a pistachio nut in the centre of each one. If desired, the border may also be glazed with apricot jam and coated with chopped roasted pistachio nuts.

Almond choux fritters

To make about 20 fritters, use 500 g (18 oz) choux paste and 100 g (4 oz, 1 cup) shredded almonds. Scatter the almonds over a baking sheet and bake

in a preheated oven at 220°C (425°F, gas 7) until golden. Mix these almonds with the choux paste. In a deep pan, heat some oil to 175°C (345°F). Drop teaspoonfuls of paste into the oil to make the fritters, which turn over by themselves in the oil when they are cooked (about 6 minutes). Cook them in batches of 10. Drain the fritters on paper towels and serve them hot, sprinkled with plenty of icing (confectioner's) sugar. They may be accompanied with a fruit sauce, such as apricot, cherry or raspberry.

Almond darioles

Lightly butter 6 dariole moulds and line them with puff pastry. Prepare some frangipane cream using 75 g (3 oz, 6 tablespoons) caster (superfine) sugar, 75 g (3 oz, ¾ cup) plain (all-purpose) flour, 1 whole egg, 3 egg yolks, 500 ml (17 fl oz, 2 cups) milk, 6 crushed macaroons, 1 tablespoon ground almonds and 25 g (1 oz, 2 tablespoons) butter. Allow to cool completely, then fill the pastry-lined moulds with this mixture. Bake in a preheated oven at 220°C (425°F, gas 7) for about 30 minutes. Remove the pastries from the moulds and dust with icing (confectioner's) sugar. Alternatively, the moulds may be filled simply with frangipane cream, without the puff pastry.

Alsace tart

Beat 1 egg with 250 g (9 oz, 1 cup) caster (superfine) sugar, then add 125 g (4½ oz, ½ cup) melted butter. Work the mixture together. Gradually blend in 250 g (9 oz, 2¼ cups) sifted plain (all-purpose) flour, then 250 g (9 oz, generous 2¼ cups) ground almonds. Knead thoroughly, adding 1–2 tablespoons water if the dough is difficult to work. Roll out three-quarters of the dough to form a circle 1 cm (½ in) thick; place this on a buttered baking sheet. Roll out the remaining dough very thinly and cut it into narrow strips. Surround the pastry circle with one of the strips and

arrange the others crisscross fashion on the disc. Fill each section with a different jam (preserve) (such as strawberry or plum) and bake in a preheated oven at 200°C (400°F, gas 6) for 20 minutes. Serve lukewarm or cold.

Amandines à la duchesse

Make a dough with 150 g (5 oz, 1¼ cups) plain (all-purpose) flour, 75 g (3 oz, 6 tablespoons) softened butter, 3 tablespoons caster (superfine) sugar, a pinch of salt, 1 egg yolk and 4 teaspoons water. Roll it into a ball and place in the refrigerator. Beat 100 g (4 oz, ½ cup) butter until soft and mix into it 100 g (4 oz, ½ cup) caster sugar. Add 2 eggs, one at a time, and beat the mixture. Stir in 100 g (4 oz, 1 cup) ground almonds, then 50 g (2 oz, ½ cup) cornflour (cornstarch), and mix well. Add 100 ml (4 fl oz, 7 tablespoons) kirsch and mix until combined.

Roll out the chilled dough to a thickness of about 3 mm (⅛ in) and cut out 8 rounds with a pastry (cookie) cutter. Use these to line 8 buttered tartlet moulds and prick the bottom of each one with a fork. Put a few cooked redcurrants into each of the tartlets and cover with the almond mixture. Bake in a preheated oven at 200°C (400°F, gas 6) for 20 minutes. Allow the amandines to cool completely before turning them out of the moulds. Warm 100 g (4 oz, ⅓ cup) redcurrant jelly and use to glaze the amandines. Decorate the tops with redcurrants and keep in a cool place.

Apple and prune turnovers

Soak 250 g (9 oz, 1¾ cups) stoned (pitted) prunes in tepid water and 50 g (2 oz, ⅓ cup) washed currants in 4 tablespoons rum. Peel and thinly slice 4 good apples, then place in a stewpan with 5 tablespoons water and 50 g (2 oz, ¼ cup) caster (superfine) sugar. Leave to cook for 20 minutes, then blend and return to the pan with the drained currants and 25 g (1 oz,

2 tablespoons) butter; stir over a gentle heat to dry out. Put the drained prunes in another pan with 100 ml (4 fl oz, 7 tablespoons) weak tea, 50 g (2 oz, ¼ cup) sugar and the grated zest of 1 lemon; boil gently for 10 minutes, then blend and return to the pan to dry uncovered over a gentle heat.

Roll out 500 g (18 oz) puff pastry thinly on a floured board. Cut out 8 rounds, using a cutter 15 cm (6 in) in diameter, and elongate them slightly. Brush over the edges of the rolled-out pastry with beaten egg and fill half of each round with stewed apples and stewed prunes, without mixing them. Fold over the pastry and join the edges together, tucking them over each other and pressing down well. Arrange the turnovers on a moistened baking sheet and brush with beaten egg. Trace light diamond-shaped cuts in the pastry. Bake in a preheated oven at 220°C (425°F, gas 7) for about 25 minutes and serve them either warm or cold and dusted with icing (confectioner's) sugar.

Apple cream puffs

Fill some choux with a well-blended mixture of thick apple purée and a third of its weight of confectioner's custard (pastry cream) flavoured with Calvados. Dust the choux generously with icing (confectioner's) sugar.

Apple flan grimaldi

Peel and core 4 dessert (eating) apples and cut into quarters. Cook in a vanilla-flavoured syrup. Make a pastry dough with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 125 g (4½ oz, ½ cup) butter, 1 egg yolk, a pinch of salt and 2 tablespoons water. Roll into a ball and leave in a cool place for 1 hour. Roll it out, line a 22 cm (9 in) flan ring (pie pan), and bake blind.

Prepare some rice in milk using 150 g (5 oz, ¾ cup) round-grain rice. When it is cold, mix in 100 g (4 oz, ½ cup) chopped crystallized (candied) fruit, 100 g (4 oz, ½ cup) chopped candied orange peel, a small liqueur glass

of Curaçao and 50 g (2 oz, ¼ cup) butter. Fill the flan (pie) case with this mixture, level it off, then arrange the drained apple quarters on top. Sprinkle with crushed macaroons and caster (superfine) sugar and glaze in a pre-heated oven at 240°C (475°F, gas 9).

Apple puffs à la normande

Roll out 575 g (1¼ lb) puff pastry to a thickness of 2 cm (¾ in), cut it into two 20 cm (8 in) squares, prick them with a fork and place them side by side on a baking sheet. Blend 1 egg white with 75 g (3 oz, ¾ cup) icing (confectioner's) sugar for 2 minutes using a wooden spoon. Spread this icing (frosting) over one of the squares, then bake both squares for 12–15 minutes in a preheated oven at 200°C (400°F, gas 6).

Peel and slice 675 g (1½ lb) apples and cook them in 50 g (2 oz, ¼ cup) melted butter with 150 g (5 oz, ⅔ cup) caster (superfine) sugar for 15 minutes. Brown 25 g (1 oz, ¼ cup) flaked (slivered) almonds in a frying pan over a low heat, stirring them with a wooden spoon. Spread the cooked apples over the plain square, cover with the iced square and sprinkle with the toasted almonds. Serve warm.

Apple strudel

Mix 150 ml (¼ pint, ⅔ cup) tepid water in a bowl with a pinch of salt, 1 teaspoon vinegar and 1 egg yolk; add 1 tablespoon oil. Make a well in 250 g (9 oz, 2¼ cups) strong plain (bread) flour in a mixing bowl; pour the egg mixture into the centre, mix with the blade of a knife, then knead until the dough is elastic. Gather it into a ball and place it on a floured board; cover it with a scalded basin and leave it to stand for 1 hour.

Peel and dice 1 kg (2¼ lb) cooking apples; sprinkle with 3 tablespoons caster (superfine) sugar. Wash and wipe 200 g (7 oz, 1⅓ cups) raisins.

Spread a large floured tea towel (dish cloth) over the worktop and place the dough on it. Stretch the dough carefully using your knuckles; working from underneath it, brush with melted butter, then keep on stretching it until it is very thin, taking care not to tear it. Trim the edges to the shape of a large even rectangle.

Lightly brown a handful of breadcrumbs and 100 g (4 oz, 1 cup) chopped walnuts in 75 g (3 oz, 6 tablespoons) melted butter; spread this mixture evenly over the dough. Sprinkle with the prepared apples and raisins, then dust with 1 teaspoon cinnamon and 8 tablespoons caster sugar. Roll up the dough carefully to enclose all the ingredients, then slide the strudel on to a buttered baking sheet. Brush with 2 tablespoons milk. Cook in a preheated oven at 200°C (400°F, gas 6) for 40–45 minutes. When golden, take it out of the oven, dust with icing (confectioner's) sugar and serve lukewarm.

Apple tart

In a food processor blend 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 125 g (4½ oz, ½ cup) butter cut into pieces, and a large pinch of salt until the dough sticks to the sides of the bowl. Add 3 tablespoons water (or a little more) and operate the food processor again until the dough begins to bind together. Quickly shape the dough into a ball, wrap it in foil and chill for at least 2 hours.

Peel and finely slice 800 g (1¾ lb) apples and sprinkle with lemon juice. Roll out the dough to a thickness of 5 mm (¼ in) and use it to line a buttered and floured 25 cm (10 in) tart tin (pie pan). Arrange the slices of apple over the pastry base in concentric circles; sprinkle generously with granulated sugar and 50 g (2 oz, ¼ cup) melted butter. Bake in a preheated oven at 220°C (425°F, gas 7) for about 30 minutes, until the apples caramelize slightly. Serve lukewarm, accompanied by crème fraîche.

Apricot barquettes

Barquettes are small boat-shaped tarts made of shortcrust pastry (basic pie dough) or puff pastry, baked and filled with sweet or savoury ingredients.

For 15 barquettes, prepare pastry using 225 g (8 oz, 2 cups) sifted flour, 1 teaspoon salt, 1 tablespoon sugar, 1 egg yolk, 100 g (4 oz, ½ cup) butter, and about 7 tablespoons water. Roll out the pastry to a thickness of 3 mm (⅛ in). Cut with a fluted oval pastry (cookie) cutter. Line the moulds with the pastry, prick the bottom of each one, and sprinkle with a little icing (confectioner's) sugar. Remove the stones (pits) from the apricots and cut each one into four. Lay the apricot quarters lengthways in the pastry boats, skin-side down. Bake in a preheated oven at 200°C (400°F, gas 6) for about 20 minutes. Turn out and allow to cool on a wire rack. Coat each barquette with sieved apricot jam (preserve) and decorate with 2 blanched almonds. Puff pastry can also be used. Alternatively, the pastry boats may be baked blind, filled with French butter cream and topped with apricots cooked in syrup.

Apricot jam Dartois

Prepare 500 g (1 lb 2 oz) puff pastry and chill for 1 hour. Then divide the pastry in half and roll each half into a rectangle 15 cm (6 in) wide, 25 cm (10 in) long and 3 mm (⅛ in) thick. Place one of the rectangles on a baking sheet and cover with about 400 g (14 oz, 1¼ cups) apricot jam (preserve). Cover with the second rectangle of pastry and bake in a preheated oven at 220°C (425°F, gas 7) for about 15 minutes. Dust with icing (confectioner's) sugar and return to the oven to caramelize for 5 minutes. Serve warm.

Apricot tart

Make 350 g (12 oz) shortcrust pastry (basic pie dough) Roll it out to a thickness of 5 mm (¼ in) and use it to line a 24 cm (9½ in) buttered and

floured flan tin (pie pan). Chill for 30 minutes. Prick the bottom with a fork. Stone (pit) 800 g (1¾ lb) very ripe apricots and arrange the halves on the bottom of the tart case, with the cut sides against the pastry. Sprinkle with 5 tablespoons caster (superfine) sugar. Bake in a preheated oven at 200°C (400°F, gas 6) for about 40 minutes. Turn out on to a wire rack. Spread the top with 3 tablespoons apricot compote, sieved and boiled down. Serve cold.

Apricot tourte

Place some thinly rolled-out shortcrust pastry (basic pie dough) in a *tourtière* or deep flan dish (pie pan) lightly moistened in the middle. Trim it to size, prick the base and moisten the edge, fixing around it a band of puff pastry 3 cm (1¼ in) wide and 1 cm (½ in) thick to form the rim. Fill the tourte with stoned (pitted) fresh apricots, without letting the fruit touch the pastry rim (which would prevent it from rising evenly during cooking). Brush the upper surface of the rim with egg and score it lightly with the point of a knife. Bake in a preheated oven at 190°C (375°F, gas 5) for about 45 minutes. About 5 minutes before it is cooked, sprinkle lightly with icing (confectioner's) sugar to provide a glaze.

Many other fruits can be used, cooked or uncooked, whole or cut up: pineapple, cherries, nectarines, pears, apples or plums.

Baklavas with pistachio nuts

In a food processor mix 575 g (1¼ lb, 5 cups) plain (all-purpose) flour, 25 g (1 oz) salt and enough water to obtain a firm, elastic dough. Make 12 balls of equal size. Flatten the first ball with the hand. Sprinkle a pinch of cornflour (cornstarch) over it to prevent it from sticking. Place a second ball on top. Flatten this with the hand and sprinkle a pinch of cornflour over it. Repeat with the other 10 balls. This results in a pastry consisting of 12 layers.

Gradually flatten this pastry with a rolling pin, taking care not to crush or tear it, stretching it gently along the edges in order to obtain a circle of about 30 cm (12 in) in diameter. Cover the pastry with a cloth and allow to rest for about 1 hour.

Then remove the first layer of the pastry, turn it over and sprinkle it with a pinch of cornflour. Repeat with the other layers, so that both sides of each layer are coated with cornflour, and pile them on top of each other again. Sprinkle cornflour on a marble surface and place the stack of pastry on top, then stretch it out gently with the hands into a circle 50 cm (20 in) in diameter and 3–4 cm (1¼–1½ in) thick. Because the top stretches more than the bottom, turn the stack of pastry over and repeat the stretching operation. Roll out carefully with a very long rolling pin into a circle about 80 cm (32 in) in diameter. Place the rolling pin in the middle of the pastry and roll 6 layers around it, one by one, sprinkling each with cornflour, then roll them on the table. Repeat the operation with a second rolling pin and the 6 remaining layers. Finally, bring the 12 layers together; by now they will have become extremely thin.

Chop shelled pistachio nuts. Place the pastry over an ovenproof dish 70 cm (28 in) in diameter. The edges will overhang by about 20 cm (8 in); cut out the circle of pastry and set aside. Cut the rest into 4–6 diamond shapes. Divide these shapes in two (6 layers) and place half in the dish. Decorate with the chopped pistachio nuts and cover with the other half (6 layers). Cover the diamonds with the circle of pastry. Melt 1.5 kg (3¼ lb, 6½ cups) butter and pour slowly on to the pastry. Allow to rest for 30 minutes.

Bake in a preheated oven at 180°C (350°F, gas 4) for 20–30 minutes. Take the baklavas out of the oven and allow to cool. Mix 7 parts of sugar, 2 parts of water and 2 tablespoons orange flower water and cook gently for 5 minutes. Pour the hot syrup over the baklavas and leave them to cool.

Basque tart

In a mixing bowl blend 300 g (11 oz, 2¾ cups) sifted plain (all-purpose) flour, 4 egg yolks, a pinch of salt, 2 teaspoons baking powder, 100 g (4 oz, ½ cup) caster (superfine) sugar and 50 g (2 oz, ¼ cup) softened butter; gradually add sufficient milk to obtain a pliable yet firm dough. Put aside for 1 hour. Roll out the dough and line a buttered 25 cm (10 in) flan tin (pie pan). Prick the base with a fork and bake blind in a preheated oven at 200°C (400°F, gas 6) for 20 minutes.

Meanwhile, peel and quarter 12 apples. Remove the cores and sprinkle with the quarters with lemon juice. Melt 100 g (4 oz, ½ cup) butter in a saucepan, cook the apples to a pale golden colour, sprinkle with 100 g (4 oz, ½ cup) caster sugar and gently stir. Arrange the apples on the tart base in a rosette and sprinkle with the butter they were cooked in. Sprinkle with 2 tablespoons granulated sugar and glaze for 5 minutes, in a very hot oven or under the grill (broiler).

Beauharnais barquettes

Bake some pastry barquette cases blind. Peel some bananas, mash the flesh and add lemon juice and a little white rum. Fill the barquettes with the mixture and bake in a preheated oven at 240°C (475°F, gas 9) for 7–8 minutes, then sprinkle with a little stale, finely crumbled brioche and melted butter. Bake for a further 5 minutes in a very hot oven.

Belgian cassonade tart

Make some pastry using 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 125 g (4½ oz, ½ cup) butter, a pinch of salt, and 4 tablespoons cold water. Roll into a ball and leave to rest for 3–4 hours. Then use it to line a tart tin (pan) and bake blind in a preheated oven at 200°C (400°F, gas 6). Grind 150–200 g

(5–7 oz, 1¼–1¾ cups) almonds in a blender and mix with 3 egg yolks, 200 ml (7 fl oz, ¾ cup) double (heavy) cream, and 300 g (11 oz, 1⅔ cups) cassonade (raw brown sugar). Beat 3 egg whites until they form stiff peaks and add to the mixture. Pour into the tart case and bake for about 40 minutes.

Bilberry flan

Make some shortcrust pastry (basic pie dough) with 200 g (7 oz, 1¾ cups) plain (all-purpose) flour, 100 g (4 oz, ½ cup) butter cut into pieces, a pinch of salt, 1 tablespoon caster (superfine) sugar and 3 tablespoons cold water. Form into a ball and leave it to stand for 2 hours.

Wash and dry 300 g (11 oz, 2¾ cups) fresh bilberries (or use frozen fruit). Prepare a syrup with 100 g (4 oz, ½ cup) sugar and 250 ml (8 fl oz, 1 cup) water. Simmer for 5 minutes, then add the bilberries and leave to soak for 5 minutes. Return to a gentle heat and cook for 8 minutes, until all the syrup has been absorbed.

Roll out the pastry and line a buttered 23 cm (9 in) flan tin (pie pan). Line with greaseproof (wax) paper, sprinkle with baking beans and bake blind in a preheated oven at 200°C (400°F, gas 6) for 12 minutes. Remove the paper and beans, and continue cooking for a further 6–7 minutes until the flan base is golden. Leave until lukewarm before unmoulding.

Fill the cold pastry case with the bilberries, smoothing the top. Warm together 2 tablespoons apricot purée and 1 teaspoon water, sieve and coat the bilberries with the glaze. Leave until cold.

Prepare a Chantilly cream by whipping 7 tablespoons double (heavy) cream with 1 tablespoon chilled milk, 1 teaspoon vanilla sugar and 1 tablespoon icing (confectioner's) sugar. Using a piping (pastry) bag fitted with a fluted nozzle, pipe the cream on top of the tart and decorate with a few sugared violets, if wished.

Blackberry tartlets

Put into a food processor 200 g (7 oz, 1¾ cups) plain (all-purpose) flour, 5 tablespoons sugar and 1 egg, and work to a coarse dough. Add 100 g (4 oz, ½ cup) softened butter cut into small pieces and work quickly until smooth. Form into a ball and leave it to stand for 2 hours.

Roll out the dough and use to line 6 buttered tartlet tins (moulds). Prick the bottom with a fork, sprinkle with caster (superfine) sugar and fill with 800 g (1¾ lb) washed blackberries, packing them closely together. Sprinkle with sugar again. Bake the tartlets in a preheated oven at 200°C (400°F, gas 6) for about 30 minutes. Remove from the oven, leave until lukewarm, then unmould them on to a wire rack. Serve warm or cold accompanied by crème fraîche, or with piped Chantilly cream. A tart is prepared in the same manner.

Bourdaloue pear tart

Roll out some shortcrust pastry (basic pie dough) thinly. Use to line a buttered pie dish, making a little crest along the edge. Cover the pastry with a layer of frangipane cream and arrange thinly sliced pears in syrup on top. Cook in a preheated oven at 190°C (375°F, gas 5) for 30 minutes. Leave to cool, then coat with apricot glaze.

British-style apple pie

Make shortcrust pastry (basic pie dough) using 225 g (8 oz, 2 cups) plain (all-purpose) flour and 100 g (4 oz, ½ cup) butter. Instead of all butter, half white vegetable fat (shortening) and half butter can be used. Roll out a small portion of pastry into a strip and press this on to the dampened rim of a deep pie dish. Peel, core and slice 900 g (2 lb) cooking apples, such as Bramleys, and place them in the dish, adding 100 g (4 oz, ½ cup) sugar between the layers. Distribute 6 cloves among the layers of apple.

Roll out the remaining pastry and use to cover the top of the pie, dampening the pastry rim with water and pressing the edge firmly to seal in the fruit. Make several slits or a hole in the middle of the pie and decorate the top with pastry trimmings. Brush with milk and bake in a preheated oven at 200°C (400°F, gas 6) for 15 minutes. Reduce the oven temperature to 180°C (350°F, gas 4) and cook for a further 30 minutes, until browned. Sprinkle with caster (superfine) sugar and cool slightly before serving.

Chantilly cream puffs

These pastries are made to resemble swans. Prepare some choux paste, using the quantities in the basic recipe, and place it in a piping (pastry) bag fitted with a plain 1.5 cm (⅝ in) diameter nozzle. On to a lightly oiled baking sheet, pipe 10 oval-shaped buns, each about the size of a soup spoon. Now replace the nozzle with one 4–5 mm (about ¼ in) in diameter and pipe 10 'S' shapes, 5–6 cm (2–2½ in) long on to another oiled baking sheet. Cook the 'S' shapes, which will form the swans' necks, following the basic recipe, allowing about 15 minutes for the 'S' shapes once the temperature has been reduced and 20–25 minutes for the buns.

During this time, prepare the Chantilly cream, using 400 ml (14 fl oz, 1¾ cups) very cold double (heavy) cream, 100 ml (4 fl oz, 7 tablespoons) extremely cold milk, 40 g (1½ oz, 3 tablespoons) caster (superfine) sugar and 1 tablespoon vanilla-flavoured sugar. Place the cream, milk and vanilla sugar into a chilled bowl and begin to whip. When the cream starts to thicken, add the caster sugar while continuing to whip. Place the cream in cool place until it is needed.

Split and cool the buns. Cut the top off each bun and cut the tops in half lengthways to form the swans' wings. Fit the piping bag with a large-diameter fluted nozzle, fill the bag with the Chantilly cream and fill the buns with it,

forming a dome on each. Place a 'neck' at one end of each bun and stick the 'wings' into the cream on either side. Dust with icing (confectioner's) sugar.

Cherry cream puffs

Prepare some confectioner's custard (pastry cream), flavour it with kirsch and add some stoned (pitted) well-drained cherries in syrup. Separately prepare some white fondant icing (frosting) flavoured with kirsch. Fill some cooked choux buns with the cherry cream. Heat the fondant icing until it is runny, ice the tops of the puffs and leave to cool completely.

Cherry flan

Line a flan ring (pie pan) with sweetened pastry (*pâte sucrée*) and bake blind. Remove the stalks and stones (stems and pits) from 400 g (14 oz, 2 cups) black cherries (Bing cherries). Boil 300 ml (½ pint, 1¼ cups) milk with a vanilla pod (bean) split in two and then stir in 3 tablespoons double (heavy) cream. Beat 3 eggs with 100 g (4 oz, ½ cup) caster (superfine) sugar in a bowl, add the vanilla-flavoured milk and whisk until the mixture has cooled completely. Place the cherries in the flan case (pie shell) and carefully pour the mixture over. Cook in a preheated oven at 190°C (375°F, gas 5) for 35–40 minutes. Serve either lukewarm or cold, sprinkled with sugar if wished.

Cherry tart

Line a flan tin (pie pan) with shortcrust pastry (basic pie dough) and fill with ripe stoned (pitted) cherries. Whisk together 100 g (4 oz, ½ cup) caster (superfine) sugar and 2 whole eggs, then blend in 200 ml (7 fl oz, ¾ cup) milk and 50 g (2 oz, ½ cup) plain (all-purpose) flour. Pour this cream over the cherries and bake the tart in a preheated oven at 200°C (400°F, gas 6) for about 30 minutes.

Chestnut barquettes

Barquettes are small boat-shaped tarts made of shortcrust pastry (basic pie dough) or puff pastry, baked and filled with sweet or savoury ingredients.

Bake some pastry barquette cases blind and then fill them with chestnut cream. They can be decorated with piped whipped cream and a sugar violet. Alternatively, shape the cream into a dome with two sides and ice (frost) one side with coffee icing (frosting) and the other with chocolate icing and top with piped *crème au beurre*.

Chiboust coffee cream puffs

Prepare enough choux paste for 12 puffs. Using a piping (pastry) bag, pipe the paste into balls on a buttered baking sheet and sprinkle with shredded almonds. Cook them, leave to cool, then fill with Chiboust cream flavoured with coffee. Cool before serving so that the cream becomes firm.

Chocolate cream puffs

Prepare some confectioner's custard (pastry cream) and flavour it with melted chocolate. Separately prepare some chocolate fondant icing (frosting) using 200 g (7 oz, ¾ cup) fondant icing and 50 g (2 oz, ½ cup) cocoa blended with 2 tablespoons water. Fill some choux buns with the chocolate custard and coat with the fondant icing. Leave to set.

Chocolate éclairs

Prepare some choux paste with 125 g (4½ oz, 1 cup) plain (all-purpose) flour, 65 g (2½ oz, 5 tablespoons) butter, a large pinch of salt, 250 ml (8 fl oz, 1 cup) water and 4 eggs. Using a piping (pastry) bag with a smooth nozzle, 2 cm (¾ in) in diameter, pipe thick fingers of dough, 6–7.5 cm (2½–3 in) long, on to a baking sheet, well spaced apart so that they will be able to rise

without sticking together. Beat an egg yolk with a little milk and use to glaze the éclairs. Bake the éclairs in a preheated oven at 190°C (375°F, gas 5) until pale golden in colour. This will take 20 minutes at the most. The inside must still be soft. Leave the éclairs to cool, then split them down one side.

Make a confectioner's custard (pastry cream) with 50 g (2 oz, ½ cup) plain flour, 1 egg, 2 egg yolks and 50 g (2 oz, ¼ cup) caster (superfine) sugar. Add 1 tablespoon cocoa (unsweetened cocoa) to the mixture. Leave to cool, then put into a piping bag and use to fill the éclairs. Heat 200 g (7 oz, 1 cup) fondant icing (frosting) over a low heat, add 50 g (2 oz, 2 squares) melted dark chocolate, and mix well. Coat the top of the éclairs and leave to cool.

Chocolate mille-feuille

Mix 1.5 kg (3¼ lb, 13 cups) plain (all-purpose) flour, 2 tablespoons fine salt and 575 g (1¼ lb, 2½ cups) butter. Add 3 tablespoons milk and 400 ml (14 fl oz, 1¾ cup) double (heavy) cream. Stir without giving too much shape to the dough. Rest for 4 hours.

Work 300 g (11 oz, 3½ cups) cocoa powder into 1.25 kg (2¾ lb, 5½ cups) butter. Roll out the dough into a square and put in a cool place. Now place the marbled butter in the middle of the square and fold the ends of the dough over the butter to enclose it. Roll out again, fold into three again, then allow to rest for 30 minutes. Repeat this operation 5 times, allowing the pastry to rest each time for 30 minutes between operations. Finally roll out the pastry to a thickness of 3 mm (⅛ in). Cut into 3 strips and allow to rest for 30 minutes. Trim the ends of the strips and place on a baking sheet. Bake in a preheated oven at 200°C (400°F, gas 6) for 5 minutes, then at 150°C (300°F, gas 2) for 1 hour 10 minutes. Cool on a wire rack.

Bring 750 ml (1¼ pints, 3¼ cups) milk to the boil. In a mixing bowl, beat 8 egg yolks with 100 g (4 oz, ½ cup) caster (superfine) sugar until the mixture

turns a pale yellow. Add 50 g (2 oz, ½ cup) plain flour, then 150 g (5 oz, 1¾ cups) cocoa powder but without stirring. Pour the boiling milk into the egg mixture, stir, bring to the boil and cook for 3 minutes. Pour into a bowl and cover with cling film (plastic wrap). Allow to cool.

Sandwich the chocolate pastry together with the chocolate confectioner's custard (pastry cream), spreading it thickly. Decorate with mint leaves and cocktail cherries, and serve with a chocolate sauce.

Chocolate profiteroles

Prepare some choux paste with 250 ml (8 fl oz, 1 cup) water, a pinch of salt, 2 tablespoons sugar, 125 g (4½ oz, 1 cup) plain (all-purpose) flour and 4 eggs. Using a piping (pastry) bag with a plain nozzle, pipe out balls of dough the size of walnuts on to a greased baking sheet and brush them with beaten egg. Cook in a preheated oven at 200°C (400°F, gas 6) for about 20 minutes until crisp and golden; allow to cool in the oven.

Meanwhile melt 200 g (7 oz, 7 squares) plain (semisweet) chocolate with 100 ml (4 fl oz, 7 tablespoons) water in a bain marie; add 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream and stir well. Prepare some Chantilly cream by whipping 300 ml (½ pint, 1¼ cups) double cream with 100 ml (4 fl oz, 7 tablespoons) very cold milk, then 75 g (3 oz, 6 tablespoons) caster (superfine) sugar and 1 teaspoon vanilla sugar. Split the profiteroles on one side and fill them with the Chantilly cream, using a piping bag. Arrange in a bowl and serve with the hot chocolate sauce.

Chocolate tart

Prepare a chocolate pâte sablée with 125 g (4½ oz, ½ cup) butter, 50 g (2 oz, ⅓ cup) icing (confectioner's) sugar, 50 g (2 oz, ½ cup) ground almonds, 1 egg, 175 g (6 oz, 1½ cups) plain (all-purpose) flour and 3 tablespoons sifted

cocoa powder. Allow to rest for 2 hours in a cool place. Roll out the pastry and line a flan tin (pie pan). Bake blind in a preheated oven at 180°C (350°F, gas 4) for about 40 minutes and leave to cool.

Bring 250 ml (8 fl oz, 1 cup) single (light) cream to the boil with 100 g (4 oz, ⅔ cup) glucose. Pour on to 200 g (7 oz, 7 squares) cooking chocolate with 80% cocoa content, broken up into small pieces, and 50 g (2 oz, ¼ cup) pure cocoa paste. Add 50 g (2 oz, ¼ cup) butter. Allow to cool but not thicken. Sprinkle 25 g (1 oz, ¼ cup) toasted chopped almonds in the bottom of the pastry case and pour the chocolate ganache on top. Allow to set.

Choux à la cévenole

Prepare some sweet choux buns. Mix together equal volumes of chestnut cream and whipped cream sweetened with vanilla-flavoured sugar and fill the choux with it.

Coffee cream puffs

Fill some cooked choux buns with confectioner's custard (pastry cream) flavoured with coffee essence (strong black coffee). Prepare 200 g (7 oz, ¾ cup) fondant icing (frosting), flavour it with coffee essence (or instant coffee made up with 2 tablespoons of water) and heat until it is runny. Ice the tops of the puffs with the fondant and leave to cool completely.

Coffee éclairs

Prepare some choux paste with 125 g (4½ oz, 1 cup) plain (all-purpose) flour, 65 g (2½ oz, 5 tablespoons) butter, a large pinch of salt, 250 ml (8 fl oz, 1 cup) water and 4 eggs. Using a piping (pastry) bag with a smooth nozzle, 2 cm (¾ in) in diameter, pipe thick fingers of dough, 6–7.5 cm (2½–3 in) long, on to a baking sheet, spaced well apart so that they will be able to rise

without sticking together. Beat an egg yolk with a little milk and use to glaze the éclairs. Bake the éclairs in a preheated oven at 190°C (375°F, gas 5) until pale golden in colour. This will take 20 minutes at the most. The inside must still be soft. Leave the éclairs to cool, then split them down one side.

Make a confectioner's custard (pastry cream) with 50 g (2 oz, ½ cup) plain flour, 1 egg, 2 egg yolks and 50 g (2 oz, ¼ cup) caster (superfine) sugar. Flavour the cream filling with 2 teaspoons instant coffee dissolved in 250 ml (8 fl oz, 1 cup) milk brought to the boil with 40 g (1½ oz, 3 tablespoons) unsalted butter. Leave to cool completely, then put into a piping bag and use to fill the eclairs. Heat 200 g (7 oz, 1 cup) fondant icing (frosting) over a low heat and add coffee essence (extract), drop by drop to taste, mixing well. Coat the top of the éclairs and leave to cool.

Coffee or chocolate tartlets

Line some greased tartlet tins (pans) with pâte sablée. Prick the bottom with a fork and bake blind for about 10 minutes. Allow to cool. Then, using a piping (pastry) bag, fill some of the cases with coffee *crème au beurre* and the remainder with Chantilly cream flavoured with chocolate and rum.

Coffee religieuses

Make some choux paste with 250 ml (8 fl oz, 1 cup) water, a pinch of salt, 65 g (2½ oz, 5 tablespoons) butter, 1 teaspoon sugar, 125 g (4½ oz, 1 cup) plain (all-purpose) flour and 3–4 eggs. Pipe bun shapes on to a baking sheet so that half of them are twice the size of the others. Bake in a preheated oven at 200°C (400°F, gas 6) for 30 minutes, then leave to cool in the oven with the door ajar.

Make some *crème au beurre* with 4 egg yolks, 125 g (4½ oz, ½ cup) caster (superfine) sugar, 60 ml (2 fl oz, ¼ cup) water, 125 g (4½ oz, ½ cup) creamed butter and 1 teaspoon vanilla sugar.

Prepare some Chiboust cream with 6 egg yolks, 200 g (7 oz, 1 cup) caster sugar, 75 g (3 oz, ¾ cup) flour or 50 g (2 oz, ½ cup) cornflour (cornstarch), 1 litre (1¾ pints, 4⅓ cups) milk, 4 leaves of gelatine and 4 egg whites. Flavour it with ½ teaspoon coffee essence (strong black coffee) and allow to cool completely. Fill all the choux pastries with the Chiboust cream.

Melt 400 g (14 oz) fondant icing (frosting), flavour it with ½ teaspoon coffee essence and use it to ice all the choux pastries. Before the icing sets, stick the small buns on to the larger ones. Using a piping (pastry) bag with a fluted nozzle, decorate the top of each cake with a rosette of *crème au beurre*, then run a ribbon of butter cream around the joint of the 2 buns. Keep in a cool place until ready to serve.

Condé cakes

Roll out some puff pastry to a thickness of about 5 mm (¼ in). Cut out strips 7.5–10 cm (3–4 in) wide and cut these into rectangles 4 cm (1½ in) wide. Coat the top of the rectangles with Condé icing (frosting) (royal icing with almonds) and then sprinkle with icing (confectioner's) sugar. Place the cakes on a baking sheet and cook in a preheated oven at 200°C (400°F, gas 6) until they are just golden. They may be split while still warm and filled with a little sieved strawberry jam (preserve).

Curd cheese (me'gin) tart à la mode de Metz

Prepare a shortcrust pastry (basic pie dough) tart base (shell). Mix 200 g (7 oz, 1 cup) well-drained curd cheese (called *fremgin* or *me'gin*), 100–200 ml (4–7 fl oz, ½–¾ cup) crème fraîche, 3 beaten eggs, 2–3 tablespoons caster (superfine) sugar and a pinch of salt; flavour, if desired, with 1 teaspoon vanilla sugar or some vanilla essence (extract). Fill the base with this mixture and bake in a preheated oven at 200°C (400°F, gas 6) for about 35 minutes.

Danish cherry flan

Remove the stones (pits) from some bigarreau cherries and macerate the fruit with sugar and a pinch of cinnamon. Line a flan dish (pie pan) with shortcrust pastry (basic pie dough) and fill with the stoned cherries. Mix 125 g (4½ oz, ½ cup) butter, 125 g (4½ oz, ½ cup) caster (superfine) sugar, 125 g (4½ oz, 1 cup) ground almonds, 2 beaten eggs and the juice from the cherries. Cover the cherries with this mixture and bake in a preheated oven at 220°C (425°F, gas 7) for 35–40 minutes. Leave to cool, then cover with redcurrant jelly and a white rum-flavoured icing (frosting).

Doullins

Mix 500 g (18 oz, 4½ cups) plain (all-purpose) flour, 350 g (12 oz, 1½ cups) softened butter, 2 eggs, 3 tablespoons milk, 1½ tablespoons caster (superfine) sugar and 1 teaspoon salt to make a smooth dough. Roll it into a ball and place in the refrigerator while cooking the pears.

Peel and core 8 small pears and place a knob of butter in the centre of each. Cook in a preheated oven at 190°C (375°F, gas 5) for 10 minutes. Remove and allow them to get completely cold. (Do not turn the oven off.)

Roll out the pastry to a thickness of about 3 mm (⅛ in) and cut it into 8 squares of equal size. Place a well-drained pear in the centre of each square and fold the corners upwards, stretching the pastry a little. Pinch the sides and the top with damp fingers to seal. Draw lines on the pastry with the point of a knife. Glaze with an egg yolk beaten in 2 tablespoons milk and bake in the oven for 25–30 minutes. Serve hot, warm, or cold, with crème fraîche.

Fig tart

Prepare 350 g (12 oz) shortcrust pastry (basic pie dough) and use it to line a 23 cm (9 in) flan ring (pie pan). Prick and bake blind. Allow it to cool. Peel

and halve some fresh figs and leave for 30 minutes. Mix a little rum with some apricot jam (preserve), sieve the mixture and spread it over the base of the flan. Arrange the drained fig halves on top, coat them with apricot jam and decorate with Chantilly cream.

Frangipane Dartois

Prepare 500 g (1 lb 2 oz) puff pastry and chill for 1 hour. To make the frangipane, soften 100 g (4 oz, ½ cup) butter with a wooden spatula. Blend 2 egg yolks in a mixing bowl with 125 g (4½ oz, 1 cup) ground almonds, 125 g (4½ oz, ½ cup) caster (superfine) sugar, a little vanilla essence (extract) and the softened butter. Cut the pastry into two rectangles 25 cm (10 in) long and 15 cm (6 in) wide. Place one of the rectangles on a baking sheet and cover with about 400 g (14 oz, 1¼ cups) frangipane. Cover with the second rectangle of pastry and bake in a preheated oven at 220°C (425°F, gas 7) for about 15 minutes. Dust with icing (confectioner's) sugar and return to the oven to caramelize for 5 minutes. Serve warm.

French-style double-crust apple pie

Rub 100 g (4 oz, ½ cup) butter into 200 g (7 oz, 1¾ cups) plain (all-purpose) flour. Add ½ teaspoon salt and gradually add about 4 tablespoons water. Knead to form a soft ball of dough that does not stick to the bowl. Allow the pastry to rest in a cool place for at least 20 minutes, then divide it into two pieces, one larger than the other.

Butter a china manqué mould or deep ovenproof dish. Roll out the larger piece of dough and line the bottom and the sides of the mould. Mix 2 heaped tablespoons plain flour, 2 heaped tablespoons soft brown sugar, a pinch of vanilla powder, ½ teaspoon ground cinnamon and a pinch of grated nutmeg. Sprinkle half of this mixture over the pastry. Peel 800 g (1¾ lb) pippin

(eating) apples, cut into quarters, then into slices. Arrange these on the pastry, forming a dome in the centre. Add a dash of lemon juice and sprinkle with the remaining spice mixture. Roll out the second piece of pastry and cover the pie, sealing the edges with beaten egg. Make an opening in the centre. Glaze the top with the beaten egg. Put in a preheated oven at 230°C (450°F, gas 8). After 10 minutes, reduce the oven temperature to 180°C (350°F, gas 4), glaze again with the egg and return to the oven. It may be glazed again a third time if desired. Cook for a total of 50 minutes. Serve on its own, with crème fraîche, blackberry coulis or some ice cream.

Galette des rois

Galette des rois or *gâteau des rois* is the traditional French Twelfth-Night cake, with the bean to be found in one lucky portion. The person finding the bean is appointed king or queen for the occasion.

Roll out 500 g (18 oz) puff pastry and cut out 2 circles. Place one on a baking sheet and brush the edge with beaten egg. Mix 100 g (4 oz, ½ cup) softened butter with 100 g (4 oz, ½ cup) sugar, 100 g (4 oz, 1 cup) ground almonds, a few drops of vanilla essence (extract) and 1 tablespoon rum. Mix in 200 g (7 oz) confectioner's custard (pastry cream). Spread the almond mixture on the pastry on the baking sheet, leaving the glazed edge uncovered, and put in a dried bean. Cover with the other circle of pastry and press the edges together, then trim them with a pastry cutter. Brush with beaten egg. Allow to rest for 1 hour in the refrigerator and bake in a preheated oven at 190°C (375°F, gas 5) for 25 minutes.

Gâteau flamand

Make a smooth pastry dough by mixing 175 g (6 oz, 1½ cups) sifted plain (all-purpose) flour, 65 g (2½ oz, 5 tablespoons) butter, 50 g (2 oz, ¼ cup)

sugar, 1 egg and a pinch of salt. Roll it out to a thickness of 3 mm (⅛ in) and use to line a buttered manqué mould or sandwich tin (layer cake pan) 20 cm (8 in) in diameter. Place it in the refrigerator.

For the filling, mix together 125 g (4½ oz, ⅔ cup) caster (superfine) sugar, 1 teaspoon vanilla sugar and 100 g (4 oz, 1 cup) ground almonds. Whisk in 3 egg yolks, one by one, then add 3 tablespoons kirsch and continue to whisk the mixture until it turns white. Then add 25 g (1 oz, ¼ cup) cornflour (cornstarch). Whisk 3 egg whites until very stiff and blend them into the mixture together with 40 g (1½ oz, 3 tablespoons) melted butter.

Pour the filling into the lined mould and bake in a preheated oven at 200°C (400°F, gas 6) for about 45 minutes. Then remove from the oven and allow to cool for at least 15 minutes before taking out of the mould. Melt 200 g (7 oz, 1 cup) fondant very slowly in a saucepan. Blend in 3 tablespoons kirsch and spread the fondant over the cake. Decorate with glacé (candied) cherries and sticks of angelica.

Gâteau nantais

A cake made of *pâte sablée* mixed with ground almonds or chopped crystallized (candied) fruit and flavoured with kirsch or rum. It may be baked as a large flat cake or as small biscuits (cookies) cut out with a round fluted pastry (cookie) cutter and decorated with chopped almonds, chopped crystallized fruit or raisins.

Cream 150 g (5 oz, ⅔ cup) butter with a spatula. Mix 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 150 g (5 oz, ⅔ cup) sugar and a pinch of salt in a bowl. Add the butter, 3 egg yolks, 1 tablespoon rum and 125 g (4½ oz, 1 cup) diced candied angelica. Work these ingredients together to make a smooth paste, roll it into a ball, flatten it out with the palms of the hands, again roll into a ball, and leave in a cool place for 2 hours. Roll the paste out

into a circle 2 cm (¾ in) thick and place it on an oiled baking sheet. Mix 1 egg yolk with 1 tablespoon water and brush it over the surface of the gâteau. Sprinkle with chopped almonds. Cook in a preheated oven at 200°C (400°F, gas 6) for 35 minutes. Serve when cold.

Gâteau polka

A gâteau consisting of a ring of choux pastry on a base of shortcrust pastry (basic pie dough), filled with confectioner's custard (pastry cream) or frangipane cream, then dusted with sugar and caramelized with a red-hot skewer forming a crisscross pattern. Small polkas can also be made.

Make a short pastry with 50 g (2 oz, ¼ cup) softened butter, 125 g (4½ oz, 1 cup) plain (all-purpose) flour, 1 tablespoon caster (superfine) sugar and 1 egg yolk. When smooth, roll it into a ball and chill in the refrigerator. Make a confectioner's custard (pastry cream) with 1 litre (1¾ pints, 4⅓ cups) milk, 6 eggs, 200 g (7 oz, ¾ cup) caster sugar, 175 g (6 oz, 1½ cups) plain flour and 100 ml (4 fl oz, 7 tablespoons) rum. Leave to cool.

Roll the dough thinly into a circle 20 cm (8 in) in diameter. Place on a buttered baking sheet and prick. Make some choux pastry with 120 ml (4½ fl oz, ½ cup) water, 25 g (1 oz, 2 tablespoons) butter, 1 tablespoon caster sugar, a pinch of salt, 65 g (2½ oz, ⅔ cup) plain flour and 2 beaten eggs. Place in a piping (pastry) bag with a plain nozzle 1.5 cm (⅝ in) in diameter. Brush the rim of the pastry circle with beaten egg and pipe the choux pastry in a border 5 mm (¼ in) from the edge. Brush this border with beaten egg.

Bake in a preheated oven at 200°C (400°F, gas 6) for 20 minutes, covering the centre of the circle with foil if the pastry browns too quickly. Leave to cool completely, then pour the confectioner's custard into the centre. Sprinkle with granulated sugar. Carefully heat a metal skewer in a flame until it is red hot and then mark a criss-cross pattern on the top of the custard.

German cherry tart

Prepare some puff pastry and roll it out to a thickness of 5 mm (¼ in). Use it to line a flan tin (pie pan), moistening the edges of the pastry and pinching them to make a border. Prick the base with a fork. Sprinkle with a little caster (superfine) sugar and a pinch of powdered cinnamon. Over the base arrange some stoned (pitted) cherries (fresh or canned, well-drained) and bake in a preheated oven at 200°C (400°F, gas 6) for about 30 minutes. Allow to cool, then coat the top with a generous layer of sweetened cherry purée, prepared by cooking some cherries in sugar. To finish, bake some fine breadcrumbs to a pale golden colour in the oven and sprinkle them over the tart.

The cherries may be replaced by apricot halves if desired.

German gooseberry tart

Clean some large ripe gooseberries. Prepare a puff-pastry tart base and bake blind. Mix the gooseberries in a saucepan with an equal weight of sugar cooked to the crack stage: when the sugar has melted, drain the fruit and boil down the juice until it sets into a jelly. Put the gooseberries back into the syrup, boil together for a moment, then pour into a basin. When cool, use it to fill the tart; mask with whipped cream.

Grande religieuse à l'ancienne

Religieuse is a cake classically consisting of a large choux pastry filled with coffee- or chocolate-flavoured confectioner's custard (pastry cream) or Chiboust cream surmounted by a smaller choux pastry, similarly filled; the whole is iced (frosted) with fondant (the same flavour as the filling) and decorated with piped butter cream. The *religieuse* can be made either as a large cake or as small individual cakes. In one old version, the choux pastry was cooked in the form of éclairs, rings or buns, filled with coffee or chocolate

cream, and stacked on top of each other or arranged in a pyramid on a base of sweet pastry; the whole was then decorated with piped butter cream.

Make some sweet pastry with 125 g (4½ oz, 1 cup) plain (all-purpose) flour, 1 egg yolk, a pinch of salt, 40 g (1½ oz, 3 tablespoons) caster (superfine) sugar and 50 g (2 oz, ¼ cup) butter cut into small pieces. Roll the pastry into a ball and leave it in a cool place.

Make some choux paste with 250 ml (8 fl oz, 1 cup) water, 65 g (2½ oz, 5 tablespoons) butter, a pinch of salt, 1 teaspoon sugar, 125 g (4½ oz, 1 cup) plain flour and 3–4 eggs. Using a piping (pastry) bag with a smooth nozzle, 1 cm (½ in) in diameter, pipe on to a baking sheet 12 strips 10 cm (4 in) long, 1 small round bun, and 4 rings decreasing in size from a diameter of 15 cm (6 in). Bake in a preheated oven at 200°C (400°F, gas 6) for 30 minutes, then leave to cool in the oven with the door ajar.

Meanwhile, butter a deep 19-cm (7½-in) sandwich tin (layer cake pan), using 25 g (1 oz, 2 tablespoons) butter. Roll out the sweet pastry to a thickness of 3 mm (⅛ in) and use it to line the sandwich tin; prick the bottom, cover with dried haricot (navy) beans and bake blind for 10 minutes. Remove the beans, leave to cool, then turn it out of the tin.

Prepare some *crème au beurre* by boiling 60 ml (2 fl oz, ¼ cup) water with 125 g (4½ oz, generous ½ cup) caster sugar; when the temperature reaches 110°C (225°F), pour slowly on to 4 egg yolks and whisk briskly until the mixture is cold; then whisk in 150 g (5 oz, ⅔ cup) softened butter.

Prepare some Chiboust cream with 6 egg yolks, 200 g (7 oz, 1 cup) caster sugar, 75 g (3 oz, ¾ cup) cornflour (cornstarch), 1 litre (1¾ pints, 4⅓ cups) milk, 4 leaves of gelatine and 4 egg whites. Mix half of this cream with 50 g (2 oz, 2 squares) melted chocolate and the other half with ½ teaspoon coffee essence (strong black coffee). Slit the cooked choux pastries: into half of them pipe the chocolate cream and into the other half pipe the coffee cream.

Put 200 g (7 oz) fondant icing (frosting) in a saucepan with 1 tablespoon water and heat to 40°C (104°F), stirring constantly; add 50 g (2 oz, 2 squares) melted chocolate. Prepare the same quantity of fondant flavoured with ½ teaspoon coffee essence. Ice the éclairs, rings and bun with the fondant to match to their filling. Boil 150 g (5 oz, ⅔ cup) caster sugar in 60 ml (2 fl oz, ¼ cup) water; when the temperature reaches 145°C (293°F), brush the syrup over the bottom of the éclairs. Stick these together side by side vertically inside the pastry base, alternating the flavours, then put the 4 rings on top, beginning with the largest; place the bun at the very top. Using a fluted nozzle, pipe the butter cream along the joints of the éclairs, the rings and the bun.

Grape tart

Make a tart pastry with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, a generous pinch of salt, 100 g (4 oz, ½ cup) caster (superfine) sugar, 1 egg yolk, ½ glass water and 125 g (4½ oz, ½ cup) softened butter. Roll the dough into a ball and chill it for 1 hour. Wash and seed 500 g (18 oz) white grapes.

In a bowl mix 3 eggs with 100 g (4 oz, ½ cup) caster (superfine) sugar and 250 ml (8 fl oz, 1 cup) single (light) cream. Whisk and gradually add 250 ml (8 fl oz, 1 cup) milk, then 6 tablespoons kirsch. Roll out the dough and use it to line a 24 cm (9½ in) tart tin (pan). Prick the bottom with a fork, spread the grapes over the tin and bake in a preheated oven at 200°C (400°F, gas 6) for 10 minutes. Pour the cream into the tart and continue to cook for 25–30 minutes (cover with foil if the cream browns too fast). Leave to get cold, then unmould it on to a serving dish and sprinkle with icing (confectioner's) sugar.

Iced bâtons

Roll puff pastry out to a thickness of about 3 mm (⅛ in). Cut into strips 8 cm (3 in) wide and coat with royal icing (frosting). Cut across these strips to

make sticks 4 cm (1¾ in) wide. Place on a buttered baking sheet and bake in a preheated oven at about 200°C (400°F, gas 6) for about 5 minutes until the pastry puffs up and the icing turns white.

Iced sweet allumettes

Roll out some puff pastry to a thickness of 3 mm (⅛ in), and cut it into strips 8 cm (⅛ in) wide. Spread with a thin layer of royal icing (frosting). Cut the strips into 2.5–3 cm (1–1¼ in) lengths and place them on a baking sheet. Bake in a preheated oven at 180°C (350 F, gas 4) until the icing turns cream-coloured (about 10 minutes).

Individual diplomats with crystallized fruit

Individual diplomats are barquettes filled with a cream containing crystallized fruit, glazed with apricot jam (preserve), covered with fondant icing (frosting) and decorated with a crystallized cherry.

Make a short pastry with 125 g (4½ oz, 1 cup) plain (all-purpose) flour, a pinch of salt, 3 tablespoons caster (superfine) sugar, 1 egg yolk and 75 g (3 oz, 6 tablespoons) softened butter. Roll the dough into a ball; wrap and chill.

Mix 75 g (3 oz, 6 tablespoons) softened butter with 75 g (3 oz, 6 tablespoons) caster sugar, 1 egg and 75 g (3 oz, ¾ cup) ground almonds. Roll 50 g (2 oz, ⅓ cup) sultanas (golden raisins) and 50 g (2 oz, ¼ cup) diced crystallized (candied) fruit in 3 tablespoons plain flour. Stir the fruit into the almond mixture, then add 3 tablespoons light rum and mix well.

Roll out the pastry until it is about 3 mm (⅛ in) thick, then cut out about 10 oval shapes with a pastry (cookie) cutter. Butter some barquette moulds and line them with the pastry shapes, leaving an excess of about 3 mm (⅛ in) around the edges. Fill with the fruit-almond mixture and bake in a preheated oven at 200°C (400°F, gas 6) for 30 minutes. Remove the moulds from the

oven and cool. Turn the barquettes out of the moulds and glaze with apricot jam that has been melted over a low heat.

Heat 100 g (4 oz) fondant icing (frosting) very gently so that it melts, and use to coat the diplomats. Decorate each diplomat with a glacé (candied) cherry and keep in a cool place.

Jalousies with apricot jam

Roll out 500 g (18 oz) puff pastry into a rectangle about 3 mm (⅛ in) thick and cut it into 2 equal strips about 10 cm (4 in) wide. Brush all round the edges of one of the strips with beaten egg and spread 500 g (18 oz, 1½ cups) apricot jam (preserve) in the centre. Fold the second piece of pastry in half lengthways, and with a knife make slanting cuts from the folded side to within 1 cm (½ in) of the other edge. Unfold the strip and place it over the first one. Press the edges firmly together to seal them, trimming if necessary to a neat rectangle, then make decorative indentations with the point of a knife. Brush the top with beaten egg, put in a preheated oven at 200°C (400°F, gas 6), and bake for 25–30 minutes. When it is done, brush the top lightly with apricot jam that has been mixed with double its volume of water and boiled to reduce it slightly; finally, sprinkle the top with caster (superfine) sugar.

Cut the strip into 4 cm (1¾ in) slices and serve warm or cold.

Le jeu de pommes

Make a fine pastry by combining in a processor 200 g (7 oz, 1¾ cups) plain (all-purpose) flour, 150 g (5 oz, ⅔ cup) rather firm butter, a pinch of salt, 1 teaspoon sugar and a little olive oil. Incorporate 100 ml (4 fl oz, ½ cup) water and work together briefly (the particles of butter should still be visible). Remove the dough and roll it out finely; cut out 16 circles about 12 cm (5 in) in diameter using a pastry (cookie) cutter. Place them on nonstick baking

sheets, cover them with very thin slices of apple, brush with 50 g (2 oz, ¼ cup) melted butter and sprinkle lightly with caster (superfine) sugar. Bake in a preheated oven at 220°C (425°F, gas 7) for 15 minutes.

Turn each tartlet over on the baking sheet using a spatula and dust the reverse side with icing (confectioner's) sugar. Put under the grill (broiler): as it caramelizes, the sugar forms a glossy crackly film. Leave to cool for 15 minutes. Take 4 dessert plates and place 4 tartlets on top of each other on each plate (apples upwards). Just before serving, cover each *jeu de pommes* with 1 tablespoon warmed acacia honey and sprinkle with a little Calvados and a few drops of lemon juice. This dessert may be accompanied by a lemon sorbet.

Lemon meringue pie

Butter a baking tin (cake pan) 23–25 cm (9–10 in) in diameter and line it with 350 g (12 oz) shortcrust pastry (basic pie dough). Cook the pastry case (pie shell) blind in a preheated oven at 200°C (400°F, gas 6) for 10 minutes.

Boil 350 ml (12 fl oz, 1½ cups) water in a saucepan. In another saucepan, mix 65 g (2½ oz, ½ cup plus 2 tablespoons) plain (all-purpose) flour, 65 g (2½ oz, ½ cup plus 2 tablespoons) cornflour (cornstarch) and 250 g (9 oz, 1 cup) caster (superfine) sugar and gradually add the boiling water, stirring all the time. Bring to the boil, still stirring, then remove from the heat and leave to cool slightly.

Wash and wipe 2–3 lemons, grate the zest and squeeze the juice. Add the grated zest, the juice, 4 egg yolks and 25 g (1 oz, 2 tablespoons) butter to the cooled mixture and cook in a bain marie for 15 minutes, whisking from time to time. Pour the mixture into the pastry case, bake in a preheated oven at 200°C (400°F, gas 6) for 10 minutes, then leave to cool.

Add a pinch of salt to 4 egg whites, whisk into stiff peaks, then gradually fold in 125 g (4½ oz, ½ cup) caster (superfine) sugar and 20 g (¾ oz, 2 table-

spoons) icing (confectioner's) sugar. Spread this meringue over the pie using a metal spatula, then return to the oven for 10 minutes, to brown lightly. Serve lukewarm or cold.

Lemon tart

Make a tart case (shell) of shortcrust pastry (basic pie dough) and bake blind until the pastry is crisp but not completely cooked. Mix together 3 eggs, 100 g (4 oz, ½ cup) sugar, 75 g (3 oz, 6 tablespoons) melted butter, the juice of 5 lemons and their grated zest. Whisk and pour into the tart case. Bake in a preheated oven at 240°C (475°F, gas 9) for 10–15 minutes. This recipe can be made using 3 oranges or 7 tangerines instead of the lemons.

Linzertorte

Leave 75 g (3 oz, 6 tablespoons) butter to reach room temperature. Remove the rind (zest) from a lemon and shred two-thirds of it into fine julienne strips. Blanch, drain and chop these strips. Sift 175 g (6 oz, 1½ cups) plain (all-purpose) flour on to the work surface and add 75 g (3 oz, ¾ cup) ground almonds, 75 g (3 oz, 6 tablespoons) caster (superfine) sugar, 1 egg, 2 teaspoons powdered cinnamon, the softened butter, the lemon rind, and a pinch of salt. Knead the ingredients thoroughly, cover and refrigerate for 2 hours.

Butter a 23 cm (9 in) round flan tin (pie pan). Roll the dough out to a thickness of 3–4 mm (⅛–¼ in) and line the flan tin carefully, trimming off the excess around the top. Prick with a fork and fill with 125 g (4½ oz, ⅓ cup) raspberry jam (preserve). Gather the pastry trimmings together and roll them out into a rectangle about 3 mm (⅛ in) thick. Cut it into strips a little under 1 cm (½ in) wide and make a lattice pattern on top of the flan, pressing the ends into the top of the pastry case. Bake in a preheated oven at 200°C (400°F, gas 6) for about 30 minutes.

Remove the flan from the tin, place on a serving dish and allow to cool completely. The tart may be lightly brushed with an apricot glaze.

- *variation:* instead of strips of pastry, a piped dough can be applied over the jam filling. Make a half quantity of the dough with an additional 50 g (2 oz, ¼ cup) butter and 1 egg yolk, creaming the ingredients in a bowl to a stiff piping consistency. Fit a piping (pastry) bag with a star tube and pipe the mixture on the tart.

Maple syrup tart

Boil 7 tablespoons maple syrup with a little water for 5 minutes. Blend in 3 tablespoons cornflour (cornstarch) mixed with cold water, then 50 g (2 oz, ¼ cup) butter. Line a tart plate (pie pan) with shortcrust pastry (basic pie dough) and spread the lukewarm syrup mixture over it. Decorate with chopped almonds. Cover with a fairly thin pastry lid, pinch round the edge, prick with a fork, and bake in a preheated oven at 220°C (425°F, gas 7) for about 20 minutes.

Mille-feuille gâteau

Prepare some puff pastry with 300 g (11 oz, 2¾ cups) plain (all-purpose) flour, a generous pinch of salt, 6 tablespoons water and 225 g (8 oz, 1 cup) softened butter. Divide the dough into 3 equal portions and roll them out to a thickness of 2 cm (¾ in). Cut out 3 circles 20 cm (8 in) in diameter, place them on a baking sheet and prick them with a fork. Sprinkle with 50 g (2 oz, ½ cup) icing (confectioner's) sugar and bake in a preheated oven at 220°C (425°F, gas 7) for 15 minutes.

Meanwhile, prepare 750 ml (1¼ pints, 3¼ cups) rum-flavoured confectioner's custard (pastry cream) and allow it to cool. Roughly chop 100 g (4 oz, 1 cup) blanched almonds and brown them gently in a frying pan. Leave the

circles of pastry to cool completely. Use two-thirds of the custard to cover two circles of pastry, arrange them one on top of the other and cover with the third circle. Cover the entire gâteau with the remaining custard, sprinkle with the browned almonds and some icing sugar, and store in a cool place.

Mince pies

Line some tartlet tins (moulds) with shortcrust pastry (basic pie dough) and fill with mincemeat. Cover with a thin layer of puff pastry and seal the edges. Make a small hole in the centre of each pie to allow the steam to escape. Brush with egg and bake in a preheated oven at 220°C (425°F, gas 7) for 15–20 minutes. Serve hot.

Muscat grape tartlets

Make a *pâte sablée*, roll it out very thinly, cut out 4 circles 18 cm (7 in) in diameter and use them to line 4 tartlet tins (pans). Prick the bottom of each lined tin, leave to rest, then bake blind for 15 minutes.

Mix together 250 ml (8 fl oz, 1 cup) black Muscat grape juice, 150 ml (¼ pint, ⅔ cup) single (light) cream, 100 g (4 oz, ½ cup) melted butter, 2 egg yolks, 2 eggs and 2 tablespoons sugar. Fill the tarts with this mixture and bake in a preheated oven at 180°C (350°F, gas 4) for 20 minutes.

Nut délices

Combine 125 g (4½ oz, 1 cup) plain (all-purpose) flour with 50 g (2 oz, ¼ cup) softened butter, 1 egg yolk, 1 tablespoon water, 3 tablespoons caster (superfine) sugar and a pinch of salt. When the dough is smooth, roll it into a ball and chill.

Cream 65 g (2½ oz, 5 tablespoons) butter; add 65 g (2½ oz, ⅓ cup) caster sugar and 1 egg, then 65 g (2½ oz, ½ cup) ground almonds, and finally 25 g

(1 oz, ¼ cup) potato flour; mix well. Roll out the chilled dough to a thickness of 3 mm (⅛ in). Cut out 8 discs and line tartlet moulds with them. Prick the bottoms and cover with the almond cream. Cook in a preheated oven at 190°C (375°F, gas 5) for 15 minutes.

Meanwhile, prepare a French butter cream using 125 g (4½ oz, ½ cup) sugar cooked to the thread stage in 3 tablespoons water, 4 egg yolks, 125 g (4½ oz, ½ cup) butter and 1 teaspoon coffee essence. Chop 100 g (4 oz, 1 cup) fresh walnuts and mix with the cream. Allow the tartlets to cool, then turn out and top each with a dome of the walnut cream. Put in a cold place for 30 minutes.

Warm 250 g (9 oz) fondant icing (frosting) to about 32°C (90°F), flavour it with a few drops of coffee essence and add just enough water to make it spread easily. Dip the top of each tartlet into the fondant, smoothing it evenly over the cream with a palette knife (spatula). Place a fresh walnut on each *délice* and store in a cool place.

Oreillettes de Montpellier

Oreillettes are pastry fritters traditionally made in the Languedoc region of France at carnival time. They are made from sweetened dough cut into long rectangles with a slit in the centre (sometimes one end is passed through this hole to form a sort of knot) and fried in oil. The oreillettes of Montpellier, flavoured with rum and orange or lemon zest, are famous.

Pour 1 kg (2¼ lb, 9 cups) plain (all-purpose) flour into a heap and make a well in the centre. Pour 300 g (11 oz, 1⅓ cups) melted butter into the well and work it in, gradually drawing the flour to the centre; continue to work in 5 eggs, 2 tablespoons caster (superfine) sugar, a few tablespoons of rum, a small glass of milk and the finely grated zest of 2 oranges. Knead well to obtain a smooth dough. Continue to work the dough until it becomes elastic,

then form it into a ball and leave it to rest for 2 hours. Roll out the dough very thinly and cut it into rectangles 5 × 8 cm (2 × 3¼ in). Make 2 incisions in the centre of each rectangle. Fry the oreillettes in very hot oil at 175°C (345°F): they will puff up immediately and rapidly become golden. Drain them on paper towels, sprinkle with icing (confectioner's) sugar and arrange them in a basket lined with a napkin.

Palmiers

Palmiers are small pastries made of a sugared and double-rolled sheet of puff pastry cut into slices, the distinctive shape of which resembles the foliage of a palm tree. First made at the beginning of the 20th century, palmiers are served with tea or as an accompaniment to ices and desserts.

Prepare some puff pastry and give it 4 extra turns, dusting it generously with icing (confectioner's) sugar between each rolling. Roll it out to a thickness of 5 mm (¼ in), into a rectangle 20 cm (8 in) wide (the length will depend on the quantity used). Dust again with icing sugar. Roll each of the long sides to the centre and flatten slightly, then fold the strip in half. Cut this into sections 1 cm (½ in) thick and place on a baking sheet, leaving enough space between them so that they do not stick to each other during cooking. Cook the palmiers in a preheated oven at 220°C (425°F, gas 7) for about 10 minutes, turning them over halfway through cooking to colour both sides.

Paris-Brest

Sprinkle 100 g (4 oz, 1 cup) flaked (slivered) almonds over a baking sheet and cook them in a preheated oven at 200°C (400°F, gas 6) until golden. Prepare a choux paste with 100 g (4 oz, ½ cup) butter, 2 tablespoons caster (superfine) sugar, a generous pinch of salt, 200 g (7 oz, 1¾ cups) plain (all-purpose) flour, 350 ml (12 fl oz, 1½ cups) water and 5 or 6 eggs, according to their size.

Fill a piping (pastry) bag, fitted with a nozzle 1.5 cm (¾ in) in diameter, with this mixture and pipe 2 rings, 18 cm (7 in) in diameter. Glaze them with beaten egg, sprinkle them with the flaked almonds and cook in a preheated oven at 180°C (350°F, gas 4) for 35–40 minutes. Turn off the oven and leave the rings to cool with the door ajar, then remove from the oven and leave them to get completely cold.

Prepare a confectioner's custard (pastry cream) with 65 g (2½ oz, ½ cup) plain flour, 175 g (6 oz, ¾ cup) caster sugar, 15 g (½ oz, 1 tablespoon) butter, 4 whole eggs, a generous pinch of salt and 500 ml (17 fl oz, 2 cups) boiling milk. In another bowl make a praline-flavoured *crème au beurre* with 200 ml (7 fl oz, ¾ cup) milk, 6 eggs, 200 g (7 oz, 1 cup) caster sugar, 400 g (14 oz, ¾ cup) butter and 75 g (3 oz, ⅓ cup) praline. Finally, prepare 150 g (5 oz) Italian meringue.

Leave the three preparations to cool thoroughly, then mix them together. Cut the choux rings in half horizontally and fill the lower halves with the meringue mixture using a piping bag with a large fluted nozzle.

Replace the top halves of the rings, dust with icing (confectioner's) sugar and put in a cool place until time to serve.

- *individual Paris-Brest:* instead of making large pastries, pipe rings measuring 7.5 cm (3 in) in diameter. Bake as above, allowing about 30 minutes. Fill and serve with a custard sauce. Hazelnuts can be used instead of almonds in the praline (with chopped hazelnuts on top of the choux rings) and the dessert can be decorated with a few whole caramelized nuts.

Pastry cream puffs

Prepare 12 choux buns and fill them with confectioner's custard (pastry cream) made using 250 ml (8 fl oz, 1 cup) milk, 3 egg yolks, 50 g (2 oz, ¼ cup) caster (superfine) sugar, 100 g (4 oz, 1 cup) plain (all-purpose) flour.

Flavour the custard to taste. The filled puffs may be dusted with icing (confectioner's) sugar or iced with fondant and, if desired, decorated with crystallized (candied) fruits.

Pastry cream puffs with grapes

Prepare some confectioner's custard (pastry cream), flavour it slightly with marc brandy and add some fresh grapes with the skins and seeds removed. Fill some choux buns with the custard and then sprinkle them generously with icing (confectioner's) sugar.

Peaches à la duchesse

Make a dough with 150 g (5 oz, 1¼ cups) plain (all-purpose) flour, a pinch of salt, 3 tablespoons caster (superfine) sugar, 75 g (3 oz, 6 tablespoons) softened butter, 1 tablespoon water and 1 egg yolk. Roll into a ball and place in the refrigerator. Dice 8 slices canned pineapple and macerate them in kirsch. Put 50 g (2 oz, ½ cup) flaked (slivered) almonds on to a baking sheet, moisten with water, dust with sugar and bake in a preheated oven at 200°C (400°F, gas 6) until golden brown, turning often.

Roll out the chilled dough to a thickness of about 3 mm (⅛ in) and cut out 8 circles with a pastry (cookie) cutter. Use to line 8 tartlet moulds, prick the bottom of each one with a fork, place a piece of greaseproof (wax) paper in each and fill with baking beans. Cook for 5 minutes in the oven, remove the paper and baking beans, and cook for a further 7 minutes. Cool and then turn out of the moulds.

Prepare a zabaglione by whisking 100 g (4 oz, ½ cup) caster sugar and 3 egg yolks in a bain marie until the mixture is warm and frothy. Add 3 tablespoons of both kirsch and Maraschino, whisking until the mixture has thickened. Soften 500 ml (17 fl oz, 2 cups) vanilla ice cream by crushing it

with a wooden spatula. Add the diced pineapple. Place some of the ice cream mixture in the bottom of each tartlet, put a canned peach half on each, and coat with the zabaglione. Sprinkle with flaked almonds and chill briefly.

The peaches may be replaced by pears.

Pear pie

Peel and core 4 pears, cut into slices and sprinkle with lemon juice. Arrange the pear slices in a buttered pie dish and sprinkle with 2 tablespoons caster (superfine) sugar; a little ground cinnamon may also be added. Dot with 25 g (1 oz, 2 tablespoons) butter.

Prepare some shortcrust pastry (basic pie dough) and put a border around the rim of the dish, brush it with beaten egg and cover the dish with a lid of pastry. Press down to seal the edges, then crimp between finger and thumb, brush with beaten egg and bake in a preheated oven at 180°C (350°F, gas 4) for 1 hour. When cooked, dust with sugar and serve very hot.

Pets-de-nonne

Make some choux paste with 250 ml (8 fl oz, 1 cup) water, a pinch of salt, 2 tablespoons caster (superfine) sugar, 65 g (2½ oz, 5 tablespoons) butter, 125 g (4½ oz, 1 cup) plain (all-purpose) flour and 3 or 4 eggs. Heat up some oil in a deep-fat fryer to 180°C (356°F). Drop teaspoonfuls of the paste into the hot oil; when golden brown on one side (after about 2½ minutes), turn them over, if necessary, to cook the other side (another 2 minutes). Drain the fritters on paper towels and sprinkle with icing (confectioner's) sugar.

Pineapple tart

Prepare some shortcrust pastry (basic pie dough) with 150 g (5 oz, 1¼ cups) plain (all-purpose) flour, 75 g (3 oz, 6 tablespoons) softened butter, a pinch of

salt and a little cold water. When it is pliable and well-mixed, roll it and use it to line a 22 cm (8½ in) buttered flan tin (pie pan); prick the base. Leave in a cool place for 2 hours, then bake blind in a preheated oven at 200°C (400°F, gas 6) for 20 minutes.

Meanwhile, mix together 2 egg yolks, 75 g (3 oz, 6 tablespoons) caster (superfine) sugar, 1 teaspoon flour and 175 ml (6 fl oz, ¾ cup) milk. Stir over a low heat until it thickens, then add the juice of ½ a lemon and 60 ml (2 fl oz, ¼ cup) reduced pineapple syrup. Take the tart case (shell) out of the oven, allow to cool, then pour in the pineapple cream and arrange on top 6 slices of canned pineapple, well-drained. Whisk 2 egg whites to stiff peaks, pour over the fruit and sprinkle with 25 g (1 oz, 2 tablespoons) caster (superfine) sugar. Return to the oven at the same temperature and cook for 10 minutes to brown the meringue mixture. Leave in a cool place until just before serving.

Pine-nut flan

Spread 2 tablespoons blackcurrant jelly over a base of sweetened rich shortcrust pastry (basic pie dough). Cover with equal quantities of confectioner's custard (pastry cream) and ground almonds. Scatter 100 g (4 oz, 1 cup) pine nuts over the top. Cook in a preheated oven at 200°C (400°F, gas 6) for about 20 minutes.

Pithiviers

A large, round, puff-pastry tart with scalloped edges, filled with an almond cream. A speciality of Pithiviers, in the Orléans region, it traditionally serves as a Twelfth-Night cake, when it contains a broad (fava) bean.

Cream 100 g (4 oz, ½ cup) butter with a spatula and mix with 100 g (4 oz, ½ cup) caster (superfine) sugar. Then beat in 6 egg yolks, one at a time, 40 g (1½ oz, ¼ cup) potato flour, 100 g (4 oz, 1 cup) ground almonds and

2 tablespoons rum. Mix this cream thoroughly. Roll out 200 g (7 oz) puff pastry and cut out a circle 20 cm (8 in) in diameter. Spread this with the almond paste, leaving a 1 cm (½ in) border all round. Beat 1 egg yolk and brush it around the rim of the circle. Roll out a further 300 g (11 oz) pastry and cut another circle the same size as the first but thicker. Place it on the first circle and seal the rim. Decorate the edge with the traditional scalloped pattern and brush with beaten egg. Score diamond or rosette patterns on the top with the point of a knife. Cook in a preheated oven at 220°C (425°F, gas 7) for 30 minutes. Dust with icing (confectioner's) sugar and return it to the oven for a few minutes to glaze. Serve warm or cold.

Plum tart

Prepare a lining pastry with 200 g (7 oz, 1¾ cups) plain (all-purpose) flour, 90 g (3½ oz, 6½ tablespoons) softened butter, a pinch of salt, 1 egg and 1 tablespoon water. Roll the dough into a ball and refrigerate for 2 hours. Wash 500 g (18 oz) ripe plums and stone (pit) them without separating the halves completely. Roll out the dough to a thickness of 5 mm (¼ in) and use it to line a buttered tart tin (pan). Trim off the excess pastry and mark the edge with a criss-cross pattern. Prick the bottom with a fork, sprinkle with 40 g (1½ oz, 3 tablespoons) caster (superfine) sugar, and arrange the plums in the tart, opened out with curved sides downwards. Sprinkle the fruit with 40 g (1½ oz, 3 tablespoons) caster sugar. Cook in a preheated oven at 200°C (400°F, gas 6) for 30 minutes. Remove from the oven, leave until lukewarm, then coat the top with apricot jam (preserve).

Plum tart à l'alsacienne

Prepare a sweet pastry with 125 g (4½ oz, ½ cup) softened butter, 250 g (9 oz, 1 cup) caster (superfine) sugar, 1 whole egg, 250 g (9 oz, 2¼ cups) plain (all-

purpose) flour and 250 g (9 oz, 2 cups) ground almonds. Add just enough very cold water to bind the dough, roll it into a ball and place in the refrigerator for 2 hours.

Set aside a quarter of the dough and roll out the rest to a thickness of 5 mm (¼ in). Use it to line a tart tin (pie pan) 23 cm (9 in) in diameter. Roll out the remaining dough very thinly and cut it into long narrow strips. Spread a thick layer of quetsch or mirabelle plum jam (preserve) over the tart and arrange the strips of pastry in a criss-cross pattern over the top. Cook in a preheated oven at 220°C (425°F, gas 7) for 30 minutes. Dust with icing (confectioner's) sugar and serve hot, with whipped cream.

Ponts-neufs

Prepare a lining pastry with 200 g (7 oz, 1¾ cups) plain (all-purpose) flour, a pinch of salt, 25 g (1 oz, 2 tablespoons) caster (superfine) sugar, 100 g (4 oz, ½ cup) melted butter and 1 egg. Roll the dough into a ball and put it in the refrigerator. Prepare a confectioner's custard (pastry cream) with 400 ml (14 fl oz, 1¾ cups) milk, 4 eggs, 50 g (2 oz, ¼ cup) caster sugar, ½ a vanilla pod (bean) and 25 g (1 oz, ¼ cup) plain flour. Add 25 g (1 oz, ¼ cup) crushed macaroons and leave to cool. Prepare a choux paste with 100 ml (4 fl oz, 7 tablespoons) water, 25 g (1 oz, 2 tablespoons) butter, a pinch of salt, 65 g (2½ oz, ⅔ cup) plain flour, 3 eggs and ½ teaspoon caster sugar. Leave to cool.

Roll out the lining pastry very thinly, cut into 10 circles and line sections of patty tins (muffin pans) of a slightly smaller diameter. Roll the remaining pastry into a ball. Mix the choux pastry with the confectioner's custard and fill the tartlets. Glaze the tops with egg yolk. Roll out the remaining pastry very thinly and cut into 20 thin strips; use to make a pastry cross on each tartlet. Cook in a preheated oven at 190°C (375°F, gas 5) for 15–20 minutes and cool on a wire rack.

Melt 100 g (4 oz, ⅓ cup) redcurrant jelly over a gentle heat; coat the opposite quarters of each tartlet with the jelly and dust the remaining quarters with icing (confectioner's) sugar. Keep cool until ready to serve.

Puff-pastry apple tart

Prepare an apple compote with 800 g (1¾ lb) apples, the juice of ½ a lemon, 150 g (5 oz, ⅔ cup) caster (superfine) sugar and 1 teaspoon vanilla sugar. Sieve, heat gently to dry off the excess liquid. Prepare 400 g (14 oz) puff pastry. Roll it out to form a rectangle 30 × 13 cm (12 × 5 in). Make a border with a small strip of pastry about 1 cm (½ in) wide. Bake blind. Thinly slice 500 g (18 oz) crisp apples and sauté them in 50 g (2 oz, ¼ cup) butter until they are brown but still intact. Spread the apple compote over the cooked base, decorate with the slices of apple and sprinkle with 2 tablespoons icing (confectioner's) sugar, then glaze in the oven or under the grill (broiler).

Puff pastry croustades

Sprinkle the worktop with flour and roll out puff pastry to a thickness of about 1–2 cm (½–¾ in). Using a pastry (cookie) cutter, cut rounds 7.5–10 cm (3–4 in) in diameter. With a smaller cutter, on each round make a circle centred on the first, with a diameter 2 cm (¾ in) smaller, taking care not to cut right through the pastry: this smaller circle will form the lid of the croustades. Glaze with egg yolk and place in a preheated oven at 230°C, (450°F, gas 8). As soon as the crust has risen well and turned golden, take the croustades out of the oven. Leave until lukewarm, then take off the lid and, with a spoon, remove the soft white paste which is inside. Leave the croustades to cool completely.

Alternatively, roll the pastry to a thickness of only 5 mm (¼ in), then cut half of it into circles 7.5–10 cm (3–4 in) in diameter, and the rest into rings of

the same external diameter and 1 cm (½ in) wide. Brush the base of the rings with beaten egg and place them exactly on the circles; glaze the whole with beaten egg and cook.

Puits d'amour

Roll out 500 g (18 oz) puff pastry into a 25 × 18 cm (10 × 7 in) rectangle. Cut out from it 12 circles, 6 cm (2½ in) in diameter. Place 6 of them on a buttered baking sheet and brush with beaten egg. Cut out the centres of the other 6 circles with a 3 cm (1¼ in) pastry (cookie) cutter; place these rings on the circles of pastry and brush with beaten egg. Cook in a preheated oven at 230°C (450°F, gas 8) for 15 minutes. Allow them to cool, then dust with icing (confectioner's) sugar and fill the centres with redcurrant jelly or vanilla-flavoured confectioner's custard (pastry cream).

Raisin tart

Soak 500 g (18 oz, 3 cups) raisins in brandy. Beat 8 whole eggs lightly, then whip them together with 1 litre (1¾ pints, 4⅓ cups) double (heavy) cream, 350 g (12 oz, 1½ cups) caster (superfine) sugar and 2 teaspoons vanilla sugar or a few drops of vanilla essence (extract). Line a flan tin (pie pan) at least 28 cm (11 in) in diameter with 450 g (1 lb) puff pastry. Pour the cream into the pastry case, add the raisins and bake in a preheated oven at 220°C (425°F, gas 7) for at least 30 minutes.

Raspberry and apple Dartois

Prepare 500 g (1 lb 2 oz) puff pastry and chill for 1 hour. Peel 575 g (1¼ lb) cooking apples, cut into quarters, core and slice finely, then toss in 2 tablespoons lemon juice. Put the apples into a saucepan with 125 g (4½ oz, ½ cup) caster (superfine) sugar, 40 g (1½ oz, 3 tablespoons) butter and ½ a

vanilla pod (bean) cut in two. Add 1 tablespoon water and cook over a low heat, stirring from time to time. When the apples are reduced to a purée, remove the pieces of vanilla pod and allow to cool. Roll out the pastry to a rectangle, 3 mm (⅛ in) thick, and cut it into twelve 10 cm (4 in) squares. Mix the stewed apples with 2 tablespoons raspberry jam (preserve) and place a generous spoonful of the filling in the centre of six of the pastry squares. Moisten the edges of each square with water and cover with one of the remaining squares. Pinch the edges to seal the pastry. Cover with the second rectangle of pastry and bake in a preheated oven at 220°C (425°F, gas 7) for about 15 minutes. Dust with icing (confectioner's) sugar and return to the oven to caramelize for 5 minutes. Serve warm.

Raspberry barquettes

Barquettes are small, boat-shaped tarts made of shortcrust pastry (basic pie dough) or puff pastry, baked blind and then filled.

Prepare and cook some barquettes of shortcrust pastry and leave them to cool. Spread a little confectioner's custard (pastry cream) in each tartlet and top with fresh raspberries. Coat the fruit with some warmed redcurrant or raspberry jelly.

Raspberry tart

Prepare some short pastry (basic pie dough) using 300 g (11 oz, 2¾ cups) plain (all-purpose) flour, 1 egg, a pinch of salt, 125 g (4½ oz, ½ cup) butter and 5 tablespoons water. Roll it into a ball and leave it in a cool place for 1 hour. Then roll it out to a thickness of 3–4 mm (about ¼ in) and use to line a 24 cm (9½ in) tart tin (pie pan). Prick the base and bake blind. Prepare some confectioner's custard (pastry cream) using 50 g (2 oz, ½ cup) plain flour, 20 g (¾ oz, 1½ tablespoons) butter, 175 g (6 oz, ¾ cup) sugar, 4 eggs, 500 ml

(17 fl oz, 2 cups) milk and a vanilla pod (bean). Leave to cool. Pick over 500 g (18 oz, 3½ cups) raspberries, but do not wash. Cover the cooled tart with the confectioner's custard, put the raspberries on top and coat them with melted redcurrant and raspberry jelly. Serve chilled.

Rhubarb pie

Make 300 g (11 oz) shortcrust pastry (basic pie dough), shape it into a ball, and leave it to rest for at least 2 hours. Roll it out to a thickness of about 3 mm (⅛ in) and cut out a piece to cover a pie dish, and also a strip to go around the edge of the dish. Remove any stringy fibres from the rhubarb and cut it into pieces 4 cm (1½ in) long. Put the rhubarb in the buttered pie dish and sprinkle with caster (superfine) sugar or soft brown (coffee) sugar, using about 250 g (9 oz, 1 cup) sugar for 800 g (1¾ lb) rhubarb; moisten with 2–3 tablespoons water.

Cover the edge of the pie dish with the strip of pastry, brush it with beaten egg, then place the pastry lid over the dish, pressing down at the edges. Decorate the lid with a diamond-shaped design, brush with egg, then sprinkle lightly with caster sugar. Insert a small pie funnel in the lid for the steam to escape and bake the pie in a preheated oven at 200°C (400°F, gas 6) for 40–45 minutes.

Take the dish out of the oven, remove the funnel and pour in some double (heavy) cream. Alternatively, the cream can be served separately or crème anglaise can be served with the pie. Vanilla ice cream also goes well with rhubarb pie.

Rhubarb tartlets

Roll out 250 g (9 oz) puff pastry and cook between two baking sheets in a preheated oven at 200°C (400°F, gas 6). Cut into rectangles 12 × 7.5 cm

(4½ × 3 in). Sprinkle soft brown sugar on top and brown under the grill (broiler). Peel 500 g (18 oz) rhubarb and cut into pieces of the same length as the puff-pastry rectangles. Cook in the oven at 150°C (300°F, gas 2) until just tender, add a little water and 2 tablespoons caster (superfine) sugar, and continue cooking under a sheet of foil. Drain. Prepare a brown caramel sauce with 100 g (4 oz, ⅔ cup) icing (confectioner's) sugar and water. Add 50 g (2 oz, ¼ cup) butter: the caramel sauce must coat the spoon. Place the pieces of rhubarb on the puff pastry and put in a lukewarm oven for 1 minute. Using a pastry (piping) bag, pipe some very cold cream lengthways, then pour the lukewarm caramel in threads widthways.

Rice tart

Cut 200 g (7 oz, 1 cup) crystallized (candied) fruit into small dice and macerate in 2 tablespoons rum. Prepare some sweet pastry with 250 g (9 oz, 2¼ cups) sifted plain (all-purpose) flour, 125 g (4½ oz, ¾ cup) caster (superfine) sugar, 1 egg, a pinch of salt and 125 g (4½ oz, ½ cup) softened butter. Roll the pastry into a ball and chill.

Boil 400 ml (14 fl oz, 1¾ cups) milk with a vanilla pod (bean). Add 100 g (4 oz, ⅔ cup) washed round-grain rice to the boiling milk, together with a pinch of salt and 75 g (3 oz, 6 tablespoons) caster sugar, cover the pan and cook over a very low heat for 25 minutes. When the rice is completely cooked, allow it to cool slightly, then add a well-beaten egg, stirring it in thoroughly to mix. Then stir in 2 tablespoons crème fraîche and the crystallized fruit with the rum in which it was soaked.

Roll out the pastry and use to line a sponge tin (cake pan). Prick the pastry base and then put in the filling. Pour 50 g (2 oz, ¼ cup) melted butter over the top and sprinkle with 5 crushed sugar cubes. Cook in a preheated oven at 200°C (400°F, gas 6) for 30 minutes. Serve either warm or cold.

Rouen mirlitons

Roll out 250 g (9 oz) puff pastry to a thickness of about 3 mm (⅛ in). Line 10 tartlet tins (moulds). Mix 2 beaten eggs, 4 large crushed macaroons, 65 g (2½ oz, generous ¼ cup) caster (superfine) sugar, and 20 g (¾ oz, scant ¼ cup) ground almonds in a bowl. Three-quarters fill the tartlets with the almond mixture and leave to stand for 30 minutes in a cool place.

Halve 15 blanched almonds and arrange 3 halves on each tartlet. Sprinkle with icing (confectioner's) sugar and bake in a preheated oven at 200°C (400°F, gas 6) for 15–20 minutes. Serve warm or cold.

Saint-Honoré

A gâteau consisting of a layer of shortcrust pastry (basic pie dough) or puff pastry, on top of which is arranged a crown of choux paste garnished with small choux balls glazed with caramel. The inside of the crown is filled with Chiboust cream (also known as 'Saint-Honoré cream') or Chantilly cream.

Prepare the dough for the base with 125 g (4½ oz, 1 cup) plain (all-purpose) flour, 1 egg yolk, 50 g (2 oz, ¼ cup) softened butter, a pinch of salt, 15 g (½ oz, 1 tablespoon) granulated sugar and 2 tablespoons water. When the mixture is smooth, put it in the refrigerator.

Make some choux paste by heating 250 ml (8 fl oz, 1 cup) water, 50 g (2 oz, ¼ cup) butter, 15 g (½ oz, 1 tablespoon) caster (superfine) sugar and a pinch of salt until the butter has melted, then bring to the boil. Immediately add 125 g (4½ oz, 1 cup) plain flour, stirring, and remove from the heat. The paste should form a ball, leaving the sides of the pan clean. Cool slightly before beating in 4 beaten eggs, one by one.

Roll out the dough for the base into a circle 20 cm (8 in) in diameter and 3 mm (⅛ in) thick. Place on a buttered baking sheet, prick with a fork and brush the edge with beaten egg. Fit a piping (pastry) bag with a smooth nozzle

the diameter of a finger and fill it with one-third of the choux paste. Pipe a border around the base 3 mm (⅛ in) from the edge. Brush this border with beaten egg. On a second buttered baking sheet, pipe 20 small choux balls, about the size of walnuts. Bake the base and choux balls in a preheated oven at 200°C (400°F, gas 6) for about 25 minutes, then leave to cool completely.

Prepare a light caramel sauce by cooking 250 g (9 oz, 1 cup) granulated sugar with 100 ml (4 fl oz, 7 tablespoons) water until it reaches 145°C (293°F). Dip the choux balls in the caramel and stick them on top of the choux border so that they touch each other.

To make the cream filling, soften 15 g (½ oz, 2 envelopes) gelatine in 5 tablespoons cold water. Boil 1 litre (1¾ pints, 4⅓ cups) milk with a vanilla pod (bean). Beat 6 egg yolks with 200 g (7 oz, 1 cup) caster (superfine) sugar until the mixture turns white and thick and then add 75 g (3 oz, ¾ cup) cornflour (cornstarch). Remove the vanilla pod from the milk and pour the milk over the mixture, beating hard. Return it to the saucepan and bring to the boil, whisking all the time. Stir in the softened gelatine until it has completely dissolved. Stiffly whisk 4 egg whites in a bowl. Bring the custard back to the boil and pour it over the egg whites, folding them in with a metal spoon. Leave until cold and on the point of setting, then fill the centre of the cake with this mixture, sprinkle with icing (confectioner's) sugar and grill (broil) rapidly until golden.

Put in a cool place until ready to serve, but do not keep for too long.

Strawberry délices

Work together in a mixing bowl 125 g (4½ oz, 1 cup) plain (all-purpose) flour with 1 egg, 50 g (2 oz, ¼ cup) caster (superfine) sugar, a pinch of salt, 1 tablespoon water and 50 g (2 oz, ¼ cup) butter cut into small pieces. When the mixture is a smooth dough, put it in the refrigerator to chill.

Meanwhile, wash and hull 175 g (6 oz, 1 cup) strawberries and macerate them in 50 g (2 oz, ⅓ cup) icing (confectioner's) sugar for about 1 hour.

Roll out the dough to a thickness of 3 mm (⅛ in), cut out 6 rounds and use them to line 6 buttered tartlet moulds; prick the bottom of each one with a fork and bake blind for about 10 minutes in a preheated oven at 190°C (375°F, gas 5). Remove the paper and baking beans and cook for a further 3–5 minutes. Cool on a wire rack. Sieve the macerated strawberries and gradually beat the purée into 125 g (4½ oz, ½ cup) unsalted butter. Fill the tartlet cases with this mixture and top with 175 g (6 oz, 1 cup) strawberries. Decorate with sprigs of mint and serve with a sweetened redcurrant coulis.

Strawberry tart

Sort, wash and hull 1 kg (2¼ lb, 7½ cups) strawberries. Put them in an earthenware bowl and sprinkle with the juice of 1 lemon and 50 g (2 oz, ¼ cup) caster (superfine) sugar. Prepare short pastry using 300 g (11 oz, 2¾ cups) plain (all-purpose) flour, 150 g (5 oz, ⅔ cup) softened butter, a pinch of salt and 2 tablespoons water. Roll it into a ball and leave it in a cool place for 2 hours. Then roll out the pastry and use it to line a buttered and floured 28 cm (11 in) tart tin (pie pan). Prick the base with a fork and bake blind. When the tart is cool, fill it with the strawberries. Mix 60 ml (2 fl oz, ¼ cup) redcurrant jelly with the juice drained from the strawberries and pour this syrup over the tart. The top can be decorated with whipped cream.

Tangerine gâteau

Grind 125 g (4½ oz, 1 cup) shelled almonds in a mortar and add 4 eggs, one by one. Add 4 pieces of candied tangerine peel, finely chopped, as well as 125 g (4½ oz, ⅔ cup) icing (confectioner's) sugar, 3 drops vanilla essence (extract), 2 drops bitter almond essence and 2 tablespoons apricot jam

(preserve), strained through a fine sieve. Stir well. Roll some shortcrust pastry (basic pie dough) to line a flan ring (pie pan) mould. Spread a layer of tangerine compote on the bottom and cover with the almond mixture. Smooth the top. Bake in a preheated oven at 200°C (400°F, gas 6) for about 30 minutes. Take out of the oven and allow to cool. Press 3 tablespoons apricot compote through a sieve and spread over the top of the cake. Decorate with a few fresh mint leaves, quarters of tangerine cut in half horizontally, and flaked (slivered) almonds, briefly grilled (broiled) to colour them. Put in a cool place. Before serving, place the cake on a serving dish and cut a few slices so as to reveal the inside.

- *individual tangerine barquettes:* instead of making a large gâteau, line barquette or boat-shaped moulds with the pastry and fill as above. Reduce the cooking time to about 20 minutes. Decorate with flaked almonds. Serve with a scoop of tangerine sorbet or ice cream on a strawberry or raspberry coulis feathered with fine lines of single (light) cream.

Tarte au citron

Prepare a short pastry using 200 g (7 oz, 1¾ cups) plain (all-purpose) flour, 100 g (4 oz, ½ cup) butter, 4 tablespoons caster (superfine) sugar, 1 egg and a pinch of salt. Use it to line a well-buttered baking tin (pan).

Break 2 eggs into a mixing bowl containing 50 g (2 oz, ¼ cup) caster sugar and beat the mixture until it turns white. Remove the outer peel (zest) from a lemon and chop it finely; squeeze the juice from the pulp. To the eggs and sugar, add 100 g (4 oz, 1 cup) ground almonds, the lemon peel and the juice. Mix well. Fill the pastry case (shell) with this cream and bake in a preheated oven at 190°C (375°F, gas 5) for at least 30 minutes.

Meanwhile, wash 2 lemons and slice them very thinly. Place in a saucepan 200 g (7 oz, 1 cup) sugar, 250 ml (8 fl oz, 1 cup) water and 1 tablespoon

vanilla-flavoured sugar. Cook for 10 minutes, then add the lemon slices and cook for a further 10 minutes. Leave to cool completely before using them and some glacé (candied) cherries to decorate the cooled tart.

Tarte Tatin

Mix 200 g (7 oz, scant 1 cup) sugar with 225 g (8 oz, 1 cup) butter. Smear this over the bottom and sides of a 23 cm (9 in) tarte Tatin tin (pan) or flameproof shallow baking tin or dish.

Peel and core 800 g (1¾ lb) apples and cut them into quarters or wedges, if large. Trim the pointed ends off the pieces of apple, then arrange them in concentric circles in the tin, adding the trimmed-off corners to fill in the gaps. When the apples are neatly packed in place, cook over a fairly high heat until the butter and sugar form a golden caramel. The mixture will rise as it boils and coat the apples: remove the tin from the heat to prevent it from boiling over. Leave until completely cold.

Make about 350 g (12 oz) shortcrust pastry (basic pie dough), roll it into a ball, and leave it in a cool place for 2 hours. (Alternatively, puff pastry can be used.) Roll out the pastry into a circle 3 mm (⅛ in) thick. Cover the apples with the pastry, tucking it inside the edge of the tin so the fruit is contained. Bake in a preheated oven at 200°C (400°F, gas 6) for 20–30 minutes.

Place a serving dish on top of the tin and turn the tart upside down. Remove the tin. Serve warm, with crème fraîche.

Three tatins with fresh pineapple and kiwi coulis

Cut 3 large fresh pineapples into quarters, then into slices 3 mm (⅛ in) thick. Make a brown caramel sauce with 125 g (4½ oz, ½ cup) caster (superfine) sugar and 60 ml (2 fl oz, ¼ cup) cold water. Pour the mixture into 18 tatin moulds or shallow individual tart tins (pans). Allow to cool, then fill with

pieces of pineapple, gently pressing them down. Put a knob of butter and a pinch of sugar on top of each. Cook in a preheated oven at 200°C (400°F, gas 6) for 10 minutes. Remove from oven, and cool slightly, then cover with puff-pastry lids of the same size as the mould. Continue cooking at 220°C (425°F, gas 7) for about 15 minutes, or until the pastry is cooked.

Meanwhile, peel 6 kiwis and carefully crush the flesh. Press this purée through a sieve and add the juice of 1 lemon. Remove the small tatins from their moulds when cold. Pour kiwi coulis in the centre of each plate and arrange three tatins around it. Add a few pieces of fresh fruit and a spoonful of pineapple sorbet in the middle. Decorate with a sprig of fresh mint.

Timbales élysée

Prepare 8 pastry cups from a short biscuit-type (cookie-type) pastry made by thoroughly blending 100 g (4 oz, 1 cup) plain (all-purpose) flour, 100 g (4 oz, ½ cup) sugar, 1 egg and 50 g (2 oz, ¼ cup) rather soft butter. Flavour with vanilla. Divide the dough into 8, then roll into very thin rounds and arrange on a buttered and floured baking sheet. Bake in a preheated oven at 200°C (400°F, gas 6) for 6–8 minutes.

While the pastry rounds are still hot, mould each of them into a cup shape. Place a small slice of sponge cake soaked in a kirsch-flavoured syrup at the bottom of each pastry cup. Add a spoonful of vanilla ice cream and cover with fresh fruit, such as strawberries or raspberries. Coat this with a spoonful of kirsch-flavoured redcurrant jelly, then pipe rosettes of Chantilly cream round the inside edge of the cup.

Cover each of the filled cups with a cage of spun sugar: cook 200 g (7 oz, scant 1 cup) sugar and 40 g (1½ oz, ¼ cup) glucose to the 'hard crack' stage. Thread this sugar in a delicate lattice over the bowl of a ladle. Slide the sugar cage off the ladle when set.

Tourons

Pound 250 g (9 oz, 2 cups) blanched almonds with 2 egg whites; add 200 g (7 oz, 1 cup) caster (superfine) sugar and knead on a marble worktop. Sprinkle with 2 tablespoons icing (confectioner's) sugar and roll out to a thickness of 5 mm (¼ in). Mix 100 g (4 oz, 1 cup) chopped pistachios with 200 g (7 oz, 1 cup) caster sugar and the zest of ½ an orange, very finely chopped. Add 100 g (4 oz) royal icing (frosting) and 2 eggs. Mix with a spatula and spread evenly over the almond paste. Cut into circles or rings and arrange on a buttered and floured baking sheet. Dry in a very cool oven.

Trois-frères

Make 250 g (9 oz) *pâte sablée*. Put 7 whole eggs into a heatproof basin and whisk on the hob (stove top), over hot water, with 250 g (9 oz, 1 cup) caster (superfine) sugar. When the mixture is thick and creamy, pour in 225 g (8 oz, 2 cups) rice flour, 200 g (7 oz, 1 cup) melted butter and 2 tablespoons Maraschino or rum. Mix thoroughly, then pour into a well-buttered trois-frères mould. Roll out the dough to a round shape 5 mm (¼ in) thick and a little larger than the mould. Place on a buttered and floured baking sheet. Bake both the pastry dough and the egg mixture in a preheated oven at 200°C (400°F, gas 6) at the same time, the former for 45 minutes and the latter for 20 minutes. Remove from the oven, turn out of the mould and allow to cool. Set the crown-shaped cake on the pastry base, cover generously with apricot syrup, sprinkle with chopped shredded (slivered) almonds and decorate with diamond shapes of candied angelica.

Vanilla mille-feuille with a strawberry coulis

Prepare 3 rounds of puff pastry 22 cm (8½ in) in diameter and bake in a preheated oven at 220°C (425°F, gas 7) for 15 minutes. Bring to the boil 1 litre

(1¾ pints, 4⅓ cups) milk with 2 vanilla pods (beans), slit open and scraped. Mix 10 egg yolks with 150 g (5 oz, 1¼ cups) icing (confectioner's) sugar. Add 50 g (2 oz, ½ cup) plain (all-purpose) flour, 50 g (2 oz, ¼ cup) custard powder and 2 teaspoons cornflour (cornstarch). Add the milk and stir well. Simmer gently for 2 minutes, stirring all the time. Allow to cool. Then place in the refrigerator.

Soften 200 g (7 oz, 1 cup) butter and whisk in the custard mixture. Spread a layer of this mixture on one of the pastry rounds. Place the second round of pastry on top and spread another layer of creamy mixture on it before covering it with the third round. Sprinkle the latter lightly with icing sugar. Crush 500 g (18 oz, 3½ cups) strawberries with a whisk or in a blender or food processor, adding the juice of ½ a lemon and 100 g (4 oz, 1 cup) icing sugar. Serve with the mille-feuille.

Walnut and honey tartlets

Line some greased tartlet tins (pans) with shortcrust pastry (basic pie dough). Sprinkle them with crushed walnuts and arrange some narrow strips of pastry in a crisscross pattern on the top. Brush with beaten egg and bake in a preheated oven at 220°C (425°F, gas 7) for about 15 minutes. When they are cooked, coat them with acacia honey.

Sweet breads

Bireweck

Cook 500 g (18 oz) pears, 250 g (9 oz) apples, 250 g (9 oz) peaches, 250 g (9 oz) dried figs and 250 g (9 oz) prunes in a little water, but do not allow them to become pulpy. Mix 1 kg (2¼ lb, 9 cups) sifted plain (all-purpose) flour and 25 g (1 oz, 4 packets) easy-blend dried yeast with enough hand-hot cooking water from the fruit to form a soft dough. Leave to rise until doubled in size. Meanwhile, finely dice 100 g (4 oz, ⅔ cup) candied citron and 50 g (2 oz, ⅓ cup) angelica. When the dough has risen, mix in the diced candied fruit, 250 g (9 oz, 1½ cups) sultanas (golden raisins), 125 g (4½ oz, ¾ cup) hazelnuts, 125 g (4½ oz, ¾ cup) almonds, 125 g (4½ oz, 1 cup) walnuts, 50 g (2 oz) blanched strips of orange zest, 125 g (4½ oz, ¾ cup) stoned (pitted) dates, and the drained cooked fruit. Add 200 ml (7 fl oz, ¾ cup) kirsch and mix well. Divide the dough into 200 g (7 oz) portions (about 28). Shape into rolls and smooth the surface with water. Place on a greased baking sheet, cover loosely and leave to rise until doubled in size. Bake in a preheated oven at 160°C (325°F, gas 3) for about 1¾ hours.

Bottereaux

Stir together 20 g (¾ oz, 1½ cakes) fresh (compressed) yeast and 100 ml (4 fl oz, 7 tablespoons) slightly warm milk. Put in a food processor 400 g (14 oz, 3½ cups) strong plain (bread) flour, a pinch of salt, 3 tablespoons caster (superfine) sugar and 2 tablespoons rum. Add the yeast mixture and process thoroughly to form a dough. Roll out to a thickness of 5 mm (¼ in). Distribute 125 g (4½ oz, ½ cup) butter cut into small pieces evenly over the

surface. Fold the dough in two and roll out evenly, then work the dough again to incorporate the butter. Roll into a ball, flatten and roll into a ball again. Leave to rise for 3 hours. Roll out the dough very thinly, about 3 mm (⅛ in) and cut out the shapes with a pastry (cookie) cutter. Fry them in very hot oil, then drain on paper towels before dusting with icing (confectioner's) sugar.

Brioche à tête (Parisian brioche)

Lightly flour the hands and the worktop (work surface), then divide 275 g (10 oz) brioche dough into 2 balls, 225 g (8 oz) for the body of the brioche and the remaining 50 g (2 oz) for the head. Roll the large ball by hand until it is perfectly round. Butter a 500 ml (17 fl oz, 2 cup) brioche mould and place the larger ball inside it. Roll the small ball of dough into a pear shape. Make a hole in the top of the large ball and insert the pointed end of the small ball; press down with the fingertips. Allow to double in volume at room temperature, for about 1½ hours.

Make some small incisions in the large ball, from the edges towards the head, using wet scissors. Brush the brioche with beaten egg and bake in a preheated oven at 200°C (400°F, gas 6) for 30 minutes. Turn out of the mould while still warm.

- *Individual Parisian brioches* These are made in the same way as the large brioches, using small brioche moulds. Bake in a preheated oven at 225°C (425°F, gas 7), but allow only 15 minutes for cooking.

Brioche bordelaise

Lightly flour the worktop (work surface). Place 300 g (11 oz) brioche dough (classic or standard) on the floured surface and flatten with the hand to make a thick disc. Finely chop 65 g (2½ oz, ½ cup) crystallized (candied) fruit and distribute it evenly over the surface of the dough. Bring the edges of the

dough to the centre to form a ball. Place the ball of dough on a buttered baking sheet and leave it to rest for 10 minutes. Push both thumbs into the centre of the ball and pull the dough gently into the shape of a ring. When the hole is about 10 cm (4 in) in diameter, leave to rest for about 1½ hours.

Brush the ring with beaten egg. Crush 12 sugar lumps with a rolling pin. Using scissors dipped in water, cut 5 mm (¼ in) deep sloping notches into the surface of the ring. Bake in a preheated oven at 200°C (400°F, gas 6) for at least 30 minutes, then take the brioche out of the oven and decorate with whole crystallized (candied) fruits and crushed sugar.

Brioche mousseline

Cut 2 pieces of foil twice the height of a cylindrical 1 litre (1¾ pint, 4⅓ cup) mould. Line the mould with the double thickness of foil shaped into a cylinder. Butter the bottom of the mould and the full height of the foil. Place a 300 g (11 oz) ball of fine brioche dough in the mould and leave to rise at room temperature until it comes to 1 cm (½ in) below the top of the mould.

Brush the surface with a beaten egg and make 2–4 cross-shaped incisions in the top of the dough using a pair of wetted scissors. Bake in a preheated oven at 200°C (400°F, gas 6) for about 30 minutes. Turn out while still warm.

Brioche polonaise

Make a brioche weighing about 800 g (1¾ lb). Steep 200 g (7 oz, ¾ cup) diced crystallized (candied) fruit in kirsch. Make a syrup with 200 g (7 oz, ¾ cup) granulated sugar, 250 ml (8 fl oz, 1 cup) water and a liqueur glass kirsch. Prepare a confectioner's custard (pastry cream) with 50 g (2 oz, ½ cup) plain (all-purpose) flour, 4 egg yolks, 100 g (4 oz, ½ cup) caster (superfine) sugar, 1 teaspoon vanilla sugar and 500 ml (17 fl oz, 2 cups) milk. Mix 40 g (1½ oz, 3 tablespoons) butter with the custard, then incorporate the drained fruit.

Cut the brioche horizontally into slices, after removing the top. Dip the slices in the syrup and spread each with a thick layer of the fruit custard. Reshape the brioche and put the top back in position. Stiffly whisk 4 egg whites, incorporating 50 g (2 oz, ¼ cup) caster sugar. Completely cover the brioche with the meringue, then sprinkle with icing (confectioner's) sugar – no more than 2 tablespoons – and scatter about 100 g (4 oz, 1 cup) shredded (slivered) almonds over the surface. Brown in a preheated oven at 230°C (450°F, gas 8) for 5 minutes. Cool completely before serving.

Brioche with pralines

Make some leavening dough with 250 g (9 oz, 2¼ cups) strong (bread) flour and 20 g (¾ oz) fresh yeast (1½ cakes compressed yeast) or 2 teaspoons dried yeast dissolved in 150 ml (¼ pint, ⅔ cup) warm water. Roll this dough, which will be fairly soft, into a ball and leave it to rise for at least 30 minutes; it should double in volume.

In the meantime, mix together 800 g (1¾ lb, 7 cups) plain (all-purpose) flour, 1 tablespoon salt, 65 g (2½ oz, 5 tablespoons) sugar and 6 whole eggs. Knead vigorously and then add 900 g (2 lb, 4 cups) good-quality softened butter, a little at a time. Then mix in the leaven and roll the dough into a ball again. Leave this to rise at room temperature for 6–7 hours.

Mix some pink pralines (or candied rose petals) into the dough, then put it into a large brioche mould and bake in a preheated oven at 200°C (400°F, gas 6) for about 1 hour. When cooked, decorate the surface of the brioche with a few crushed pralines.

Brioche with raspberries

Make a large brioche mousseline and allow to cool completely. Slice off the top and scoop out the inside, leaving a thickness of about 1 cm (½ in) at the

bottom and sides. Add some kirsch to melted butter and sprinkle this mixture over the inside of the brioche; fill with a mixture of raspberries and whipped cream. (Wild strawberries may be used instead of raspberries.)

Alternatively, the brioche may be filled with confectioner's custard (pastry cream) lightened with whipped cream and mixed with stoned (pitted) cherries, poached in syrup and drained.

Buns

Crumble 25 g (1 oz, 2 cakes) fresh (compressed) yeast into a bowl, then gradually stir in 250 ml (8 fl oz, 1 cup) lukewarm milk. Cover and leave at room temperature until frothy. Mix 675 g (1½ lb, 6 cups) strong plain (bread) flour with 1 teaspoon salt and the grated zest of 1 lemon. Rub in 125 g (4½ oz, ½ cup) butter, then stir in 125 g (4½ oz, ¾ cup) raisins. Make a well in the dry ingredients. Add 500 ml (17 fl oz, 2 cups) lukewarm milk, 1 beaten egg and the yeast mixture. Gradually mix the dry ingredients into the liquid to make a dough. Knead for about 10 minutes, until smooth and elastic.

Place the dough in a bowl, cover with a cloth and leave in a warm place until doubled in volume (about 5 hours). Divide the dough into balls about the size of a tangerine. Place on a greased large baking sheet, brush them with butter, cover with tented foil and allow to rise for a further 5 hours or until 2½ times their original size. Bake in a preheated oven at 200°C (400°F, gas 6) for 20 minutes. Meanwhile, heat 250 ml (8 fl oz, 1 cup) milk with 1 tablespoon sugar and bring to the boil. A few minutes before they are cooked, brush the buns with the syrup and return them to the oven. Cool on a wire rack.

Christmas pompes

Pompe is a sweet or savoury pastry, popular in many parts of Auvergne, Lyon and Provence. In Auvergne, *pompe* (or *pompo*) *aux pommes* is a traditional

dish for family celebrations, Christmas and Easter. It is made of buttery rough puff or flaky pastry, spiced with cinnamon and filled with jam (preserve), plums or even cream cheese. In Provence, *pompe à l'huile* is a flat Christmas cake of leavened dough made with olive oil, flavoured with orange-flower water, lemon zest or saffron, and sometimes studded with sugared almonds (dragées). The *pompe à l'huile* is an essential element of the 13 desserts of the Provençal Christmas, which are eaten with mulled wine.

Place 1 kg (2¼ lb, 9 cups) plain (all-purpose) flour in a bowl and add 250 g (9 oz) bread-dough leaven cut into small pieces, 250 g (9 oz, 1½ cups, firmly packed) brown sugar, ½ teaspoon salt, 4 tablespoons olive oil and 3–4 whole eggs. Mix well. Add the grated zest of an orange and a lemon. Knead the dough thoroughly and 'throw' it on the table. When it is very soft, roll the dough into a ball, wrap it in an oiled plastic bag and leave to rise in a warm, draught-free place for about 6 hours. Knead the dough again, divide into 8 pieces and shape into crowns. Place the crowns on a buttered cloth and leave for a further 2 hours. Then place in a preheated oven at 230°C (450°F, gas 8) and bake for 25 minutes. Remove from the oven, moisten with orange-flower water and return to the oven for 5 minutes with the oven door left open.

Dampfnudeln

A sweet dessert, made in Germany and Alsace, consisting of rounds of leavened dough baked in the oven and served either with compote, fruits in syrup, jam (preserve) or vanilla cream, and dusted with sugar and cinnamon.

Prepare a starter dough. Cream 15 g (½ oz, 1 cake) fresh (compressed) yeast in 200 ml (7 fl oz, 1 cup) warm milk until dissolved, or sprinkle 1½ teaspoons dried yeast over the milk and stir until dissolved. Leave in a warm place until frothy. Then mix into 125 g (4½ oz, 1 cup) strong plain (bread) flour. Leave this starter in a warm place until doubled in volume.

Now gradually work into the dough 100 g (4 oz, ½ cup) melted butter, a pinch of salt, the grated zest of 1 lemon, 5 egg yolks, 100 g (4 oz, ½ cup) caster (superfine) sugar and 375 g (13 oz, 3¼ cups) strong plain flour. Roll out with a rolling pin and leave to rest for 5 minutes. Cut the dough into rounds and leave to rise in a warm place for 1 hour. Brush with melted butter, dust with icing (confectioner's) sugar and bake in a preheated oven at 180°C (350°F, gas 4), for about 15 minutes until lightly browned.

Doughnuts

Mix 15 g (½ oz, 1 cake) fresh (compressed) yeast with 150 ml (¼ pint, ⅔ cup) warm milk. (Alternatively, use 1½ teaspoons dried yeast.) Put 500 g (18 oz, 4½ cups) strong white (bread) flour, 100–125 g (4–4½ oz, ½ cup) caster (superfine) sugar, a generous pinch of salt and ½ teaspoon grated nutmeg into a large bowl. Make a well in the centre and mix a beaten egg with the dry ingredients as thoroughly as possible. Add 2 more eggs, one at a time. Work 65 g (2½ oz, 5 tablespoons) melted butter into the mixture, then add the warm yeast mixture. Knead the dough until it becomes elastic. Leave to rise until doubled in size.

Roll out the dough on a floured surface to a thickness of about 1 cm (½ in) and cut it into rounds with a pastry (cookie) cutter 6 cm (2½ in) in diameter. Fry the doughnuts in hot fat – at least 185°C (365°F) – until they swell up and become golden brown. Drain on paper towels, dust with caster sugar and serve hot with maple syrup or a cranberry compote.

Dresden stollen

Similar to brioche and made with dried fruits, this is a German speciality traditionally eaten at Christmas. There are several recipes, the best known being that from Dresden. Some stollens have a filling of marzipan.

Make a well in the centre of 800 g (1¾ lb, 7 cups) sifted plain (all-purpose) flour. Add 20 g (¾ oz, 1½ cakes) fresh (compressed) yeast, 1 tablespoon caster (superfine) sugar and 250 ml (8 fl oz, 1 cup) warm milk. When bubbles form in the mixture, knead it thoroughly, incorporating the flour to make a smooth dough. Cover with a cloth and leave to rise in a warm place free from draughts.

Soak 200 g (7 oz, 1⅓ cups) currants in 3 tablespoons rum. Soften 500 g (18 oz, 2¼ cups) butter at room temperature, then beat it with 150 g (5 oz, ⅔ cup) granulated sugar and 3 eggs until light and creamy; add the currants and the rum, 200 g (7 oz, 1⅓ cups) chopped mixed candied peel, a pinch of powdered vanilla or a few drops of vanilla essence (extract) and 1 teaspoon grated lemon rind (zest).

Add this mixture to the dough with just enough milk to keep it soft but not sticky. Knead the dough well, knocking it back several times, as for brioche dough, and leave to rise under a cloth. When the dough has doubled in size, turn on to a floured work surface, stretch it into a thick sausage shape and fold it in half lengthways. Put on a buttered baking sheet and leave to rise again for 15 minutes in a warm place. Brush with clarified butter and bake in a preheated oven at 180°C (350°F, gas 4) for 50 minutes.

When cooked, brush again with clarified butter, dust with icing (confectioner's) sugar and leave to cool before serving.

Fouace

Also known as fouasse or fougasse, these are among France's oldest pastries. They were originally pancakes made of fine wheat, unleavened and cooked under the cinders in the hearth. Nowadays they are usually rustic dough cakes baked in the oven, sometimes salted and flavoured, and usually made for Christmas or Twelfth Night.

Dissolve 15 g (½ oz, 1 cake) fresh (compressed) yeast in a few tablespoons of warm milk or water. Add 125 g (4½ oz, 1 cup) strong plain (bread) flour and then enough milk or water to make a slightly soft dough. Cover the dough with a damp cloth or greased cling film (plastic wrap) and leave to rise until it has doubled in volume. Heap 375 g (13 oz, 3¼ cups) strong plain flour on a work surface. Make a well in the centre and add a large pinch of salt, 100 g (4 oz, ½ cup) softened butter, 1 liqueur glass of rum, brandy or orange-flower water, 4 tablespoons sugar (optional) and 4 beaten eggs. Knead together, adding a little milk or water to obtain a smooth dough. Add the risen dough and (if wished) 150–200 g (5–7 oz, 1¼ cups) crystallized (candied) fruits. Work the dough until it is elastic. Knead it into a ball, cut a cross in the top and leave it to rise, loosely covered until doubled in volume.

Place the fouace on a lightly buttered baking sheet, in a ball, loaf or crown shape. Glaze with beaten egg and bake in a preheated oven at 230°C (450°F, gas 8) for about 40 minutes or until golden; when the dough is cooked through, the base should sound hollow when tapped.

Fruit brioche

Toss prepared and diced seasonal fruit (such as peaches and pears, plums and apricots, or plums and pears) in the juice of 1 lemon. Sprinkle with a little sugar and pour a little fruit liqueur or suitable spirit over and mix well. Cover and set aside to macercate. Prepare frangipane cream and leave to cool.

Line a large mould or individual round moulds or tins (pans) with brioche dough. Spread with frangipane cream, leaving a border around the edge. Drain the fruit (reserve the soaking liquor for a fruit coulis to serve with the brioche) and arrange it in a layer on top of the frangipane cream. Cover with brioche dough, pressing the edges together to seal in the filling, then leave to rise in a warm place for about 1 hour, until doubled in size.

Brush the brioche or brioches with beaten egg and bake until golden. A large brioche will take about 30 minutes in a preheated oven at 200°C (400°F, gas 6); individual brioches will take about 15 minutes in a preheated oven at 220°C (425°F, gas 7). Dust with icing (confectioner's) sugar and serve hot, decorated with pieces of fresh fruit. Fruit coulis goes well with the brioche – prepare it using the same type of fruit as in the filling and flavour the coulis with the reserved soaking liquor.

Fruit croûtes

Cut a slightly stale savarin into slices 1 cm (½ in) thick. Place these slices on a baking sheet, dust them with fine sugar and glaze them in a preheated oven at 230°C (450°F, gas 8). Reassemble the savarin on a large round dish, alternating the croûtes with slices of canned pineapple. Place around this crown, alternately, quarters of pears and apples, cooked in vanilla-flavoured syrup and well drained. Fill the inside of the crown with a salpicon of various fruits cooked in syrup and drained. Decorate the top with glacé (candied) cherries, angelica lozenges, quarters of crystallized (candied) apricots, small golden and green preserved oranges and halved almonds. Warm the crown in a preheated oven at 150°C (300°F, gas 2).

When ready to serve, coat it with apricot sauce flavoured with rum or kirsch, and serve more of this sauce separately. Croûtes containing other types of fruit cooked in syrup (apricot, peach, pear, plum, nectarine) are prepared in the same way.

Fruit savarin

Melt 50 g (2 oz, ¼ cup) butter. In a bowl, mix 125 g (4½ oz, 1 cup) strong plain (bread) flour, a good pinch of salt, 15 g (½ oz, 1 tablespoon) sugar and 1 egg. Dissolve 7 g (¼ oz, ½ cake) fresh (compressed) yeast in 1 tablespoon

lukewarm water and add to the dough. Add another egg and work the dough by hand, using a combination of kneading and beating in the bowl, slapping the mixture from the palm of the hand against the side of the bowl. The mixture should be light, smooth and elastic. Beat in the melted butter by hand until well blended. Pour the batter into a buttered savarin mould, 20–23 cm (8–9 in) in diameter, and leave to rise in a warm place for 30 minutes.

Bake in a preheated oven at 200°C (400°F, gas 6) for 20–25 minutes. Turn out on to a wire rack and leave to cool. Pour some rum-flavoured syrup over it. Peel 2 white peaches, 1 pear, 1 orange and 1 banana. Dice the fruit and sprinkle with the juice of ½ a lemon. Wash a small bunch of seedless green grapes, about 75 g (3 oz, ½ cup). Clean 50 g (2 oz, ½ cup) raspberries and 50 g (2 oz, ⅓ cup) wild strawberries (if available). Wash and hull 50 g (2 oz, ½ cup) large strawberries. Put all this fruit in a bowl, pour over the rest of the syrup used to soak the savarin, and leave to steep for 1 hour. Melt 200 g (7 oz, ⅔ cup) apricot jam (preserve) over a low heat and coat the savarin with it. Fill the centre of the savarin with some of the fruit and serve the rest separately.

Kouing-aman

The name of this flat yeasted Breton cake from the Douarnenez region means 'bread and butter'.

Dissolve 15 g (½ oz, 1 cake) fresh (compressed) yeast in 2 tablespoons warm water and mix with 50 g (2 oz, ½ cup) plain (all-purpose) flour. Cover with a cloth and leave to rise in a warm place. When its volume has doubled, sift 200 g (7 oz, 1¾ cups) plain flour and a pinch of salt into a bowl and add the yeast, kneading with the tips of the fingers and adding just enough water to obtain a pliable dough. Knead well, then leave to rise again in a warm place.

When its volume has doubled, place it on a floured working surface and roll it into a large circle. Dot the surface with 125 g (4½ oz, ½ cup) softened

butter cut into pieces and sprinkle with 50 g (2 oz, ¼ cup) caster (superfine) sugar. Fold the dough into three, roll it out and fold it again into three. Leave it for 15 minutes. Roll it out into a circle again, fold it into three and leave it to rest. Repeat the operation once more.

Shape the dough into a circle about 23 cm (9 in) in diameter and put it into a buttered and floured flan tin (pie pan). Score the top of the dough with diamond shapes and brush with egg. Bake in a preheated oven at 240°C (475°F, gas 9) for about 20 minutes, basting the top occasionally with the butter that will run out of the dough. Sprinkle with icing (confectioner's) sugar and continue to bake until the cake is cooked (it should still be fairly moist inside). Unmould straightaway and serve warm.

Kugelhopf

A yeast cake from Alsace, of Austrian origin, containing raisins or currants and cooked in a special high, crownlike mould.

Soak 40 g (1½ oz, ¼ cup) currants in a little warm tea and soften 175 g (6 oz, ¾ cup) butter at room temperature. Mix 25 g (1 oz, 2 cakes) fresh (compressed) yeast with 3 tablespoons warm milk, add 90 g (3½ oz, scant 1 cup) strong plain (bread) flour and mix well. Add just enough warm milk to obtain a soft dough. Shape the dough into a ball, put it in a bowl, mark a cross on the top with a knife, cover it with a cloth and leave it to rise in a warm place, away from draughts.

Sift 250 g (9 oz, 2¼ cups) strong plain (bread) flour into a heap on the working surface, make a well in the centre and into this put 2 eggs and 1 tablespoon warm water. Mix these ingredients and knead the dough well. Dissolve 3 tablespoons caster (superfine) sugar and 1 teaspoon salt in a little water and add this to the mixture, together with the softened butter. Finally add 2 more eggs, one at a time, continuing to knead the dough. Roll this out

on the board, put the yeast mixture on top, then mix it together by gathering the dough up, kneading it on the board and then repeating the procedure. Finally, add the currants. Put the dough into a bowl, cover it with a cloth and leave it to rise in a warm place until it has doubled in volume.

Butter a *kugelhopf* mould and sprinkle the inside with 100 g (4 oz, 1 cup) shredded almonds. When the dough is ready, shape it into a long sausage and put it into the mould, turning the mould as the dough is fed in (it should half-fill the mould). Leave it to rise again in a warm place until the dough reaches the top of the mould. Bake in a preheated oven at 200°C (400°F, gas 6) for at least 40 minutes. Unmould the *kugelhopf* on to a wire rack. When it is completely cold, sprinkle it lightly with icing (confectioner's) sugar.

Merveilles

Make a dough with 500 g (18 oz, 4½ cups) plain (all-purpose) flour, 4 lightly beaten eggs, 150 g (5 oz, ⅔ cup) softened butter, a generous pinch of salt, 2 tablespoons sugar and 1 liqueur glass of orange-flower water, rum or Cognac. Roll the dough into a ball and leave it to stand for at least 2 hours, covered with a cloth. Roll it out to a thickness of about 5 mm (¼ in) and cut it into various shapes with fluted pastry (cookie) cutters. Deep-fry in oil at 175°C (347°F) until golden brown. Drain on paper towels, sprinkle with a mixture of icing (confectioner's) sugar and vanilla-flavoured sugar, and pile up on the serving dish.

Panettone

A large, round Italian cake which is a speciality of the city of Milan but is made anywhere between Milan and Venice. Panettone is made from a raised dough enriched with egg yolks (which give it its colour) and contains raisins and candied orange and lemon peel. The dough is traditionally kneaded three

times a day for several days to give the characteristic light texture, then it is placed in a cool oven to rise and cooked in a cylindrical mould. Traditional Christmas fare, this cake is also eaten for breakfast, with coffee, and it is sometimes served as a dessert, accompanied by a liqueur wine.

Mix 3 tablespoons water, 50 g (2 oz, ¼ cup) butter and 75 g (3 oz, ½ cup) soft brown sugar in a saucepan and place over a moderate heat, making sure the mixture does not come to the boil. Sift 300 g (11 oz, 2¾ cups) plain (all-purpose) flour and 20 g (¾ oz, 3 packages) dried yeast at least four times. Put into a mixing bowl. Add 25 g (1 oz, 2 tablespoons) raisins and 50 g (2 oz, ⅓ cup) diced candied citron peel. Mix together thoroughly and incorporate 2 egg yolks. Slowly add the melted butter mixture. Work the dough thoroughly with a wooden spoon until it leaves the sides of the bowl. Then place the dough on a lightly floured work surface and knead it for another 1–2 minutes. Mould the dough into the typical dome shape of panettone, making an incision in the shape of a square with a cross in the middle. Leave to rest in a warm place for 30 minutes. Bake in a preheated oven at 180°C (350°F, gas 4) for 45 minutes, wrapping the panettone in foil for the first part of the cooking process to prevent the dough from spreading. Just before the end of the cooking, spray a little water over the incision in the panettone, which will give it a glossy surface.

Pastis bourrit

In south-western France, the term *pastis* is used to refer to various pastries.

Make some leaven with 25 g (1 oz, ¼ cup) plain (all-purpose) flour, 7 g (¼ oz, ½ cake) fresh (compressed) yeast and 100 ml (4 fl oz, 7 tablespoons) water. Leave to rise. Make a well in 1 kg (2¼ lb, 9 cups) plain flour in a very deep mixing bowl and add 150 g (5 oz, ⅔ cup) melted butter, a pinch of salt, 250 g (9 oz, 1 cup) sugar, 6 egg yolks, 4 teaspoons vanilla sugar and

3 tablespoons rum or anisette cordial. Stir and add 7 g (¼ oz, ½ cake) fresh (compressed) yeast and the leaven. Beat everything well. Whisk 6 egg whites into stiff peaks and add to the dough. Leave to rise.

When the dough has doubled in size, butter some moulds, half-fill them with dough (this quantity of dough is enough for 2 or 3 pastis) and leave to rise to the top. Cook in a preheated oven at 220°C (425°F, gas 7) for 45 minutes until the pastis are golden. Serve with caramel custard. Sliced and toasted, it may also be served with fois gras.

Pogne de romans

Also known as *pognon* or *pougnon*, this is a type of brioche that is sometimes filled with crystallized (candied) fruit and served either hot or cold

Arrange 500 g (18 oz, 4½ cups) plain (all-purpose) flour in a circle on the worktop. In the middle of this circle put 1½ teaspoons salt, 1 tablespoon orange-flower water, 25 g (1 oz, 2 cakes) fresh (compressed) yeast, 250 g (9 oz, 1 cup) softened butter and 4 whole eggs. Mix together thoroughly, working the dough vigorously to give it body. Add 2 more eggs, one after the other, and finally incorporate 200 g (7 oz, ¾ cup) caster (superfine) sugar, little by little, kneading the dough all the while. Place this dough in a bowl sprinkled with flour, cover with a cloth and leave it to rise for 10–12 hours at room temperature away from draughts.

Turn the dough out on to the table and knock it back with the flat of the hand. Make into 'crowns': shape two-thirds of the dough into balls, then use the remainder to shape smaller balls to place on top, like brioches. Place these crowns in buttered baking tins (pans). Leave the dough to rise for a further 30 minutes in a warm place. Brush with beaten egg and bake in a preheated oven at 190°C (375°F, gas 5) for about 40 minutes. Serve with redcurrant jelly.

Rolled brioche with raisins

Soak 75 g (3 oz, ½ cup) raisins in 4 tablespoons rum. Butter a 20 cm (8 in) Genoese mould (a sponge cake mould with sides sloping outwards towards the top) and line it with 150 g (5 oz) flattened brioche dough. Cover with a thin layer of confectioner's custard (pastry cream). Lightly flour the worktop (work surface). Place 165 g (5½ oz) dough on the floured surface and roll out to a rectangle 20 × 12 cm (7 × 4 in). Cover this rectangle with confectioner's custard, then spread with the drained raisins. Roll the rectangle into a sausage 20 cm (8 in) long and cut into 6 equal portions. Lay these portions flat in the lined mould and leave to rise for 2 hours in a warm place.

Brush over the entire surface of the brioche with beaten egg. Bake for about 30 minutes in a preheatted oven at 200°C (400°F, gas 6). If the brioche colours too quickly, protect it with a sheet of foil. Take the cooked brioche out of the oven, sprinkle with vanilla or rum syrup, then turn out of the mould while still warm. When the brioche is cold, brush with syrup made from 65 g (2½ oz, ½ cup) icing (confectioner's) sugar with 2 tablespoons hot water.

Ruifard

Ruifard is a dessert that is typical of the Dauphiné region of France, particularly the Valbonnais area. It is a large pie made from yeast dough, filled with sliced pears, apples and quinces cooked in butter, and sweetened and flavoured with Chartreuse.

Dissolve 15 g (½ oz) dried yeast (2 packages active dry east) in 2 tablespoons warm water. Sift 250 g (9 oz, 2¼ cups) strong plain (bread) flour into a heap and pour the dissolved yeast into a well in the centre. Mix in a little of the flour to make a thick cream. Leave it to rise for 10 minutes. Then add 1 egg, 20 g (¾ oz, 1½ tablespoons) softened butter, 1 tablespoon oil, 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream, 15 g (½ oz, 1 tablespoon) sugar

and ¼ teaspoon salt. Work with the hands to incorporate all the flour and knead until the dough leaves the fingers cleanly, then put it in a bowl and leave to rise for 30 minutes at 25°C (77°F).

Peel and slice 5 large apples, 5 pears and 2 small quinces. Cook them for 10 minutes with 50 g (2 oz, ¼ cup) butter and 150 g (5 oz, ⅔ cup) sugar; flavour with 2 tablespoons Chartreuse. Butter a 20 cm (8 in) sandwich tin (layer cake pan) and roll out half the dough to a thickness of 5 mm (¼ in). Line the base and sides of the tin with this dough and pour in the cooked fruit. Roll out the remaining dough a little more thinly and cover the fruit, sealing the edges with a little cold water.

Leave to rise for a further 10–15 minutes, then brush the surface with egg yolk. Bake in a preheated oven at 190°C (375°F, gas 5) for 30 minutes.

Rum babas

Soak 100 g (4 oz, ¾ cup) raisins in 300 ml (½ pint, 1¼ cups) rum and soften 100 g (4 oz, ½ cup) butter at room temperature. Mix 25 g (1 oz, 2 cakes) fresh (compressed) yeast or 2 teaspoons dried yeast with 2 tablespoons warm water. Make a well in 250 g (9 oz, 2¼ cups) sifted strong plain (bread) flour and add 2 tablespoons sugar, a generous pinch of salt, 2 eggs and the yeast mixture. Mix with a wooden spatula until the ingredients are combined, then add another egg. Work this in, and then add a further egg and work that in. Finally add the softened butter and work the dough until elastic before adding the drained raisins. Reserve the rum from the raisins.

Melt 50 g (2 oz, ¼ cup) butter over a low heat and use to brush the insides of 16 dariole moulds or individual ring moulds. Divide the dough among the moulds. Leave in a warm place until the dough has risen to fill the moulds. Bake in a preheated oven at about 200°C (400°F, gas 6) for 15–20 minutes. Turn the babas out immediately on to a rack and allow to cool.

Prepare a syrup using 1 litre (1¾ pints, 4⅓ cups) water and 500 g (18 oz, 2¼ cups) sugar. Place each baba in the boiling syrup and leave submerged until no more air bubbles are released. Drain and place on a wire rack resting over a dish. When the babas have cooled slightly, soak them in the reserved rum, adding extra rum as necessary to soak the babas generously. As the rum syrup collects in the dish repeatedly spoon it back over the babas to ensure they are very moist.

Serve the babas topped or filled with whipped cream and fresh fruit, such as raspberries. Crème anglaise may be served with the babas: streak the sauce with a little chocolate sauce and add a few rum-soaked raisins for decoration.

Savarin with confectioner's custard

Melt 50 g (2 oz, ¼ cup) butter. In a bowl, mix 125 g (4½ oz, 1 cup) strong plain (bread) flour, a good pinch of salt, 15 g (½ oz, 1 tablespoon) sugar and 1 egg. Dissolve 7 g (¼ oz, ½ cake) fresh (compressed) yeast in 1 tablespoon lukewarm water and add to the dough. Add another egg and work the dough by hand, using a combination of kneading and beating in the bowl, slapping the mixture from the palm of the hand against the side of the bowl. The mixture should be light, smooth and elastic. Beat in the melted butter by hand until well blended. Pour the batter into a buttered savarin mould, 20–23 cm (8–9 in) in diameter, and leave to rise in a warm place for 30 minutes. Bake in a preheated oven at 200°C (400°F, gas 6) for 20–25 minutes. Turn out on to a wire rack and leave to cool. Make a syrup with 500 ml (17 fl oz, 2 cups) water, 250 g (9 oz, 1 cup) sugar and a vanilla pod (bean). Pour the syrup over the savarin. Prepare some confectioner's custard (pastry cream) with 250 ml (8 fl oz, 1 cup) milk, 3 egg yolks, 50 g (2 oz, ¼ cup) sugar, 100 g (4 oz, 1 cup) plain (all-purpose) flour and 2½ tablespoons rum. Spoon into the centre of the savarin and serve well chilled.

Swiss wine tart

Mix 350 g (12 oz, 3 cups) plain (all-purpose) flour, a pinch of salt and 1 tablespoon caster (superfine) sugar. Add 75 g (3 oz, 6 tablespoons) softened butter and 15 g (½ oz, 1 cake) fresh (compressed) yeast mixed with 3 tablespoons milk. Alternatively, sprinkle 1½ teaspoons dried (active dry) yeast over the milk, whisk with a balloon whisk until dissolved and leave in a warm place until frothy before adding it to the other ingredients. Rapidly work the ingredients, then roll the dough into a ball and set aside for 2 hours. Roll it out and use it to line a buttered tart tin (pie pan). Beat 3 eggs with 100 g (4 oz, ½ cup) sugar until the mixture becomes thick and creamy, then add 100 ml (4 fl oz, 7 tablespoons) dry white wine. Pour the mixture into the tart case (shell). Bake in a preheated oven at 220°F (425°F, gas 7) for 20 minutes. Take out the tart, sprinkle with caster sugar and knobs of butter, then return it to the oven for a further 15 minutes. Serve lukewarm.

Tourtes à la mode béarnaise

Melt 500 g (18 oz, 2¼ cups) butter and pour it over 100 g (4 oz, 8 cakes) fresh (compressed) yeast in a bowl. Mix together. Add 500 g (18 oz, 2¼ cups) caster (superfine) sugar, 12 eggs, 1 small glass rum, the grated zest of 2 lemons, a pinch of salt and enough flour to obtain a firm mixture. Leave to rise for 24 hours. Divide into balls and put into buttered moulds. Bake in a preheated oven at 220°C (425°F, gas 7) for about 45 minutes.

BASIC RECIPES & CLASSIC ADDITIONS

Batters

Coating batter

This batter is suitable for coating food before deep-frying. Sift 200 g (7 oz, 1¾ cups) plain (all-purpose) flour into a bowl. Add 2 teaspoons baking powder, 2 tablespoons groundnut (peanut) oil, a pinch of salt and 250 ml (8 fl oz, 1 cup) warm water. Mix the ingredients thoroughly and beat until smooth, then leave the batter to rest in a cool place for at least 1 hour. Just before using, fold in 2 stiffly whisked egg whites.

Fritter batter (1)

Sift 250 g (9 oz, 2¼ cups) plain (all-purpose) flour into a bowl. Heat 200 ml (7 fl oz, ¾ cup) water until lukewarm. Make a well in the flour and add 150 ml (¼ pint, ⅔ cup) beer, the warm water and a generous pinch of salt. Mix, drawing the flour from the sides to the centre. Add 2 tablespoons groundnut (peanut) oil and mix. Leave to rest for 1 hour. When required, stiffly whisk 2 or 3 egg whites and fold into the batter. Do not stir or beat.

For sweet fritters, flavour the batter with Calvados, Cognac or rum. The batter may also be sweetened with 1½ teaspoons sugar and the oil replaced with the same amount of melted butter.

Fritter batter (2)

Put 250 g (9 oz, 2¼ cups) sifted plain (all-purpose) flour in a mixing bowl. Make a well in the centre and add 1 teaspoon salt, 2 whole eggs and 300 ml (½ pint, 1¼ cups) groundnut (peanut) oil. Whisk the eggs and oil together, incorporating a little of the flour. Add 250 ml (8 fl oz, 1 cup) beer and, stirring well, gradually incorporate the rest of the flour. Allow to stand for about 1 hour. A few minutes before using the batter, whisk 3 egg whites stiffly and fold into the batter using a wooden spoon or rubber spatula.

Sweet crêpe batter

Mix 500 g (18 oz, 4½ cups) plain (all-purpose) flour with 1 tablespoon vanilla-flavoured sugar (or a few drops of vanilla extract), 5–6 beaten eggs and a small pinch of salt. Gradually stir in 750 ml (1¼ pints, 3¼ cups) milk and 250 ml (8 fl oz, 1 cup) water. Flavour with a small glass of rum, Cognac, Calvados or Grand Marnier, depending on the recipe. Finally, add 40 g (1½ oz, 3 tablespoons) melted butter or a mixture of 25 g (1 oz, 2 tablespoons) melted butter and 2 tablespoons oil. Leave the batter to stand for 2 hours. Just before making the crêpes, dilute the batter with a little water or milk – 100–200 ml (4–7 fl oz, ½–¾ cup).

It was formerly the custom to add 2–3 tablespoons caster (superfine) sugar to the batter, in addition to the vanilla-flavoured sugar. Today, the crêpes are usually sprinkled with sugar when cooked, according to taste.

Butters & creams

Almond butter

Cream 225 g (8 oz, 1 cup) butter until softened. Blanch 100 g (4 oz, 1 cup) sweet almonds and reduce to a paste in a blender with 1 tablespoon cold water. Add to the softened butter and press through a sieve. Very fresh ground almonds can also be used. This butter is used in the preparation of petits fours and cakes. Make walnut butter in the same way.

Chantilly cream

Chill some double (heavy) cream and some milk in the refrigerator. Mix the well-chilled cream with a third of its volume of very cold milk and whisk until frothy. Add 65–75 g (2½–3 oz, 5–6 tablespoons) caster (superfine) sugar to each 500 ml (17 fl oz, 2 cups) cream, flavour with vanilla extract or vanilla-flavoured sugar and continue to whip until the cream remains in the coils of the whisk. Return to the refrigerator immediately and chill until ready to use.

Chiboust cream

Soak 4 leaves of gelatine in cold water, then dissolve over hot water. Boil 500 ml (17 fl oz, 2 cups) milk with ½ vanilla pod (bean). Beat 4 egg yolks with 125 g (4½ oz, ½ cup) caster (superfine) sugar until the mixture lightens in colour. Add 75 g (3 oz, ¾ cup) plain (all-purpose) flour and mix well. Gradually pour in the boiling milk, whisking continuously. Pour the mixture into a saucepan, add the dissolved gelatine and heat gently, stirring continuously. Remove from the heat as soon as it begins to boil. Add a pinch of salt to 4 egg whites and whisk into stiff peaks. Reheat the cream until it

starts to simmer and pour it immediately over the egg whites. Mix with a spatula, lifting the whole mixture, but taking care not to beat it, so that a smooth cream is obtained.

Chocolate crème au beurre

Follow the recipe for *crème au beurre* (with custard), but dissolve plain (unsweetened) chocolate in the milk, using 100 g (4 oz, 4 squares) chocolate to 500 ml (17 fl oz, 2 cups) milk. For *crème au beurre* made with sugar syrup, dissolve the chocolate gently in a bain marie and incorporate in the finished crème au beurre.

Coffee crème au beurre

Add coffee essence (extract) or instant coffee to the milk used when making a custard base. To flavour cream made with sugar syrup, blend the coffee essence or instant coffee with cream, using 1 teaspoon coffee essence to 300 ml (½ pint, 1¼ cups) double (heavy) cream; the mixture should mix thoroughly when heated.

Crème au beurre (with custard)

Prepare the recipe for crème anglaise (see custards). Bring 225 g (8 oz, 1 cup) butter to room temperature, then cut it into small pieces. Blend the butter with the custard cream, working with a whisk, and flavour as desired with coffee, chocolate, liqueur, praline, lemon zest or orange zest.

Crème au beurre (with sugar)

Beat together 250 g (9 oz, 1 cup) caster (superfine) sugar and 6 egg yolks. Then blend in a few drops of vanilla extract and 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream until the mixture is quite smooth. In a separate

bowl, work 225 g (8 oz, 1 cup) butter into a soft paste using a wooden spatula. Place the first basin in a bain marie and whisk the mixture until it becomes white and foamy. Remove it from the bain marie and continue to whip until the mixture is completely cool. Then gradually blend this mixture with the creamed butter.

Crème au beurre (with syrup)

Boil 125 g (4½ oz, ¼ cup) caster (superfine) sugar in 500 ml (17 fl oz, 2 cups) water for 10 minutes at a temperature of 120°C (248°F). Meanwhile, beat 4 egg yolks in a small bowl. Gradually pour on the boiling syrup, whisking for 3 minutes. Continue to whisk until the mixture has cooled to lukewarm. Then whisk in 125 g (4½ oz, ½ cup) butter cut into small pieces and whisk for a further 5 minutes.

Frangipane cream

Boil 750 ml (1¼ pints, 3¼ cups) milk with a vanilla pod (bean) or 1 teaspoon vanilla sugar. Put 100 g (4 oz, 1 cup) plain (all-purpose) flour, 200 g (7 oz, 1 cup) caster (superfine) sugar, 4 beaten eggs and a pinch of salt in a heavy-based saucepan and mix together thoroughly. Gradually add the hot milk and cook slowly for about 3 minutes, stirring all the time, until the cream thickens. Pour the cream into a bowl and stir in 75 g (3 oz, ¾ cup) crushed macaroons and 50 g (2 oz, ¼ cup) softened butter. Mix well.

Ganache

Melt 250 g (9 oz, 9 squares) plain (unsweetened) chocolate over a low heat and add 65–75 g (2½–3 oz, 5–6 tablespoons) unsalted butter. Cool, then fold in whipped cream, either 250 ml (8 fl oz, 1 cup) whipping cream or 200 ml (7 fl oz, ¾ cup) double (heavy) cream whipped with 3 tablespoons milk.

Whipped ganache

Bring 100 ml (4 fl oz, ½ cup) double (heavy) cream to the boil. Remove from the heat and add 225 g (8 oz, 8 squares) plain (unsweetened) chocolate, broken into squares. Stir until the chocolate has melted and is thoroughly combined with the cream. Leave until cool, but not set, then whip until pale, thick and light. Alternatively, the cooled, but not whipped, ganache may be stirred and poured over cakes as a chocolate icing (frosting).

Custards

Caramel custard

Add caramel to the boiling milk used for preparing a crème anglaise.

Chocolate confectioner's custard

Use 75–100 g (3–4 oz, 3–4 squares) cooking chocolate for 500 ml (17 fl oz, 2 cups) confectioner's custard. Cut the chocolate into small pieces, add them to the hot custard and stir until they have melted completely.

Confectioner's custard (1)

In a heavy-based saucepan, place 50 g (2 oz, ½ cup) plain (all-purpose) flour, 175 g (6 oz, ¾ cup) caster (superfine) sugar, a pinch of salt, 15 g (½ oz, 1 tablespoon) unsalted butter and 4 eggs. Work this mixture with a whisk. Infuse a vanilla pod (bean) in 500 ml (17 fl oz, 2 cups) milk, bring to the boil and add it to the mixture. Stir well, place the saucepan over the heat and boil

for a few minutes, stirring all the time to prevent the custard from sticking to the bottom. Remove the vanilla pod, pour the custard into an earthenware dish and allow to cool, stirring from time to time.

Confectioner's custard (2)

Split a vanilla pod (bean), boil it in 500 ml (17 fl oz, 2 cups) milk, then remove it. Beat 3 egg yolks with 75 g (3 oz, 6 tablespoons) caster (superfine) sugar; when the mixture has turned white, add 40 g (1½ oz, ⅓ cup) cornflour (cornstarch). Then gradually add the boiling vanilla-flavoured milk, whisking all the time. Put the mixture in a saucepan over a gentle heat and boil for 1 minute, whisking vigorously. Pour the custard into a deep bowl and leave to cool.

Crème anglaise

Blend 250 g (9 oz, 1 cup) caster (superfine) sugar, a pinch of salt and 8 egg yolks in a pan using a whisk. Boil 500 ml (17 fl oz, 2 cups) milk flavoured with vanilla or the zest of either 1 lemon or 1 orange. When the sugar-egg yolk mixture forms ribbons, gradually add the warm (not boiling) milk. Mix well, keeping the pan on the heat and stirring continuously until the first signs of boiling. At this point the yolks are sufficiently cooked and the custard should cling to the spoon. Press the hot custard through a fine sieve or a silk strainer. Keep it hot in a bain marie if it is to accompany a hot dessert; otherwise pour it into a basin, stir until it is completely cool and keep it in a cool place.

A simpler and lighter version of this can be made by reducing the number of egg yolks to 5–6 and adding ½ teaspoon arrowroot, starch or cornflour (cornstarch) to the eggs and sugar. This gives a slightly thicker consistency and helps to prevent the custard from curdling if allowed to overheat.

Icings & pastes

Almond paste

Grind 250 g (9 oz, 2 cups) blanched sweet almonds in a blender, in small quantities, as they turn oily if too many are worked together. Cook 500 g (18 oz, 3 cups) caster (superfine) sugar, 50 g (2 oz, ⅓ cup) glucose and 150 ml (¼ pint, ⅔ cup) water to the 'small ball' stage. Remove the saucepan from the heat, add the ground almonds and stir briskly with a wooden spoon until the mixture becomes granular. Leave to cool completely, then knead the paste by hand in small quantities until it is soft and easy to work.

Chocolate icing

Sift 100 g (4 oz, 1 cup) icing (confectioner's) sugar. Melt 125 g (4½ oz) bitter (bittersweet) chocolate in a bain marie, working it with a wooden spoon. Add the sifted icing sugar, then 65 g (2½ oz, 5 tablespoons) softened butter cut in small pieces. Continue to stir until the mixture is completely melted and remove from the heat. Gradually stir in 100 ml (4 fl oz, 7 tablespoons) cold water. Use the icing (frosting) when slightly warm.

Condé icing

Chop 250 g (9 oz, 1½ cups) shelled almonds finely in a blender, without reducing them to a paste. Mix 350 g (12 oz, 2 cups) icing (confectioner's) sugar, 1 tablespoon vanilla sugar and the chopped almonds in an earthenware dish. Beat 2 egg whites and a small pinch of salt with a fork until fluffy but not stiff, and add them little by little to the sugar – the mixture should be liquid enough to spread easily over the cakes, without overflowing while cooking.

Fondant icing

Put the following ingredients in a heavy-based saucepan: 2 kg (4½ lb) lump sugar, 75 g (3 oz, 6 tablespoons) glucose and 120 ml (4½ fl oz, ½ cup) water. Cook over a high heat, skimming regularly. Take the pan off the heat when the sugar reaches the 'soft ball' stage, at about 118°C (245°F). Oil a marble slab, pour the sugar mixture over it and allow to cool until just warm. Working with a metal spatula, alternately spread out and scrape up the fondant until the mixture is uniformly smooth and white. Place in a bowl, cover and keep cool. When it is needed, heat the fondant gently in a small saucepan and add a little syrup cooked to the 'short thread' stage – 101.5°C (215°F) – and the selected flavouring (coffee liqueur, essence or extract, or melted chocolate). Alternatively, add a few drops of edible food colouring.

Marzipan (1)

Blanch 250 g (9 oz, 1¾ cups) sweet almonds and 2 or 3 bitter almonds and pound them in a mortar (or use a food processor), moistening from time to time with a little cold water. When the almonds have been reduced to a fine and fairly firm paste, put them in a heavy-based pan with 500 g (18 oz, 2¼ cups) caster (superfine) sugar, a pinch of powdered vanilla or vanilla extract, and a few drops of orange-flower water. Dry out over a gentle heat, stirring with a wooden spoon.

Put the paste back into the mortar and grind it with the pestle, then work it with the hands on a marble slab until smooth, adding a small handful of sifted icing (confectioner's) sugar. Use the paste as required.

- *marzipan sweets (candies):* to make sweets, roll the paste out to a thickness of 2 cm (¾ in), lay it out on a sheet of rice paper, and cut it up into various shapes with a cutter. Lay the pieces on a baking sheet lined with rice paper and dry out in a very cool oven.

Marzipan (2)

Take 1.4 kg (3 lb) sweet almonds, blanch and peel them; drain and wipe them. Pound them in a marble mortar, sprinkling them from time to time with a little water, so that they do not become too oily (or use a food processor). When they are pounded to a smooth paste, cook 675 g (1½ lb, 3 cups) sugar to the small thread stage, 101°C (214°F). Add the almonds to the sugar and mix together with a spatula, carefully scraping the bottom and sides to prevent sticking, which may occur even when the pan is removed from the heat. The paste is ready when it does not stick to the back of the hand when touched. Place the paste on a board. Sprinkle with caster (superfine) sugar on both sides and leave it to cool.

- *baked sweets:* roll out the paste to a moderate thickness and cut out different shapes with cutters, pressing them gently with the fingertips on to sheets of rice paper before baking. Cook on one side only, then ice (frost) the other side and bake in the same way.

Nougatine

Put 200 g (7 oz, 1 cup) caster (superfine) sugar and 4 teapoons liquid glucose into a copper pan. Melt over a fairly high heat, stirring constantly with a wooden spoon. When the mixture turns a light brown, add 100 g (4 oz, 1 cup) ground almonds. Stir well, then pour on to an oiled baking sheet. Keep this hot until it is to be used, by placing it at the front of an open oven. Then allow the nougatine to cool and set slightly.

Using a lightly oiled rolling pin, roll out the nougatine on the baking sheet to the desired thickness and cut it into the required shapes with a biscuit (cookie) cutter. Alternatively, if the nougatine is to form the base of a cake, pour it into an oiled cake tin (pan) the same size as the cake, or cut it to shape with an oiled knife.

Royal icing

Gradually add icing (confectioner's) sugar to lightly whisked egg whites, stirring continuously and gently until it forms a mixture that is thick enough to spread without running. Stop stirring when the mixture is smooth. Strained lemon juice may be added (10 drops for 2 egg whites). Keep the icing cool, covered with damp greaseproof (wax) paper. To cover a Genoese cake 20 cm (8 in) in diameter, use 1 egg white, 175 g (6 oz, 1¼ cups) icing sugar and 1 teaspoon lemon juice. If a piped decoration is to be used, the icing must be firmer, so use 300 g (11 oz, 2¼ cups) icing sugar per egg white.

Pastry & dough

Brioche dough (classic)

Soften 225 g (8 oz, 1 cup) butter at room temperature. Crumble 7 g (¼ oz, ½ cake) fresh (compressed) yeast and stir in 1 tablespoon warm water. In a separate container stir 1 tablespoon sugar and a pinch of salt into 2 tablespoons cold milk. Sift 250 g (9 oz, 2¼ cups) strong plain (bread) flour, make a well in the centre, and add the yeast mixture and 1 lightly beaten egg. After working in a little flour, add the sugar and salt mixture, and another lightly beaten egg. Continue to work the dough until it becomes smooth and elastic. It should stretch easily. Mix a third of the dough with the softened butter, then add the second and finally the remaining third of the dough to the mixture.

Put the dough in a 2 litre (3½ pint, 9 cup) container, cover with a cloth, and leave to rise in a warm place until it has doubled in volume. Then separate

the dough into 3 pieces, knead lightly and leave to rise again. Leave to rest for a few hours in a cool place: the dough is now ready to be shaped and baked.

- *standard brioche dough:* this is prepared in exactly the same way, but the quantity of butter is reduced to 175 g (6 oz, ¾ cup).
- *pâte levée pour tartes:* this yeasted brioche dough is used for tarts and flans. Prepare as for brioche dough, but use 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 7 g (¼ oz, ½ cake) fresh (compressed) yeast, ½ teaspoon salt, 2 teaspoons caster (superfine) sugar, 2 eggs, 100 g (4 oz, ½ cup) butter and 6 tablespoons milk.

Choux buns or fingers

Make the choux paste and transfer it to a piping bag fitted with a plain nozzle, 1 cm (½ in) in diameter. Pipe small balls, 4–5 cm (1½–2 in) in diameter, on to a lightly oiled baking sheet, spacing them out so they do not stick to each other as they swell during cooking. Alternatively, pipe the paste into larger buns or fingers to make éclairs.

Bake choux pastries in a preheated oven at 220°C (425°F, gas 7) for 10 minutes. Reduce the temperature to 180°C (350°F, gas 4) and continue to cook, allowing a further 10 minutes for small buns or up to 25 minutes for large puffs. Transfer cooked choux pastries to a wire rack to cool and split them immediately to allow steam to escape, so that they stay crisp outside, but slightly moist on the inside.

Choux paste

To make about 40 small buns, 20 larger buns or éclairs, measure 250 ml (8 fl oz, 1 cup) water or milk and water (in equal proportions) into a saucepan. Add a large pinch of salt and 65 g (2½ oz, 5 tablespoons) butter cut into small pieces. Add 2 teaspoons caster (superfine) sugar for sweet choux.

Heat gently until the butter melts, then bring to the boil. As soon as the mixture begins to boil, take the saucepan off the heat, add 125 g (4½ oz, 1 cup) plain (all-purpose) flour all at once and mix quickly. Return the saucepan to the heat and cook the paste until it thickens, stirring: it takes about 1 minute for the paste to leave the sides of the saucepan. Do not overcook the mixture or beat it vigorously as this will make the paste greasy or oily. Remove the saucepan from the heat and allow to cool slightly. Beat in 2 eggs, then 2 more eggs, one after the other, continuing to beat hard until a smooth glossy paste is obtained.

Flaky pastry

Mix 75 g (3 oz, ⅓ cup) butter with 75 g (3 oz, ⅓ cup) lard or white vegetable fat (shortening) by chopping both types of fat together in a basin. Divide into quarters and chill well. Rub a quarter of the mixed fat into 225 g (8 oz, 2 cups) plain (all-purpose) flour, then mix in 7–8 tablespoons cold water to make a soft dough.

Knead the dough lightly on a lightly floured surface, then roll it out into a long rectangle measuring about 15 × 35 cm (6 × 14 in). Mark the pastry across into thirds. Dot another quarter of the prepared fat in lumps over the top two thirds of the pastry. Fold the bottom third over the fat on the middle third, then fold the top third down on top of it. Press the edges of the pastry together and give the pastry a quarter turn in a clockwise direction. Chill the pastry for 15 minutes, then roll it out as before and dot with another portion of fat. Fold and chill the pastry for 30 minutes. Repeat the rolling and folding twice more – once with the remaining portion of fat and once without any additional fat. Chill the pastry in the refrigerator for 15–30 minutes between each rolling out and at the end, before finally rolling it out and using as required.

Lining pastry (pâte à foncer)

This is a lining pastry for flans and tarts; it is a basic shortcrust made by the French method. Sift 250 g (9 oz, 2¼ cups) plain (all-purpose) flour on to a board. Make a well in the centre and add ½ teaspoon salt and 125 g (4½ oz, ½ cup) butter (softened at room temperature and cut into pieces). Start to mix the ingredients and then add 2 tablespoons water (the quantity of water required may vary depending on the type of flour used). Knead the dough gently, using the heel of the hand, shape it into a ball, wrap it in foil and set aside in a cool place for at least 2 hours if possible.

For a richer pastry increase the quantity of butter to 150 g (5 oz, ⅔ cup) and add 1 small egg and 2 tablespoons caster (superfine) sugar.

Pâte sablée

This is a rich, sweetened short pastry, flavoured with vanilla and used for sweet flans and tarts. Sift 250 g (9 oz, 2¼ cups) plain (all-pupose) flour. Cream 125 g (4½ oz, ½ cup) butter. Quickly mix the flour and butter by hand, draw the mixture together and make a well in the centre. Add 1 egg, 125 g (4½ oz, ½ cup) caster (superfine) sugar and a few drops of vanilla essence (extract). Quickly blend the ingredients together, roll the pastry into a ball and chill for 1 hour.

Alternatively, the pastry can be made by first mixing the egg and sugar, then rubbing in the flour, and finally kneading in the butter.

Pâte sucrée

Heap together 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, a pinch of salt and 75 g (3 oz, ⅓ cup) caster (superfine) sugar and make a well in the centre. Put 1 large egg (or 2 small ones), 100 g (4 oz, ½ cup) softened butter and 1½ teaspoons orange-flower water in the middle of the well and work all the

ingredients together, drawing the flour into the centre. Knead the dough quickly and gently with the heel of the hand, form it into a ball, cover and keep cool until required.

Puff pastry

The preparation of puff pastry is a lengthy and complicated procedure in which butter is incorporated into rolled-out dough. The dough is then folded, turned at right angles, rolled and folded again, up to 8 times.

Put 500 g (18 oz, 4½ cups) plain (all-purpose) flour on a board in a circle, making a well in the middle. Since flours differ, the exact proportion of water to flour is variable. Into the centre of this circle put 1½ teaspoons salt and about 300 ml (½ pint, 1¼ cups) water. Mix and knead until the dough is smooth and elastic. Form into a ball and leave to stand for 25 minutes.

Roll out the dough into square, mark a cross in the top and roll out the wedges to form an evenly thick cross shape. Put 500 g (18 oz, 2¼ cups) softened butter in the middle of this dough. (The butter should be softened with a wooden spatula until it can be spread easily.) Fold the ends of the dough over the butter in such a way as to enclose it completely. Leave to stand for 10 minutes in a cold place, until rested and firmed slightly.

The turning operation can now begin. Roll the dough with a rolling pin on a lightly floured board to obtain a rectangle 60 cm (24 in) long, 20 cm (8 in) wide and 1.5 cm (⅝ in) thick. Fold the rectangle into three, give it a quarter-turn and, with the rolling pin at right angles to the folds, roll the dough out again into a rectangle of the same size as the previous one. Again fold the dough into three and leave to stand for about 15 minutes and chill if too sticky. Repeat the sequence (turn, roll, fold) a further 4 times, leaving the dough to stand for about 15 minutes after each folding. After the sixth turn, roll out the dough in both directions and use according to the recipe.

Shortcrust pastry

Sift 225 g (8 oz, 2 cups) plain (all-purpose) flour into a bowl and stir in a pinch of salt, if required. Add 50 g (2 oz, ¼ cup) chilled butter and 50 g (2 oz, ¼ cup) chilled lard or white vegetable fat (shortening). Cut the fat into small pieces, then lightly rub them into the flour until the mixture resembles breadcrumbs. Sprinkle 3 tablespoons cold water over the mixture, then use a roundbladed knife to mix it in. The mixture should form clumps: press these together into a smooth ball. Chill the pastry for 30 minutes before baking. Roll out and use as required.

Preserves & jellies

Apple conserve

Marmelade de pommes. Peel and core some apples, cut into quarters and weigh. For 500 g (18 oz) apples, allow 300 g (11 oz, 1⅓ cups) sugar. Put the apples and sugar in a preserving pan with 2 tablespoons water. Cook gently until the apples crush under a spoon. Rub them through a strainer over a bowl. Put the purée back into the pan, bring to the boil, stirring continuously, and cook until the purée reaches a temperature of 106°C (223°F). Pot.

Blackcurrant jelly (1)

Wash, dry and stalk some blackcurrants. Weigh them, place in a saucepan and add 150 ml (¼ pint, ⅔ cup) water per 1 kg (2¼ lb) fruit. Heat until the berries burst (if a perfectly clear jelly is required), then place the fruit in a cloth and

wring to extract the juice. (If a thicker jelly is preferred, rub the contents of the saucepan through a sieve or mouli.) Measure the liquid obtained, then, for every 1 litre (1¾ pints, 4⅓ cups) fruit juice, put 850 g (1 lb 14 oz, 3¾ cups) preserving sugar into a saucepan together with the juice of a lemon and 175 ml (6 fl oz, ¾ cup) water. Heat to a temperature of 109°C (228°F), then add the blackcurrant juice. Stir thoroughly over a high heat until the jelly coats the back of the spoon. Skim and pour the boiling jelly into sterilized jars. Allow to cool completely. Cover, label and store in a cool place.

Blackcurrant jelly (2)

Prepare a blackcurrant jelly as described in the previous recipe but using 1 kg (2¼ lb, 4½ cups) sugar per 1 kg (2¼ lb) of fruit. Cook the sugar in the same way, then take the saucepan off the heat, add the juice and stir thoroughly. Then pour the jelly into sterilized jars, leave to cool and proceed as in the previous recipe.

Blackcurrant syrup

Crush the blackcurrants, put into a muslin (cheesecloth) bag and leave to drain; do not press. The pulp is very rich in pectin, which turns the syrup into jelly. Measure the juice and allow 800 g (1¾ lb, 3½ cups) sugar per 500 ml (17 fl oz, 2 cups) juice. Put the sugar and juice into a saucepan and heat, stirring well until the sugar has completely dissolved. When the temperature reaches 103°C (217°F), skim and pour into sterilized bottles. Label and store in a cool dry place.

Candied angelica

Cut some young angelica stems into 15–20 cm (6–8 in) lengths. Soak them for 3–4 hours in cold water, then plunge into boiling water until the pulp softens.

Drain, cool and peel carefully to remove all the stringy parts. Macerate the stems for 24 hours in a syrup of 1 cup sugar to 1 cup water. Drain. Boil the syrup to 102°C (215°F) and pour it over the pieces of angelica. Repeat this operation once a day for three days. On the fourth day cook the syrup until it reaches the 'pearl' stage, 105°C (221°F). Add the angelica and boil for a few moments. Remove the pan from the heat, cool and drain the angelica in a sieve. When the angelica pieces are dry, lay them out on a slab, dust with caster (superfine) sugar and dry in a slow oven. Store in sealed containers.

Candied orange peel

Choose thick-skinned oranges. Peel them, scrape off all the white pith from the peel and cut the peel into strips. For each orange, put 250 ml (8 fl oz, 1 cup) water, 125 g (4½ oz, scant ⅔ cup) sugar and 6 tablespoons grenadine syrup into a pan and bring to the boil. Add the peel, half-cover the pan and let it simmer gently until the syrup is reduced by three-quarters. Leave the peel in the syrup until it is quite cold, then drain it. Sprinkle a baking sheet thickly with icing (confectioner's) sugar, roll the pieces of peel in the sugar and dry off under the grill (broiler).

Chestnut preserve

Peel 2 kg (4½ lb) chestnuts, cover them with cold water in a saucepan, bring to the boil and cook for 40 minutes. Drain and press them through a sieve. Weigh the resulting purée and add an equal quantity of granulated sugar. Put the sweetened purée in a preserving pan with 100 ml (4 fl oz, 7 tablespoons) water per 1 kg (2¼ lb) sweetened chestnut purée and 2 vanilla pods (beans). Heat the mixture fairly gently, stirring continuously. The preserve is ready when it comes away from the bottom of the pan when stirred. Remove from the heat, take out the vanilla pods and put into jars.

Mincemeat

Combine the following ingredients in a large mixing bowl: 450 g (1 lb, 3 cups) shredded suet, 450 g (1 lb, 3 cups) currants, 450 g (1 lb, 3 cups) seedless white raisins, 450 g (1 lb, 4 cups) chopped apples, 450 g (1 lb, 2 cups) sugar, 450 g (1 lb, 3 cups) sultanas (golden raisins), 100 g (4 oz, ⅔ cup) chopped mixed candied fruit peel, 3 tablespoons brandy or rum, the juice and zest of 1 lemon and 1 teaspoon each of cinnamon, nutmeg, cloves and mace. Pack closely in jars and cover. This yields about 2 kg (4½ lb) mincemeat.

Redcurrant jelly (1)

Use either all redcurrants or two-thirds redcurrants and one-third white currants. Weigh 100 g (4⅔ oz) raspberries for each 1 kg (2¼ lb) currants.

Crush the currants and raspberries together and strain them through a cloth which is wrung at both ends. Measure the juice. Allow 1 kg (2¼ lb, 4½ cups) granulated sugar for each 1 litre (1¾ pints, 4⅓ cups) fruit juice. Heat the sugar in a pan with a little water – just enough in which to dissolve the sugar. Add the fruit juice and cook until setting point is reached, then pot and cover as usual.

Redcurrant jelly (2)

Put the prepared and weighed currants in a pan, add a small glass of water for each 1 kg (2¼ lb) currants, then heat them gently until the skins burst and the juice comes out. Add raspberries (the same proportion as in the previous recipe) and boil for a few seconds only. Strain the fruit and filter the juice. Continue as described in the previous recipe.

Sauces, coulis & purées

Apricot sauce (1)

Stone (pit) 12 apricots and reduce to a pulp in a food processor or blender. Put the pulp in a thick copper saucepan and add 500 ml (17 fl oz, 2 cups) light syrup. Bring to the boil, skim and remove from the heat when the sauce coats the back of a spoon. Strain. Flavour with 1 tablespoon kirsch or brandy.

Apricot sauce can be served hot or cold. If served hot, it can be made smoother by adding a little fresh butter. When stewed apricots (fresh or preserved) are used, the syrup can be used to dilute the sauce.

An apricot sauce can also be made by mixing about 3 tablespoons of the good apricot jam (preserve), 1 tablespoon lemon juice and a few spoonfuls of water. Heat, strain and flavour with kirsch or brandy, as described above.

Apricot sauce (2)

Purée 500 g (18 oz) stoned (pitted) apricots in a food processor or blender. Put the purée in a saucepan with 500 ml (17 fl oz, 2 cups) water and 500 g (18 oz, 2¼ cups) granulated sugar and boil for 5 minutes. Add 1 tablespoon cornflour (cornstarch) mixed with cold water. Bring to the boil again, stirring. Remove from the heat and add 3 tablespoons kirsch.

Blackcurrant sauce (1)

Put 10 lumps of sugar into a saucepan with 5 tablespoons water. Heat to dissolve the sugar and then boil to make a syrup. Wash 250 g (9 oz, 2 cups) blackcurrants in cold water, wipe them and reduce to a purée in a food processor or blender. Rub the purée through a fine sieve. Mix the syrup with

the purée and add the juice of 1 lemon. Pour the sauce into a bowl and chill in the refrigerator.

Chilled blackcurrant sauce can be served with baked apples, floating islands, pineapple water ice or fruit salad. It can also be served hot with a rice dessert, apple charlotte or cold lemon mousse.

Blackcurrant sauce (2)

Blackcurrant sauce can also be made quickly by mixing 500 ml (17 fl oz, 2 cups) blackcurrant cordial with 2–3 liqueur glasses of raspberry brandy or plum brandy. A generous handful of whole blackcurrants may be added if they are in season. This sauce can be used for pouring over sorbets or ice cream sundaes.

Caramel sauce

Make a pale caramel with 150 g (5 oz, 1 cup) icing (confectioner's) sugar and 120 ml (4½ fl oz, ½ cup) water. Boil 500 ml (17 fl oz, 2 cups) milk with a vanilla pod (bean), remove the pod and whisk the milk into the caramel. Put 3 egg yolks into a bowl and whisk in the caramel mixture. Pour the sauce back into the saucepan and heat gently, stirring, until it thickens. When the sauce has reached a pouring consistency, remove from the heat and allow to cool, stirring continuously.

Chestnut purée

Boil some peeled chestnuts, drain them, press them through a sieve and place the purée in a saucepan. Add 150 ml (¼ pint, ⅔ cup) double (heavy) cream per 1 kg (2¼ lb) chestnuts and reheat, stirring constantly. Then add 50 g (2 oz, ¼ cup) butter and adjust the seasoning. If the purée is too thick, add a little of the strained cooking liquid.

Chocolate sauce

Melt 100 g (4 oz) bitter (bittersweet) chocolate in a bain marie with 100 ml (4 fl oz, 7 tablespoons) milk and 20 g (¾ oz, 1½ tablespoons) butter. When the mixture is completely smooth, add 40 g (1½ oz, 3 tablespoons) caster (superfine) sugar and 1 tablespoon double (heavy) cream. Stir until smooth, then remove at once from the heat.

Fruit coulis

Prepare 1 kg (2¼ lb) fresh fruit (apricots, strawberries, peaches, redcurrants or any other suitable fruit in season). Chop into pieces where necessary, and purée in a blender with some caster (superfine) sugar – use 575–800 g (1¼–1¾ lb, 2½–3½ cups) – depending on the acidity of the fruit. Add the sugar a little at a time while blending.

Raspberry coulis

Sort, clean and wipe 1 kg (2¼ lb) raspberries. Reduce to a purée in a blender together with about 500 g (18 oz, 2¼ cups) caster (superfine) sugar.

Sugar

Caramel

Caramel can be prepared either by heating sugar in a dry pan (or with a little water) until it melts and then boiling until it caramelizes or by dissolving the sugar in water to make a heavy syrup, then boiling until the syrup is reduced and caramelized.

Heat the sugar and water gently at first, stirring occasionally, until the sugar has dissolved completely. When stirring, try not to splash the syrup around the sides of the pan as it may form crystals and encourage the rest of the syrup to crystallize before it cooks to a caramel. Bring to a full boil and stop stirring. Stirring will encourage the syrup to form crystals.

Continue boiling until the syrup turns a pale golden colour. If there are any signs of white crystals forming around the inside of the pan at any stage during cooking, use a pastry brush to trickle a little cold water down the side of the pan to dissolve them. Continue boiling until the caramel is as dark as required – this may be a light golden colour, a medium or dark rich brown. Take care when making a dark caramel as cooking it for a few seconds too long will make it too bitter or burnt.

Pour the caramel out of the pan immediately into a heatproof dish or container. Alternatively, for pouring caramel, carefully add a little hot water to the pan. To coat a dish, protect your hands with an oven glove or folded tea towel (dish cloth) and tilt the dish until the caramel coats it completely inside.

When dipping ingredients, such as choux buns or fruit, in the caramel, submerge the base of the pan in cold water to arrest the cooking process and to prevent the caramel from overcooking from the heat of the pan.

- VERY PALE CARAMEL: almost white and used to glaze petits fours and sugar-coated fruits. Stop heating as soon as the syrup starts to turn yellow at the edges of the pan. A teaspoon of vinegar will help it stay liquid for longer.
- PALE CARAMEL: used to caramelize choux pastry, coat citrus fruits and bind meringues and other items. Make only small quantities at a time since, once hardened, it changes colour if reheated.
- MEDIUM CARAMEL: mahogany in colour and used to coat moulds, make nougatine, and flavour puddings, creams, compotes and ice creams. Never make the caramel directly in the cake mould.
- SLAKED CARAMEL: a small quantity of cold water is carefully added when the caramel has turned a mahogany colour, in order to stop the cooking process. Some of the syrup solidifies immediately. Used for flavouring, it is put back on a low heat and melted while stirring.
- BROWN CARAMEL: amber-red and used to colour consommés, sauces and stews.
- DRY CARAMEL: cooked without water, but with a few drops of lemon juice. Used in a few recipes, including nougatine and caramel ice cream.
- LIQUID CARAMEL: sold ready for use, in bottles or sachets, to flavour desserts, yogurts and ice creams, or to caramelize moulds or cover desserts.

Cooking sugar: the different stages

Definitions of stages and temperatures vary slightly. Specialist chefs adjust the cooking for delicate procedures according to the precise results required and their experience of handling the syrup. The following are typical stages and temperatures.

- COATED 100°C (212°F): absolutely translucent syrup about to come to the boil. When a skimmer is dipped in it and withdrawn immediately, the syrup coats its surface. It is used for fruits in syrup.

- SMALL THREAD OR SMALL GLOSS 103–105°C (217–221°F): professional chefs test the consistency of this sugar by plunging the fingers first in cold water, then quickly in the sugar syrup, which has become thicker; on parting the fingers carefully, short threads will form, about 3 mm (⅛ in) wide, which break easily. It is used for almond paste.
- LARGE THREAD OR LARGE GLOSS 106–110°C (223–230°F): the thread obtained between the fingers is now stronger and about 5 mm (¼ in) wide. This syrup is used in recipes requiring 'sugar syrup' (without any further qualification) – for butter creams and icings (frostings).
- SMALL PEARL 110–112°C (230–234°F): a few minutes after the large thread stage, round bubbles form on the surface of the syrup; when a little is collected on a spoon and taken between the fingers, it forms a wide solid thread. It is used in jams and *torrone* (a type of nougat).
- LARGE PEARL OR SOUFFLÉ 113–115°C (235–239°F): the thread of sugar between the fingers may reach a width of 2 cm (¾ in); if it drops back, forming a twisted thread (at 1° higher) it is described as 'in a pigtail'; when one blows on the skimmer after plunging it into the syrup, bubbles are formed on the other side. It is used in jams, sugar-coated fruits, marrons glacés and icings.
- SMALL OR SOFT BALL 116–118°C (241–244°F): when a little syrup, which has obviously thickened, is removed with a spoon and plunged into a bowl of cold water, it will roll into a soft ball; if one blows on the skimmer dipped into the syrup, bubbles break loose and blow away. It is used in jams and jellies, soft caramels, nougats and Italian meringue.
- LARGE OR HARD BALL 121–124°C (250–255°F): after several boilings, the previous operation is repeated and a harder ball is obtained; if one blows through the skimmer, snowy flakes are formed. It is used in jams, sugar decorations, Italian meringue, fondant and caramels.

- LIGHT, SMALL, OR SOFT CRACK 129–135°C (264–275°F): a drop of syrup in cold water hardens immediately and will crack and stick to the teeth when chewed. (A saccharometer cannot be used above these higher temperatures.) It is used mainly for toffee.
- HARD CRACK 149–150°C (300–302°F): the drops of syrup in cold water become hard and brittle (like glass), but not sticky; the sugar acquires a pale straw-yellow colour at the edges of the saucepan; it must be watched carefully to avoid allowing it to turn into caramel, which would spoil it at this stage. It is used for boiled sweets and candies, spun sugar decorations, icings, sugar flowers and candy floss.
- LIGHT CARAMEL 151–160°C (304–320°F): the syrup, which now contains hardly any water, begins to change into barley sugar, then into caramel; yellow at first, it becomes golden and then brown. It is used in the caramelization of crème caramel, sweets and nougatine and for flavouring sweet dishes, puddings, cakes, biscuits (cookies) and icings.
- BROWN OR DARK CARAMEL (BLACKJACK) 166–175°C (331–347°F): when it has turned brown, sugar loses its sweetening power; extra sugar is added to preparations with a basis of dark caramel. As the last stage of cooked sugar before carbonization (sugar burns and smokes at about 190°C, 375°F), brown caramel is used mainly for colouring sauces, cakes and stocks.

Praline

Praline is a mixture of toasted nuts in caramel. It is widely used in sweet cookery, for desserts and cakes. Blanch 200 g (7 oz, 1½ cups) almonds and toast them under the grill (broiler) or in a frying pan without fat (they should be golden brown but not burned). Put 200 g (7 oz, ¾ cup) granulated sugar and 1 tablespoon water into a copper pan and melt over a brisk heat. When the sugar bubbles, add a few drops of vanilla extract; as soon as the sugar has

turned brown, add the almonds and mix all together briskly for 1 minute. Pour on to a greased baking sheet, spread out and leave to cool. Pound the praline very finely in a mortar as required.

Sugar for decorating

There are several methods for fashioning sugar, for making confectionery and decorating pastries and cakes.

- BROWN SUGAR: cooked to nearly 145–150°C (293–302°F), which may be coloured and is blown like glass.
- FASHIONED, DRAWN OR PULLED SUGAR: cooked so that it loses its transparency. It is then cooled, poured on to a greased marble slab or other cold surface, and then pulled, kneaded or moulded into flowers or sweets (candies) with a satinized finish. (These should be stored in an airtight container.)
- POURED SUGAR (SUCRE COULÉ): cooked to cracking point, possibly coloured, then moulded into cups, pompons, little bells and other decorative shapes.
- ROCK SUGAR (SUCRE ROCHER): cooked to nearly 125°C (257°F), emulsified with royal icing (coloured or otherwise), then used especially to give a rocky effect. It keeps well when exposed to the air.
- SPUN SUGAR (SUCRE FILÉ OR ANGELS' HAIR): cooked to nearly 155°C (311°F). The pan is taken off the heat and left to cool for 1–2 minutes, then placed in a saucepan of hot water to keep the syrup hot. Two forks are dipped into the syrup and flicked quickly backwards and forwards above a lightly greased rolling pin; the threads obtained are then spread over a marble slab and flattened lightly with the blade of a knife in order to make 'ribbons', or collected and used decoratively like a veil. The spun sugar may be coloured. The strands should be used within an hour, or they will melt.

These types of sugar are used in pâtisserie, mainly for constructing *pièces montées*: flowers and leaves, ribbons, knots and shells of drawn and coloured sugar; flowers of fashioned or pulled sugar (rolled out into thin sheets); moiré ribbons (in strips shaped over a spirit lamp and flattened by hand on a board); various types of baskets of plaited sugar (sugar spun into the shape of small cords, plaited and cooled); objects made of cut, compacted or pressed sugar (moistened and moulded, then dried out in a closed container); and plumes of spun sugar. Coloured sugars are made from granulated or coarse caster (superfine) sugar, which is heated, then sprinkled with colourings soluble in alcohol.

For making biscuits (cookies), pastries and petits fours, sugar may be flavoured with citrus zest, cinnamon, aniseed, clove, ginger or dried and pounded flower petals (orange blossom, thyme, lime, violet or rose).

Vanilla sugar

Split 50 g (2 oz) vanilla pods (beans) and chop them finely. Pound them finely in a mortar with 500 g (18 oz, 5 cups) lump (loaf) sugar and sift through a fine sieve. Store in a tightly corked jar, in a dry place. Use as required.

INDEX

A
Alcazar gâteau 213
almonds
praline 316–17
biscuits
almond bâtonnets 151
almond croquets 151–2
Bar-sur-Aube croquets 152
bâtons with vanilla icing 152–3
Bordeaux croquets 153
chocolate bâtonnets 154–5
Napolitain biscuits 159
pine-nut crescents 161
butters and creams
almond butter 293
Condé icing 298
cakes
almond financiers 165
almond sandwich cake 165–6
coffee progrès 175–6
conversations 176–7
duchesse petits fours 179
gâteau Montpensier 187
Genoa cake 188
macaroons 194–5
Napolitain cake 199
Singapour 207–8
tourons 211, 266
walnut surprises 212
desserts
almond blancmange 13–14
almond crêpes 14
almond milk jelly 15
coffee dacquoise 44–5
crêpes *à la frangipane* 49
English almond pudding 57
glacé cherries filled with almond paste 69
Plombières ice cream 139
succès 21
icings and pastes
almond paste 298
marzipan 299–300
nougatine 300
pastries
almond choux fritters 213–14
almond darioles 214
Alsace tart 214–15
amandines *à la duchesse* 215
Pithiviers 252–3
Rouen mirlitons 260
Alsace tart 214–15
amandines *à la duchesse* 215
American pudding 15
angelica, candied 307–8
aniseed biscuits 152

apples
cakes
filled Genoese sponge *à la normande* 180–1
desserts
apple and rice charlotte 16
apple and walnut crêpes 16
apple charlotte 16–17
apple charlotte with brown sugar 17–18
apple compote 18
apple crown *à la normande* 18
apple crumble 18
apple délicieux 19
apple flamed with Calvados 20
apple flamusse 19
apple fritters 19
apple gratiné 20
apple soufflés 20–1
apples with cream and kirsch 21
apples with honey and salted butter 21
baked apples 25
Bavarian cream *à la normande* 30
buttered apples 33
compote du vieux vigneron 46
crêpes normandes 50
English apple pudding 57–8
German bread and fruit pudding 68–9
mousseline of apples with walnuts 77
omelette Reine Pédauque 79
pear and apple caramel compote 84
sweet omelette *à la normande* 111
two-fruit charlotte 113–14
pastries
apple and prune turnovers 215–16
apple cream puffs 216
apple flan grimaldi 216–17
apple puffs *à la normande* 217
apple strudel 217–18
apple tart 218
Basque tart 222
British-style apple pie 224–5
French-style double-crust apple pie 234–5
le jeu de pommes 242–3
puff-pastry apple tart 255
raspberry and apple Dartois 256–7
tarte tatin 264
preserves
apple conserve 306
mincemeat 309
apricot jam
Alcazar gâteau 213
apricot jam Dartois 219
jalousies with apricot jam 242
Singapour 207–8
Swiss roll 210–11
apricots
apricot *à l'ancienne* 23
apricot barquettes 219
apricot bouchées 166
apricot bourdaloue 23–4
apricot colbert 24
apricot compote 22
apricot condé 24
apricot coupes 118
apricot croquettes 22

apricot flambé 24
apricot fritters 22
apricot Genoese sponge 167
apricot pannequets 23
apricot sauce 310
apricot tart 219–20
apricot tourte 220
apricot water ice 118
attereaux of apricots Pompadour 24–5
bombe chateaubriand 121
two-fruit charlotte 113–14
attereaux of apricots Pompadour 24–5
attereaux of pineapple 25

B

Bacchus 167
baked Alaska 118–19
baklavas with pistachio nuts 220–1
bananas
baked bananas 25
banana croûtes *à la maltaise* 26–7
banana fritters 27
banana ice cream 119
banana soufflés 27–8
bananas *à la créole au gratin* 28
bananas flambé 28
bananas in butter 28
Beauharnais bananas 31
Beauharnais barquettes 222
grilled bananas 70
turban of croûtes *à la Beauvilliers* 113
Bar-sur-Aube croquets 152
barquettes *see* tartlets
Basque tart 222
bâtons with vanilla icing 152–3
batters 291–2
coating batter 291
fritter batter 291–2
sweet crêpe batter 292
Bavarian cream 28–9
Bavarian cream *à la cévenole* 29
Bavarian cream *à la créole* 30
Bavarian cream *à la normande* 30
Bavarian cream au parfait amour 30
bavarois aux fruits 30–1
charlotte majestic 35
diplomat pudding 54–6
iced pineapple *à la bavaroise* 131
strawberry charlotte 108–9
striped chocolate and vanilla Bavarian cream 110
bavarois aux fruits 30–1
Béarn pastis 168
Beauharnais bananas 31
Beauharnais barquettes 222
Belgian cassonade tart 222–3
bilberries
bilberry compote 31
bilberry flan 223
bireweck 268
biscuit pudding with crystallized fruits 31–2
biscuits (cookies) 151–64
almond bâtonnets 151
almond croquets 151–2
aniseed biscuits 152
Bar-sur-Aube croquets 152

bâtons with vanilla icing 152–3
Bordeaux croquets 153
brandy snaps 153
Broyé poitevin 153–4
bugnes 154
chocolate bâtonnets 154–5
chocolate soufflé biscuits 155
cigarettes russes 155
craquelins 155–6
langues-de-chat 156
leckerli 157
lemon cigarettes 157
Milan sablés 158
Milanais sablés 158
Napolitain biscuits 159
orange gimblettes 159–60
oublies *à la parisienne* 160
petits fours Souvarov 160–1
pine-nut crescents 161
redcurrants in a tulip 161–2
Reims biscuits 162
shortbread 162
spéculos 162–3
sponge biscuits 163
tuiles 163–4
vanilla and cinnamon sablés 164
Black Forest gâteau 169
blackberry tartlets 224
blackcurrants
blackcurrant charlotte 32
blackcurrant ice-cream cake 168
blackcurrant jelly 306–7
blackcurrant sauce 310–11
blackcurrant sorbet 119–20
blackcurrant syrup 307
blancmange
almond blancmange 13–14
Hawaiian cream coupes 70
pear and caramel-cream coupes 84–5
bombes
bombe Aida 121
bombe Alhambra 121
bombe archiduc 121
bombe bourdaloue 121
bombe cardinal 121
bombe chateaubriand 121
bombe diplomate 122
bombe Doria 122
bombe duchesse 122
bombe glacée 120–2
bombe glacée Montmorency 122
bombe Grimaldi 122
bombe Monselet 122
coffee and brandy bombe 124–5
tutti-frutti bombe 146
Bordeaux croquets 153
Bordeaux Twelfth-Night cake 169–70
bottereaux 268–9
bourdaloue pear tart 224
brandy
coffee and brandy bombe 124–5
brandy snaps 153
bread
apple charlotte 16–18
French bread pudding 63
German bread and fruit pudding 68–9

Scotch pudding 101–2
summer pudding 111
two-fruit charlotte 113–14
see also sweet breads
bricelets vaudois 32–3
brioche
banana croûtes *à la maltaise* 26–7
brioche à tête (Parisian brioche) 269
brioche bordelaise 269–70
brioche dough 301–2
brioche mousseline 270
brioche polonaise 270–1
brioche with pralines 271
brioche with raspberries 271–2
Caribbean brioche 34
crown of croûtes *à la Montmorency* 51
crown of croûtes with pears 51–2
délicieux surprise 54
diplomat pudding 55–6
fruit brioche 276–7
Nanette fritters 77–8
pogne de romans 204–5, 282–3
rolled brioche with raisins 283
turban of croûtes *à la Beauvilliers* 113
British-style apple pie 224–5
brochettes *en papillotes* 65
Broyé poitevin 153–4
bugnes 154
buns 272
butters 293–5

C

cabinet pudding 33
cakes and gâteaux 165–212
almond financiers 165
almond sandwich cake 165–6
apricot bouchées 166
apricot Genoese sponge 167
Bacchus 167
Béarn pastis 168
Black Forest gâteau 169
blackcurrant ice-cream cake 168
Bordeaux Twelfth-Night cake 169–70
chestnut log 170–1
chocolate cake 171
chocolate gâteau with chestnuts 171–2
chocolate Genoese sponge 172–3
chocolate log 173
chocolate truffles with butter 173–4
chocolate truffles with cream 174
coconut cake 174–5
coconut pyramids 175
coffee dacquoise 44–5
coffee progrès 175–6
Commercy madeleines 176
conversations 176–7
Damier 177–8
Danicheff gâteau 178
duchesse petits fours 179
Dundee cake 179–80
English madeleines 180
filled Genoese sponge *à la normande* 180–1
French cassonade tart 181

fruit cake 181
galette de plomb 182
galette fondante 182–3
galettes bretonnes 183
Galicien 183–4
gâteau Alexandra 184
gâteau de crêpes 68
gâteau flamand 235–6
gâteau le parisien 184–5
gâteau 'le prélat' 185–6
gâteau manqué 186
gâteau Montmorency 186–7
gâteau Montpensier 187
gâteau nantais 236–7
gâteau polka 237
Geneva sponge fingers 188
Genoa cake 188
Genoese sponge 189
Genoese sponge with coffee filling 189
Genoese sponge with crystallized fruit 190
ginger cake 190
gingerbread 190–1
hazelnut cake 191
honey and cherry cake 192
Italian sponge cake 192
Italian sponge drops 192
lemon délice 193
lemon manqué 193–4
lemon sponge drops 194
macaroons 194–5
madeleines 195
marble cake 196
Marignan 196–7
mascotte 197
mocha cake 197–8
Nantes cake 198–9
Napolitain cake 199
orange galettes 200
orange pound cake 200–1
orange sandwich cake 201–2
orangine 200
pain d'épice 202
palets de dames 202–3
pineapple manqué 203
plum cake 203–4
pogne de romans 204–5, 282–3
pound cake 205
punch cakes 205
rice gâteau with caramel 98
Sachertorte 206–7
Saint-Honoré 260–1
Savoy sponge cake 207
Singapour 207–8
sponge cake mixture 208
sponge fingers 208–9
strawberry gâteau 209
succès 210
Swiss roll 210–11
tangerine gâteau 262–3
tourons 211
truffles in paprika 211
visitandines 211–12
walnut cake 212
walnut surprises 212
Calvados
apple flamed with Calvados 20
Bavarian cream *à la normande* 30
sorbet with Calvados 143–4
candied fruit
bireweck 268
candied angelica 307–8

candied orange peel 308
Nesselrode pudding 78–9
salad of Maltese oranges with candied zest 101
Capucine iced pudding 122
caramel 313–14
caramel cream with honey 34
caramel custard 296
caramel ice cream 123
caramel sauce 311
chestnut croquembouche 38
crème brûlée 47
crème caramel 47–8
pear and apple caramel compote 84
pear and caramel-cream coupes 84–5
pears Joinville 87–8
praline 316–17
rice gâteau with caramel 98
Saint-Honoré 260–1
tarte tatin 264
Caribbean brioche 34
cassata, strawberry 144
cassonade tart
Belgian 222–3
French 181
champagne, peach sorbet with 138
Chantilly cream 293
Chantilly cream puffs 225–6
charlotte *à la Chantilly* 34
chestnut cream 38
crown of peaches with Chantilly cream 52
gâteau de crêpes 68
Mont-blanc 76
nègre en chemise 78
charlottes
apple and rice charlotte 16
apple charlotte 16–17
apple charlotte with brown sugar 17–18
blackcurrant charlotte 32
charlotte *à la Chantilly* 34
charlotte *à la valentin* 34–5
charlotte majestic 35
chestnut charlotte 37–8
chocolate charlotte 40–1
iced charlotte with chestnuts 128
pear charlotte 85–6
raspberry charlotte 94
spiced gingerbread fruit charlotte 106–7
strawberry charlotte 108–9
two-fruit charlotte 113–14
vanilla ice cream charlotte 146
Chartreuse crêpes 35
cheesecake, vatrouchka 115–16
cherries
Black Forest gâteau 169
bombe glacée Montmorency 122
cherries Condé 36
cherries flambéed *à la bourguignonne* 36
cherry compote 36
cherry cream puffs 226
cherry crêpes 37
cherry-filled soufflé fritters 37

cherry flan 226
cherry tart 226
cherry water ice 123
clafoutis 44
crown of croûtes *à la Montmorency* 51
Danish cherry flan 233
fondant-coated or Marquise cherries 62
gâteau Montmorency 186–7
German cherry tart 238
glacé cherries filled with almond paste 69
honey and cherry cake 192
rice ring *à la montmorency* 99
chestnuts
chestnut barquettes 227
chestnut charlotte 37–8
chestnut compote 38
chestnut cream 38
chestnut croquembouche 38
chestnut croquettes 38–9
chestnut log 170–1
chestnut plombières ice cream 123–4
chestnut preserve 308
chestnut purée 311
chestnut soufflé 39–40
chestnut soufflé Mont-Bry 40
chocolate gâteau with chestnuts 171–2
choux *à la cévenole* 230
coupes glacé *à la cévenole* with kirsch 125–6
coupes glacé *à la cévenole* with rum 126
crêpes *à la cévenole* 48
iced charlotte with chestnuts 128
iced chestnut vacherin 128–9
Mont-blanc 76
Nesselrode pudding 78–9
pannequets *à la cévenole* 81
see also marrons
glacés
Chiboust cream 293–4
Chiboust coffee cream puffs 227
coffee religieuses 231–2
grande religieuse *à l'ancienne* 238–40
chocolate
biscuits
chocolate bâtonnets 154–5
chocolate soufflé biscuits 155
butters, creams, icings and sauces
chocolate confectioner's custard 296
chocolate crème au beurre 294
chocolate custard 41
chocolate icing 298
chocolate sauce 312
ganache 295–6
cakes and gâteaux
Bacchus 167
Black Forest gâteau 169
chocolate cake 171
chocolate gâteau with chestnuts 171–2

chocolate Genoese sponge 172–3
chocolate log 173
gâteau Alexandra 184
gâteau 'le prélat' 185–6
marble cake 196
Sachertorte 206–7
confectionery
chocolate truffles with butter 173–4
chocolate truffles with cream 174
truffles in paprika 211
desserts
Bavarian cream 29
chocolate and strawberry mousse 40
chocolate charlotte 40–1
chocolate ice cream 124
chocolate marquise 41
chocolate mousse 42
chocolate pudding 42
chocolate soufflé 42–3
coupes dame blanche 126
délicieux surprise 54
langues-de-chat mousse 72
nègre en chemise 78
soufflé Simone 106
striped chocolate and vanilla Bavarian cream 110
pastries
chocolate cream puffs 227
chocolate éclairs 227–8
chocolate mille-feuille 228–9
chocolate profiteroles 229
chocolate tart 229–30
chocolate tartlets 231
grande religieuse *à l'ancienne* 238–40
choux paste 302–3
almond choux fritters 213–14
apple cream puffs 216
Chantilly cream puffs 225–6
cherry cream puffs 226
Chiboust coffee cream puffs 227
chocolate cream puffs 227
chocolate éclairs 227–8
chocolate profiteroles 229
choux *à la cévenole* 230
choux buns or fingers 302
coffee cream puffs 230
coffee éclairs 230–1
coffee religieuses 231–2
gâteau polka 237
grande religieuse *à l'ancienne* 238–40
Paris-Brest 248–9
pastry cream puffs 249–50
pastry cream puffs with grapes 250
pets-de-nonne 251
Ponts-neufs 254–5
Saint-Honoré 260–1
Christmas pompes 272–3
Christmas pudding 43–4
cigarettes russes 155
clafoutis 44
coating batter 291
coconut
coconut cake 174–5
coconut pyramids 175

coffee
Bavarian cream 29
Capucine iced pudding 122
Chiboust coffee cream puffs 227
coffee and brandy bombe 124–5
coffee cream puffs 230
coffee crème au beurre 294
coffee dacquoise 44–5
coffee éclairs 230–1
coffee ice cream 125
coffee progrès 175–6
coffee religieuses 231–2
coffee soufflé 45
coffee tartlets 231
gâteau 'le prélat' 185–6
Genoese sponge with coffee filling 189
grande religieuse *à l'ancienne* 238–40
granita 127
Jamaican coupes 135
mascotte 197
mocha cake 197–8
mocha vacherin 135–6
Commercy madeleines 176
compote du vieux vigneron 46
Condé cakes 232
Condé icing 298
confectioner's custard 296–7
chocolate 296
conversations 176–7
cookies *see* biscuits
coulis
fruit coulis 312
raspberry coulis 312
coupes
apricot coupes 118
coupes dame blanche 126
coupes glacé *à la cévenole* with kirsch 125–6
coupes glacé *à la cévenole* with rum 126
coupes malmaison 126–7
Hawaiian cream coupes 70
Jamaican coupes 135
pear and caramel-cream coupes 84–5
pineapple coupes 88
vanilla ice cream for 147
cranberries
cranberry compote 47
kissel with cranberries 71–2
craquelins 155–6
creams 293–6
Chantilly cream 293
Chiboust cream 293–4
frangipane cream 295
ganache 295–6
crème anglaise 297
Nesselrode pudding 78–9
crème au beurre
chocolate 294
coffee 294
with custard 294
with sugar 294–5
with syrup 295
crème brûlée 47
crème caramel 47–8
crêpes
almond crêpes 14
apple and walnut crêpes 16
Chartreuse crêpes 35
cherry crêpes 37
crêpes *à la cévenole* 48
crêpes *à la condé* 48–9

crêpes *à la frangipane* 49
crêpes *à la russe* 49
crêpes mylène 49–50
crêpes normandes 50
crêpes Suzette 50–1
gâteau de crêpes 68
jam crêpes 71
lemon crêpes 72
sweet crêpe batter 292
see also pancakes
croquembouche, chestnut 38
croquettes
apricot croquettes 22
chestnut croquettes 38–9
croustades, puff pastry 255–6
croûtes
banana croûtes *à la maltaise* 26–7
crown of croûtes *à la Montmorency* 51
crown of croûtes with pears 51–2
fruit croûtes 277
turban of croûtes *à la Beauvilliers* 113
crown of peaches with Chantilly cream 52
crumble, apple 18
crystallized fruit
American pudding 15
apple flan grimaldi 216–17
biscuit pudding with crystallized fruits 31–2
bombe diplomate 122
brioche polonaise 270–1
cabinet pudding 33
crêpes *à la condé* 48–9
diplomat pudding 54–6
fouace 275–6
French bread pudding 63
fried custard with crystallized fruit 64
gâteau Montpensier 187
Genoese sponge with crystallized fruit 190
iced turban 133
individual diplomats with crystallized fruit 241–2
pannequets with crystallized fruit 82
Plombières ice cream 139
rice *à l'impératrice* 96
rice cakes Pompadour 96–7
rice tart 259
Scotch pudding 101–2
semolina ring with fruit 103
soufflé Rothschild 105
tutti-frutti bombe 146
vatrouchka 115–16
Curaçao
Curaçao soufflé 52–3
orangine 200
curd cheese (me'gin)
tarte *à la mode de Metz* 232
currants
Jamaican coupes 135
kugelhopf 279–80
palets de dames 202–3
custards 296–7
apple crown *à la normande* 18
Bavarian cream 28–30
cabinet pudding 33
caramel custard 296
chocolate confectioner's custard 296
chocolate custard 41
confectioner's custard 296–7

crème anglaise 297
crown of peaches with Chantilly cream 52
floating island with pink pralines 61
floating islands 61–2
fried custard with crystallized fruit 64
fried custard fritters 63
mirabelle custard pudding 76
pears Joinville 87–8
rice *à l'impératrice* 96

D

Damier 177–8
dampfnudeln 273–4
Danicheff gâteau 178
Danish cherry flan 233
darioles, almond 214
Dauphine (or Viennese) fritters 53–4
decorations, sugar 317–18
délicieux surprise 54
diplomat pudding 54–6
diplomat pudding with prunes 56
dough *see* pastry and dough
doughnuts 274
doullins 233
Dresden stollen 274–5
dried fruit
Christmas pudding 43–4
Dresden stollen 274–5
Dundee cake 179–80
fruit cake 181
mincemeat 309
plum cake 203–4
plum pudding 91–2
Scotch pudding 101–2
spiced gingerbread fruit charlotte 106–7
see also individual types of dried fruit
duchesse petits fours 179
Dundee cake 179–80

E

éclairs
chocolate éclairs 227–8
coffee éclairs 230–1
eggs *see* custards; mousses; omelettes; soufflés
elderflower fritters with honey 56–7
English almond pudding 57
English apple pudding 57–8
English madeleines 180
exotic fruit salad with lime 58

F

far breton 58
figs
fig compote 58–9
fig fritters 59
fig tart 233–4
figs with raspberry mousse 59
roast figs with a coulis of red fruits 100
financiers, almond 165
flaky pastry 303
flambéed plums 59
flamri 60
flans
apple flan grimaldi 216–17
bilberry flan 223
cherry flan 226
Danish cherry flan 233
flaugnarde 60–1
pine-nut flan 252
see also tarts
flaugnarde 60–1

floating island with pink pralines 61
floating islands 61–2
fondant-coated or Marquise cherries 62
fondant icing 299
fouace 275–6
four-fruit compote 62–3
frangipane
  bourdaloue pear tart 224
  crêpes *à la frangipane* 49
  frangipane cream 295
  frangipane Dartois 234
  gâteau le parisien 184–5
French bread pudding 63
French cassonade tart 181
French-style double-crust apple pie 234–5
fritters
  apple fritters 19
  apricot fritters 22
  banana fritters 27
  cherry-filled soufflé fritters 37
  Dauphine (or Viennese) fritters 53–4
  elderflower fritters with honey 56–7
  fig fritters 59
  fried custard fritters 63
  fritter batter 291–2
  fritters Mont-Bry 64–5
  Nanette fritters 77–8
  oreillettes de Montpellier 247–8
  pineapple fritters 89
  rice fritters 98
  semolina fritters 102
fruit
  bavarois aux fruits 30–1
  bireweck 268
  exotic fruit salad with lime 58
  flamri 60
  four-fruit compote 62–3
  fried rice pavés 64
  fruit brioche 276–7
  fruit brochettes *en papillotes* 65
  fruit coulis 312
  fruit croûtes 277
  fruit mousse 65
  fruit salad *à la maltaise* 65–6
  fruit salad *à la normande* 66
  fruit salad *à l'occitanienne* 66
  fruit salad with gin 66–7
  fruit salad with kirsch and Maraschino 67
  fruit salad with kiwi fruit 67
  fruit savarin 277–8
  fruit sorbet 127
  fruit soufflé made with sugar syrup 68
  granita 127
  iced fruit mousse 129
  iced fruit soufflé 130
  kaltschale 71
  kissel with cranberries 71–2
  melon *en surprise à la parisienne* 75
  omelette with fruit compote 80
  ruifard 283–4
  semolina ring with fruit 103
  sorbet of exotic fruits 143
  sorbets 141

summer pudding 111
terrine of fruit with honey jelly 112–13
vanilla meringues with exotic fruit 114
see also dried fruit *and individual types of fruit*
fruit cakes
Dundee cake 179–80
fruit cake 181
plum cake 203–4

G

galettes
galette de plomb 182
galette des rois 235
galette fondante 182–3
galettes bretonnes 183
orange galettes 200
Galician 183–4
ganache 295–6
gâteaux *see* cakes and gâteaux
Geneva sponge fingers 188
Genoa cake 188
Genoese sponge 189
apricot Genoese sponge 167
chestnut log 170–1
chocolate Genoese sponge 172–3
chocolate log 173
Damier 177–8
Danicheff gâteau 178
filled Genoese sponge *à la normande* 180–1
Galician 183–4
gâteau Montpensier 187
Genoese sponge with coffee filling 189
Genoese sponge with crystallized fruit 190
mascotte 197
orangine 200
Singapour 207–8
German bread and fruit pudding 68–9
German cherry tart 238
German gooseberry tart 238
gin, fruit salad with 66–7
ginger
ginger cake 190
gingerbread 190–1
spéculos 162–3
spiced gingerbread fruit charlotte 106–7
glacé cherries filled with almond paste 69
gooseberry tart, German 238
Grand Marnier ice 147
grande religieuse *à l'ancienne* 238–40
granita 127
grapefruit
grapefruit salad 69
rice with almond milk and citrus fruit jelly 100
sorbet in frosted grapefruit 141–2
grapes
coupes malmaison 126–7
grape tart 240
Muscat grape tartlets 246
pastry cream puffs with grapes 250
gratinée de poires aux pistaches 69–70
greengages, flambéed 59

H

Hawaiian cream coupes 70

hazelnuts
coffee dacquoise 44–5
hazelnut cake 191
mocha cake 197–8
honey
apples with honey and salted butter 21
caramel cream with honey 34
elderflower fritters with honey 56–7
honey and cherry cake 192
honey ice cream 128
honey sorbet with pine nuts 128
pain d'épice 202
terrine of fruit with honey jelly 112–13
walnut and honey tartlets 267

I
ice cream
baked Alaska 118–19
banana ice cream 119
blackcurrant charlotte 32
blackcurrant ice-cream cake 168
bombe glacée 120–2
caramel ice cream 123
chestnut plombières ice cream 123–4
chocolate ice cream 124
coffee and brandy bombe 124–5
coffee ice cream 125
coupes dame blanche 126
coupes glacé *à la cévenole* with kirsch 125–6
coupes glacé *à la cévenole* with rum 126
coupes malmaison 126–7
honey ice cream 128
iced vacherin 133–4
mocha vacherin 135–6
peach dame blanche 83
peach Melba 137
peach sundaes 138
pineapple coupes 88
Plombières ice cream 139
saffron ice cream with rose water 140–1
strawberry cassata 144
strawberry ice cream 144
truffle ice cream 145
tutti-frutti bombe 146
vanilla ice cream 146
vanilla ice cream charlotte 146
vanilla ice cream for coupes 147
walnut ice cream 25
iced bâtons 240–1
iced charlotte with chestnuts 128
iced chestnut vacherin 128–9
iced cream mousse 129
iced desserts 118–47
iced fruit mousse 129
iced fruit soufflé 130
iced liqueur mousse 130
iced parfait 130–1
iced persimmon *à la créole* 131
iced pineapple *à la bavaroise* 131
iced pineapple *à la bourbonnaise* 132
iced pineapple *à la Chantilly* 132
iced pineapple *à la créole* 132

iced pineapple *à la parisienne* 132
iced raspberry soufflé 133
iced strawberry mousse 133
iced sweet allumettes 241
iced turban 133
iced vacherin 133–4
icings and pastes 298–301
  almond paste 298
  chocolate icing 298
  Condé icing 298
  fondant icing 299
  marzipan 299–300
  nougatine 300
  royal icing 301
Italian meringue 70–1
Italian sponge cake 192
Italian sponge drops 192

J
jalousies with apricot jam 242
jam
  Alcazar gâteau 213
  Alsace tart 214–15
  apple conserve 306
  apricot jam Dartois 219
  charlotte *à la valentin* 34–5
  jalousies with apricot jam 242
  jam crêpes 71
  Linzertorte 244–5
  Singapour 207–8
  Swiss roll 210–11
Jamaican coupes 135
jelly (desserts)
  almond milk jelly 15
  rice with almond milk and citrus fruit jelly 100
  terrine of fruit with honey jelly 112–13
jelly (preserves)
  blackcurrant jelly 306–7
  redcurrant jelly 309
le jeu de pommes 242–3

K
kaltschale 71
kirsch
  apples with cream and kirsch 21
  coupes glacé *à la cévenole* with kirsch 125–6
  fruit salad with kirsch and Maraschino 67
kissel with cranberries 71–2
kiwi fruit
  fruit salad with kiwi fruit 67
  three tatins with fresh pineapple and kiwi fruit coulis 264–5
kouing-aman 278–9
kugelhopf 279–80

L
ladyfingers *see* sponge fingers
langues-de-chat 156
langues-de-chat mousse 72
leckerli 157
lemon
  Bavarian cream 29
  crêpes mylène 49–50
  lemon cigarettes 157
  lemon crêpes 72
  lemon délice 193
  lemon manqué 193–4
  lemon meringue pie 243–4
  lemon mousse 73
  lemon sorbet 135
  lemon soufflé 73
  lemon sponge drops 194

lemon tart 244
sorbet in frosted lemons 142
strawberry gratin with lemon zabaglione 144
tarte au citron 263–4
Liège waffles 73–4
lime soufflé 74
lining pastry (pâte à foncer) 304
Linzertorte 244–5
liqueur
Bavarian cream 29
iced liqueur mousse 130
liqueur ice 147

M

macaroons 194–5
madeleines 195
Commercy madeleines 176
English madeleines 180
pears Wanamaker 88
mangoes
mango dessert with passion fruit and rum 74–5
mango ice 147
mango sorbet 135
maple syrup tart 245
maraschino
bombe diplomate 122
fruit salad with kirsch and Maraschino 67
marble cake 196
Marignan 196–7
marmalade
orange sandwich cake 201–2
Marquise cherries 62
marrons glacés
Bavarian cream *à la cévenole* 29
bombe Doria 122
rum zabaglione with marrons glacés 100–1
Marsala
zabaglione 117
marzipan 299–300
melon
melon *en surprise à la parisienne* 75
sorbet in iced melon 143
meringues
Alcazar gâteau 213
Bacchus 167
baked Alaska 118–19
charlotte *à la valentin* 34–5
coffee dacquoise 44–5
Danicheff gâteau 178
duchesse petits fours 179
floating island with pink pralines 61
floating islands 61–2
gâteau le parisien 184–5
iced chestnut vacherin 128–9
iced fruit mousse 129
iced vacherin 133–4
Italian meringue 70–1
lemon meringue pie 243–4
Marignan 196–7
meringues cuites 75–6
mocha vacherin 135–6
peach Pénélope 83–4
succès 21
Swiss meringues 112
vanilla meringues with exotic fruit 114
merveilles 280
Milan sablés 158
Milanais sablés 158
milk
almond milk jelly 15
caramel cream with honey 34

rice cooked in milk 97
rice cooked in milk for ring moulds and cakes 97
rice pudding 98–9
saffron rice *à la néerlandaise* 101
semolina pudding 102–3
tapioca with milk 112
mille-feuilles
chocolate mille-feuille 228–9
mille-feuille gâteau 245–6
vanilla mille-feuille with a strawberry coulis 266–7
mince pies 246
mincemeat 309
mirabelle custard pudding 76
mocha cake 197–8
mocha vacherin 135–6
Mont-blanc 76
mousseline of apples with walnuts 77
mousses
chocolate and strawberry mousse 40
chocolate mousse 42
fruit mousse 65
iced cream mousse 129
iced fruit mousse 129
iced liqueur mousse 130
iced strawberry mousse 133
langues-de-chat mousse 72
lemon mousse 73
peach Pénélope 83–4
strawberry mousse 109
Muscat grape tartlets 246

N

Nanette fritters 77–8
Nantes cake 198–9
Napolitain biscuits 159
Napolitain cake 199
nègre en chemise 78
Nesselrode pudding 78–9
nougatine 300
nuts
bireweck 268
nut délices 246–7
see also individual types of nut

O

omelettes
omelette *à la dijonnaise* 79
omelette Reine Pédauque 79
omelette with fruit compote 80
soufflé omelette 104
sweet omelette *à la normande* 111
orange
Bavarian cream 29
candied orange peel 308
crêpes mylène 49–50
crêpes Suzette 50–1
orange dessert 80–1
orange galettes 200
orange gimblettes 159–60
orange pound cake 200–1
orange sandwich cake 201–2
orange sorbet 136
rice with almond milk and citrus fruit jelly 100
salad of Maltese oranges with candied zest 101

sorbet in frosted oranges 142
strawberries *à la maltaise* 107
oreillettes de Montpellier 247–8
oublies *à la parisienne* 160

P
pain d'épice 202
palets de dames 202–3
palmiers 248
pancakes
apricot pannequets 23
pannequets *à la cévenole* 81
pannequets *à la créole* 81
pannequets with crystallized fruit 82
praline pannequets 93
see also crêpes
panettone 280–1
pannequets
pannequets *à la cévenole* 81
pannequets *à la créole* 81
pannequets with crystallized fruit 82
praline pannequets 93
paprika, truffles in 211
parfait, iced 130–1
Paris-Brest 248–9
Parisian brioche 269
passion fruit
mango dessert with passion fruit and rum 74–5
passion fruit sorbet 137
pastis bourrit 281–2
pastries 213–67
Alcazar gâteau 213
almond choux fritters 213–14
almond darioles 214
Alsace tart 214–15
amandines *à la duchesse* 215
apple and prune turnovers 215–16
apple cream puffs 216
apple flan grimaldi 216–17
apple puffs *à la normande* 217
apple strudel 217–18
apple tart 218
apricot barquettes 219
apricot jam Dartois 219
apricot tart 219–20
apricot tourte 220
baklavas with pistachio nuts 220–1
Basque tart 222
Beauharnais barquettes 222
Belgian cassonade tart 222–3
bilberry flan 223
blackberry tartlets 224
bourdaloue pear tart 224
British-style apple pie 224–5
Chantilly cream puffs 225–6
cherry cream puffs 226
cherry flan 226
chestnut barquettes 227
Chiboust coffee cream puffs 227
chocolate cream puffs 227
chocolate éclairs 227–8
chocolate mille-feuille 228–9
chocolate profiteroles 229

chocolate tart 229–30
choux *à la cévenole* 230
coffee cream puffs 230
coffee éclairs 230–1
coffee or chocolate tartlets 231
coffee religieuses 231–2
Condé cakes 232
conversations 176–7
curd cheese (me'gin) tarte *à la mode de Metz* 232
Danish cherry flan 233
doullins 233
fig tart 233–4
frangipane Dartois 234
French-style double-crust apple pie 234–5
galette des rois 235
gâteau flamand 235–6
gâteau nantais 236–7
gâteau polka 237
German cherry tart 238
German gooseberry tart 238
grande religieuse *à l'ancienne* 238–40
grape tart 240
iced bâtons 240–1
iced sweet allumettes 241
individual diplomats with crystallized fruit 241–2
jalousies with apricot jam 242
le jeu de pommes 242–3
lemon meringue pie 243–4
lemon tart 244
Linzertorte 244–5
maple syrup tart 245
mille-feuille gâteau 245–6
mince pies 246
Muscat grape tartlets 246
nut délices 246–7
oreillettes de Montpellier 247–8
palmiers 248
Paris-Brest 248–9
pastry cream puffs 249–50
pastry cream puffs with grapes 250
peaches *à la duchesse* 250–1
pear pie 251
pets-de-nonne 251
pine-nut flan 252
pineapple tart 251–2
Pithiviers 252–3
plum tart 253
plum tart *à l'alsacienne* 253–4
Ponts-neufs 254–5
puff-pastry apple tart 255
puff pastry croustades 255–6
puits d'amour 256
raisin tart 256
raspberry and apple Dartois 256–7
raspberry barquettes 257
raspberry tart 257–8
rhubarb pie 258
rhubarb tartlets 258–9
rice tart 259
Rouen mirlitons 260
Saint-Honoré 260–1
strawberry délices 261–2
strawberry tart 262
tangerine gâteau 262–3

tarte au citron 263–4
tarte tatin 264
three tatins with fresh pineapple and kiwi fruit coulis 264–5
timbales élysée 265
tourons 266
trois-frères 266
vanilla mille-feuille with a strawberry coulis 266–7
walnut and honey tartlets 267
pastry and dough 301–6
brioche dough 301–2
choux buns or fingers 302
choux paste 302–3
flaky pastry 303
lining pastry (pâte à foncer) 304
pâte sablée 304
pâte sucrée 304–5
puff pastry 305
shortcrust pastry 306
pastry cream puffs 249–50
pastry cream puffs with grapes 250
pâte à foncer 304
pâte sablée 304
pâte sucrée 304–5
peaches
compote du vieux vigneron 46
crown of peaches with Chantilly cream 52
peach *à la bordelaise* 82–3
peach compote 82
peach dame blanche 83
peach Melba 137
peach Pénélope 83–4
peach sorbet 137–8
peach sorbet with champagne 138
peach sundaes 138
peaches *à la duchesse* 250–1
peaches with raspberries 84
pear and peach salad with raspberries 85
pears
baked pears with Sauternes 25
bombe duchesse 122
bourdaloue pear tart 224
compote du vieux vigneron 46
crêpes mylène 49–50
crown of croûtes with pears 51–2
délicieux surprise 54
doullins 233
gratinée de poires aux pistaches 69–70
pear and apple caramel compote 84
pear and caramel-cream coupes 84–5
pear and peach salad with raspberries 85
pear charlotte 85–6
pear compote 86–7
pear pie 251
pear sorbet 138–9
pears in wine 87
pears Joinville 87–8
pears Wanamaker 88
poirissimo 92–3
persimmons
iced persimmon *à la créole* 131
petits fours
almond croquets 151–2
duchesse petits fours 179
palets de dames 202–3
petits fours Souvarov 160–1
pets-de-nonne 251

pies
British-style apple pie 224–5
French-style double-crust apple pie 234–5
lemon meringue pie 243–4
mince pies 246
pear pie 251
rhubarb pie 258
pine nuts
honey sorbet with pine nuts 128
pine-nut crescents 161
pine-nut flan 252
pineapple
attereaux of pineapple 25
Bavarian cream *à la créole* 30
bombe duchesse 122
Caribbean brioche 34
Danicheff gâteau 178
exotic fruit salad with lime 58
Hawaiian cream coupes 70
iced pineapple *à la bavaroise* 131
iced pineapple *à la bourbonnaise* 132
iced pineapple *à la Chantilly* 132
iced pineapple *à la créole* 132
iced pineapple *à la parisienne* 132
Jamaican coupes 135
pannequets *à la créole* 81
peach dame blanche 83
pineapple compote 88
pineapple coupes 88
pineapple en surprise 88–9
pineapple fritters 89
pineapple ice 139
pineapple manqué 203
pineapple surprise 89–90
pineapple tart 251–2
rice ring *à la créole* 99
Singapour 207–8
three tatins with fresh pineapple and kiwi fruit coulis 264–5
tutti-frutti bombe 146
pistachio nuts
baklavas with pistachio nuts, 220–1
bombe Doria 122
Galicien 183–4
gratinée de poires aux pistaches 69–70
tourons 211, 266
Pithiviers 252–3
Plombières cream 90–1
Plombières ice cream 139
plum cake 203–4
plum pudding 91–2
plums
flambéed plums 59
mirabelle custard pudding 76
plum compote 91
plum tart 253
plum tart *à l'alsacienne* 253–4
pogne de romans 204–5, 282–3
poirissimo 92–3
Ponts-neufs 254–5
pound cake 205
orange pound cake 200–1
praline 316–17
brioche with pralines 271
Damier 177–8
floating island with pink pralines 61

praline pannequets 93
waffles with praline butter cream 116–17
preserves and jellies 306–9
profiteroles, chocolate 229
prunes
apple and prune turnovers 215–16
compote of prunes 46–7
diplomat pudding with prunes 56
far breton 58
prunes in Rasteau with fresh cream 93–4
truffles in paprika 211
puff pastry 305
puff pastry croustades 255–6
puits d'amour 256
punch cakes 205

Q
quinces
baked quinces 26
quince compote 94

R
raisins
Bacchus 167
buns 272
raisin tart 256
rolled brioche with raisins 283
rum babas 284–5
raspberries
bombe cardinal 121
brioche with raspberries 271–2
figs with raspberry mousse 59
iced raspberry soufflé 133
peach Melba 137
peaches with raspberries 84
pear and peach salad with raspberries 85
raspberry and apple Dartois 256–7
raspberry barquettes 257
raspberry charlotte 94
raspberry compote 95
raspberry coulis 312
raspberry sorbet 140
raspberry soufflé 109–10
raspberry tart 257–8
roast figs with a coulis of red fruits 100
strawberries cardinal 107
raspberry jam
charlotte *à la valentin* 34–5
Linzertorte 244–5
redcurrants
amandines *à la duchesse* 215
redcurrant compote 95
redcurrant jelly 309
redcurrant sorbet 140
redcurrants in a tulip 161–2
Reims biscuits 162
rhubarb
rhubarb compote 95
rhubarb compote with strawberries 95–6
rhubarb pie 258
rhubarb tartlets 258–9
rice
apple and rice charlotte 16
apple flan grimaldi 216–17
apricot colbert 24
apricot condé 24

bananas *à la créole au gratin* 28
cherries Condé 36
crêpes *à la condé* 48–9
fried rice pavés 64
rice *à l'impératrice* 96
rice cakes Pompadour 96–7
rice cooked in milk 97
rice fritters 98
rice gâteau with caramel 98
rice pudding 98–9
rice ring *à la créole* 99
rice ring *à la montmorency* 99
rice tart 259
rice with almond milk and citrus fruit jelly 100
saffron rice *à la néerlandaise* 101, 141
strawberries condé 107–8
rose water, saffron ice cream with 140–1
Rouen mirlitons 260
royal icing 301
ruifard 283–4
rum
coupes glacé *à la cévenole* with rum 126
mango dessert with passion fruit and rum 74–5
omelette flambée 79
rum babas 284–5
rum zabaglione with marrons glacés 100–1
tourtes *à la mode béarnaise* 286

S

sablés
Milan sablés 158
Milanais sablés 158
vanilla and cinnamon sablés 164
Sachertorte 206–7
saffron
saffron ice cream with rose water 140–1
saffron rice *à la néerlandaise* 101, 141
Saint-Honoré 260–1
sauces 310–12
apricot sauce 310
blackcurrant sauce 310–11
caramel sauce 311
chocolate sauce 312
Sauternes, baked pears with 25
savarin
fruit savarin 277–8
savarin with confectioner's custard 285
Savoy sponge cake 207
Scotch pudding 101–2
semolina
apricot bourdaloue 23–4
flamri 60
fritters Mont-Bry 64–5
semolina fritters 102
semolina pudding 102–3
semolina ring with fruit 103
semolina subrics 103
turban of croûtes *à la Beauvilliers* 113
shortbread 162
shortcrust pastry 306
Singapour 207–8
sorbets 141
blackcurrant sorbet 119–20
fruit sorbet 127
granita 127

honey sorbet with pine nuts 128
lemon sorbet 135
mango sorbet 135
orange sorbet 136
passion fruit sorbet 137
peach sorbet 137–8
peach sorbet with champagne 138
pear sorbet 138–9
raspberry sorbet 140
redcurrant sorbet 140
sorbet of exotic fruits 143
sorbet in frosted grapefruit 141–2
sorbet in frosted lemons 142
sorbet in frosted oranges 142
sorbet in frosted tangerines 142–3
sorbet in iced melon 143
sorbet with Calvados 143–4
strawberry sorbet 145
tangerines *en surprise* 145
tea sorbet 145
see also water ices
soufflés (cold)
iced fruit soufflé 130
iced raspberry soufflé 133
soufflés (hot)
apple soufflés 20–1
banana soufflés 27–8
chestnut soufflé 39–40
chestnut soufflé Mont-Bry 40
chocolate soufflé 42–3
coffee soufflé 45
Curaçao soufflé 52–3
lemon soufflé 73
lime soufflé 74
soufflé Ambassadrice 103–4
soufflé lapérouse 104
soufflé omelette 104
soufflé omelette with wild strawberries 105
soufflé Rothschild 105
soufflé Simone 106
strawberry or raspberry soufflé 109–10
vanilla soufflé 114–15
spéculos 162–3
spiced gingerbread fruit charlotte 106–7
sponge biscuits 163
sponge cakes
almond financiers 165
almond sandwich cake 165–6
apricot Genoese sponge 167
chestnut log 170–1
chocolate Genoese sponge 172–3
chocolate log 173
Damier 177–8
Danicheff gâteau 178
filled Genoese sponge *à la normande* 180–1
Galicien 183–4
gâteau manqué 186
gâteau Montpensier 187
Genoa cake 188
Genoese sponge 189
Genoese sponge with coffee filling 189
Genoese sponge with crystallized fruit 190
Italian sponge cake 192
Italian sponge drops 192
lemon manqué 193–4

madeleines 195
mascotte 197
orange sandwich cake 201–2
orangine 200
pineapple manqué 203
Savoy sponge cake 207
Singapour 207–8
sponge cake mixture 208
Swiss roll 210–11
walnut cake 212
sponge drops, lemon 194
sponge fingers (ladyfingers) 208–9
apple charlotte 17
blackcurrant charlotte 32
cabinet pudding 33
charlotte *à la Chantilly* 34
charlotte *à la valentin* 34–5
charlotte majestic 35
chestnut charlotte 37–8
chocolate charlotte 40–1
diplomat pudding 54–5
gâteau 'le prélat' 185–6
Geneva sponge fingers 188
iced charlotte with chestnuts 128
pear charlotte 85–6
raspberry charlotte 94
strawberry charlotte 108–9
steamed puddings
Christmas pudding 43–4
English apple pudding 57–8
plum pudding 91–2
stollen, Dresden 274–5
strawberries
bombe Alhambra 121
bombe archiduc 121
bombe cardinal 121
chocolate and strawberry mousse 40
Hawaiian cream coupes 70
iced strawberry mousse 133
peach Pénélope 83–4
rhubarb compote with strawberries 95–6
roast figs with a coulis of red fruits 100
soufflé omelette with wild strawberries 105
strawberries *à la maltaise* 107
strawberries cardinal 107
strawberries condé 107–8
strawberry cassata 144
strawberry charlotte 108–9
strawberry compote 109
strawberry délices 261–2
strawberry gâteau 209
strawberry gratin with lemon zabaglione 144
strawberry ice cream 144
strawberry mousse 109
strawberry sorbet 145
strawberry soufflé 109–10
strawberry tart 262
vanilla mille-feuille with a strawberry

coulis 266-7
striped chocolate and vanilla Bavarian cream 110
strudel, apple 217–18
succès 210
sugar 313–18
caramel 313–14
for decorating 317–18
stages of cooking sugar 314–16
vanilla sugar 318
sultanas (golden raisins) gâteau Montpensier 187
summer pudding 111
sundaes, peach 138
sweet breads 268–86
bireweck 268
bottereaux 268–9
brioche à tête (Parisian brioche) 269
brioche bordelaise 269–70
brioche mousseline 270
brioche polonaise 270
brioche with pralines 271
brioche with raspberries 271–2
buns 272
Christmas pompes 272–3
dampfnudeln 273–4
doughnuts 274
Dresden stollen 274–5
fouace 275–6
fruit brioche 276–7
fruit croûtes 277
fruit savarin 277–8
kouing-aman 278–9
kugelhopf 279–80
merveilles 280
panettone 280–1
pastis bourrit 281–2
pogne de romans 204–5, 282–3
rolled brioche with raisins 283
ruifard 283–4
rum babas 284–5
savarin with confectioner's custard 285
Swiss wine tart 286
tourtes *à la mode béarnaise* 286
Swiss meringues 112
Swiss roll 210–11
Swiss wine tart 286
syrup, blackcurrant 307

T

tangerines
bombe Aïda 121
bombe Monselet 122
sorbet in frosted tangerines 142–3
tangerine gâteau 262–3
tangerines *en surprise* 145
tapioca
tapioca dessert 112
tapioca with milk 112
tartlets
almond darioles 214
amandines *à la duchesse* 215
apricot barquettes 219
Beauharnais barquettes 222
blackberry tartlets 224
chestnut barquettes 227
coffee or chocolate tartlets 231
individual diplomats with crystallized fruit 241–2
le jeu de pommes 242–3
Muscat grape tartlets 246

peaches *à la duchesse* 250–1
Ponts-neufs 254–5
raspberry barquettes 257
rhubarb tartlets 258–9
Rouen mirlitons 260
strawberry délices 261–2
timbales élysée 265
walnut and honey tartlets 267
tarts
Alsace tart 214–15
apple tart 218
apricot tart 219–20
Basque tart 222
cherry tart 226
chocolate tart 229–30
curd cheese (me'gin) tarte *à la mode de Metz* 232
fig tart 233–4
German cherry tart 238
German gooseberry tart 238
grape tart 240
lemon tart 244
Linzertorte 244–5
maple syrup tart 245
pineapple tart 251–2
plum tart 253
plum tart *à l'alsacienne* 253–4
puff-pastry apple tart 255
raisin tart 256
raspberry tart 257–8
rice tart 259
strawberry tart 262
Swiss wine tart 286
tarte au citron 263–4
tarte tatin 264
three tatins with fresh pineapple and kiwi fruit coulis 264–5
see also cheesecakes; flans
tea sorbet 145
terrine of fruit with honey jelly 112–13
timbales élysée 265
tourons 211, 266
tourtes
apricot tourte 220
tourtes *à la mode béarnaise* 286
trois-frères 266
truffle ice cream 145
truffles (confectionery)
chocolate truffles with butter 173–4
chocolate truffles with cream 174
truffles in paprika 211
tuiles 163–4
turban of croûtes *à la Beauvilliers* 113
tutti-frutti bombe 146
Twelfth-Night cake, Bordeaux 169–70
two-fruit charlotte 113–14

V

vacherin
iced chestnut vacherin 128–9
iced vacherin 133–4
mocha vacherin 135–6
vanilla
striped chocolate and vanilla Bavarian cream 110
vanilla and cinnamon sablés 164
vanilla ice cream 146
vanilla ice cream charlotte 146
vanilla ice cream for coupes 147
vanilla meringues with exotic fruit 114

vanilla mille-feuille with a strawberry coulis 266–7
vanilla soufflé 114–15
vanilla sugar 318
vatrouchka 115–16
Viennese fritters 53–4
visitandines 211–12

W

wafers
oublies *à la parisienne* 160
waffles 32–3, 116
Liège waffles 73–4
waffles with praline butter cream 116–17
walnuts
apple and walnut crêpes 16
apple strudel 217–18
mousseline of apples with walnuts 77
nut délices 246–7
walnut and honey tartlets 267
walnut cake 212
walnut ice cream 25
walnut surprises 212
water ices 147
apricot water ice 118
cherry water ice 123
Grand Marnier ice 147
liqueur ice 147
mango ice 147
pineapple ice 139
see also sorbets
wine
baked pears with Sauternes 25
compote du vieux vigneron 46
kaltschale 71
peach *à la bordelaise* 82–3
pears in wine 87
prunes in Rasteau with fresh cream 93–4
rum zabaglione with marrons glacés 100–1
Swiss wine tart 286

Z

zabaglione 117
rum zabaglione with marrons glacés 100–1
strawberry gratin with lemon zabaglione 144

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A PRACTICAL REFERENCE TO 500 TIMELESS FISH AND SEAFOOD DISHES, COMPLEMENTED BY MORE THAN 150 RECIPES FOR BASICS INCLUDING SAUCES, DRESSINGS, GLAZES, CONDIMENTS, STOCKS, AND MORE.



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Gastronomique

— RECIPE COLLECTION—

FISH & SEAFOOD

With the assistance of the Gastronomic Committee
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Contents

Useful information *8*

Introduction *9*

Fish *10*
- Anchovies *13*
- Bass *19*
- Bream *25*
- Brill *26*
- Capitaine *32*
- Carp *33*
- Cod *37*
- Eel *41*
- Grouper *49*
- Gurnard *50*
- Haddock *51*
- Hake *53*
- Herring *55*
- John Dory *59*
- Lamprey *62*
- Mackerel *63*
- Marlin *67*
- Monkfish *67*
- Mullet *73*
- Perch *79*
- Pike *80*
- Pike-perch *86*
- Plaice *88*
- Roe & caviar *88*
- Salmon *92*
- Salt cod & stockfish *112*
- Sard *122*
- Sardines *122*
- Scorpion fish *126*
- Sea bream *127*
- Shad *129*
- Shark *132*
- Skate *133*
- Smelt *135*
- Sole *136*
- Sprats *159*
- Sturgeon *159*
- Trout & salmon trout *160*
- Tuna *165*
- Turbot *167*
- Weever *170*
- Whiting *171*
- Wrasse *175*

Seafood *176*
- Clams *179*
- Crab *180*
- Crayfish *184*
- Langoustes *190*
- Langoustines *193*
- Lobster *197*
- Mussels *211*
- Octopus *217*
- Ormers (abalones) *217*
- Oysters *218*
- Prawns & shrimps *223*
- Scallops *227*
- Squid *233*

Mixed fish & seafood dishes *236*

Basic recipes & classic additions *258*
- Aspics & glazes *261*
- Batters *263*
- Butters *265*
- Condiments & seasonings *268*
- Dressings & mayonnaise *269*
- Flavourings, fillings & accompaniments *271*
- Forcemeats *273*
- Pastry & dough *277*
- Rice dishes *283*
- Sauces & purées *285*
- Stocks & consommés *310*

Index *316*

Acknowledgements *344*

Useful information

How to use this book

The recipes are divided into three main chapters: Fish, Seafood and Mixed fish & seafood dishes. Within these chapters entries are grouped by main ingredient in A–Z order. The fourth chapter, Basic recipes & classic additions, has recipes for the sauces, dressings, accompaniments and so on referred to in the first three chapters.

When an entry refers to another recipe, it may be found by first referring to the relevant section and then to the food or dish type. A comprehensive index of entries lists the entire contents.

Weights & measures

Metric, imperial and American measures are used in this book. As a general rule, it is advisable to follow only one set of measures and not to mix metric, imperial and/or cup quantities in any one recipe.

Spoon measures

Spoon measures refer to standard measuring utensils. Serving spoons and table cutlery are not suitable for measuring as they are not standard in capacity.

¼ teaspoon = 1.5 ml
½ teaspoon = 2.5 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml

Oven temperatures

Below are the standard settings for domestic ovens. However, ovens vary widely and manufacturer's instructions should be consulted. Individual ovens also perform differently and experience of using a particular appliance is invaluable for adjusting temperatures and cooking times to give best results. Those working with commercial cooking appliances will be accustomed to using the higher temperatures attained. Many chefs' recipes refer to glazing or cooking in a hot oven for a short period: as a rule, the hottest setting for a domestic appliance should be used as the equivalent.

Temperatures and timings in the recipes refer to preheated ovens.

If using a fan-assisted oven, follow the manufacturer's instructions for adjusting timing and temperature.

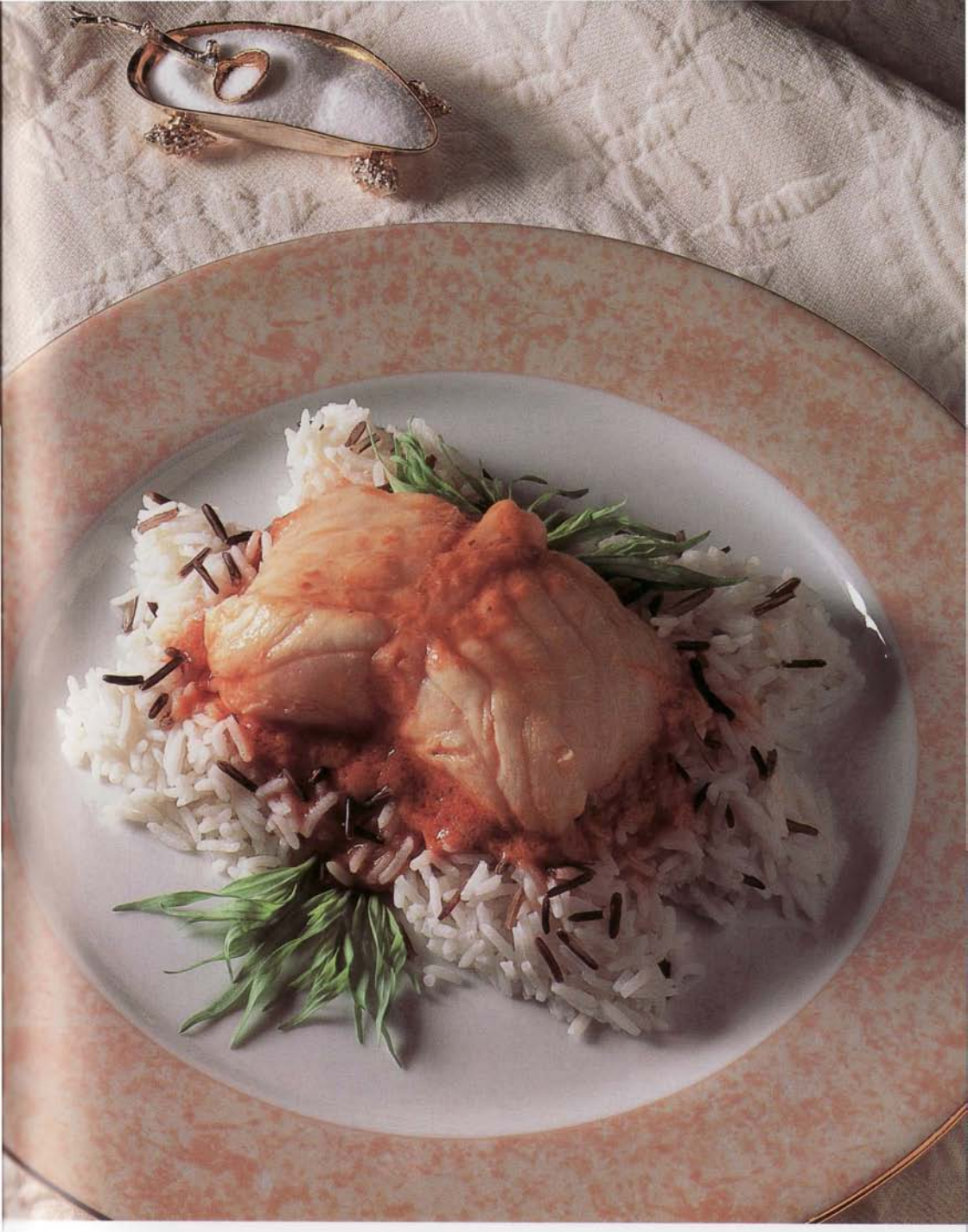
Centigrade	Fahrenheit	Gas mark
110°C	225°F	gas ¼
120°C	250°F	gas ½
140°C	275°F	gas 1
150°C	300°F	gas 2
160°C	325°F	gas 3
180°C	350°F	gas 4
190°C	375°F	gas 5
200°C	400°F	gas 6
220°C	425°F	gas 7
230°C	450°F	gas 8
240°C	475°F	gas 9



Fillets of bass with lettuce
Recipe on page 23



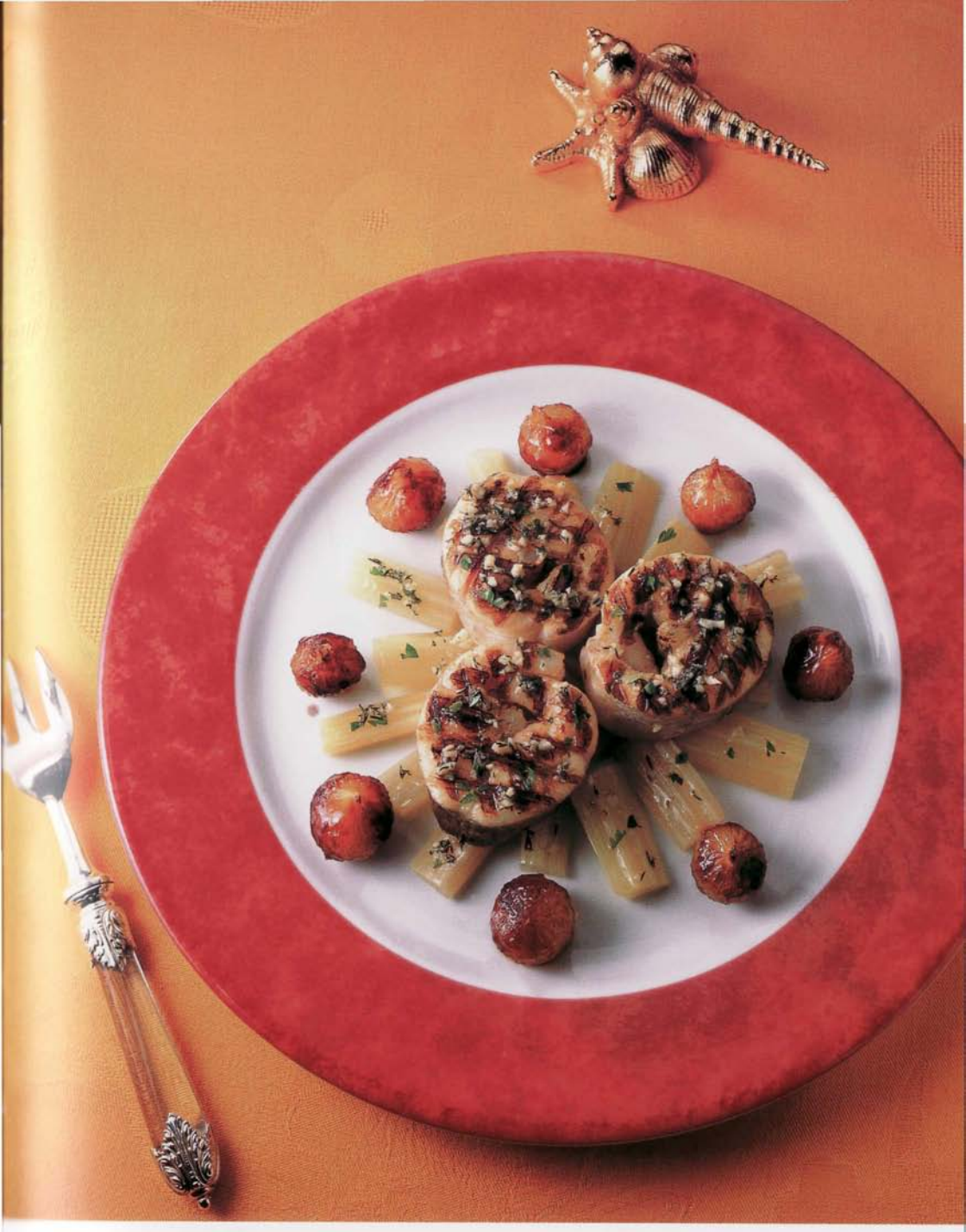
Capitaine in banana leaves
Recipe on page 32



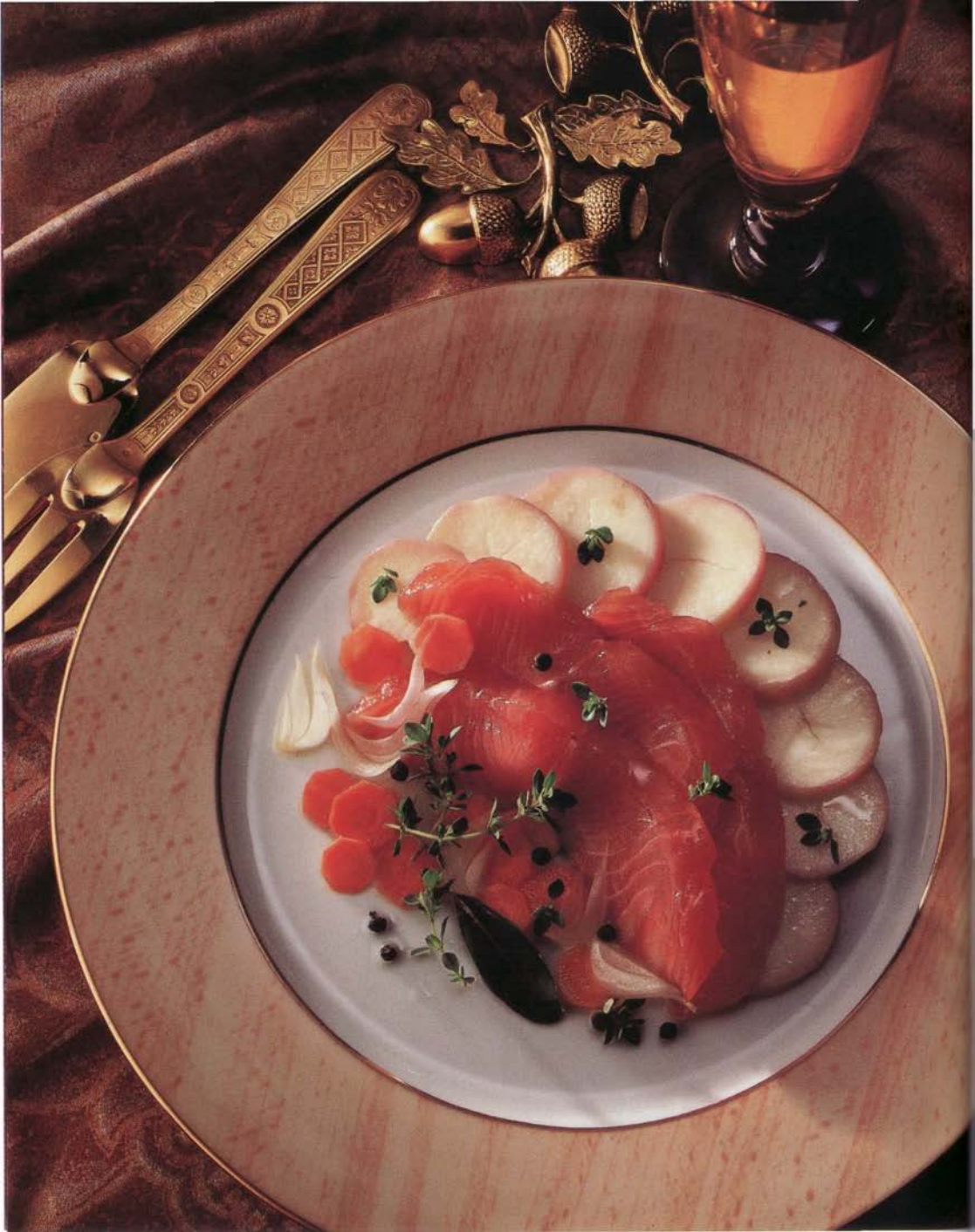
Monkfish à l'américaine
Recipe on page 71



Red mullet in a mille-feuille of cabbage with marrow
Recipe on page 78



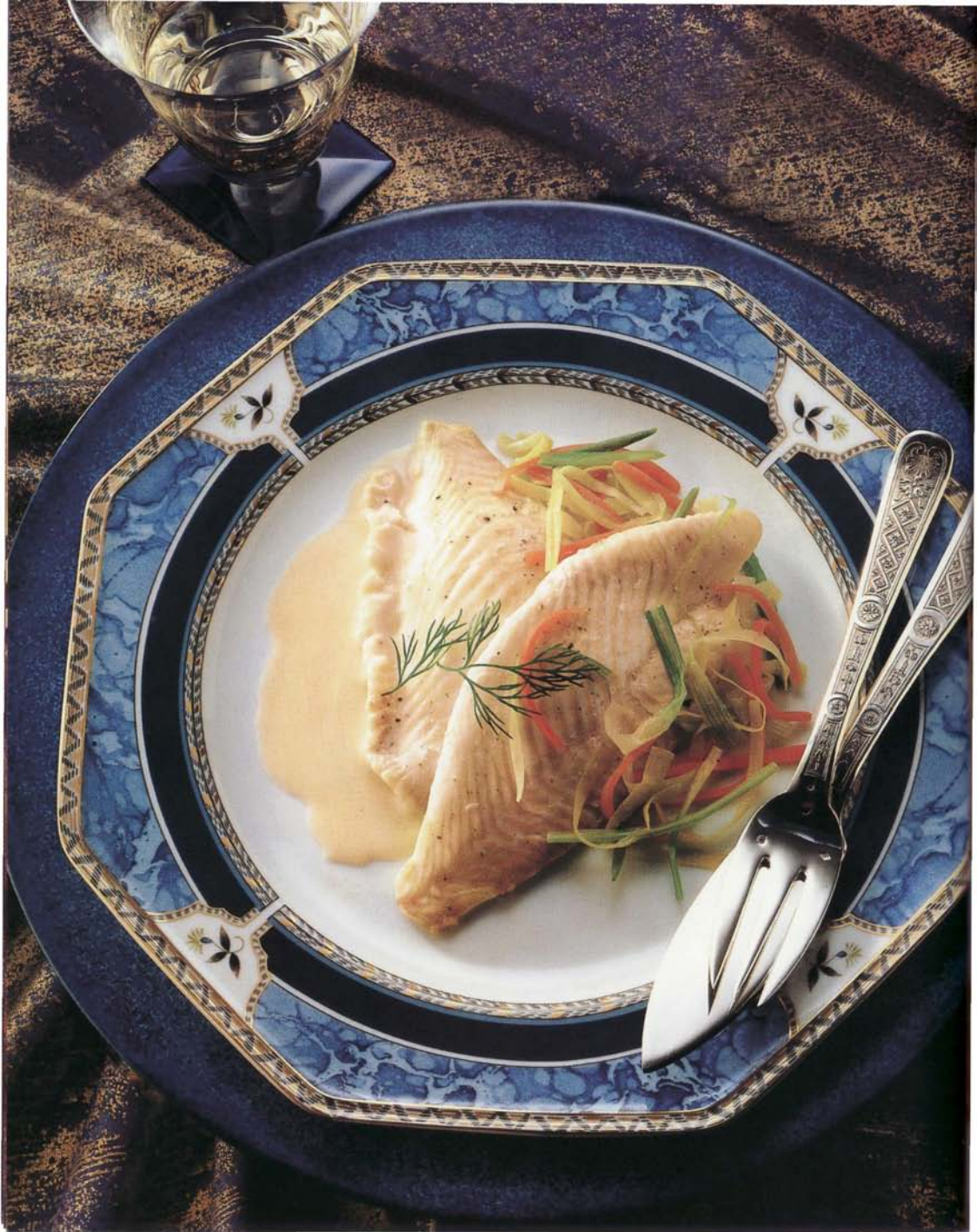
Marinated pike-perch with cardoons
Recipe on page 87



Raw salmon with red new potatoes
Recipe on page 97



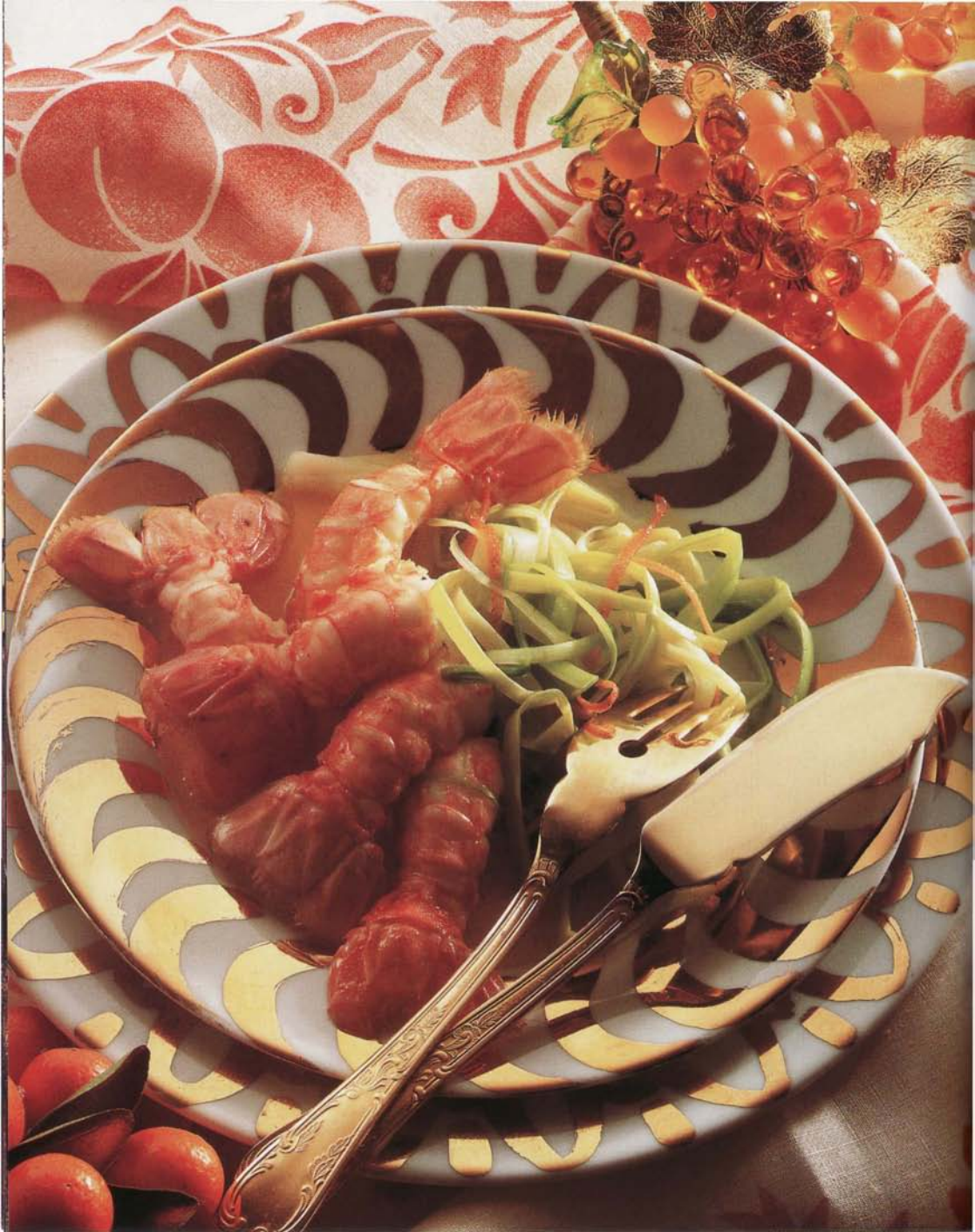
Tuna en daube à la provençale
Recipe on page 166



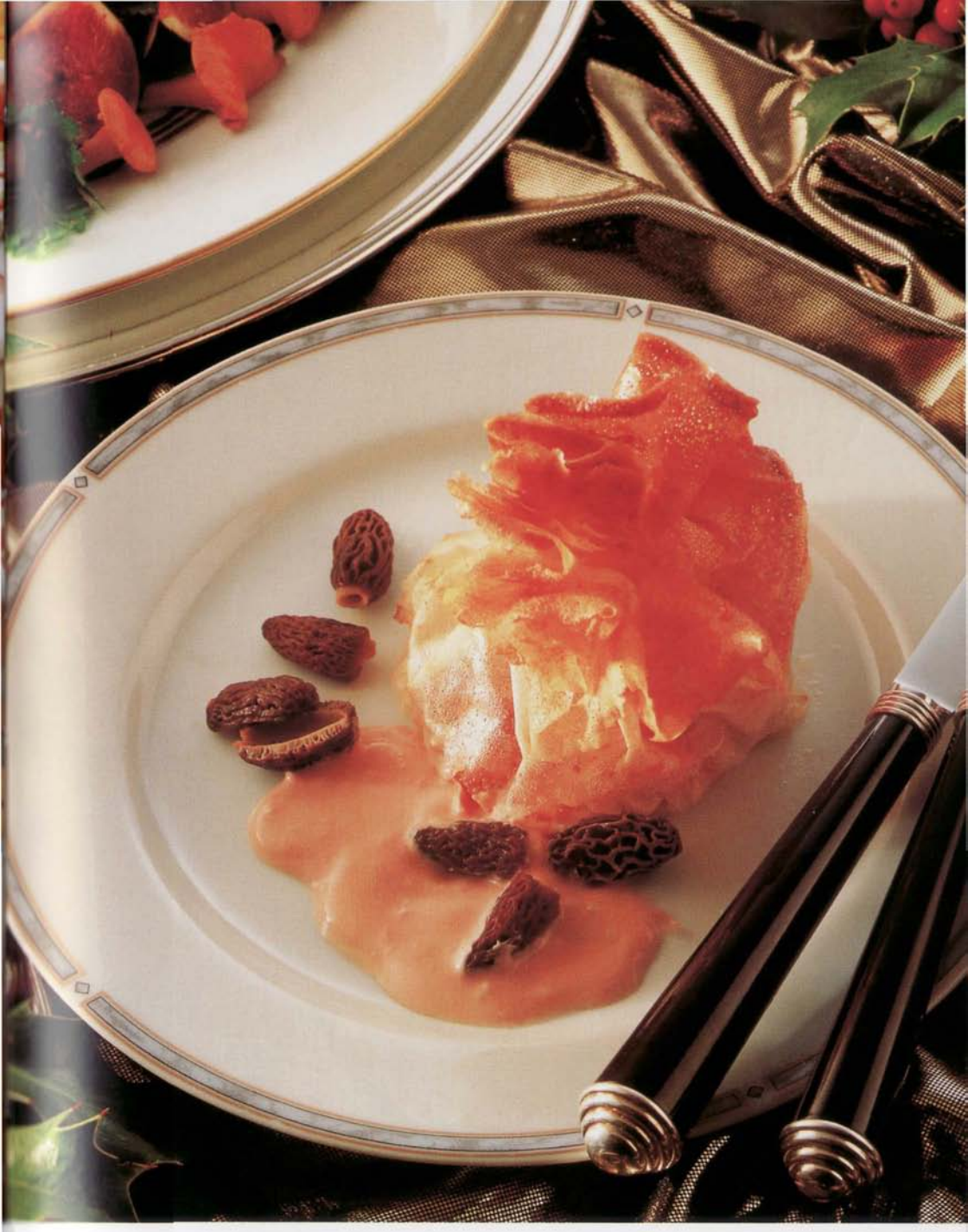
Turbot en papillote with crispy vegetables and champagne sauce
Recipe on page 169



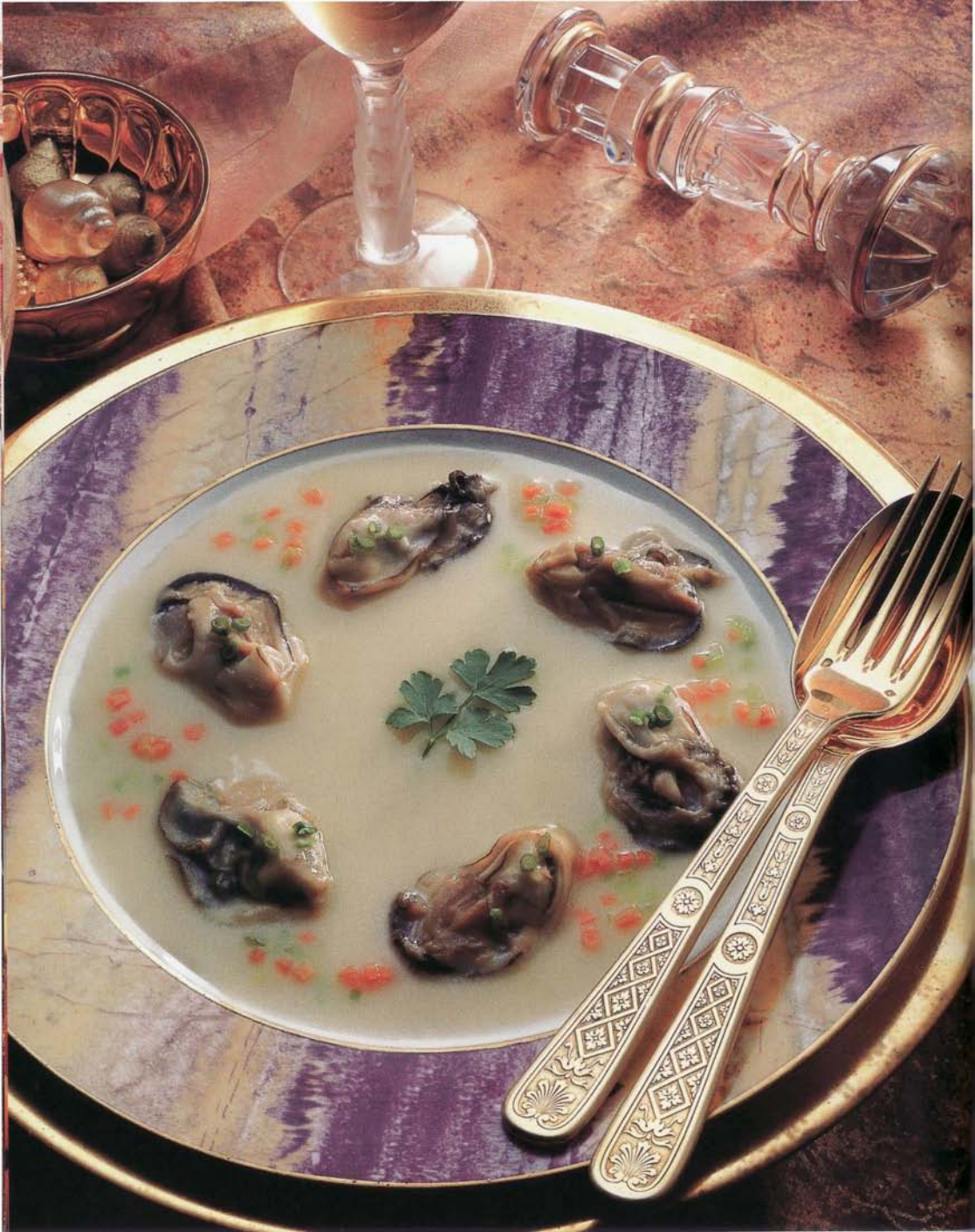
Crab feuilletés
Recipe on page 182



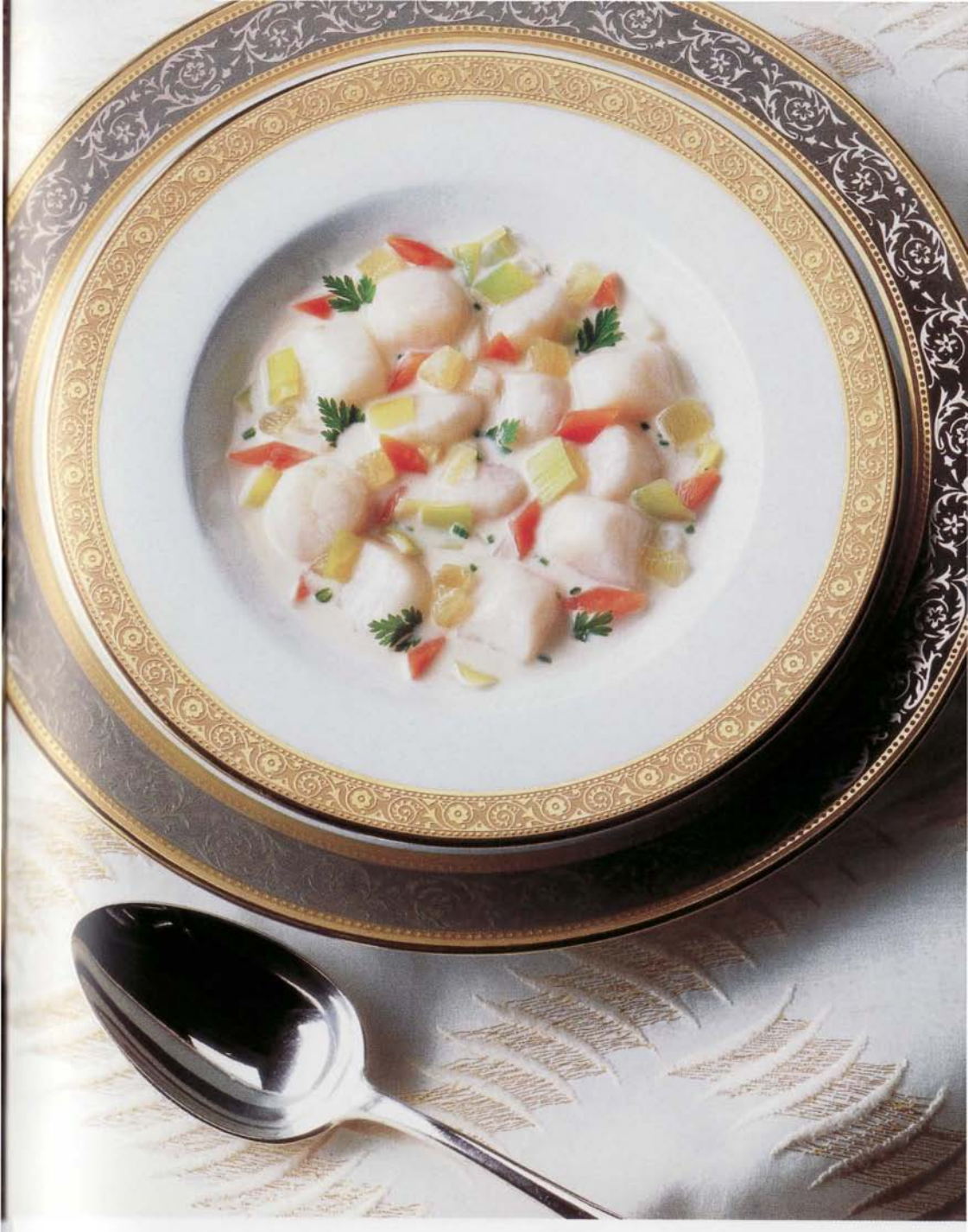
Ninon langoustines
Recipe on page 196



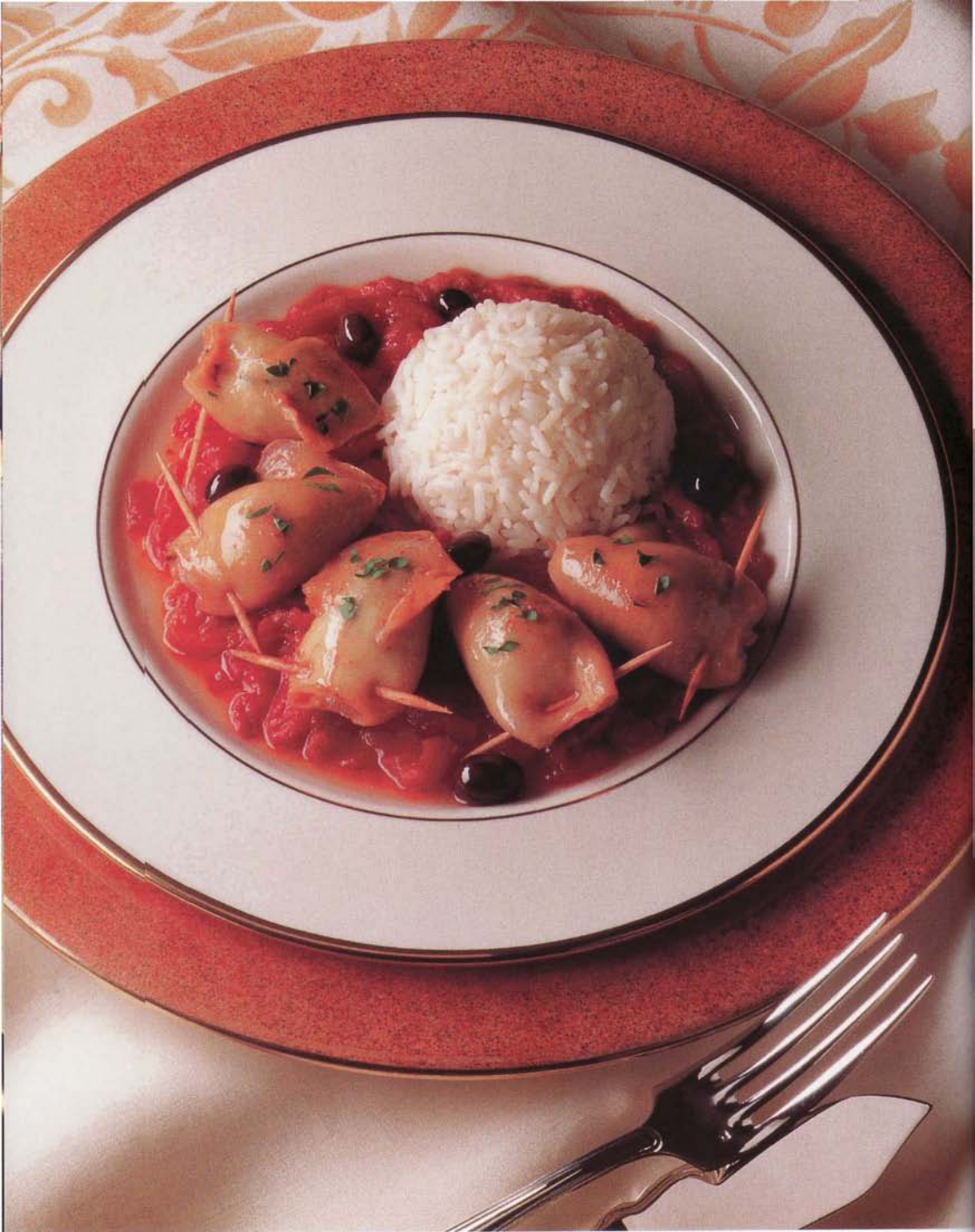
Purses of lobster with morels
Recipe on page 209



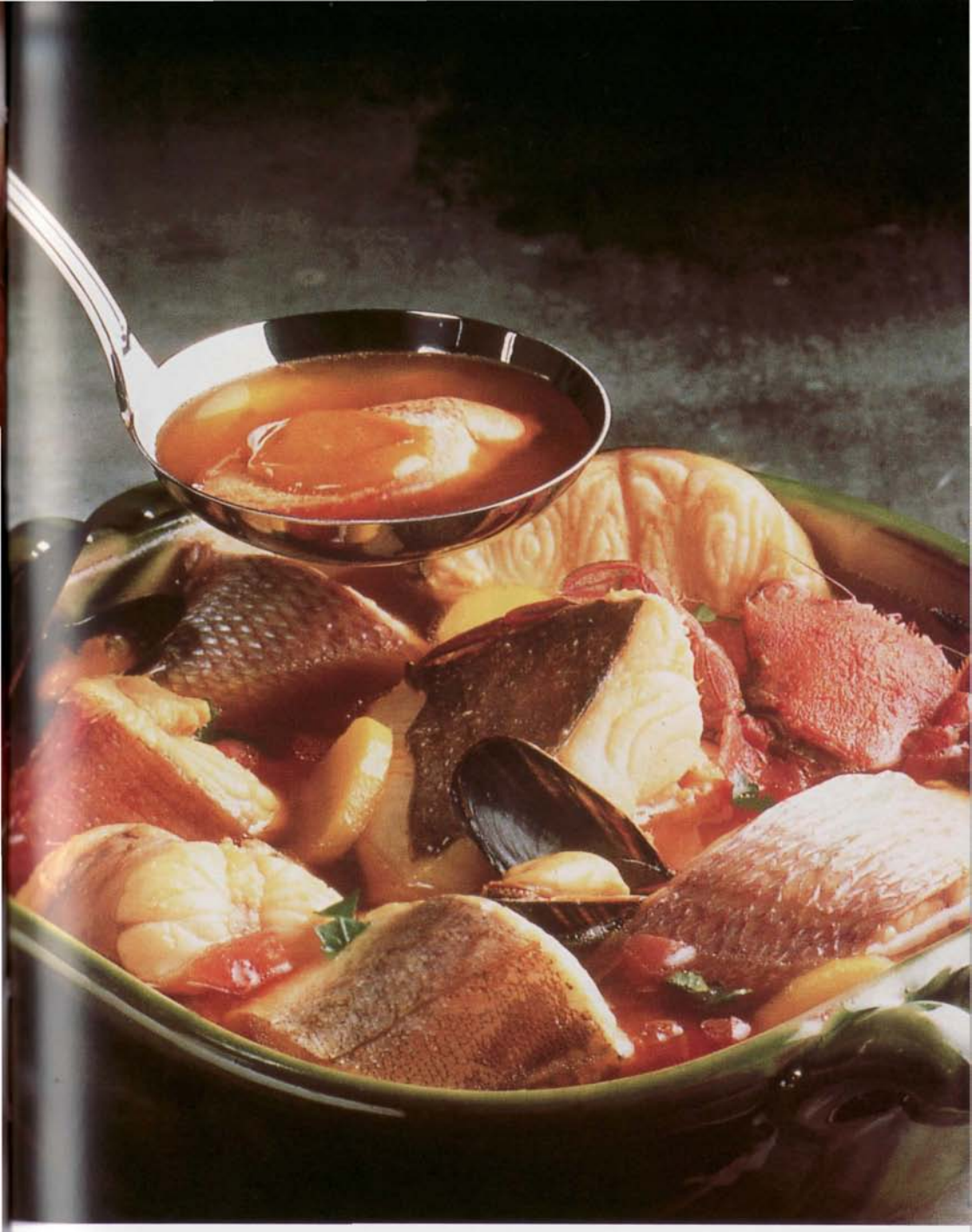
Oyster soup
Recipe on page 221



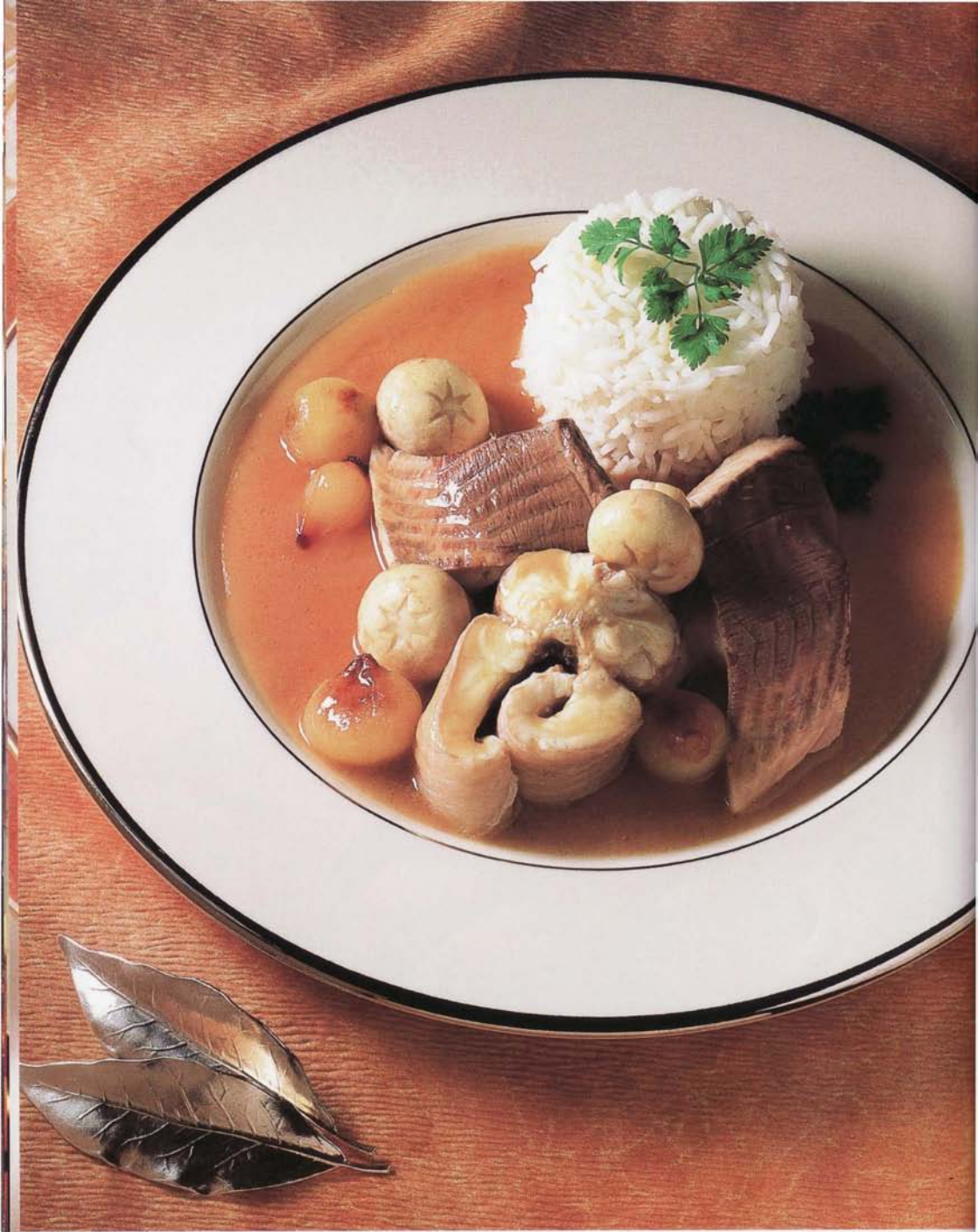
Nage of scallops with lemon thyme
Recipe on page 228



Sttuffed squid
Rɛcipe on page 234



Bouillabaisse
Recipe on page 239



Matelote à la canotière
Recipe on page 248

Introduction

Larousse Gastronomique is the world's most famous culinary reference book. It was the vision of Prosper Montagné, a French chef who was responsible for the first edition published in Paris in 1938. His aims were to provide an overview of 20th-century gastronomy and its history, as well as a source of reference on the more practical aspects of cookery. Twenty-three years later the first English edition was published and it immediately became the culinary bible of chefs, cooks and food aficionados.

A new English edition of this monumental work was published in 2001. Completely revised and updated, it reflected the social and cultural changes, together with advances in science and technology, that have dramatically influenced our ideas about food, the way we cook and how we eat.

Distilled from the latest edition, in one convenient volume, is this collection of over 500 fish and seafood recipes, together with over 150 recipes for sauces, dressings, pastry, butters, stocks and accompaniments. Whether your interest is in the great traditions of French cuisine or in the wide spectrum of food as the international subject it has become, the recipes reflect the diversity of the world of cooking in the 21st century.

FISH

Anchovies

Anchovy barquettes

A small boat-shaped tart made of shortcrust pastry (basic pie dough) or puff pastry, baked blind and then filled with a variety of sweet or savoury ingredients. In some recipes the pastry boats are filled before they are baked instead of afterwards.

Remove salt from the anchovy fillets by soaking them in a little milk. Dice some mushrooms and onions, fry in butter, and bind with a little béchamel sauce. Dice the anchovy fillets and add to the béchamel mixture. Fill cooked barquette cases with this mixture, sprinkle with fried breadcrumbs, and bake for a few minutes in a preheated oven at 240°C (475°F, gas 9).

Anchovy croustades

Flatten some well-wiped anchovy fillets previously desalted in milk. Spread them with anchovy butter containing chopped tarragon and roll them up into paupiettes. Put a layer of puréed tuna fish with mayonnaise in the base of some very small cooked and cooled puff pastry cases and then place an anchovy paupiette on top of each. Pipe a rosette of anchovy butter on each paupiette and sprinkle with chopped fresh parsley.

Anchovy Dartois

Prepare some puff pastry and a fish, smoked herring, sardine or prawn forcemeat. Roll and cut the pastry into two rectangular strips of equal size and thickness. Add some anchovy butter to the forcemeat and spread one of the strips with it, leaving a border of 1 cm (½ in) all round the edge. Drain the oil from some anchovy fillets and arrange on top. Cover with more fish forcemeat, then place the second pastry strip on top and seal the edges. Cook in a preheated oven at 220°C (425°F, gas 7) for 20–25 minutes.

Anchovy fillets à la portugaise

Cut desalted anchovy fillets into thin strips. Place a layer of tomato sauce cooked in oil in the base of an hors d'oeuvre dish and arrange the anchovy fillets on top in a crisscross pattern. Garnish with capers, chopped parsley and lemon slices with the skin and pith removed. Moisten with a little olive oil before serving.

Anchovy fillets à la silésienne

Poach some fresh soft herring roe in stock and then either rub through a fine sieve or purée in a blender. For 300 g (11 oz) roe, add 2–3 chopped shallots and a few sprigs of parsley (chopped). Place the mixture in an hors d'oeuvre dish and arrange a lattice of pickled anchovy fillets over the top. Make a salad with diced potatoes, dessert (eating) apples and beetroot (beet) moistened with a well-seasoned vinaigrette, and arrange it around the purée. Sprinkle with chopped parsley.

Anchovy fillets à la suédoise

Cut desalted anchovy fillets into thin strips. Arrange them on a layer of diced dessert (eating) apples and beetroot (beet) seasoned with vinaigrette.

Garnish with parsley sprigs and with the yolks and whites of hard-boiled (hard-cooked) eggs, chopped separately. Moisten with more vinaigrette.

Anchovy fillets à la tartare

Thoroughly desalt 12 anchovy fillets. Mix 1 tablespoon finely grated horseradish with the same amount of butter. Mask each fillet with a little of this flavoured butter and roll it into a paupiette. Cut some cooked beetroot (beet) into slices 5 mm (¼ in) thick and trim them with a fluted cutter. Place 1 anchovy paupiette on each slice. Garnish with a little sieved hard-boiled (hard-cooked) egg and chopped parsley, then a few capers. Sprinkle with vinaigrette and serve thoroughly chilled.

Anchovy fillets with hard-boiled eggs

Cut desalted anchovy fillets into thin strips and arrange them in an hors d'oeuvre dish. Garnish with small black Nice olives, hard-boiled (hard-cooked) egg whites and yolks (chopped separately), capers and chopped parsley. Moisten with a little olive oil.

Anchovy fritters

Soak anchovy fillets in milk to remove all the salt. Mix together with a fork (or in a blender) some hard-boiled (hard-cooked) egg yolk, a little butter and some chopped parsley. Spread the mixture on the anchovy fillets and roll up. Dip in batter, deep-fry in hot oil and serve with fried parsley.

Anchovy omelette

Soak 3 anchovy fillets until free of salt and rub them through a sieve. Add the anchovy purée to 8 eggs and beat together. Cook the omelette as usual. Garnish with a criss-cross pattern of fine strips of anchovies in oil.

Anchovy pannequets

Pannequets are sweet or savoury pancakes filled with chopped ingredients, a purée or a cream.

Make a batter with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, a pinch of salt, 3 beaten eggs, 250 ml (8 fl oz, 1 cup) milk, 250 ml (8 fl oz, 1 cup) water and 1 tablespoon melted butter. Use the butter to make 8 fairly thick pancakes. Prepare 300 ml (½ pint, 1¼ cups) fairly thick béchamel sauce without salt. Soak 8 anchovies in water to remove some of the brine, take out the fillets and reduce them to a purée.

Drain 8 anchovy fillets canned in oil and cut them into small pieces. Mix the béchamel sauce and the anchovy purée and adjust the seasoning. Spread each pannequet with the anchovy béchamel sauce and sprinkle with small pieces of the anchovy fillets. Fold into four and arrange in a buttered ovenproof dish. Sprinkle with fresh breadcrumbs fried in butter and place under the grill (broiler) for 3–4 minutes or in a preheated oven at 230°C (450°F, gas 8) for 10 minutes.

Anchovy-stuffed hard-boiled eggs

Reduce some desalted anchovy fillets to a purée in a mortar or blender. Halve some hard-boiled (hard-cooked) eggs and remove the yolks. Mix the yolks with the anchovy purée and a little mayonnaise; replace in the egg cases. Dip some anchovy fillets in oil and roll each around a stoned (pitted) black olive. Place one on each egg case.

Brioches with anchovies

Using standard brioche dough without sugar, prepare some very small (cocktail size) Parisian brioches. For each brioche take one small ball of dough, put it in a tiny, buttered fluted mould then mould another ball one-

quarter of its size into a pear shape. Make a hole in the top of the larger ball and insert the pointed end of the small ball. Press down with the fingertips. Allow to double in volume at room temperature. Bake in a preheated oven at 225°C (425°F, gas 7) for a few minutes. When cooked, allow to cool completely, wrap in foil and place in the refrigerator for 1 hour. Then remove the heads of the brioches and carefully scoop out the insides of the brioche bases, using the bread taken out to make very fine breadcrumbs. Add these to the same volume of softened anchovy butter. Fill the brioches with this mixture and put the heads back on. Put in a cool place until required for serving. The mixture of breadcrumbs and anchovy butter can be lightened by adding a little whipped cream.

Canapés with anchovies

Spread some Montpellier butter on lightly toasted rectangular slices of bread cut to the same length as the anchovies. Garnish each canapé with 2 anchovy fillets separated by cooked egg white and egg yolk (chopped separately) and chopped parsley.

Corsican anchoïade with figs

Soak 5 anchovy fillets in cold water to remove the salt, then wipe them dry. Pound them with 450 g (1 lb) fresh figs and 1 small garlic clove. Spread this paste on slices of bread moistened with olive oil. Sprinkle with chopped onions and serve.

Fried anchovies

Take fresh anchovies, remove the heads and gut (clean) by pressing with the thumb. Wipe, but do not wash the fish as their flesh is very fragile. Dip them in milk, then drain, and roll each one in flour. Plunge them, a few at a time,

into very hot fat, then drain, dust with fine salt and arrange them in a pyramid on a napkin. Garnish with fried parsley and quarters of lemon.

Fried eggs with anchovies

Fry some slices of very stale round sandwich bread in butter. Cover each of these croûtons with a fried egg and 2 desalted anchovy fillets arranged in the form of a cross. The fillets may be moistened with noisette butter.

Marinated anchovies

Prepare 500 g (18 oz) fresh anchovies as in the recipe for fried anchovies. Lay them on a plate, dust with salt and leave for 2 hours. Pat the anchovies dry, then fry in very hot oil just long enough to stiffen them. Drain and place them in a dish. Prepare a marinade as follows. Add 5–6 tablespoons fresh oil to the oil in which the anchovies were cooked. Fry a medium onion and a carrot (both finely sliced) with 3 unpeeled garlic cloves and add 100 ml (4 fl oz, ½ cup) vinegar and an equal quantity of water. Season with salt and add a sprig of thyme, half a bay leaf, a few parsley stalks and a few crushed peppercorns. Boil for 10 minutes and pour the hot marinade over the anchovies. Leave to marinate for 24 hours. Serve on an hors d'oeuvre dish, garnished with slices of lemon.

Tapenade

Tapenade is a condiment from Provence, made with capers (from Toulon), desalted anchovies and stoned black (pitted ripe) olives, pounded and seasoned with olive oil, lemon juice, aromatics and possibly marc brandy.

Desalt 100 g (4 oz) canned anchovy fillets, peel 4 garlic cloves and stone (pit) 350 g (12 oz, 3 cups) black (ripe) olives. Blend, using a food processor, 100 g (4 oz) tuna canned in oil, drained, the anchovy fillets, 100 g (4 oz,

1 cup) capers, the juice of 1 lemon, the olives and the garlic. Press the ingredients through a very fine sieve, then pound the purée in a mortar (or use a food processor), gradually adding 250 ml (8 fl oz, 1 cup) olive oil and the juice of 1 large lemon. The finished tapenade should be thick and smooth.

Bass

To prepare

Clean the fish through the gills and through a small incision at the base of the stomach in order to grasp the end of the gut. If the bass is to be braised, fried or grilled (broiled), remove the scales, working from the tail to the head. Do not remove the scales if it is to be poached because the scales help to hold the fragile flesh intact. Wash and dry the fish. When grilling, make a few shallow incisions with a sharp knife in the fleshy part of the back.

Bass à la Dugléré

This dish is named after the famous French chef Adolphe Dugléré, a pupil of Carême and head chef of the kitchens of the Rothschild family.

Butter a shallow flameproof dish thoroughly. Peel and chop 1 large onion, 1–2 shallots, a small bunch of parsley, a garlic clove and, if liked (it is not traditional), 150 g (5 oz, 1⅔ cups) button mushrooms. Skin, seed and chop 4 tomatoes. Spread all these ingredients on the bottom of the dish, then add a sprig of thyme and half a bay leaf. Scale a 1 kg (2¼ lb) bass and cut into sections. Arrange these sections in the dish, dot with knobs of butter, moisten

with 200 ml (7 fl oz, ¾ cup) dry white wine and cover with foil. Bring to the boil, then transfer to a preheated oven at 220°C (425°F, gas 7) and cook for 12–15 minutes. Drain the pieces of bass and arrange on a serving dish in the original shape of the fish.

Remove the thyme and bay leaf from the oven dish and add 2 tablespoons velouté made with fish stock. Reduce by one-third, then add 50 g (2 oz, ¼ cup) butter. (The velouté and butter may be replaced by 1 tablespoon beurre manié.) Pour the sauce over the fish and sprinkle with chopped parsley. Sea bream and brill may be prepared and served in the same way.

Bass à la livournaise

Scale and clean 4 bass each weighing 250–300 g (9–11 oz). Season with salt and pepper. Butter or oil an ovenproof dish. Spread 200 ml (7 fl oz, ¾ cup) well-seasoned tomato sauce over the bottom and arrange the bass on top. Sprinkle with breadcrumbs and melted butter or olive oil and bake in a preheated oven at about 230°C (450°F, gas 8) for about 15 minutes. Sprinkle with chopped parsley before serving.

Bass à la portugaise

Scale and clean 2 bass each weighing about 400 g (14 oz). Make incisions in the back and season with salt and pepper. Butter an ovenproof dish, arrange the bass in the dish, and moisten with a mixture of equal proportions of dry white wine and fish stock. Bake in a preheated oven at 230°C (450°F, gas 8) for about 15 minutes, basting the fish two or three times during cooking. Drain the fish. Pour the liquor into a small pan, reduce and add butter. Cover the bottom of the cooking dish with tomato sauce, arrange the bass on top and cover with the remaining sauce. Glaze in a preheated oven at 240°C (475°F, gas 9) and serve sprinkled with chopped parsley.

Bass braised in red Graves wine

Fillet a 1.5 kg (3¼ lb) sea bass. Season with salt and pepper and fry both sides quickly in butter in a frying pan. Drain. In the same butter, fry 100 g (4 oz) thinly sliced mushrooms and 100 g (4 oz) small white onions. Put the fillets back on top of the mushrooms and onions. Add ½ bottle red Graves and a little fish stock. Cover with buttered greaseproof (waxed) paper and simmer for 5 minutes over a low heat. Drain the fillets on paper towels, remove the skin and place them in an ovenproof dish. Drain the garnish and arrange it around the fish. Reduce the cooking juices and thicken with butter; just before serving, stir in a little hollandaise sauce, strain and pour over the fillets. Brown under the grill (broiler) and garnish with croûtons fried in butter.

Bass or brill à la provençale

Prepare a Provençal sauce. Scale some bass or brill, weighing about 400 g (14 oz). Cut off the fins and make an incision in the top of the back, on either side of the backbone. Wash and wipe the fish. Sprinkle them with salt and pepper, dust them with flour and brown them quickly in olive oil in a frying pan. Mask an ovenproof dish with a little Provençal sauce. Arrange the fish in it and just cover with Provençal sauce. Sprinkle with fresh breadcrumbs, moisten with a little olive oil and cook in a preheated oven at 200°C (400°F, gas 6) for about 20 minutes. Sprinkle with chopped parsley and serve piping hot in the cooking dish.

Braised bass

Select a bass weighing 1.25 kg (2¾ lb). Peel and finely chop 2–3 carrots, 2 onions and 1 shallot. Melt 25 g (1 oz, 1 tablespoon) butter in a frying pan, add the chopped vegetables and cook until they begin to change colour. Chop a small bunch of parsley and mix with 1 tablespoon butter, salt and pepper.

Stuff the fish with the parsley butter. Spread the partly cooked vegetables in a large buttered ovenproof dish and gently place the fish on top of the vegetables. Add a bouquet garni and 300 ml (½ pint, 1¼ cups) dry white wine. Melt 25 g (1 oz, 1 tablespoon) butter and pour over the bass, then cover the dish. Bake in a preheated oven at about 220°C (425°F, gas 7) for about 25 minutes. Drain the fish, arrange on a serving dish and keep warm. Discard the bouquet garni, sieve the pan juices and reduce. If desired, beat in butter to thicken the sauce. Skin the bass and cover in sauce. The braised bass may be served on a bed of mushroom duxelles or sorrel fondue, or surrounded by slices of aubergine (eggplant) lightly fried in oil.

Cold poached bass

Clean and wash the bass without removing the scales and place in a fish kettle. Cover with cold salted water and heat gently until simmering. As soon as the liquid is about to boil, reduce the heat and poach the fish in barely simmering water. Allow the fish to cool in the poaching liquor. Drain, arrange on a napkin and remove the skin. Garnish with lemon halves, artichoke hearts and small tomatoes stuffed with chopped vegetables. Serve with mayonnaise, vinaigrette or any other sauce suitable for cold fish.

Cream of ginger bass

Prepare the cream of ginger: soften 4 chopped shallots in butter, add 100 ml (4 fl oz, 7 tablespoons) dry white wine and 200 ml (7 fl oz, ¾ cup) fish fumet, and reduce. Add 325 ml (11 fl oz, 1⅓ cups) double (heavy) cream and a pinch of salt. Reduce by half, until you have the required consistency. Add 1 tablespoon grated fresh root ginger and allow to simmer for 2 minutes. Strain through muslin (cheesecloth) or a fine strainer. Thicken the sauce with 75 g (3 oz, 6 tablespoons) butter (cut into small knobs), beating with a whisk.

Prepare 400 g (14 oz) well-washed spinach without stalks and braise in butter. Take 4 escalopes (scallops) of sea bass, each weighing 175 g (6 oz), and season with ground white pepper and salt. Fry quickly in oil. Drain them on paper towels so as to remove all traces of cooking oil. Make a bed of spinach in the middle of each plate and arrange the sea bass on top. Pour the cream of ginger over them and garnish with sprigs of chervil.

Crowns of bass with red peppers

Fillet and clean a 1 kg (2¼ lb) sea bass. Cut the flesh into strips and plait (braid) 3 strips together. Repeat with the remaining strips. Season with salt. Shape the plaits into crowns and keep chilled.

Grill (broil) 2 red peppers until their skins are blistered and blackened. Cool slightly, then peel, halve and seed them. Cut out 4 strips and 5 small petal shapes. Purée the rest and reduce the purée over a gentle heat. Cook some broccoli in boiling salted water, drain, reserve a little for the crown centres and purée the remainder.

Brown 2 chopped shallots in butter, then add some white wine and reduce by half. Add 500 ml (17 fl oz, 2 cups) single (light) cream and heat through. Divide this mixture in two: stir the pepper purée into one half, and the broccoli purée into the other. Check the seasoning and keep warm.

Fry the crowns of sea bass in butter. Spoon the sauces on to the plates. Arrange the sea bass crowns on top and garnish with the pepper strips and petals. Spoon the reserved broccoli into the centres. Serve the remainder of the sauces separately.

Fillets of bass with lettuce

(from a recipe by Roger Vergé) Clean and scale a 1.4 kg (3 lb) bass. Remove and skin the fillets. Divide each fillet into two pieces, season with salt and

pepper, and dust with flour. Melt a knob of butter and a dash of olive oil in a frying pan. Fry the fillets for 1 minute on each side, then put to one side. Plunge the outer leaves of 2 or 3 lettuces into 2 litres (3½ pints, 9 cups) boiling salted water and transfer immediately to a colander. Rinse in cold water and drain. Split the leaves in two vertically and flatten slightly. Then dry them on a towel and wrap the fillets up in them.

Butter a gratin dish, sprinkle with finely chopped shallots and arrange flattened lettuce hearts on top, followed by the fillets wrapped in lettuce leaves. Pour over 3 tablespoons dry white wine and the same amount of vermouth. Bake in a preheated oven at about 180°C (350°F, gas 4) for 12 minutes. Drain the fillets and the lettuce hearts and arrange on a warm serving dish.

Strain the cooking liquor into a pan and reduce to about 175 ml (6 fl oz, ¾ cup) over a fierce heat. In a bowl mix together 3 tablespoons cream and 1 egg yolk and add to the pan. Whisk the mixture. Remove from the heat and beat in 50 g (2 oz, ¼ cup) cubed butter. Season with salt and pepper. Use to coat the fillets and serve. A little diced, peeled and seeded ripe tomato may be added as a garnish, if required.

Fried bass

Clean and scale bass weighing not more than 400 g (14 oz) each. Make incisions along the back, dip in milk and coat in flour. Deep-fry in fat or oil. Drain, pat dry and dust with fine salt. Arrange on a serving dish and garnish with lemon halves. Steaks of a larger bass can be prepared in the same way.

Grilled bass

Scale and clean a bass weighing not more than 1 kg (2¼ lb). Make a few small incisions in the back and brush with seasoned olive oil. Cook gently,

preferably using a folding double grill (broiler) grid to enclose the bass so it can be turned during cooking without breaking. In the south of France, small bass are cooked on charcoal, on top of sprigs of dry fennel, which flavour the fish. Serve with anchovy or garlic butter or one of the special sauces for grilled fish, such as béarnaise or rémoulade.

Hot poached bass

Clean and wash the bass without removing the scales and place in a fish kettle. Cover with cold salted water and heat gently until simmering. As soon as the liquid is about to boil, reduce the heat and poach the fish in barely simmering water. Drain the bass, arrange on a dish covered with a napkin (or on a rack) and garnish with fresh parsley. In a separate dish serve melted butter, hollandaise sauce, or any other sauce suitable for poached fish. Serve with boiled or mashed potatoes, spinach, fennel or broccoli.

Bream

Grape harvest bream

Clean a 1 kg (2¼ lb) bream and season the inside with salt and pepper. Butter an ovenproof dish and sprinkle the bottom with chopped shallots; add 2 thyme sprigs and a bay leaf cut into four and lay the bream on top. Moisten with white wine (about 250 ml, 8 fl oz, 1 cup). Cook in a preheated oven at 230°C (450°F, gas 8) for about 20 minutes, basting the fish 3 or 4 times. Meanwhile, peel some large grapes, removing the seeds, and chop some

parsley. When the bream is cooked, drain and keep warm. Strain the cooking liquor into a saucepan, add 7 tablespoons double (heavy) cream and reduce by a quarter. Adjust the seasoning. Whisk in 1 teaspoon beurre manié and 1 teaspoon lemon juice (optional). Heat the grapes in the sauce, then pour the sauce over the bream. Sprinkle with chopped parsley.

Brill

To prepare

Clean the fish by making a transverse incision underneath the head, on the dark side. Remove the scales with a sharp knife. Trim all round the fish, slightly shortening the tail, and wash thoroughly. If the brill is to be cooked whole, either braised or poached, make a longitudinal incision along the centre of the dark side. Slightly loosen the fillets and break the backbone in two or three places. If it is prepared in this way, the brill does not lose its shape during cooking.

To fillet the fish, lay the cleaned, scaled and washed brill on the table, dark side down. Make an incision along the centre from top to tail, then slide the knife blade underneath the flesh and, keeping it flat against the bone, gently ease away the fillets and lift them, detaching them at the head (by cutting round the head) and the tail. Turn the fish over and repeat for the other side. Lay the fillets on the table, skin side down. Holding the fillet by the tail end, slide the blade of a filleting knife between the skin and the flesh with one quick movement.

Braised brill

Season the brill and put it in a shallow pan on a bed of sliced carrots and onions lightly fried in butter. Add concentrated fish stock, thyme, parsley and a bay leaf. Bring to a simmer, cover and cook in a preheated oven at 160°C (325°F, gas 3) for 25 minutes for a 1.5 kg (3¼ lb) fish, basting frequently.

Drain the brill and remove the backbone by placing the fish, dark side up, on a well-buttered long plate or dish. Remove the fillets with a very sharp knife, take out the bone and replace the fillets. Reheat briefly.

Choose your garnish and matching sauce from the list below before cooking the fish. Make the sauce using the well-reduced and strained cooking liquor. Braised brill moistened with red wine fish stock reduced to the consistency of a fumet can be served with the following sauces and/or garnishes: bourguignonne, Chambertin or mâconnaise. Brill braised in white wine can be served with one of the garnishes used for fish cooked in white wine, such as button mushrooms and baby (pearl) onions cooked in butter, or croûtons.

Brill à la Bercy

Prepare a brill weighing about 800 g (1¾ lb), making an incision along the middle of the dark side of the fish and gently loosening the fillets. Season with salt and pepper inside and out. Butter a flameproof dish, sprinkle with chopped shallots and parsley and lay the brill on top. Add 7 tablespoons dry white wine and the same quantity of fish stock. Dot with 50 g (2 oz, ¼ cup) butter. Start cooking on top of the stove, then transfer to a preheated oven at 180°C (350°F, gas 4) and cook for 15 minutes, basting frequently. Then place the dish under the grill (broiler) to glaze the fish. Finally sprinkle with a dash of lemon juice and chopped parsley. The fish stock may be replaced by dry white wine diluted with the juice of ½ a lemon and water.

Brill à la Brancas

Clean a brill weighing about 800 g (1¾ lb) and cut it into even-sized pieces. Finely shred 2 large onions, the white part of 2 leeks and half a head of celery. Braise the vegetables for 10 minutes with 25 g (1 oz, 2 tablespoons) butter and a pinch of salt. Then add 125 g (4½ oz, 1½ cups) mushrooms, also finely shredded, and braise for a further 6–7 minutes.

Butter an ovenproof dish and season lightly with salt and pepper. Spread half the shredded vegetables in the dish. Arrange the pieces of brill in the dish so that they form the shape of the original fish, season with salt and pepper, and cover with the remaining vegetables. Add a little lemon juice, 200 ml (7 fl oz, ¾ cup) white wine and a bouquet garni. Dot with butter. Bring to the boil on top of the stove, then cook in a preheated oven at 200°C (400°F, gas 6) for about 15 minutes, basting once or twice, until the fish is tender.

Serve the cooked fish surrounded with tomato fondue, made by gently simmering 4 peeled and chopped tomatoes in butter for 30 minutes with 1 tablespoon chopped onion. Season the tomato fondue with salt, pepper and a little chopped parsley before spooning it around the fish.

This method of cooking, derived from brill *à la Dugléré*, can be used for other flatfish and also for whiting and slices of hake.

Brill à la dieppoise

Prepare 500 ml (17 fl oz, 2 cups) fish fumet. Clean 1 kg (2¼ lb) mussels and cook them *à la marinière*, reserving the cooking stock. Make a white roux with 25 g (1 oz, 2 tablespoons) butter and 25 g (1 oz, ¼ cup) plain (all-purpose) flour and gradually add the fish fumet together with 100 ml (4 fl oz, 7 tablespoons) strained cooking stock from the mussels. Add 1 tablespoon coarsely chopped mushrooms and a bouquet garni. Check the seasoning and boil gently for 20–25 minutes to reduce. Shell the mussels and keep them hot

in the remainder of their cooking stock, taking care not to boil them.

Season a brill weighing about 800 g (1¾ lb) with salt and place in a buttered flameproof dish. Pour over 150 ml (¼ pint, ⅔ cup) white wine. Bring to the boil, uncovered, then cook in a preheated oven at 220°C (425°F, gas 7) for 15–18 minutes, basting the fish frequently. Mix 2 egg yolks with a little of the partially cooled mushroom sauce. Add 50 g (2 oz, ⅓ cup) peeled prawns (shelled shrimp) and the cooking liquor from the fish to the remaining mushroom sauce. Mix well, heat, add the hot drained mussels then the egg-yolk mixture and coat the brill with this sauce. This recipe may also be used for fresh cod.

Brill à la fermière

Thinly slice 2 carrots, 2 onions, the white part of 2 leeks and 3 or 4 celery sticks. Cook them slowly in 25 g (1 oz, 2 tablespoons) butter. Place half the vegetables in a greased ovenproof dish. Clean and season a medium-sized brill and place it on top of the vegetables. Cover with the remaining vegetables and add a few tablespoons of dry white wine or, better still, a concentrated fish stock made with white wine. Top with small knobs of butter and cook in a preheated oven at 220°C (425°F, gas 7), basting frequently. When the brill is cooked, place it on a serving dish and keep warm. Add 2–3 tablespoons cream to the cooking liquid from the fish and reduce by half. Pour the sauce over the brill and allow it to caramelize for a few moments in the oven.

Brill à la florentine

Cook some spinach slowly in a little butter. Drain well. Poach some fillets of brill in a little white wine stock. Prepare a Mornay sauce.

Spread out the spinach in a buttered dish and arrange the drained brill fillets on top. Cover with Mornay sauce, sprinkle with grated cheese and a

little melted butter, and brown in a preheated oven at 240°C (475°F, gas 9). If a whole brill is used rather than fillets, it should be boned and trimmed before arranging it on the spinach.

Brill bonne femme

Prepare and clean a brill. Butter a dish and sprinkle with chopped shallot and parsley. Add 250 g (9 oz, 3 cups) chopped button mushrooms. Place the brill in the dish and add 7 tablespoons dry white wine and the same quantity of fish stock. Dot with very small knobs of butter. Cook in a preheated oven at 220°C (425°F, gas 7) for 15–20 minutes, basting the brill two or three times. Towards the end of cooking, cover with foil to prevent the fish from drying out. The same method may be used for sole and whiting.

Brill cardinal

Prepare the fish, season with salt and pepper, then stuff with a pike forcemeat, such as godiveau lyonnais or cream forcemeat – a mousseline forcemeat made with pike – which has previously been enriched with lobster butter. Poach the brill in white wine, drain it and then arrange it on the serving dish. Garnish with thin medallions of lobster, cover with cardinal sauce and sprinkle with lobster coral.

Brill chérubin

Prepare and cook as for braised brill. Arrange the fish on a long dish and surround with small mounds of very thick tomato sauce, alternated (if desired) with diced truffles. Fry thin strips of red (bell) pepper in butter. Strain the cooking stock, reduce until syrupy, then add it to a hollandaise sauce with the strips of pepper. Coat the brill with the sauce and glaze rapidly in a preheated oven at 230°C (450°F, gas 8).

Brill stuffed with salmon

Clean a 2 kg (4½ lb) brill and slit it lengthways down the middle on the dark side. Remove the central bone, taking care not to tear the white skin. Season the brill and stuff it with a cream forcemeat made of salmon and truffles. Lay the fish in a buttered flameproof dish, season, moisten with 400 ml (14 fl oz, 1¾ cups) white wine fish fumet, cover and bring gently to simmering point. Poach gently in a preheated oven at 180°C (350°F, gas 4) for 30 minutes. When cooked, drain, blot with paper towels and transfer carefully to a serving dish. Keep warm. Boil down the juices, add to normande sauce and pour over the fish. The following garnishes or sauces are suitable: amiral, cancalaise, cardinal, diplomate, Nantua, Polignac or Victoria. Champagne can be used instead of ordinary white wine in the fumet for a champenoise finish.

Fillets of brill à la créole

Remove the fillets from a brill, clean them and season with salt, pepper and a pinch of cayenne. Coat them in flour and cook them in oil in a frying pan. When they are cooked, sprinkle them with lemon juice and arrange them on a warmed serving dish. In the same pan fry a mixture of chopped garlic and parsley (1 tablespoon for 6 fillets) and pour this over the fillets, together with some oil flavoured with chilli peppers. Brown some halves of tomato in oil and stuff them with rice pilaf. Garnish the fillets with the stuffed tomatoes and with diced sweet peppers that have been slowly cooked in oil.

Fillets of brill Véron

Cut the fillets in half lengthways, season with salt and pepper, dip in melted butter and breadcrumbs, sprinkle with more melted butter and cook gently under the grill (broiler). Arrange the fillets on a hot serving dish and coat with Véron sauce.

Fillets of brill with mushroom duxelles

Prepare about 400 g (14 oz, 3½ cups) mushroom duxelles, bind with tomato sauce and spread in the bottom of a serving dish. Keep warm. Season the fillets, coat with flour and fry in a mixture of butter and oil. Arrange the cooked fish on the mushroom duxelles and coat with the hot butter left in the pan after frying the fish. Garnish with chopped parsley and slices of lemon.

Poached brill

Place the cleaned brill in a fish kettle or large saucepan. Cover with cold fish stock and poach gently for about 10 minutes after reaching simmering point, until just tender. Drain and remove the dark skin. Prepared in this way, it can be served with various sauces – prawn (shrimp), Mornay or Nantua – or garnished with spinach, *à la portugaise, à la provençale, à la russe* or with lobster *à l'américaine*. It can also be served au gratin in the same way as sole.

Capitaine

Capitaine in banana leaves

The capitaine is related to the sea bass, sometimes called *grand pourceau* ('big swine'). It is found living off the coast of West Africa, where it enters the estuaries and swims up the rivers. About 50 cm (20 in) long, it has a pinky-white flesh with a very delicate flavour that it does not lose in cooking.

Wash 4 medium-sized banana leaves, remove the central rib, then scald briefly to soften them. Lay them out flat and place 1 capitaine fillet on each

one. Plunge 2 tomatoes in boiling water for a few seconds, then remove the skin and seeds, and roughly chop the flesh. Halve and thinly slice 1 onion, then cook it briefly in a little olive oil until slightly softened but not cooked. Allow long enough to take the raw edge off the flavour of the onion. Season the pieces of fish with salt and pepper. Arrange the tomatoes and onion on top. Fold the banana leaves over and secure with cocktail sticks (toothpicks). Steam for 30 minutes. Sautéed or steamed okra go well with the steamed fish.

Carp

Carp à l'alsacienne

Choose a carp weighing at least 1.5 kg (3¼ lb) and clean and gut it. Fill it with a fish cream forcemeat, place in a buttered ovenproof dish and add a mixture of one-third court-bouillon to two-thirds white wine so that it half-fills the dish. Cook for 30–40 minutes in a preheated oven at 220°C (425°F, gas 7) protecting with buttered greaseproof (wax) paper if necessary. Drain, retaining the liquid. Arrange the fish on a bed of sauerkraut, surround it with small boiled potatoes and keep hot. Reduce the cooking liquid, bind with a little beurre manié and coat the fish with this sauce.

Carp à la chinoise

Clean and gut a carp weighing about 1.5 kg (3¼ lb) and cut it into sections. Finely chop 2 large onions and fry in oil until slightly brown. Add 2 tablespoons vinegar, 1 tablespoon sugar, 1 tablespoon freshly grated root

ginger (or 1 teaspoon ground ginger), 1–2 tablespoons rice spirit (or marc brandy), salt, pepper and a glass of water. Stir, cover and leave to cook for about 10 minutes. Fry the carp pieces in oil for 10 minutes, then add the sauce and leave to cook for another 4–5 minutes. Some strips of cucumber may be added to the carp along with the sauce, if desired.

Carp à la juive (1)

(Jewish recipe) Scale and gut (clean) a carp weighing about 1 kg (2¼ lb), taking care to reserve the roe. Cut the fish into slices and rub it with coarse salt. Leave for 20–30 minutes, then drain the pieces, dry them with a cloth and add the roe. Mix 2–3 chopped garlic cloves with some parsley in a small bowl. Heat 3–4 tablespoons oil in a saucepan and sear the fish and the roe. Add enough water to almost cover the fish, then add salt and pepper, the parsley and garlic, and simmer for about 20 minutes. Take out the pieces of fish and the roe and arrange them in a deep dish.

Make a smooth paste with 3 tablespoons cornflour (cornstarch) and a little water, then mix in two-thirds of the liquid from the saucepan. Simmer the sauce until it has reduced it by one-third. Pour it over the fish and leave in the refrigerator to set.

Carp à la juive (2)

(French recipe) Cut a medium-sized carp into regular slices and cook them in 200 ml (7 fl oz, ¾ cup) oil with 100 g (4 oz, ⅔ cup) sliced onion and 50 g (2 oz, ⅓ cup) sliced shallots without browning. Sprinkle with 40 g (1½ oz, ⅓ cup) flour. Pour in enough white wine and fish fumet (or water) to almost cover the fish; add salt, a pinch of cayenne, 2 crushed garlic cloves and a bouquet garni. Moisten with a few tablespoons of oil, bring to the boil, and cook gently for 20 minutes. Drain the carp and arrange on a dish in the shape

of the original fish. Boil down the liquor by two-thirds, take off the heat and thicken by beating in 7 tablespoons oil. Pour over the carp and leave to cool.

Carp Chambord

This is a classic method of preparing large fish, such as carp, salmon or sole, which are to be cooked whole. Requiring high-quality produce and meticulous preparation, the fish is stuffed and then braised in red wine. It is served garnished with a mixture of quenelles of fish forcemeat, fillets of sole, sautéed soft roes, mushroom caps, truffles shaped like olives and crayfish cooked in a court-bouillon.

Select a carp weighing 2–3 kg (4½–6½ lb), trim it, stuff it with a cream fish forcemeat and sew it up. Remove a thin strip of skin from the back on either side of the backbone and lard the bare area with small pieces of fat bacon. Butter a baking dish and line it generously with a brunoise of carrot, turnip, leek, celery and onion mixed with mushroom peelings and softened in butter. Add a bouquet garni. Two-thirds cover the carp with a mixture of fish stock and red wine, and cook in a preheated oven at 220°C (425°F, gas 7), basting from time to time. While the carp is cooking, slice some mushroom caps and cook them in a white court-bouillon. Remove the cooked carp, drain and arrange on the serving dish, keeping it hot. Prepare a little brown roux, add it to the pan juices from the carp along with 2 tablespoons tomato purée (paste) and cook for at least 30 minutes. Pass through a conical strainer. Return the carp to the oven until it is glazed, then coat it with the sauce and surround it with a Chambord garnish, including the mushroom caps.

Carp cooked in beer

Prepare a carp weighing about 2 kg (4½ lb) and carefully remove the roe. Season with salt and pepper inside and out. Chop 150 g (5 oz) onions and fry

them gently in butter in a covered pan until transparent. Dice 25 g (1 oz) gingerbread and finely chop 50 g (2 oz) celery. Butter an ovenproof dish. Place the onions, gingerbread and celery in the bottom and arrange the carp on top, adding a bouquet garni and sufficient Munich-type German beer to almost cover the fish. Cook in a preheated oven at about 170°C (325°F, gas 3) for 30 minutes. In the meantime, poach the roe in a little stock, then drain and slice thinly. Remove the carp from the oven, arrange on a serving dish with the slices of roe and keep warm. Reduce the cooking stock by one-third, strain and add butter. Serve in a sauceboat with the carp.

Fried carp

Select a small carp, weighing about 400 g (14 oz). Clean, gut, wash and wipe the fish. Immerse it in milk, then in flour, and then deep-fry in hot oil. When cooked, remove, drain and add salt. Garnish with fried parsley and lemon.

Stuffed carp à l'ancienne

(from a recipe by Carême) Take a large carp that is carrying eggs (milt), remove the scales and bones, and lift off the flesh, taking care to leave the backbone intact, complete with head and tail. To the carp flesh, add the meat from a small eel, as well as some desalted anchovies, and make a fairly firm quenelle forcemeat in the usual way, but without adding any sauce to it. Scald the roes, cut into several pieces, sauté in butter with a little lemon juice, add some truffles and mushrooms and bind with a few spoonfuls of thick allemande sauce.

Take a tin tray that is as long as the carp and butter it thickly. Spread a layer of the stuffing on it, about 2.5 cm (1 in) thick, making it into the shape of the carp. On this, place the carp backbone with head and tail still attached. Cover the backbone with a little of the stuffing and cover this with the roe ragoût;

then add another layer of the stuffing, 2.5 cm (1 in) thick, still keeping it in the original shape of the carp. Smooth with a knife dipped in hot water.

Butter a baking sheet large enough to hold the carp and sprinkle breadcrumbs on the butter. Carefully heat the tin tray so that the butter melts and slide the carp on to the baking sheet without damaging the shape. Brush with beaten egg, coat the top with breadcrumbs, press the breadcrumbs down firmly and cover with clarified butter. Then, with the tip of a small spoon, press in a pattern of scales, starting at the head.

Cook the carp in a preheated oven at 200°C (400°F, gas 6) for 45 minutes, basting frequently with clarified butter during cooking so that it turns a golden colour. When it is cooked, transfer it carefully from the baking sheet to the serving dish with a long fish slice. Work some fish essence into a financière sauce and serve in a sauceboat to accompany it.

Cod

Braised cod à la flamande

Season slices of cod with salt and pepper. Butter an ovenproof dish and sprinkle with chopped shallots and parsley. Arrange the cod in the dish and just cover with dry white wine. Place a slice of peeled lemon on each piece of cod. Bring to the boil, then cook in a preheated oven at 220°C (425°F, gas 7) for about 15 minutes. Remove the fish and drain. Arrange on a serving dish and keep warm. Reduce the juices by boiling, then add pieces of butter, stir and pour the sauce over the cod. Sprinkle with roughly chopped parsley.

Cod à la boulangère

Season a piece of cod with salt and pepper and put it in an ovenproof dish. Thinly slice some potatoes and onions and arrange these around the fish, seasoning and adding a pinch of thyme and a pinch of crumbled bay leaf. Sprinkle with melted butter. Cook in a preheated oven at 190°C (375°F, gas 5) for 40 minutes. Cover the dish as soon as the fish turns golden, to prevent it from drying out. Sprinkle with chopped parsley and serve piping hot.

Cod braised in cream

Cut 800 g (1¾ lb) cod fillets into 5 cm (2 in) squares. Season with salt and pepper. Cook 150 g (5 oz, ⅔ cup) chopped onions in melted butter in a pan and then add the cod. Fry the pieces on all sides until firm. Add 200 ml (7 fl oz, ¾ cup) dry white wine and reduce by three-quarters, then add 200 ml (7 fl oz, ¾ cup) double (heavy) cream, cover and simmer slowly until the fish is nearly cooked through. Remove the lid and reduce the cream over a high heat.

Cod in aspic

Prepare a fish aspic. Make a ratatouille with 3 tomatoes, 1 aubergine (eggplant), 2 courgettes (zucchini), 1 onion, 2 garlic cloves, 3 tablespoons olive oil, some thyme, bay leaves and basil. Dissolve 15 g (½ oz, 2 envelopes) gelatine in 4 tablespoons hot water over a pan of simmering water and add to the ratatouille. Lightly oil 4 ramekins and half fill them with the ratatouille. Set aside to cool and then place in the refrigerator. In the meantime, place the cod fillets in an ovenproof dish, add butter and white wine, and cook in a preheated oven at 220°C (425°F, gas 7). Arrange a piece of fillet in each ramekin, and cover with the fish aspic. Refrigerate until it is time to serve, remove from the moulds and serve chilled.

Cod with herbs

Coarsely chop ½ bunch flat-leaf parsley, ½ bunch of fresh coriander (cilantro) and ½ bunch of fresh mint. Finely chop 2 white onions. Mix together. Prepare the sauce with 80 ml (3 fl oz, ⅓ cup) lemon juice, 60 ml (2 fl oz, ¼ cup) groundnut (peanut) oil, 4 teaspoons soy sauce, salt and pepper. Peel the tomatoes, cut into quarters, remove the seeds and cut into diamond shapes. Arrange them round the 4 plates and in the centre of each plate put 25 g (1 oz) spinach shoots. Steam 4 fillets of cod, 200 g (7 oz) each. Pour the sauce over the herb mixture. Place the fish on the spinach and pour the herb sauce over it.

Cold poached cod

Place a piece of cod, either whole or cut up into chunks, in a pan of salted water – allow 1 tablespoon salt per 1 litre (1¾ pints, 4⅓ cups) of water. Bring to the boil, then lower the heat and poach gently until almost cooked, with the lid on, taking care not to boil. Leave to finish cooking as it cools in the salt water. Drain the cooled fish, wipe and arrange on a napkin. Garnish with either fresh parsley or lettuce hearts and quarters of hard-boiled (hard-cooked) eggs. Serve with a suitable cold sauce, such as gribiche, mayonnaise, ravigote, rémoulade, tartare, green sauce, vinaigrette or Vincent.

Fillets of cod with cucumber

Remove both ends of a good firm cucumber and cut it into 3 segments. Peel and cut each segment lengthways into slices, avoiding the seeds. Cut the slices into very thin strips resembling matchsticks and soak in cold water for 10 hours. Chop 2 shallots. Peel and dice a tomato. Prepare about 325 ml (11 fl oz, 1⅓ cups) concentrated stock using bones from white fish. Butter a long ovenproof dish and cover the base with the shallots.

Season 4 cod fillets, each weighing about 175 g (6 oz), with salt and pepper and arrange them in the dish. Add 200 ml (7 fl oz, ¾ cup) dry white wine followed by the warm stock. Cover with buttered greaseproof (wax) paper. Bring to the boil and poach very gently for 6 minutes. Remove the cod fillets and keep warm.

Reduce the cooking liquid by three-quarters in a small pan. Adjust the seasoning and add some lemon juice. Add 500 ml (17 fl oz, 2 cups) double (heavy) cream and reduce by boiling. Drain the cucumber matchsticks and cook them with the diced tomato in a pan of salted water for 1 minute. Drain and add them to the sauce. Coat the fillets with the sauce, with the tomato and cucumber on top, and simmer for 1 minute. Serve with a little roughly chopped parsley.

Grilled cod

Season some prepared cod steaks with salt and pepper. Coat lightly with flour or oil and sprinkle with melted butter. Alternatively, the cod steaks can be marinated in a mixture of olive oil, garlic, chopped parsley and lemon juice for 30 minutes. Cook under a moderate grill (broiler). Garnish the cod with slices of peeled lemon and fresh parsley. Serve with either maître d'hôtel butter or a suitable sauce.

Hot poached cod

Place a piece of cod, either whole or cut up into chunks, in a pan of salted water – allow 1 tablespoon salt per 1 litre (1¾ pints, 4⅓ cups) of water. Bring to the boil, then lower the heat and poach gently with the lid on, taking care not to boil, until the flesh flakes easily. Drain the fish, arrange on a napkin and garnish with fresh parsley. Serve with a sauce suitable for poached fish, such as anchovy, butter, caper, prawn, fines herbes, hollandaise, lobster or ravigote.

Roast cod

Trim a 1.5–1.8 kg (3¼–4 lb) cod. Season with salt and pepper, sprinkle with oil and lemon juice, and leave to steep for 30 minutes. Drain the cod, place it on a spit and brush with melted butter. Then roast before a brisk fire, basting frequently with melted butter or oil, for 30–40 minutes. Place a pan under the cod to catch the juices. Arrange on a serving dish and keep hot. Deglaze the cooking residue in the pan with dry white wine, reduce and spoon the juice over the fish. The fish may also be roasted in the oven, provided that it is placed on a wire rack so that it does not lie in the cooking juices.

Sautéed cod à la crème

Season some cod steaks with salt and pepper, and fry in hot butter until golden. Add enough double (heavy) cream to the pan to reach halfway up the steaks. Finish cooking with the pan covered until the fish flakes easily. Drain the fish, arrange on a serving dish and keep hot. Reduce the cream in the pan and add 2 teaspoons to every 4 slices of fish. Pour the sauce over the cod.

Eel

To prepare

To kill an eel, seize it with a cloth and bang its head violently against a hard surface. To skin it, put a noose around the base of the head and hang it up. Slit the skin in a circle just beneath the noose. Pull away a small portion of the skin, turn it back, take hold of it with a cloth, and pull it down hard. Clean the

eel by making a small incision in its belly. Cut off and discard the head and the end of the tail. Wash and wipe dry. Alternatively, when the eel has been killed, it can be cut into sections and grilled (broiled) for a short time. The skin will puff up and can then be removed. This method has the advantage of removing excess fat from the eel, particularly if it is large.

Angevin bouilleture

Also known as *bouilliture*, this is an eel stew thickened with beurre manié and garnished with mushrooms, baby onions, and prunes; it is served with toast and sometimes quartered hard-boiled (hard-cooked) eggs. In Anjou, *bouilleture* is prepared with red wine; white wine is used in Poitou.

For 1 kg (2¼ lb) eel, use 750 ml (1¼ pints, 3¼ cups) red wine, 10 medium shallots, 40 g (1½ oz, 3 tablespoons) butter, 1 glass brandy, 250 g (9 oz) sautéed button or wild mushrooms, 150 g (5 oz) glazed small onions, 250 g (9 oz) prunes, 2 tablespoons flour, a bouquet garni and salt and pepper.

Skin the eel and cut into thick slices. Peel and chop the shallots and soften in butter in a flameproof casserole. Add the slices of eel, brown them and flame with brandy. Season with; add the red wine, bouquet garni and prunes. Cook for 20 minutes, then remove and drain. Prepare some beurre manié, add it to the casserole and boil for 2 minutes, stirring constantly. Pour the prune sauce over the eel. Garnish with the mushrooms and onions.

Ballotine of eel (cold)

A ballotine is a hot or cold dish of meat, poultry, game birds or fish in aspic. The flesh is boned, stuffed, rolled and tied up with string, usually wrapped in muslin (cheesecloth) – sometimes in the skin – then braised or poached.

For this cold ballotine, prepare and cook the ballotine as for the hot ballotine of eel (following recipe). Drain and unwrap, squeeze out the muslin

(cheesecloth), and wrap the ballotine up again in the same cloth; tie up with string and cool for 12 hours under a weight. In the meantime, make a fish aspic using the stock in which the ballotine was cooked. Unwrap the eel and place in a dish, coat with aspic and chill until firmly set.

Ballotine of eel (hot)

Skin a large eel weighing at least 900 g (2 lb), cut off the head and tail, open out and remove the backbone. Flatten the eel and season with salt and pepper. Spread with forcemeat for fish and reshape the eel, ensuring that it is the same thickness all the way along. Wrap it in muslin (cheesecloth), tie up with string and place on a grid in a fish kettle. Prepare enough fish court-bouillon to cover the eel in its pan. Allow to cool, then pour over the eel. Cover and poach very gently for about 20 minutes. Drain the ballotine, unwrap it and put it in an ovenproof dish. Strain the stock and reduce by boiling until syrupy. Coat the fish with the stock and put in the oven for a few minutes. Serve very hot.

Ballotine of eel bourguignonne (hot)

Add chopped parsley to godiveau lyonnais or a forcemeat made from whiting. Use to stuff an eel which has been prepared according to the previous recipe for a hot ballotine of eel. Poach in a court-bouillon of red wine; drain and keep warm. Prepare a bourguignonne sauce with the cooking stock and pour over the eel. This dish can be garnished with small fried croûtons.

Canapés with smoked eel

Spread some round slices of bread with mustard butter or horseradish butter. Garnish each slice with 2 or 3 thin slices of smoked eel arranged in a rosette. Surround with a double border of hard-boiled (hard-cooked) egg yolk and chopped chives. Sprinkle with a little lemon juice.

Devilled eel

Cook an eel weighing about 800 g (1¾ lb) in a court-bouillon of white wine and cool it in the liquor. Drain and wipe the eel, smear it with mustard, brush with melted butter, and grill (broil) slowly. Arrange on a round dish and garnish with gherkins (sweet dill pickles) if desired. Serve with devilled sauce.

Eel à la bonne femme

Soften 4 large tablespoons chopped onion in butter and place in a sauté pan. Put slices of a medium-sized eel weighing about 800 g (1¾ lb) on top of the onion layer. Add salt and pepper, a bouquet garni and 300 ml (½ pint, 1¼ cups) white wine. Cover and poach slowly for 25 minutes. Drain the slices of eel and arrange them on croûtons of sandwich bread fried in butter. Garnish with large diced potatoes sautéed in butter. Coat the eel with the liquor from the pan, after reducing it by half and thickening it with 1 tablespoon beurre manié.

Eel à la provençale

Cook 2 tablespoons chopped onion gently in a large pan with a little oil. Cut a medium-sized eel into even-sized slices, add to the pan, and cook until the slices have stiffened. Season with salt and pepper, and add 4 peeled, seeded chopped tomatoes, a bouquet garni and a crushed garlic clove. Moisten with 100 ml (4 fl oz, 7 tablespoons) dry white wine, cover the pan, and cook slowly for 25–30 minutes. About 10 minutes before serving, add 12 black olives. Arrange on a dish and sprinkle with parsley.

Eel au vert

Skin and prepare 1.5 kg (3¼ lb) small eels and cut each one into 4 sections. Cook the sections in a sauté pan in 150 g (5 oz, ⅔ cup) butter until they have

stiffened. Add 100 g (4 oz, 1½ cups) each of chopped spinach and sorrel leaves, reduce the heat, and continue cooking until the vegetables are soft. Add 325 ml (11 fl oz, 1⅓ cups) dry white wine, a bouquet garni, 2 tablespoons chopped parsley and 1 tablespoon each of chopped sage and tarragon. Season well and simmer for 10 minutes. Brown 6 slices of stale sandwich bread in butter. When the eels are cooked, add 2 or 3 egg yolks mixed with 2 tablespoons lemon juice to the sauté pan and thicken the mixture without letting it boil. Place the sections of eel on the slices of fried bread and coat with the sauce. Eels *au vert* may also be served cold without the bread.

Eel brochettes

Skin and clean a large eel, cut off the head and the tail. Wash, wipe dry and then cut the body into 8 portions. Prepare a marinade using olive oil, plenty of lemon juice, finely chopped herbs and garlic, fresh crumbled thyme, salt and pepper and marinate the eel portions for 30 minutes with thick strips of streaky bacon. Then, without draining them, thread the pieces of eel on to skewers with the bacon. Grill (broil) under a high heat for about 15 minutes, basting with a little flavoured oil. Serve these brochettes with green sauce, tartare sauce, rémoulade sauce or Bercy sauce (shallot sauce for fish).

Eel brochettes à l'anglaise

Cut a boned eel into even-sized pieces and marinate them for 1 hour in a mixture of oil, lemon juice, pepper, salt and chopped parsley. Drain the eel pieces, roll in flour and coat with fresh breadcrumbs. Thread the eel on to skewers, separating the pieces with slices of fat bacon. Grill (broil) under a low heat until the flesh separates easily from the bone. Arrange on a long dish, garnished with parsley and surrounded with half-slices of lemon. Serve with tartare sauce.

Eel fricassée

Skin and prepare a large eel weighing about 800 g (1¾ lb) or several small eels totalling the same weight. Cut the eels into pieces about 6 cm (2½ in) long. Season with salt and pepper. Peel 12 small onions – if they are spring onions (scallions), trim them first – and blanch them for 3–4 minutes. Place the eel in a buttered frying pan (skillet), together with the onions and a large bouquet garni. Add a mixture of half dry white wine, half water until the ingredients are just covered. Cover the pan, bring to the boil and simmer for 10 minutes. In the meantime, prepare some small croûtons fried in oil or butter. Then add about 12 thinly sliced mushrooms to the frying pan and cook for a further 7–10 minutes. Drain the pieces of eel, the onions and the mushrooms, place in a dish and keep hot. Strain the cooking juices and reduce by two-thirds. Blend 2 egg yolks with 100 ml (4 fl oz, 7 tablespoons) single (light) cream and thicken carefully. Pour the sauce over the eel pieces, garnish with the fried croûtons and serve immediately.

Eel matelote

A matelote is a French fish stew made with red or white wine. The term is generally applied to stews made with freshwater fish: eel in particular, but also carp, small pike, trout, shad and barbel. All matelotes are usually garnished with small onions, mushrooms, rashers of bacon and sometimes with crayfish cooked in court-bouillon and fried croûtons.

Skin 1 kg (2¼ lb) eels and cut them into thick slices. Cook them in 65 g (2½ oz, 5 tablespoons) butter until firm, then flame them in 1 liqueur glass of marc or brandy. Add 2 onions, 1 celery stick and 1 carrot, all thinly sliced. Cover with 1 litre (1¾ pints, 4⅓ cups) red wine and add salt, a bouquet garni, a crushed garlic clove, a clove and 4–5 peppercorns. Bring to the boil and simmer for about 20 minutes.

Meanwhile, glaze 24 pickling (pearl) onions in butter and keep them warm, then sauté 250 g (9 oz, 3 cups) thinly sliced mushrooms. When the eel is cooked, drain and keep warm. Put the cooking liquid through a blender with 1 tablespoon beurre manié. Return the sauce to the pan, replace the eel, add the mushrooms, and simmer for 5 minutes.

Fry 12 small croûtons. Pour the matelote into a deep dish, add the glazed onions, and garnish with the fried croûtons. About 20 small fried pieces of sliced streaky bacon may be added just before serving.

Eel pie

Bone an eel, cut the fillets into 5–6 cm (2–2½ in) slices and blanch them in salted water. Drain and cool the eel slices. Hard-boil (hard-cook) and slice some eggs. Season the fish and eggs with salt, pepper and grated nutmeg, and sprinkle them with chopped parsley. Layer the eel and egg slices in a deep, preferably oval, dish. Add sufficient white wine to just cover the fish and dot with small knobs of butter. Cover with a layer of puff pastry, making a hole for the steam to escape. Brush with beaten egg and score the top. Bake in a preheated oven at 200°C (400°F, gas 6) for 30 minutes, then reduce the temperature to 180°C (350°C, gas 4) and cook for a further 1 hour. Just before serving, pour a few tablespoons of demi-glace sauce (made with fish stock) into the hole at the top of the pie. The pie may also be eaten cold.

Eel pie aux fines herbes (à la ménagère)

Bone an eel and cut the fillets into slices. Flatten each slice and season with salt, pepper and spices to taste. Arrange in a deep dish and moisten with a few tablespoons of dry white wine, a little Cognac and a few drops of oil. Leave to marinate for 2 hours in a cool place. Drain and wipe the slices, and reserve the marinade. Cook the fish briskly until stiff in butter in a sauté pan, then

sprinkle generously with chopped parsley and shallots. Take the pan off the heat and pour the marinade over the fish. Leave until completely cold.

Line a shallow oval pie dish with shortcrust pastry (basic pie dough) and spread the base and sides with a layer of pike forcemeat containing chopped parsley – such as forcemeat for fish mousses and mousselines with pike. Fill the pie with alternating layers of the flattened eel slices and the pike forcemeat. Moisten each layer with a little of the marinade. Finish with a 2 cm (¾ in) layer of forcemeat and sprinkle with melted butter. Cover with a layer of pastry (dough) and trim the top with leaves cut from the pastry trimmings. Make a hole in the top for the steam to escape and brush the pastry with beaten egg. Bake in a preheated oven at 180°C (350°F, gas 4) for 1¾–2 hours.

Remove the pie from the dish and place it on a long serving dish. Pour a few tablespoons of demi-glace sauce, made with fish stock, through the hole in the top of the pie. Anchovy fillets may also be included with the eel slices, or some anchovy butter or dry duxelles may be added to the pike forcemeat. If the pie is served cold, pour enough fish jelly into the hole in the top of the pie to fill the gaps left by the cooking process. Leave for 12 hours until completely cold.

Fried eels Orly

Take some eel fillets and slice them. Flatten the slices, season with salt and pepper, and dip them in a thin coating batter. Deep-fry them, garnish with fried parsley and serve with a highly seasoned tomato fondue.

Roulade of eel à l'angevine

Skin a 1.5 kg (3¼ lb) eel, cut off the head and tail, open out and remove the backbone. Flatten the eel and season with sail and pepper. Stuff it with a pike forcemeat, such as godiveau lyonnais, to which a salpicon of finely diced

mushrooms and truffles has been added. Reshape the eel and wrap it in thin slices of bacon. Tie it up in the form of a ring. Slice a large onion and a carrot and soften in butter in a sauté pan. Spread the vegetables evenly in the pan and place the eel on top, with a large bouquet garni, a leek and a sprig of savory in the centre. Add just enough medium dry white wine, such as Anjou, to cover the eel. Bring to the boil, skim, then cover and simmer slowly for 35 minutes. Prepare 24 small mushroom caps, keeping the stalks, and toss in butter. Drain the eel (reserving the liquor), remove the bacon slices, and put into another sauté pan with the mushrooms. Keep hot.

To prepare the sauce, strain the cooking liquor and make a white roux with 50 g (2 oz, ¼ cup) butter and 50 g (2 oz, ½ cup) plain (all-purpose) flour. Moisten with the strained juices and add the mushroom stalks. Reduce the sauce over a high heat and add 350 ml (12 fl oz, 1½ cups) single (light) cream. When the sauce has reached the correct consistency, take it off the boil and add 100 g (4 oz, ½ cup) crayfish butter. Coat the rolled-up eel with the sauce.

Grouper

Ceviche of grouper

Also known as *cebiche*, ceviche is a dish, characteristic of Peruvian cookery, that is based on raw fish marinated in lemon juice and is served with sweet limes, raw onion rings, tomatoes and boiled sweetcorn.

Clean and trim 4 grouper steaks of 200 g (7 oz) each. Cut into 1 cm (½ in) cubes. Squeeze the juice from 4 limes. Place the diced fish in a large salad bowl

sitting on a bed of ice cubes. Sprinkle the lime juice on the fish and allow to marinate for 2–3 hours, stirring several times to cook the grouper, which must remain pink in the middle. Drain and place in a large bowl. Peel and finely chop diagonally 4 spring onions (scallions) and their stems. Peel, seed and crush 3 cherry tomatoes. Add all these ingredients to the fish. Season with salt and add ½ teaspoon freshly grated ginger, 1 pinch turmeric, chives and chopped flat-leaf parsley. Pour olive oil on top and sprinkle with paprika. Stir well and serve.

Grouper with corcellet sauce

Trim, gut and clean a small grouper, poach it in very concentrated court-bouillon, and allow it to cool in the stock. Take out the fish, remove the skin and garnish with blanched tarragon leaves and thin slices of tomato.

Finely chop 6 large, ripe, peeled and seeded tomatoes and rub through a sieve. Store the resulting fresh tomato purée in the refrigerator. Just before serving, add 2 generous tablespoons aniseed-flavoured Corcellet mustard or other tarragon or aniseed mustard to the tomato purée. Serve chilled.

Gurnard

Baked gurnard

Choose 2 good-quality gurnards, each weighing about 400 g (14 oz). Draw and trim them, remove the fins, then clean and dry them. Score oblique cuts on the back of each fish from the backbone outwards and pour in a few drops

of lemon juice. Butter a gratin dish and spread in it a mixture of 2 large onions, 2 shallots and 1 small garlic clove, all very finely chopped. Sprinkle with chopped parsley. Place the fish in the dish and add 200 ml (7 fl oz, ¾ cup) white wine and 50 g (2 oz, 4 tablespoons) melted butter. Season with salt and pepper and sprinkle with a little thyme. Arrange slices of lemon along the backs of the fish and sprinkle with chopped fresh bay leaf. Bake in a preheated oven at 240°C (475°F, gas 9) for about 20 minutes, basting the fish several times during cooking.

Just before serving, flame the gurnards with 4 tablespoons heated pastis.

Haddock

Curried haddock

Soak some smoked haddock in cold milk for 2–3 hours. Prepare a curry sauce. Drain and dry the haddock thoroughly, then bone, skin, and dice the flesh. Cook thinly sliced large onions in butter, allowing 2 onions per 450 g (1 lb) fish. Cool. Add the haddock to the onions, moisten with the curry sauce, then cover and simmer for about 10 minutes. Serve with boiled rice.

Grilled haddock

Place some smoked haddock in a dish, cover it with cold milk, and leave for 2–3 hours. Dry the fish thoroughly, brush with melted butter or oil, and grill (broil) gently. Serve with melted butter seasoned with pepper and lemon juice, but no salt, accompanied by boiled potatoes or buttered spinach.

Haddock gâteau

Boil 1 kg (2¼ lb) potatoes in their skins. Clean and slice the white part of 5 leeks and braise them in a little water and 40 g (1½ oz, 3 tablespoons) butter for 8 minutes. Thinly slice 2 smoked haddock fillets weighing about 350 g (12 oz) each. Clean 150 g (5 oz, 2 cups) mushrooms and slice them thinly. Peel the potatoes and cut them into thick slices. Spread two-thirds of the haddock in the bottom of a buttered ovenproof mould and cover with the mushrooms, potatoes, leeks and the remaining haddock. Top with 6 tablespoons crème fraîche. Sprinkle with pepper. Cover the mould with foil and cook in a bain marie in a preheated oven at 240°C (475°F, gas 9) for 30 minutes. Unmould the gâteau and retain the juices. Cook 1 chopped shallot in 10 g (¼ oz, 1½ teaspoons) butter, add the juices and boil until reduced by one-third. Add 6 tablespoons single (light) cream and pour over the gâteau.

Haddock rillettes

Rillettes is the term for potted meat or poultry and here it describes a similar preparation of fish.

Poach 900 g (2 lb) smoked haddock in a mixture of unsalted water and milk for 3 minutes. Simmer gently, but do not boil. Remove the fish and drain well. In a food processor, mix 5 hard-boiled (hard-cooked) eggs, 40 g (1½ oz, 3 tablespoons) butter, 3 tablespoons parsley and 2 tablespoons chopped chives. Then add the haddock, the juice of ½ a lemon and 6 tablespoons olive oil, and mix together very rapidly. Place the mixture in a bowl.

Peel and seed 2 large tomatoes and place in a food processor or blender. Add the juice of ½ a lemon, 3 finely chopped shallots, 6 tablespoons olive oil, salt and pepper. Blend to a smooth sauce. Cover the bottom of each plate with 3 tablespoons of this sauce. Arrange 3 ovals of the haddock mixture (formed with a spoon) in a star pattern on the sauce. Serve with toast.

Poached haddock

Soak some smoked haddock in cold milk for 2–3 hours, then remove it. Bring the milk to the boil, add the haddock, and poach without boiling (otherwise it will become stringy) for 6–10 minutes, depending on the thickness of the fish. Serve with melted butter strongly flavoured with lemon juice and chopped parsley, accompanied by boiled potatoes.

Hake

Hake à la boulangère

Season a 1 kg (2¼ lb) piece of hake taken from the middle of the fish. Put it into a greased gratin dish and coat with melted butter. Arrange 800 g (1¾ lb) thinly sliced potatoes and 200 g (7 oz, 1¾ cups) sliced onions around the fish. Sprinkle with salt, pepper, thyme and powdered bay leaf. Pour 25 g (1 oz, 2 tablespoons) melted butter over it. Cook in a preheated oven at about 200°C (400°F, gas 6) for 30–35 minutes. Sprinkle the fish with a little water several times during cooking. Serve in the dish garnished with chopped parsley.

Hake cosquera

Cut a 1 kg (2¼ lb) hake into thick slices. Wash 24 clams. Heat 2–3 tablespoons olive oil in an earthenware casserole and cook the fish steaks for 6 minutes. Season with salt and pepper. As soon as the juices from the fish become colourless, add the clams. Sprinkle with chopped garlic and parsley and continue to cook briefly until the shellfish open. Serve immediately.

Hake mère Joseph

Dress a hake weighing about 1 kg (2¼ lb). Remove the head and cut the body into 4 pieces. Dry them and rub each piece thoroughly with the cut surface of a lemon half. Sprinkle with pepper, and brown them in lard in a flameproof casserole. Add 3–4 chopped shallots and allow them to brown slightly. Blend 1 tablespoon tomato purée (paste) with 1 tablespoon brandy and add to the casserole. Season with salt, cover, and simmer gently for 15–20 minutes.

Hake steaks à la duxelles

Clean and chop 500 g (18 oz, 4½ cups) button mushrooms and 2 shallots and mix together with 1 tablespoon lemon juice. Fry the mixture in 20 g (¾ oz, 1½ tablespoons) butter over a high heat for 5 minutes. Line a greased gratin dish with the mushroom duxelles mixture and arrange 4 hake steaks on top. Add 250 ml (8 fl oz, 1 cup) white wine and 250 ml (8 fl oz, 1 cup) fish stock, or 500 ml (17 fl oz, 2 cups) fish fumet. Top with small pieces of butter, season and add a bouquet garni. Place in a preheated oven at 240°C (475°F, gas 9) and cook for 25 minutes. Moisten with small quantities of water during cooking. Drain and keep warm. Reduce the cooking liquid, replace the fish in the dish, pour over some cream and return to the oven for 5–6 minutes.

Hake steaks à la koskera

Flour 4 hake steaks. Heat 2 tablespoons olive oil in a deep, non-stick frying pan. Brown the steaks on both sides, then add 2 chopped garlic cloves. Add 250 ml (8 fl oz, 1 cup) white wine, 250 ml (8 fl oz, 1 cup) of the liquid from a can of asparagus, 100 g (4 oz, 1 cup) petits pois cooked in water, 200 g (7 oz) clams and ½ chopped sun-dried red pepper. Simmer for 15 minutes, or until cooked. Add plenty of parsley and adjust the seasoning. Arrange in a dish, garnish with asparagus tips and quarters of hard-boiled (hard-cooked) eggs.

Herring

To prepare

If fresh, scale the fish, but do not slit them in half. Gut (clean) them through the gills, leaving the hard or soft roes inside. Wash and dry them. If they are to be cooked whole, score the skin lightly on both sides.

The fish is filleted by running a very sharp knife between the backbone and the fillets, starting from the tail end. The fillets can then be eased off the bone, trimmed, washed and dried.

If the herring is smoked, take out the fillets, then skin and trim them. Before cooking, soak them for a while in milk to remove some of the salt.

If the fish is salted, wash the fillets and soak them in milk, or a mixture of milk and water, to remove the salt. Drain, trim and dry them.

Carolines à la hollandaise

Prepare an unsweetened choux paste. Using a piping bag, pipe out some small éclairs, about 4 cm (1½ in) long, on to a baking sheet. Brush with beaten egg, bake in a preheated oven at 220°C (425°F, gas 7) for 10 minutes. Reduce the temperature to 180°C (350°F, gas 4) and continue to cook for 10 minutes more. Allow to cool. To make enough filling for 12 carolines, desalt 4 herring fillets, if necessary, trim and wipe them. Pound or blend the fillets together with 2 hard-boiled (hard-cooked) egg yolks and 75 g (3 oz, 6 tablespoons) butter. Add 1 teaspoon chives and 1 teaspoon chopped parsley. Gently split the éclairs along the side and put the filling into this opening with a piping bag. Brush the carolines with melted butter and immediately sprinkle with a little hard-boiled egg yolk and chopped parsley. Cool before serving.

Devilled herrings

Scale, wash and dry some herrings, then slit them along the back and sides. Season and coat with mustard, sprinkle with fresh white breadcrumbs and oil, and cook slowly under the grill (broiler). Serve with mustard sauce, ravigote sauce or devilled sauce.

Fillets of herring à la russe

Boil some potatoes in their skins, then peel and slice them. Take some large herring fillets in oil and slice them very thinly. Reshape them, placing a slice of potato between each slice of herring. Arrange on a long serving dish and dress with a herb vinaigrette (made with parsley, chervil, tarragon and chives) to which some finely chopped fennel and shallots have been added.

Fried herring

Choose small herrings weighing about 125 g (4½ oz). Clean, trim, score and soak them in milk for about 30 minutes. Drain. Coat with flour and deep-fry in oil at 175°C (347°F) for 3–4 minutes. Drain well on paper towels. Sprinkle with salt and serve them with lemon quarters.

Grilled herring

Clean and trim medium-sized herrings. Brush them with oil or melted butter, season with pepper and cook under a moderate grill (broiler). Sprinkle with salt and serve with maître d'hôtel butter or a mustard sauce.

Herring à la boulangère

Clean 6 good herrings, preferably some with soft roes, and season with salt. Butter an ovenproof dish and place the herrings in it. Slice 400–500 g (14–18 oz) potatoes and 150 g (5 oz) onions, blanch in boiling water to par-

cook and arrange around the herrings. Add salt, pepper, a pinch of thyme and a crumbled bay leaf. Sprinkle with about 40 g (1½ oz, 3 tablespoons) melted butter and cook in a preheated oven at 200°C (400°F, gas 6) for 30 minutes, basting from time to time. Cover the dish with foil if the potatoes begin to dry out in the final stages of cooking.

Herring canapés à la hollandaise

Spread some slices of bread with a purée of herring soft roe. Garnish each canapé with strips of smoked herring fillet, arranged to form a lattice, sprinkle with a little lemon juice and fill the lattice spaces with chopped hard-boiled (hard-cooked) egg yolk.

Herring fillets à la livonienne

Remove the fillets from large smoked herrings, trim them and cut into dice. Boil potatoes in salted water. peel and slice them into rounds. Peel and halve sweet crisp apples, core them, cut into slices and dip in lemon juice. Arrange the herring, potato rounds and apple slices in concentric circles. Sprinkle with vinaigrette and chopped parsley, chervil and fennel. Refrigerate.

Herring fillets marinated in oil

Put lightly smoked herring fillets into an earthenware dish. Soak them in milk and leave in a cool place for 24 hours. Drain the fillets and wipe them dry. Wash the dish. Slice 2 onions for every 450 g (1 lb) fillets and spread half over the bottom of the dish. Arrange the fillets on top and cover with the rest of the onion, some sliced carrot, coriander seeds and half a bay leaf cut into pieces. Sprinkle a little thyme over the top, pour on some groundnut (peanut) oil, cover the dish with foil and leave to marinate for several days at the bottom of the refrigerator.

Marinated herrings

Clean and trim 12 small herrings, sprinkle them with fine salt and leave for 6 hours. Chop 3 large onions and 3 carrots. Choose a flameproof dish just big enough to hold the herrings and half-fill it with the chopped vegetables. Add a pinch of chopped parsley, a pinch of pepper, 2 cloves, a bay leaf cut into small pieces, and a little thyme. Arrange the fish in the dish and pour in enough of a mixture of half white wine and half vinegar to just cover the fish. Top with the remaining vegetables, cover the dish with foil and bring to the boil on the top of the cooker (stove). Then cook in a preheated oven at 220°C (425°F, gas 7) for about 20 minutes. Leave the herring to cool in the cooking liquid and refrigerate until ready to serve.

Sautéed herring à la lyonnaise

Clean and trim 6 herrings. Chop 2 medium-sized onions. Season the fish with salt and pepper, coat with flour and fry in butter until golden brown on both sides. Fry the onions until golden brown in a separate pan. Turn the herrings over, add the onions and continue cooking for about 10 minutes. Arrange the fish on a serving dish, cover with the onions and sprinkle with chopped parsley. Deglaze the frying pan in which the fish were cooked with a generous tablespoon of vinegar and pour the sauce over the fish.

Swedish herring balls

Fillet 3 herrings. Boil 3 large floury (baking) potatoes in salted water, peel and mash. Cook 3 finely chopped onions slowly in a covered pan for about 10 minutes. Chop the herring fillets finely, add the potato, onions, salt, pepper and, if desired, a little grated nutmeg. Mix everything together thoroughly and form into small balls. Fry them in butter or oil and serve with hot cranberry sauce.

John Dory

Fillets of John Dory palais-royal

Poach some John Dory fillets in a mixture of white wine, fish fumet and the juice of a lemon. Boil some potatoes in their skins, peel them, mash them and put in a greased ovenproof dish. Place the fillets on top. Using part of the reduced court-bouillon, make some Mornay sauce, pour it over the fish and brown in a preheated oven at 220°C (425°F, gas 7).

Grilled John Dory with deep-fried butter pats

Cut 8 rounds of very cold, slightly salted butter, each weighing 25 g (1 oz). Thickly coat them in breadcrumbs and chill them in the refrigerator. Fillet a John Dory, then grill (broil) it. Just before serving, carefully place the rounds of butter into hot deep fat. As soon as they are golden, drain on paper towels and quickly arrange on top of the portions of fish. Garnish the dish with fried parsley and serve straight away.

John Dory fillets in a soufflé

Steam 4 John Dory fillets, each weighing 150 g (5 oz), for 4 minutes. Sprinkle with salt and pepper. Whisk 8 egg whites until stiff and fold in 3 tablespoons mustard. Arrange the fillets in an ovenproof dish, pile up the egg whites on top, and cook in a preheated oven at 230°C (450°F, gas 8) for about 4 minutes.

John Dory fillets with lemon

Fillet a John Dory weighing about 1.25 kg (2¾ lb); this should provide 600 g (1 lb 6 oz) flesh. Remove the skin and cut the flesh into 1 cm (½ in) dice.

Finely shred the zest of 2 lemons, blanch and refresh it, then cook it in a little water and 50 ml (2 fl oz, ¼ cup) olive oil. Remove the white pith from the lemons, break up the lemon segments and dice them. Cut 350 g (12 oz) courgettes (zucchini) into small pieces, trim them to the shape of olives and blanch them.

Lightly grease 4 pieces of foil large enough to wrap round a piece of fish and some vegetables. On each one place a quarter of the fish, courgettes, lemon dice and rind, 20 g (¾ oz, 1½ tablespoons) butter, and some salt and pepper. Seal the foil and bake in a preheated oven at 230°C (450°F, gas 8) for about 8 minutes. Open the envelopes and sprinkle with chopped chives.

John Dory fillets with melon

Fillet a John Dory weighing about 1.5 kg (3¼ lb) and quickly sauté the fillets in a nonstick frying pan without fat, allowing 2 minutes for each side. Keep the fillets warm. Blanch a julienne of 2 carrots and 1 leek for 1 minute in boiling water. Pat them dry and sauté briskly in 20 g (¾ oz, 1½ tablespoons) butter for 2 minutes. Sprinkle with salt and pepper and keep warm.

In another pan, fry slices of a 400 g (14 oz) melon in 25 g (1 oz, 2 tablespoons) butter, sprinkle with salt and pepper and caramelize slightly. Arrange ¼ of the melon slices and a John Dory fillet in a ring on each plate, place a spoonful of vegetables in the centre, and sprinkle with fresh chopped mint.

John Dory fillets with red peppers

Fillet a John Dory. Braise the fillets in fish fumet: they should be just cooked. Arrange them on a dish and keep warm. Reduce the braising liquid, add 200 ml (7 fl oz, ¾ cup) double (heavy) cream, and reduce once again. Remove from the heat, add 3 tablespoons hollandaise sauce, and adjust the seasoning. Bake 4 whole red (bell) peppers in a preheated oven at 240°C (475°F, gas 9) or

put under the grill (broiler) until the skin blackens and blisters. Peel and seed them and purée the flesh in a blender. Season with salt and pepper and heat the purée. Coat the fish with the sauce and with 4 tablespoons pepper purée. Garnish with sprigs of chervil. Serve with French (green) beans.

John Dory steaks in whisky velouté sauce with vegetable julienne

Fillet 2 John Dorys, each weighing 1.25 kg (2¾ lb). Grease an ovenproof dish and sprinkle it with 2 finely chopped shallots. Season the fillets with salt and pepper and lay them in the dish. Moisten with 7 tablespoons dry white wine and 7 tablespoons whisky. Cover with buttered greaseproof (wax) paper and bake in a preheated oven at 180°C (350°F, gas 4) for 10–12 minutes.

Drain the fillets and reduce the cooking liquid by one third. Remove from the heat, whisk in 50 g (2 oz, ¼ cup) butter in small pieces, then add 500 ml (17 fl oz, 2 cups) whipped double (heavy) cream. Mix well, still off the heat. Put the fish back in the oven or under the grill (broiler) for 2 minutes, then coat with the sauce.

Serve the fish with steamed potatoes and a vegetable julienne made with 2 carrots, 1 celery heart, the white parts of 2 leeks, a bulb of fresh fennel and 4 large mushroom caps.

John Dory with rhubarb

Fillet a John Dory weighing 1.5 kg (3¼ lb) and cook the fillets in a little butter over a gentle heat, allowing 1 minute for each side. Keep warm. Add 150 g (5 oz) rhubarb, peeled and thinly sliced, to the butter in which the fish was cooked, and cook for 30 seconds. Add 200 ml (7 fl oz, ¾ cup) double (heavy) cream and reduce by half. Season with salt and pepper and add a pinch of sugar and a pinch of chopped basil. Mix well and pour the sauce over the fish.

Stuffed John Dory with sea-urchin cream

Bone a John Dory, keeping it intact. Stuff it with 300 ml (½ pint, 1¼ cups) leeks stewed in butter mixed with a duxelles of grey chanterelles. Place the fish in an ovenproof dish with chopped onion, thyme, bay leaf, 250 ml (8 fl oz, 1 cup) white Cassis wine and 7 tablespoons cream. Bake in a preheated oven at 180°C (350°F, gas 4) for 20 minutes. Meanwhile, open up 4 sea urchins, discard the digestive system and put the coral into a small sauté pan. Clean the shells and heat them in the oven. Beat together 2 egg yolks and 7 tablespoons double (heavy) cream in a bain marie. When this mixture is really frothy, add it to the sea-urchin coral, whisking vigorously, and season with salt and cayenne. Pour some of the cream sauce over the fish and put the rest into the heated sea-urchin shells. Arrange these shells around the fish.

Lamprey

Lamprey à la bordelaise

Bleed a medium lamprey, reserving the blood to flavour the sauce. Scald the fish and scrape off the skin. To remove the dorsal nerve, cut off the lamprey's tail, make an incision around the neck just below the gills, then take hold of the nerve through this opening and pull it out. Cut the fish into slices 6 cm (2½ in) thick and put them into a buttered pan lined with sliced onions and carrots. Add a bouquet garni and a crushed garlic clove, season with salt and pepper, and add enough red wine to cover the fish. Boil briskly for about 10 minutes, then drain the slices, reserving the cooking stock and vegetables.

Clean 4 leeks, cut each into 3 slices, then cook in a little butter with 4 tablespoons finely diced ham. Add the lamprey. Make a roux with 2 tablespoons butter and an equal quantity of flour. Add the reserved cooking stock and vegetables from the lamprey and cook for 15 minutes. Strain the sauce and pour it over the lamprey in the pan with the vegetables. Simmer very gently until the fish is cooked.

Arrange the lamprey slices on a round dish, gently stir the reserved blood into the sauce and pour this over the fish. Garnish the dish with slices of bread fried in butter.

Mackerel

Fillets of mackerel à la dijonnaise

Fillet 4 large mackerel. Season the fillets with salt and pepper and coat with white mustard seeds.

Soften 2 chopped onions in 2 tablespoons oil in a saucepan. Add 1 tablespoon flour and mix well. Pour a glass of stock or fish fumet into the saucepan, together with a glass of dry white wine. Stir well, add a bouquet garni and cook for 8–10 minutes.

Arrange the fillets in a buttered ovenproof dish and add the sauce. Place the dish in a preheated oven at 200°C (400°F, gas 6) and cook for about 15 minutes. Drain the fish and arrange on a serving dish. Remove the bouquet garni from the sauce, add a little mustard, check the seasoning and pour the sauce over the fillets. Garnish with slices of lemon and sprigs of parsley.

Fillets of mackerel à la lyonnaise

Fillet and season 4 large mackerel. Soften 4 chopped onions in melted butter, then add 1 tablespoon vinegar. Place half the onions in a buttered ovenproof dish, lay the fillets on top and cover with the remaining onions. Moisten with 3 tablespoons dry white wine. Sprinkle with breadcrumbs, dot with knobs of butter and cook in a preheated oven at 220°C (425°F, gas 7) for about 10 minutes. Sprinkle with chopped parsley.

Fillets of mackerel à la piémontaise

Prepare a risotto *à la piémontaise* using 200 g (7 oz, 1 cup) rice. Fillet 4 mackerel; wash and pat them dry with a clean cloth or paper towels, then dip in breadcrumbs and fry in butter on both sides. Butter a long serving dish, cover with the risotto and arrange the fillets on top. Garnish with quarters of lemon. Serve with a slightly thickened tomato sauce.

Fillets of mackerel in white wine

Add 5 tablespoons white wine to 500 ml (17 fl oz, 2 cups) fish stock and boil down to reduce by half. Fillet and season 4 large mackerel with salt and pepper. Arrange the fillets in a buttered ovenproof dish, add the stock and cook in a preheated oven at 220°C (425°F, gas 7) for about 12 minutes. Drain the fish and keep warm on the serving dish. Strain the cooking juices and boil down to reduce by a third. Add 200 ml (7 fl oz, ¾ cup) double (heavy) cream and reduce again by half. Coat the fish with the sauce and sprinkle with chopped parsley.

Mackerel à la boulonnaise

Clean some mussels and cook them in a little vinegar over a brisk heat. Prepare a butter sauce using the strained cooking juices from the mussels. Gut

(clean) the mackerel, cut it into thick slices, and poach for about 12 minutes in a court-bouillon with a generous quantity of vinegar. Drain the fish, skin it and then arrange on a long serving dish; keep it warm. Shell the mussels, arrange them around the fish and coat the mackerel and the mussels with the butter sauce.

Mackerel à la nage

To 750 ml (1¼ pints, 3¼ cups) red wine, add 2 garlic cloves, 2 chopped shallots, a clove, a small piece of cinnamon and a bouquet garni. Boil down to reduce, then add 2 chopped carrots, a bulb of fennel cut into 6 pieces, and 3 celery sticks. Cook gently. Finally, add the thickly sliced white parts of 4 leeks and the finely chopped green tops of the leeks. Season with salt and pepper and add a little sugar. Continue simmering until the vegetables are cooked but still firm.

Clean and gut 8 small mackerel. Place in an ovenproof dish, partially cover with the vegetable mixture and cooking stock, then and add a few slices of lemon. Cover the dish with foil and cook in a preheated oven at 180°C (350°F, gas 4) for 5–6 minutes. Serve very hot.

Mackerel in cider Pierre Traiteur

Trim and wash the mackerel and season them thoroughly. Place them on a base of onions and chopped apples in a pan. Cover with cider, add about 3 tablespoons cider vinegar (more if cooking more than 4–6 fish in a very large pan) and bring to the boil. Simmer for 5 minutes. Allow the fish to cool in the pan. Remove the fillets and arrange them on a serving dish surrounded by pieces of apple that have been fried in butter. Boil down the cooking liquid in the pan and pour over the mackerel while still hot. Sprinkle with pepper and chopped chives.

Mackerel with noisette butter

Clean 6 medium mackerel and cut them into thick slices of a similar size. Poach for about 12 minutes in a court-bouillon made with vinegar. Drain, place on a serving dish, and keep warm. Sprinkle with a little vinegar.

Prepare 100 g (4 oz, ½ cup) noisette butter and add 1 tablespoon each of capers and chopped parsley. Pour the noisette butter over the mackerel and serve very hot.

Mackerel with sorrel

Trim 6 mackerel, slit them along the back and dry them. Melt a large knob of butter in a frying pan, place the fish in the hot butter and cook on one side for 5 minutes. Turn and cook the other side. Remove the fish from the pan, season and keep warm.

Pick over 500 g (18 oz) sorrel, wash it thoroughly and add it to the juices in the frying pan. Heat the mixture, stirring constantly, until the sorrel is reduced to a purée (do not allow it to dry out). Check the seasoning, then bind the mixture with butter and 1–2 eggs. Serve the mackerel on a long dish, garnished with the sorrel purée.

Mackerel with two-mustard sauce

Wash and gut (clean) 8 small mackerel (*lisettes* are small mackerel less than 1 year old). Place them in an ovenproof dish, season with salt and pepper, moisten with a glass of dry white wine, and cook in a preheated oven at 240°C (475°F, gas 9) for 8 minutes. Mix 1 tablespoon strong mustard with 1 tablespoon mild mustard in a saucepan. When the mackerel are cooked, add their cooking juices to the mustard mixture. Add 40 g (1½ oz, 3 tablespoons) butter, bring to the boil and cook for 2 minutes. Coat the fish with the sauce and serve with rice *à la créole*.

Marlin

Palm hearts mille-feuille with smoked marlin

Using a blender, make a vinaigrette with 200 ml (7 fl oz, ¾ cup) groundnut (peanut) oil, 100 ml (4 fl oz, 7 tablespoons) wine vinegar, 1 teaspoon prepared mustard and 1 egg. Cut 250 g (9 oz) smoked marlin into 12 slices. Wash 200 g (7 oz) tomatoes and cut into small cubes. Make roses with 4 cherry tomatoes. Cut 4 black olives into fan shapes (3 per olive). Squeeze the juice of 1 lemon. Finely slice 1 palm heart and coat the slices in the vinaigrette and lemon juice to prevent them from going black. Put a ring 7.5 cm (3 in) in diameter and 4 cm (1½ in) high in the centre of each plate. Put a slice of marlin in the bottom and add a thin layer of finely sliced palm heart. Cover with another slice of marlin and a thin layer of palm heart. Finish with a slice of marlin. Place a cherry tomato rose in the centre and arrange 3 of the olive fans. Remove the ring carefully. Place some diced tomatoes round the edge of each plate and garnish with a little parsley.

Monkfish

Blanquette of monkfish

Cut the fish into about 5 cm (2 in) cubes. Seal by frying the cubes in 40 g (1½ oz, 3 tablespoons) butter without browning. Cover with white stock or

bouillon, season, quickly bring to the boil and skim. Add 2 onions (one stuck with 2 cloves), 150 g (5 oz, 1 cup) diced carrots and 2 leeks. Simmer gently for 15 minutes. Drain the pieces of fish and place in a sauté pan with 225 g (8 oz) baby onions and 225 g (8 oz) very small button mushrooms that have been cooked *au blanc*, in a thin white sauce. Heat gently and, just before serving, bind the sauce with 2–3 egg yolks, 150 ml (¼ pint, ⅔ cup) double (heavy) cream and the juice of 1 lemon. Place in a deep serving dish, sprinkle with parsley and garnish with heart-shaped croûtons fried in butter.

Blanquette is usually served with rice *à la créole* but may also be served with celeriac (celery root), halved celery hearts, carrots, braised parsnips or leeks, cucumber (cut into chunks and blanched for 3 minutes in boiling salted water), braised lettuce or lettuce hearts.

Escalopes of monkfish with creamed peppers

Cut 500 g (18 oz) thoroughly cleaned monkfish into 8 small escalopes. Season with salt and pepper. Coat them with breadcrumbs, roll in 50 g (2 oz, ½ cup) grated Parmesan cheese, then brown in butter. Cut open 3 green (bell) peppers and remove the seeds. Blanch for about 10 minutes in boiling water, then cut into pieces and purée in a blender or food processor. Enrich the purée with 65–75 g (2½–3 oz, 5–6 tablespoons) butter. Season with salt and pepper and add a dash of Worcestershire sauce. Place 2 escalopes of monkfish on each plate and surround them with a ribbon of the green pepper purée.

Fillets of monkfish braised in white wine

Lightly flatten 2 fillets and season with salt and pepper. Arrange the fillets in a buttered roasting dish just big enough to hold them and half-cover them with reduced fish stock mixed with white wine. Bake in a preheated oven at 220°C (425°F, gas 7) for 7–8 minutes. Turn the fillets over and bake for another

7–8 minutes, then cover with foil and bake for a further 5 minutes. Place them on a serving dish and keep warm. Add cream to the juices in the roasting dish and reduce until the sauce has thickened. Adjust the seasoning if necessary. Pour the sauce over the fish, sprinkle with chopped parsley and serve very hot accompanied by braised spinach or puréed broccoli.

Fillets of monkfish with leeks and cream

Clean 300 g (11 oz) leeks (the white part only), 1 celery stick and 2 turnips. Peel 2 shallots. Shred all these vegetables finely. Melt 25 g (1 oz, 2 tablespoons) butter in a flameproof casserole, add the shredded vegetables and cook until golden, stirring all the time; then cover and cook gently for about 5 minutes, until soft. Take some fillets of monkfish – about 1 kg (2¼ lb) – and place them on top of the vegetable mixture, then turn them over carefully in it. Add 2 more chopped shallots, 1 chopped garlic clove, a small bouquet garni, 1 glass of dry white wine, 1 glass of water, salt and pepper. Cover the casserole. When the mixture begins to boil, turn the heat down and simmer.

Five minutes before cooking is completed, add 250 g (9 oz, 3 cups) mushrooms which have been cleaned, chopped, sprinkled with lemon juice and lightly fried in butter. Adjust the seasoning if necessary and cook until ready (the fish must remain slightly firm). Drain the fillets and keep them warm in a dish. Remove the bouquet garni from the casserole. Leave the juices on the heat and pour in 150 ml (¼ pint, ⅔ cup) double (heavy) cream. Reduce until the sauce is slightly thickened. Mix in another 25–50 g (1–2 oz, 2–4 tablespoons) butter, beating all the time. Pour this sauce over the fish.

Medallions of monkfish with a red-pepper sauce

Prepare a court-bouillon with water and white vinegar, 1 carrot and 1 onion (thinly sliced), a bouquet garni, salt and pepper. Cook for 20 minutes. Halve

a red (bell) pepper and remove the seeds. Cook slowly in olive oil, in a covered saucepan, for 6 minutes, then press through a fine sieve.

Cut 675 g (1½ lb) monkfish fillets into medallions 1 cm (½ in) thick. Soften 2 small chopped shallots in white wine and reduce until all the liquid is absorbed. Add 2 tablespoons double (heavy) cream and boil for 2 minutes, whisking all the time then, over a low heat, incorporate 150 g (5 oz, ⅔ cup) butter, whisking all the time. Add the puréed red pepper, season with salt and pepper and add a squeeze of lemon juice.

Arrange the medallions well separated in a gratin dish. Season with salt and pepper. Pour the court-bouillon over the fish and simmer for 4 minutes over a low heat. Remove from the heat and strain. Arrange the medallions on a serving dish and coat with the sauce.

Medallions of monkfish with herbs

Skin 2 large tomatoes and remove the seeds, then dice the flesh and sprinkle with finely chopped chives, salt and pepper. Clean a piece of monkfish weighing 1.4 kg (3 lb), remove the backbone and skin. Cut into medallions 1 cm (½ in) thick. Place these in a heavy-based saucepan with 20 g (¾ oz, 4½ teaspoons) butter, 1 tablespoon Sauvignon white wine, 1 chopped shallot, a squeeze of lemon juice, salt and pepper. Bring to the boil, then simmer for 1 minute. Turn the medallions over and cook for another minute.

Remove the fish from the pan and keep warm and covered. Boil to reduce the cooking juices by half. Add 250 ml (8 fl oz, 1 cup) double (heavy) cream and reduce again by one-third. Add 25 g (1 oz, ½ cup) watercress, 20 g (¾ oz, ¼ cup) sorrel, 20 g (¾ oz, ¼ cup) chervil and 1 lettuce heart, then purée in a blender or food processor. Reheat and check the seasoning. Pour the sauce into a warm dish. Arrange the monkfish medallions on top, cover with the warmed diced tomatoes and chives and serve.

Monkfish à l'américaine

Trim, wash and dry 1.5 kg (3¼ lb) monkfish and cut into even slices. Wash and dry the heads and shells of some langoustines. Chop 4 shallots and crush a large garlic clove. Chop a little parsley and 2 tablespoons tarragon leaves. Skin 500 g (18 oz) very ripe tomatoes, remove the seeds, then chop the flesh finely. Heat 6 tablespoons olive oil in a flameproof casserole or large saucepan and add the langoustine heads and shells and the sliced monkfish. As soon as the monkfish has started to brown, add the chopped shallots and cook until just golden. Pour in 1 liqueur glass of Cognac and set it alight.

Add the crushed garlic, a strip of dried orange zest, the chopped tarragon and parsley, the chopped tomatoes, a small bouquet garni, 1 tablespoon tomato purée (paste) diluted with ½ bottle of very dry white wine, salt, pepper and cayenne (this dish must be strongly seasoned). Cover and leave to cook for about 15 minutes; the fish must remain slightly firm. Drain the fish and keep warm on a serving dish. Remove the bouquet garni, strain the sauce and pour over the fish. Garnish with tarragon sprigs and serve with rice.

Monkfish brochettes

Cut the flesh of a monkfish (taken from the tail, which is less expensive than the middle of the fish) into 2.5 cm (1 in) cubes and marinate with halved slices of aubergine (eggplant) for 30 minutes in a mixture of olive oil, plenty of lemon juice, finely chopped herbs and garlic, fresh crumbled thyme, salt and pepper. Thread the skewers, alternating monkfish and aubergine, and grill (broil) under a medium heat for 16–18 minutes.

Monkfish curry à la créole

Cut about 1 kg (2¼ lb) monkfish into pieces, fry in oil until golden, then drain. In the same oil, fry 100 g (4 oz, ¾ cup) finely chopped onion until

golden, then add 2 or 3 peeled crushed tomatoes, a pinch of saffron, 1 tablespoon freshly grated root ginger (or 1 teaspoon ground ginger), 2 finely chopped garlic cloves, a bouquet garni, a piece of orange peel and 2 teaspoons of prepared curry powder. Stir over a medium heat for 5–6 minutes, then add 250 ml (8 fl oz, 1 cup) hot water, cayenne, salt and pepper. Cover and leave to cook very gently for 30 minutes. Remove the bouquet garni and orange peel and serve with rice *à la créole.*

Roast monkfish

Prepare a tomato sauce. While this is cooking, fry some very small button mushrooms and chopped garlic in a little olive oil. Season a well-trimmed piece of monkfish with salt and pepper and bake in an oiled roasting tin (pan) in a preheated oven at 240°C (475°F, gas 9) for 10 minutes, then reduce the heat to 200°C (400°F, gas 6) and leave until cooked, basting from time to time. Serve the fish surrounded with mushrooms and the tomato sauce separately.

Whole monkfish roasted with caramelized shallots

Peel 200 g (7 oz) potatoes and finely slice with a mandoline. Wash and dry thoroughly. Season with salt and pepper. Put them in a bowl and sprinkle with 40 g (1½ oz, 3 tablespoons) melted butter. Arrange in a roasting tin (pan) in a very thin, even layer. Brown in a preheated oven at 240°C (475°F, gas 9). Gently brown a 350 g (12 oz) monkfish tail in 15 g (½ oz, 1 tablespoon) butter. Add 4 shallots in their skins and cook in a preheated oven at 240°C (475°F, gas 9) for 10 minutes. Take the monkfish out of the oven and keep warm. Pour 3½ tablespoons vegetable or fish stock over the shallots. Return them to the oven for 5–10 minutes or until they have become tender. Remove their pulp and put with the cooking juices in a saucepan. Thicken with 25 g (1 oz, 2 tablespoons) butter. Add a few drops of lemon juice, salt and pepper.

Arrange the potatoes in a crown on a hot dish and place the monkfish on top. Strain the sauce through a chinois or fine sieve and pour over the fish.

Mullet

Baked red mullet à la livournaise

Gut (clean) 4 red mullet, make some light incisions on their backs, season with salt and pepper, and lay them head to tail in a buttered or oiled gratin dish. Cover with reduced tomato fondue or sauce, sprinkle with breadcrumbs and 2 tablespoons oil or melted butter, and bake in a preheated oven at 240°C (475°F, gas 9). When the top is brown (after about 15 minutes), add some chopped parsley and a few drops of lemon juice. Serve in the gratin dish.

Baked red mullet with fennel

Soften 25 g (1 oz, ¼ cup) chopped onion in oil, then add 1 tablespoon very finely chopped fresh fennel. Gut (clean) a mullet, make some light incisions on its back, and season with salt and pepper. Butter a small ovenproof dish, spread the base with the onion and lay the fish on top. Sprinkle with breadcrumbs and a little olive oil and bake in a preheated oven at 220°C (425°F, gas 7) for 25 minutes. Sprinkle with parsley and a little lemon juice.

Baked red mullet with shallots

Peel and chop 40 g (1½ oz, ¼ cup) shallots. Boil them in 250 ml (8 fl oz, 1 cup) dry white wine until almost all the liquid has evaporated, then spread

the mixture into a buttered gratin dish. Gut (clean) 3 red mullet, dry them, make some incisions on their backs, season with salt and pepper, and lay them in the dish. Pour over 6 tablespoons dry white wine and dot with about 25 g (1 oz, 2 tablespoons) butter. Cook in a preheated oven at 230°C (450°F, gas 8) for 15 minutes, basting several times with the juices; add a little more white wine if necessary. Sprinkle with chopped parsley and a little lemon juice, and serve from the cooking dish.

Escalopes of red mullet with pissalat

Pissalat is an anchovy purée from the Nice region, flavoured with cloves, thyme, bay leaf and pepper and mixed with olive oil. Fillet 3 red mullet, each weighing about 200 g (7 oz). Season with salt and pepper and cook in a frying pan in 2–3 tablespoons olive oil and 25 g (1 oz, 2 tablespoons) butter. When cooked, remove and drain on paper towels. Arrange in a ring on a round serving dish. Prepare some beurre blanc and mix with some *pissalat*. Coat the fillets lightly with this sauce and garnish with small sprigs of chervil or cress.

Fillets of red mullet Girardet

Remove the fillets from 4 mullet weighing 225 g (8 oz) each. Reserve the livers. Heat 25 g (1 oz, 2 tablespoons) butter and brown the bones and the heads with 2 chopped shallots and some rosemary for 2 minutes. Moisten with a glass each of white wine and water and cook for 5 minutes. Strain this stock and reduce it by half. Stir in 250 ml (8 fl oz, 1 cup) double (heavy) cream and reduce again. Blend in the chopped livers, 20 g (¾ oz, 4½ teaspoons) butter, some salt and pepper, and the juice of ½ a lemon.

Heat a little butter in a clean frying pan. Put the fillets in, skin side down, cook for 45 seconds, then turn them and cook the other side for 30 seconds. Pour the sauce into a hot dish and place the fillets on top.

Fried red mullet

Gut (clean) some small mullet, dry them and make a few shallow incisions on their backs. Soak them for 30 minutes in salted boiled milk, then drain them, dip in flour and fry at 175°C (347°F). Drain on paper towels, arrange in a dish and garnish with lemon slices and fried parsley.

Grilled red mullet

Scale 800 g (1¾ lb) red mullet. Cook whole if they are small, but make some light incisions in the skin. Brush them with oil, applied with a small bunch of thyme or rosemary sprigs. Grill (broil) the fish under a moderate heat. Oil them lightly from time to time while cooking, using a herb brush. Turn them as few times as possible so as not to damage them. Sprinkle with salt and serve either as they are or accompanied by a béarnaise or Choron sauce or with melted butter.

A traditional Provençal method is to grill them without any previous preparation, complete with scales and fins, and without salt. They should be eaten, unsalted, when still barely cooked.

Grilled red mullet à l'italienne

Prepare 8 tablespoons Italian sauce and spread half of it over an oiled gratin dish. Clean and gut 4 red mullet, make some light incisions on their backs, season with pepper, grill (broil) them, then season with salt. Arrange them head to tail in the dish. Mask them with the rest of the sauce, sprinkle with breadcrumbs and a little oil, and brown under the grill. Sprinkle with parsley.

Grilled red mullet à la Bercy

Clean and remove the scales from some red mullet, making a shallow slit along the back of each one. Season with salt and pepper, brush with oil and

grill (broil) gently. Arrange on a serving dish and top with half-melted Bercy butter. The fish may be marinated in a little olive oil with salt, pepper and chopped parsley before cooking.

Grilled red mullet à la niçoise

Clean, wash and dry the fish, season with salt and pepper, brush with olive oil and marinate for 30 minutes. Make a well-flavoured tomato fondue and boil down until very thick. Grill (broil) the mullet gently for 15 minutes. Cover the bottom of the serving dish with the tomato fondue (capers may be added if desired) and place the grilled fish on top. Garnish with strips of anchovy fillets in oil arranged in a lattice, and small black olives. Place a slice of lemon on the head of each fish.

Red mullet à l'orientale

Clean some very small red mullet, season with salt and pepper, dip them in flour and fry quickly in oil. Arrange them in a flameproof dish. Cover with a fondue of tomato lightly flavoured with saffron, fennel, thyme, a crumbled bay leaf, a few coriander seeds, chopped garlic and parsley. Bring to the boil, cover, then finish cooking in a preheated oven at 220°C (425°F, gas 7), for 6–8 minutes. Leave the fish to get cold in their cooking sauce. Garnish with thin slices of peeled lemon and sprinkle with chopped parsley; serve cold.

Red mullet à la nantaise

Put 150 ml (¼ pint, ⅔ cup) white wine and 2 or 3 finely chopped shallots into a pan and boil down to reduce. Trim and gut (clean) 4 mullet, but do not remove the livers. Wipe the fish, season with salt and pepper, brush with oil and grill (broil). Then remove the livers from the fish, mash them and beat them into the reduced sauce together with a few drops of lemon juice and

about 50 g (2 oz, ¼ cup) butter. Pour the sauce into a long serving dish and arrange the grilled mullet on top. Garnish with slices of lemon.

Red mullet charlotte

Wash 1 kg (2¼ lb) aubergines (eggplants), dry them and cut each in half. Make cuts on the flesh, sprinkle with salt and leave for 1 hour so that the juice seeps out. During this time, skin and gut (clean) six 150 g (5 oz) red mullet. Retain the livers and remove the fillets. Drain the aubergines and wipe them. Brush them with olive oil and bake them in a preheated oven at 220°C (425°F, gas 7). When the pulp is completely soft, remove it with a spoon and reduce it to purée. Add the juice of 1 lemon and then stir it over a very gentle heat, adding 150 g (5 oz, ⅔ cup) butter, salt, pepper and 1 crushed garlic clove. Chop the mullet livers and add them gradually. Season the mullet fillets and fry them in olive oil. Drain them and use to line a buttered charlotte mould. Pour the filling into the mould and press down lightly with a plate. Place in the refrigerator for 2 hours. Serve with a tomato sauce.

Red mullet en papillotes

Clean 8 small red mullet, but leave the liver inside. Prepare a forcemeat with 5–6 slices of white bread dipped in milk, some parsley and 4 tablespoons anchovy butter. Season the fish with salt and pepper, stuff with the forcemeat, brush with olive oil and leave to marinate in a cool place for 1 hour. Place each fish on a rectangle of oiled greaseproof (wax) paper and close the papillotes. Cook in a preheated oven at 230°C (450°F, gas 8) for 15–20 minutes.

Red mullet grilled in cases

Grill (broil) some red mullet. Cut pieces of greaseproof (wax) paper large enough to enclose the fish and spread them with mushroom duxelles. Put a

fish on each piece of paper and pour over some duxelles sauce; sprinkle with breadcrumbs and melted butter and brown in a preheated oven at 240°C (475°F, gas 9) for a few minutes.

Red mullet in a mille-feuille of cabbage with marrow

Descale and clean 12 red mullet weighing 120–150 g (4¼–5 oz), keeping the livers to one side. Lift the bones with tweezers and remove the gills. Finely chop 1 garlic head, then scald, cool and drain it. Dry it lightly in the oven, then caramelize it with a knob of butter, a little sugar and salt.

Blanch and cool the leaves of 2 green cabbages. Drain and cut 30 rounds, 7.5 cm (3 in) in diameter, avoiding the tough ribs. Cut the red mullet fillets into 2 or 3 thin slices. Cut 150 g (5 oz) blanched bone marrow into very fine slices. On each round of cabbage, arrange the equivalent of a fillet of fish and a slice of marrow. Season with salt and pepper. Allow 4 layers and 5 rounds of cabbage per mille-feuille, making 6 in all. Steam for 8–10 minutes.

Meanwhile, sweat the red mullet livers in 60 ml (2 fl oz, ¼ cup) olive oil and a little marrow. Pour a little fumet on top, correct the seasoning, add 50 g (2 oz, ¼ cup) butter and blend until smooth at the last moment. Place a mille-feuille in the middle of each plate and pour the juice around it. Sprinkle with a pinch of salt, pepper and garlic on top. Garnish with flat-leaf parsley.

Red mullet poached à la nage with basil

Prepare the sauce in advance: finely chop 20 fresh basil leaves, 5 tarragon leaves and 5 sprigs of parsley. Peel and chop a tomato. Marinate these ingredients with a little garlic in 250 ml (8 fl oz, 1 cup) extra-virgin olive oil. Add a few drops of wine vinegar and season with salt and pepper.

On the day of the meal, prepare an aromatic poaching liquid. Finely snip a bunch of chives and dice the flesh of 1 lemon. Squeeze the juice of 1 lemon.

Chop or dice 400 g (14 oz) carrots, 1 medium leek and 300 g (11 oz) celeriac or 2 celery sticks. Bring to the boil 400 ml (14 fl oz, 1¾ cups) fish stock, lightly seasoned with salt and pepper, with 200 ml (7 fl oz, ¾ cup) white wine. Add the vegetables, 4 sprigs lemon thyme and the lemon juice. Bring back to the boil, then reduce the heat. Cook this nage for 30 minutes. Meanwhile, scale 4 red mullet, each weighing 175–200 g (6–7 oz), but do not gut (clean) them. Place a slice of orange, a slice of lemon and a bay leaf on each fish and wrap in foil. Cook the fish gently in the poaching liquid for about 10 minutes; they should still be firm and have retained their shape. Serve with the sauce.

Red mullet with jasmine

Gut, trim and clean the mullet. Remove the backbone. Stuff the fish with a mousse made of whiting flesh bound with cream and flavoured with essence (extract) of jasmine. Wrap in buttered paper and cook in a preheated oven at 180°C (350°F, gas 4) for 25 minutes. Take the fish out of their wrappings and arrange them on a hot dish. Cover with a tomato-flavoured white wine sauce.

Perch

Perch fillets with risotto à la piémontaise

Make a risotto à la piémontaise with 250 g (9 oz, 1¼ cups) rice. Wash the fillets of 4 perches and pat dry with paper towels. Coat in breadcrumbs and fry on both sides in butter. Butter an oval serving dish and put the risotto in it. Arrange the perch fillets on top. Garnish with lemon quarters.

Pike

Consommé à l'amiral

Lightly thicken a fish consommé with arrowroot and garnish with small pike quenelles in crayfish butter, poached oyster halves, julienne of truffles cooked in Madeira and sprigs of chervil.

Pike au beurre blanc (1)

Gut (clean) the pike, clean it carefully and cut off the fins and tail. Prepare a court-bouillon in a fish kettle and boil for about 30 minutes. Add the pike. As soon as the court-bouillon starts to boil again, reduce the temperature to keep it at a barely perceptible simmer. After 12–20 minutes remove the fish kettle from the heat.

Meanwhile, prepare the *beurre blanc*: boil down some vinegar containing 2–3 chopped shallots and freshly ground pepper (one turn of the pepper mill); when it has reduced by half remove from the heat. Soften a large piece of butter – about 225 g (8 oz, 1 cup) to 2 tablespoons reduced vinegar – on a plate using a spatula and incorporate it gradually into the vinegar, beating vigorously with a whisk. It will turn frothy without becoming liquid and will acquire its characteristic whiteness. Drain the pike, arrange on a long dish and coat with the *beurre blanc*, adding fresh sprigs of parsley. Alternatively, serve the *beurre blanc* separately in a sauceboat.

Pike au beurre blanc (2)

Wash the pike in plenty of water, sprinkle with fine salt and leave for about 15 minutes. Wash again and place in the fish kettle, surrounded with parsley,

2 sliced onions, 2 quartered shallots, 2 garlic cloves, 8–20 chives or the green part of a leek, a sprig of fresh thyme, a bay leaf and a few slices of carrot; season with salt and pepper. Cover with sprigs of parsley and add enough dry white wine to cover the whole fish. Leave to marinate for 1 hour. About 35 minutes before serving, place the fish kettle over a high heat; as soon as it begins to bubble, reduce the heat and simmer as gently as possible.

While it is cooking, prepare a *beurre blanc* as in Pike au beurre blanc (1), using 250 g (9 oz, 1 cup) slightly salted butter. Keep the *beurre blanc* warm in a bain marie and do not allow to boil. Trim the pike, drain for a few seconds on a cloth and place on a long, very hot dish. Using the blade of a knife, quickly slit the middle of the side, from the head to the tail, following the lateral line. Detach and remove the main bone, holding the head in the left hand, then reshape the fish. Quickly stir the *beurre blanc* with a spatula to mix the shallots in well, pour over the pike and serve.

Pike au bleu

This method is used mostly for cooking young or very small pike. Cook the fish in a court-bouillon containing a high proportion of vinegar. Drain, place on a napkin and garnish with fresh parsley. Serve with melted butter or with one of the sauces recommended for poached fish. To accompany the fish serve boiled potatoes, various vegetable purées (celery, turnip, onion), leaf spinach or broccoli.

Pike du meunier

Scale, beard, gut (clean), remove the heads from, and wash 3 young pike, each weighing 675–800 g (1½–1¾ lb). Cut into pieces and season; dip in milk and then flour. Cook gently in a sauté pan with 200 g (7 oz, ¾ cup) butter and 1 tablespoon oil. Separately, soften 4 medium chopped onions in butter.

When the pieces of pike are lightly coloured, add the onions and 3 tablespoons very good white wine vinegar. Reduce by half. Season with salt and pepper and serve each portion with 2 croûtons cooked in butter.

Pike in vinegar

Take a pike weighing about 1.5 kg (3 lb). Remove the fillets and season with salt and pepper, then dust with flour. Heat some butter in a frying pan and brown the fish fillets on both sides. Drain them, arrange on a long dish, sprinkle with chopped parsley and lemon juice, and keep them hot. Deglaze the pan with white wine vinegar; reduce, add 3 tablespoons fresh double (heavy) cream, and bind with a little béchamel. Pour the sauce over the fillets. Serve with a sprinkling of chopped parsley.

Pike quenelles

Fillet a pike weighing about 1.25 kg (2¾ lb). Remove the skin and take out the bones, then weigh the flesh – there should be about 400 g (14 oz). Finely mince or pound the flesh, then put it in the refrigerator.

Prepare a panada: bring 300 ml (½ pint, 1¼ cups) water to the boil, adding a generous pinch of salt. Remove from the heat and sift in 150 g (5 oz, 1¼ cups) plain (all-purpose) flour through a sieve; stir vigorously until smooth, then continue to stir over heat until the mixture dries out, taking care that it does not stick to the bottom of the pan. Remove from the heat and beat in 1 whole egg; leave the mixture to get cold, then refrigerate. When the panada is well chilled, process in a blender until it is quite smooth.

Cream 200 g (7 oz, ¾ cup) butter. Put the pike flesh into a bowl placed in another bowl full of crushed ice; season with salt and pepper, then work it with a wooden spoon until it is smooth. Now mix in the panada, 1 whole egg and 4 yolks (one by one), and finally the butter: the mixture should be

uniformly blended and smooth. (If all the ingredients are really cold, this last stage can be carried out in a blender, as long as it is powerful enough to work quickly without heating; the blender goblet itself should have been cooled in the refrigerator.) Chill the mixture for 30 minutes. Shape the quenelles, using 2 spoons dipped in hot water, and place on a lightly floured surface. Bring 2 litres (3½ pints, 9 cups) salted water to the boil and poach the quenelles for 15 minutes, without letting the water boil. Drain them and leave to get cold, then finish according to the chosen recipe.

Pike quenelles à la florentine

Prepare some pike quenelles, spinach in cream, and a béchamel sauce enriched with cream: 100 ml (4 fl oz, 7 tablespoons) crème fraîche to 400 ml (14 fl oz, 1¾ cups) béchamel sauce; the sauce should be very thick. Butter a gratin dish and spread the spinach over the bottom of the dish. Arrange the quenelles on top, mask them with the béchamel sauce, sprinkle with grated cheese and dot with pieces of butter. Brown the quenelles in a preheated oven at 230°C (450°F, gas 8).

Pike quenelles à la lyonnaise

Prepare 575 g (1¼ lb) *godiveau lyonnais* and use it to make some quenelles. Make a béchamel sauce with 100 g (4 oz, ½ cup) butter, 1.5 litres (2¾ pints, 6½ cups) milk, 100 g (4 oz, 1 cup) plain (all-purpose) flour, a pinch each of grated nutmeg, salt and pepper, and enrich with 200 ml (7 fl oz, ¾ cup) double (heavy) cream.

Butter a gratin dish and pour in a quarter of the béchamel sauce. Arrange the quenelles on top, cover them with the remaining sauce and dot with small pieces of butter. Cook the quenelles in a preheated oven at 190°C (375°F, gas 5) for 15 minutes (they will swell a great deal). Serve at once.

Pike quenelles mousseline

Work 500 g (18 oz) pike flesh together with 1 teaspoon salt, a pinch of white pepper and a pinch of grated nutmeg in a blender, then add 3 egg whites one by one. When the mixture is smooth, pour into a bowl and chill in the refrigerator. Also refrigerate 600 ml (1 pint, 2½ cups) crème fraîche and the blender goblet. When the fish mixture is cold, pour it back into the blender goblet, add 250 ml (8 fl oz, 1 cup) of the chilled crème fraîche and blend for a few seconds until it is thoroughly incorporated. Add a further 200 ml (7 fl oz, ¾ cup) crème fraîche, blend again, then repeat with the remaining crème fraîche. Shape the mixture into quenelles and poach as for ordinary pike quenelles.

Quenelles Nantua

Make some pike quenelles and poach them. Melt 40 g (1½ oz, 3 tablespoons) butter in a flameproof casserole and add 40 g (1½ oz, ⅓ cup) plain (all-purpose) flour. Cook for 1 minute, stirring with a whisk, without allowing the mixture to colour. Season 500 ml (17 fl oz, 2 cups) milk with salt, pepper and nutmeg and bring to the boil. Add 250 ml (8 fl oz, 1 cup) double (heavy) cream. Add this mixture to the cooled butter-flour mixture. Add 1 medium-sized onion, studded with 2 cloves. Simmer for 30 minutes over a low heat. Strain and add 75 g (3 oz, 6 tablespoons) crayfish or lobster butter and whisk to incorporate.

Wash 250 g (9 oz) mushrooms and cut into quarters. Cook for 4–5 minutes in a little lemon-flavoured, salted water. Pour the sauce into a gratin dish (or individual gratin dishes). Arrange the quenelles and add some shelled crayfish or prawns (shrimps). For a crisp crust, sprinkle with breadcrumbs and pour 50 g (2 oz, ¼ cup) melted butter on top. Bake in a preheated oven at 180°C (350°F, gas 4) for about 15 minutes.

Alternatively, freshly cooked quenelles can be served with crayfish or prawns in the sauce without the gratin topping and mushrooms. Part-shelled crayfish and a little mayonnaise may be added as a garnish.

Terrine of pike with Nantua sauce

Cut the fillets from a pike weighing about 1.5 kg (3¼ lb) and remove the skin. Cut the fillets from the belly into narrow strips, then into dice.

Prepare a frangipane; mix 100 g (4 oz, 1 cup) plain (all-purpose) flour, 40 g (1½ oz, 3 tablespoons) butter and 3 egg yolks with 200 ml (7 fl oz, ¾ cup) hot milk. Work this over the heat, until the dough collects in a ball around the spatula, then spread it on a buttered plate to cool. Clean and finely chop 100 g (4 oz, 1⅓ cups) button mushrooms and chop 4 or 5 shallots.

Brown the diced pike in butter in a frying pan, then add the mushrooms and brown; finally add the shallots, but do not allow them to change colour. Remove all ingredients with a skimming spoon and pour 100 ml (4 fl oz, 7 tablespoons) good dry white wine into the frying pan, stir with a spatula to deglaze, then replace the ingredients and add 25 g (1 oz, ½ cup) chopped parsley. Remove from the heat.

Pound or finely chop the remaining pike flesh – about 500 g (18 oz) – and season liberally with salt and pepper. Add the cooled frangipane in small pieces, then 3 unwhisked egg whites. Mix well, then pass twice through the mincer (or chop finely in a food processor). Beat with 350 ml (12 fl oz, 1½ cups) double (heavy) cream and add the diced fish, mushrooms and shallots.

Generously butter a flameproof pâté dish or terrine and heap the mixture into it. Cover and place in a bain marie. Bring to the boil on top of the stove, then place in a preheated oven at 180°C (350°F, gas 4) and cook gently for about 1½ hours. The top of the terrine should turn pale gold, but not brown. Serve the terrine in the container in which it was cooked, with Nantua sauce.

Pike-perch

Fillets of pike-perch with cabbage

Trim and clean a pike-perch weighing about 1.5 kg (3¼ lb). Remove the 2 fillets, trim and wash them, then cut each in half.

Prepare the flavourings for a court-bouillon: a carrot, a celery stick, 2 small white young onions, a shallot, a garlic clove, a bouquet garni with a sprig of tarragon, a sage leaf and the green part of a leek added, and a muslin (cheesecloth) bag containing 3 lightly crushed peppercorns, a clove, a star anise and 2 coriander seeds. Put all these ingredients in a large saucepan with 1½ teaspoons coarse sea salt and 500 ml (17 fl oz, 2 cups) water, boil for 5 minutes and leave to cool.

Cut away the thick ribs from the leaves of a small green cabbage weighing 675–800 g (1½–1¾ lb), wash the leaves and blanch for 8 minutes in boiling water. Drain, squeeze in a sieve and keep warm.

Prepare the sauce: in a large bowl put ½ teaspoon table salt, a pinch of freshly ground pepper and 4 tablespoons wine vinegar; beat in 150 ml (¼ pint, ⅔ cup) olive oil and keep in a warm place.

Arrange the pike-perch fillets in a fish kettle, on top of the vegetables from the court-bouillon, and just cover with the cooled court-bouillon; add 100 ml (4 fl oz, 7 tablespoons) spirit vinegar and the juice of half a lemon. Bring to the boil, cover, remove from the heat and leave to poach for 5–8 minutes. Arrange the cabbage leaves in the serving dish. Lift out the fillets with a fish slice, removing any vegetables, and arrange on top of the cabbage. Pour the sauce over and sprinkle with 3 small young onions, finely chopped, and 1 tablespoon chopped chives.

Marinated pike-perch with cardoons

Finely chop 5 garlic cloves, a small bunch of parsley and 2 thyme sprigs. Mix with the juice of 2 lemons and 150 ml (¼ pint, ⅔ cup) olive oil in a shallow dish. Lay 4 pike-perch cutlets in the dish, turning once in the marinade to make sure they are well coated. Cover and leave in a cold place for 2–3 hours.

Trim 2 kg (4½ lb) cardoon stalks and cut them into 2.5–5 cm (1–2 in) lengths. Cook the cardoons in boiling salted water, adding a little lemon juice, for 1 hour. Peel 300 g (11 oz) pickling onions and brown them gently in butter, turning occasionally so that they are evenly glazed. Set the onions aside to keep hot. Drain the cardoons and return them to the pan; add a knob of butter and keep them hot.

Remove the fish cutlets from the marinade. Pour the marinade into a saucepan and heat it gently, then cover and leave to infuse over a low heat for about 30 minutes, stirring occasionally. Grill (broil) the fish cutlets until golden on both sides. Arrange the buttered cardoons on a serving platter or individual plates and top with the fish cutlets. Add the glazed onions, then spoon the sauce over the fish and vegetables.

Pike-perch and oyster-mushroom salad

Peel and wash 675 g (1½ lb) oyster mushrooms; slice thinly, sauté briskly in 100 ml (4 fl oz, 7 tablespoons) olive oil with salt and pepper and drain. Gently heat 2 tablespoons vinaigrette with 2 tablespoons cream until warm; add the mushrooms and a vegetable julienne made from 1 carrot, ¼ celeriac, 100 g (4 oz) French (green) beans and 1 turnip, all stewed in butter. Season 4 fillets of pike-perch, each weighing 200 g (7 oz), and cook in a covered dish in a preheated oven at 180°C (350°F, gas 4) for about 20 minutes. Serve with the oyster-mushroom salad, pouring a few drops of vinegar over each fillet just before serving.

Plaice

Plaice à la florentine

Clean a large plaice, put it in a buttered dish, add equal quantities of white wine and concentrated fish stock (or court-bouillon), and bake in a preheated oven at 160°C (325°F, gas 3) for 35 minutes, basting frequently. Drain. Cover the bottom of an ovenproof serving dish with spinach braised in butter and lay the plaice on it, cover with Mornay sauce, sprinkle with grated cheese and clarified butter, and glaze quickly in a preheated oven at 240°C (475°F, gas 9).

Roe & caviar

Barquettes of roe

Bake some small barquettes blind and leave to cool. Mix a skinned smoked cod or grey mullet roe with an equal quantity of butter. Add some finely grated lemon peel, using 1 lemon for 250 g (9 oz, 1 cup) roe mixture. Fill the barquettes and garnish with fluted half-slices of lemon. Chill for 1 hour.

Canapés with caviar

Spread fresh butter on some round slices of bread and garnish with caviar. Sprinkle each with a little lemon juice and a pinch of chopped chives. Very thick soured (sour) cream may be used instead of butter if desired.

Croûtes à la livonienne

Cut some slices of bread and remove the crusts. Lightly fry them in butter. Reduce to a purée some cooked soft herring roes, add to the purée an equal volume of béchamel sauce and coat the croûtes with the mixture. Place on each croûte a spoonful of a salpicon of finely diced kipper fillets and dessert apples, flavoured with lemon. Sprinkle with fine breadcrumbs, which have been fried in butter, and brown in a preheated oven at 220°C (425°F, gas 7).

Grilled roes

Season some fish roes (whiting, cod or salmon) with salt and pepper. Brush with oil, sprinkle with a little lemon juice and leave them for 30 minutes. Then either brush them with clarified butter and grill (broil) gently, or fry in butter over a gentle heat. Serve with rye bread, butter and lemon.

Pannequets with soft roes

Poach some herring soft roes (or other if preferred), drain, cool and cut them into a salpicon. Prepare 8 savoury pannequets, 4 tablespoons mushroom duxelles and 300 ml (½ pint, 1¼ cups) well-reduced béchamel sauce or thin velouté. Mix the duxelles with the béchamel sauce and add the soft roes.

Make 8 fairly thick savoury pancakes, spread with the roe mixture and fold each in four. Place in a buttered ovenproof dish. Sprinkle with fresh breadcrumbs fried in butter with a little grated Parmesan cheese added, and brown under a hot grill (broiler) or in a preheated oven at 230°C (450°F, gas 8) for about 10 minutes.

Poached soft roes in court-bouillon

Soak the roes in cold water for 2 hours, then remove the small blood vessels that run down the sides. Prepare a simple court-bouillon with cold water, a

little lemon juice, salt and oil – 2 tablespoons for every 500 ml (17 fl oz, 2 cups) water. Put the roes in this liquid, bring slowly to a very gentle simmer and poach for about 4 minutes. Drain and cool.

Soft roes à la meunière

Soak the roes and blot them dry with paper towels. Coat them with flour, shake off any excess and fry in butter seasoned with salt and pepper. Sprinkle with lemon juice.

Soft roes à l'anglaise

Poach the roes in a court-bouillon and allow to cool. Coat them in flour, then dip them in egg and breadcrumbs. Fry in butter, browning on both sides. Arrange on a serving dish and sprinkle with a mixture of melted butter and lemon juice. Garnish with half slices of lemon.

Soft-roe barquettes

Cook some shortcrust (basic pie dough) or puff pastry barquette cases – small boat-shaped tartlets. Poach some soft roe (carp, herring or mackerel) in court-bouillon. Finely chop and sauté some mushrooms. Prepare a small quantity of béchamel sauce. Fill the bottom of each barquette with mushrooms. Place one piece of roe in each barquette. Coat the barquettes with béchamel sauce, sprinkle with grated Gruyère cheese and brown under the grill (broiler).

Soft roes in noisette butter

Poach the roes in a court-bouillon, dry on paper towels and arrange on a long dish. Sprinkle with capers and chopped parsley, together with a little lemon juice. Top with a few tablespoons of noisette butter.

Alternatively, the lemon juice may be replaced with a few drops of vinegar, and the chopped parsley with 2 tablespoons chervil, which are added to the noisette butter.

Soft roes in scallop shells à la normande

Poach the roes in a court-bouillon and drain them. Put them in scallop shells edged with a border of duchess potatoes, previously browned in the oven. Top the roes in each shell with a poached drained oyster, a cooked mushroom and 1 scant tablespoon shrimps and mussels. Coat with normande, Mornay or butter sauce, and garnish each shell with a generous strip of truffle.

Soft roes of herring with verjuice

Verjuice is the acid juice extracted from large unripened grapes or crab-apples. Soak 800 g (1¾ lb) soft roes of herring for 1 hour in cold water with 100 ml (4 fl oz, 7 tablespoons) white wine vinegar. Drain and wipe. Season with salt and pepper, coat with flour, shaking off any excess, then prick with a needle to prevent them from bursting during cooking. Heat 40 g (1½ oz, 3 tablespoons) butter and 3 tablespoons oil in a frying pan. Carefully place the roes in the hot fat and cook for 3–4 minutes on each side.

Heat 75 g (3 oz, 6 tablespoons) butter in a separate frying pan and brown 75 g (3 oz, 1 cup) diced mushrooms and an equal quantity of diced sour apples for 4 minutes. Then add 75 g (3 oz) diced tomatoes, cook for 1 minute and add 50 g (2 oz) capers, salt and pepper. Arrange the roes on warmed plates, sprinkle with 50 g (2 oz, 1 cup) small sprigs of parsley and garnish with the browned vegetables.

Remove the fat from the pan in which the roes were cooked and add, over a brisk heat, 3 tablespoons cider vinegar and an equal quantity of verjuice. Bring to the boil and pour over the roes.

Salmon

Canapés with smoked salmon

Butter some slices of bread and garnish with slices of smoked salmon cut to the size of the bread. Garnish each canapé with half a slice of fluted lemon.

Chaud-froid of salmon

Poach some slices or steaks of salmon very gently in a plentiful and well-seasoned fish stock: this is later used for making the brown chaud-froid sauce.

When the slices are cooked (they must still be slightly firm), leave them to cool in the stock, then drain them on a rack. Prepare a chaud-froid sauce with the strained stock, keeping it fluid, and coat the slices of salmon with it in three successive applications. After the last, garnish with round slices of truffle or black (ripe) olives and small decorative shapes cut from a green pepper. Glaze with very light aspic.

Cold poached salmon

Poach a whole salmon (or some salmon steaks) in a court-bouillon or a fish fumet and leave to cool in the liquid. Drain the fish, wipe it and arrange on a large dish, garnished with parsley. Alternatively, the skin can be removed and the fish garnished with lettuce hearts, hard-boiled (hard-cooked) eggs or stuffed vegetables, such as cherry tomatoes or slices of cucumber.

The following garnishes are also suitable: small pieces of aspic, prawns (shrimp) or crayfish tails, lobster medallions, a macédoine of vegetables, or small barquettes or cooked artichoke hearts filled with caviar, mousse or a seafood filling.

The cold poached salmon may be served with any one of the following sauces: Andalusian, Chantilly, green, gribiche, mayonnaise, ravigote, rémoulade or Vincent.

Alternatively, the poached salmon can be drained and served hot, with the skin removed, and accompanied by hot melted butter, beurre blanc or a white wine sauce.

Cold salmon cutlets à la parisienne

Poach some thick slices of salmon in court-bouillon and allow them to cool. Cut each slice into two. Cover the serving dish with a macédoine of vegetables in mayonnaise, arrange the half-slices on it and coat them with mayonnaise thickened with gelatine. Between the cutlets arrange some bunches of asparagus tips, some carrots cut into pod shapes and some chopped French (green) beans, all these vegetables being first cooked in salted water and well drained. A thin slice of truffle may be placed on each cutlet.

Colombines of salmon Nantua

Rub the following ingredients through a sieve: 125 g (4½ oz) raw pounded salmon, 125 g (4½ oz) bread soaked in milk and squeezed, 2 whole eggs and 120 ml (4½ fl oz, ½ cup) whipping or double (heavy) cream. Mix them together over ice, season with salt and pepper, and add a little grated nutmeg. Prepare large dumplings with the mixture and poach them in Nantua sauce.

Escalope of salmon with Gigondas

Gently boil 500 ml (17 fl oz, 2 cups) Gigondas wine until reduced by three-quarters. Add 500 ml (17 fl oz, 2 cups) well-reduced fish fumet, 1 chopped tomato, 1 thinly sliced mushroom and 2 thinly sliced shallots. Reduce again until almost dry, then whisk a large piece of crayfish butter into the liquid.

Prepare a fondue with 150 g (5 oz) finely chopped spring onions (scallions) by cooking them gently in butter until they are reduced to a pulp. Poach 1 very large escalope of salmon, weighing about 150 g (5 oz), until just cooked. Drain it and then fry it in butter. Arrange the onion fondue on a plate, lay the salmon escalope on top and pour a ribbon of sauce around it.

Escalopes of raw salmon with pepper

Brush a cold plate lightly with olive oil and lay some thin raw escalopes (scallops) of salmon on it. Brush the escalopes with olive oil. Season with salt and pepper, then sprinkle with crushed green peppercorns. Serve very cold.

Escalopes of salmon

Cut some raw salmon fillets into escalopes (scallops), weighing about 100 g (4 oz) each. Flatten them lightly and trim if necessary. Any of the recipes using salmon cutlets and steaks can be followed for escalopes.

Escalopes of salmon with carrots

Cook 2 sliced carrots in a frying pan with some fish fumet, a little dry vermouth and some paprika. When cooked *al dente*, remove the carrots and set aside. Add 1 tablespoon green peppercorns and 200 ml (7 fl oz, ¾ cup) double (heavy) cream to the frying pan, season with salt and pepper, then boil to reduce. Arrange some raw escalopes (scallops) of salmon with the carrots on hot buttered plates. Coat with the hot sauce and serve at once.

Fried salmon steaks

Season some salmon steaks, 2 cm (¾ in) thick, with salt and pepper. Dust well with flour and deep-fry quickly in oil at 180°C (350°F) until golden brown. Serve with lemon or lime wedges.

Glazed salmon à la parisienne

Place a whole salmon in a fish stock, bring to the boil and simmer for 7–8 minutes. Leave it to cool in the cooking stock, then drain it and remove the skin and bones without breaking the flesh. Pat dry with paper towels. Coat it several times with half-set aspic jelly (prepared from the cooking stock), putting the fish in the refrigerator between applications. Cover the serving dish with a layer of aspic. When the aspic is set, arrange the salmon on top.

Prepare a vegetable macédoine mixed with thick mayonnaise and use it to stuff some small round tomatoes. Halve some hard-boiled (hard-cooked) eggs. Sieve the yolks , mix with some mayonnaise and pipe into the whites. Garnish the border of the dish with the tomatoes, eggs and slices of lemon.

Glazed salmon cutlets with a vegetable macédoine

Prepare, cook and glaze some salmon cutlets as in the recipe for glazed salmon cutlets with Chambertin, but replace the Chambertin with white wine or champagne. Arrange the cutlets in a circle on a round dish and fill the centre with a macédoine of vegetables in thick mayonnaise. Strips of anchovy fillets or small green asparagus tips may be added to this salad.

Glazed salmon cutlets with Chambertin

Cut the salmon into slices about 2.5 cm (1 in) thick and halve each slice. Shape the halves into cutlets and arrange on a buttered dish. Season with salt and pepper and add enough fish aspic stock, made with Chambertin, to cover the cutlets. Poach very gently for 8–10 minutes, then drain and wipe. Allow to cool completely. Clarify the stock, then cool it, but do not allow it to set. Arrange the cutlets on a rack over a dish and coat them with several layers of aspic, placing the dish in the refrigerator between each application. Put a thin layer of aspic to set on the serving dish and lay the cutlets on top.

Glazed salmon en bellevue

Prepare and poach the salmon whole in a concentrated fish stock. Allow to cool completely in the cooking liquor, then drain. Remove the skin from both sides and dry the fish gently with paper towels. Clarify the stock to make an aspic jelly and glaze the salmon with several coats, allowing each coat to set in the refrigerator before applying the next. Coat the bottom of the serving dish with a thin layer of aspic and lay the glazed salmon on top. Garnish with diced or cut shapes of aspic and keep in a cool place until ready to serve. (Salmon steaks and fillets can be prepared in the same way.)

Grilled salmon steaks

Season some salmon steaks, 2.5–5 cm (1–2 in) thick, with salt and pepper. Brush them with olive oil and cook gently under a moderate grill (broiler). Serve with maître d'hôtel butter, béarnaise sauce or gooseberry sauce.

Marinated salmon

Fillet a fresh Scottish salmon and cut the fillets into very thin escalopes (scallops). Prepare a marinade with 1 part olive oil to 2 parts lemon juice and add some salt, pepper and 1 tablespoon chopped herbs (chives, chervil and tarragon). Marinate the escalopes for a maximum of 3 minutes. Make a sauce with a little whipped crème fraîche, some salt and pepper, and 1 teaspoon Meaux mustard. Drain the slices of salmon and arrange them on a serving dish. Serve the sauce separately.

Mille-feuille of salmon au beurre rosé

Cut some thinly rolled puff pastry into 4 rectangles measuring 10 × 7 cm (4 × 2¾ in) and bake them in a preheated oven at 220°C (425°F, gas 7) for 15 minutes. Arrange some thin slices of fresh uncooked salmon on 3 of the

pastry rectangles and place them on top of each other, spreading each layer with a mixture of cream and lemon juice seasoned with chopped tarragon, salt and pepper. Cover with the fourth pastry rectangle and bake for 5–10 minutes, then cool. Blend some butter with a little cream and mix in a little cranberry compote or cranberry sauce. Coat the mille-feuille with this butter.

Minute steaks of salmon with aigrelette sauce

Butter some small ovenproof plates and sprinkle with salt and pepper. Place a salmon escalope (scallop) on each plate (the escalopes should be large enough to cover the plates completely). Just before serving, put the plates into a very hot oven for 2–3 minutes. Meanwhile, prepare a mayonnaise with wine vinegar and lemon juice, dilute it with fish fumet and season with salt, pepper, chopped chives and tarragon. Serve the cooked escalopes with this sauce.

Poached salmon steaks

Place some salmon steaks, 4 cm (1½ in) thick, in enough court-bouillon or fish fumet to cover them. Bring to the boil, simmer for 5 minutes, then remove from the heat and drain. Serve the steaks topped with pats of butter flavoured with lemon, parsley, chives or tarragon. Alternatively, dress with melted clarified butter flavoured with lemon zest and juice, maître d'hôtel butter or beurre blanc.

Raw salmon with red new potatoes

Cover a 2 kg (4½ lb) salmon fillet with coarse salt and leave for a few hours. Rinse well and pat dry. Place in a large dish. Mix 500 ml (17 fl oz, 2 cups) groundnut (peanut) oil, 500 ml (17 fl oz, 2 cups) olive oil, 4 chopped red onions, 2 thinly sliced carrots, 15 juniper berries, 10 black peppercorns and 5 small bay leaves. Pour over the salmon. Cover and marinate for 24 hours.

Cook 500 g (18 oz) red new potatoes in boiling water. Slice them and season with coarse salt and thyme leaves. Drain the salmon and cut into slices across the grain. Arrange these on plates with the potato slices. Dress with a little of the marinade and garnish with thyme sprigs.

Rillettes of salmon

Put a bouquet garni, some salt and pepper, a sliced carrot and a sliced onion in a saucepan with a little water. Boil gently for 20 minutes. Add a thick piece of fresh salmon and poach very gently in the stock for 10 minutes. Leave to cool, then drain. Trim the fish and flake it with a fork.

Cut 100 g (4 oz) smoked salmon into dice. Mix both types of salmon thoroughly with 1 egg yolk, 125 g (4½ oz, ½ cup) butter and 1 tablespoon olive oil. Place in an earthenware dish and leave overnight in the refrigerator before serving.

Salmon aiguillettes

Cut some raw salmon fillets into thin strips (*aiguillettes*) and cook them as for salmon cutlets, steaks or escalopes (scallops). The strips can also be dipped in batter and deep-fried.

Salmon brochettes with fresh duck liver

Prepare the brochettes by threading cubes of raw salmon and slightly larger cubes of fresh duck liver alternately on to skewers. Arrange the brochettes, without overlapping, on a julienne of vegetables in an ovenproof dish, and season with salt and pepper.

Boil some dry white wine and some shallots in a saucepan until reduced by half. Add an equal quantity of double (heavy) cream and boil for 5 minutes. Pour the sauce over the brochettes and cook in a preheated oven at

190°C (375°F, gas 5) for 10 minutes. Drain the brochettes and put them on a hot dish. Reduce the sauce, add some truffle juice then whisk with 3 egg yolks in a bain marie until light and fluffy. Pour it over the brochettes.

Salmon cooked in champagne

Prepare a fish fumet with 1 carrot, 1 onion, 25 g (1 oz, 2 tablespoons) butter, 400 g (14 oz) fish bones (preferably without skin), a bouquet garni, 300 ml (½ pint, 1¼ cups) white wine and 200 ml (7 fl oz, ¾ cup) water. Simmer for 30 minutes and then strain.

Prepare a blond roux with 50 g (2 oz, ¼ cup) butter and 40 g (1½ oz, ⅓ cup) plain (all-purpose) flour and then add the fish stock. Bring the sauce to the boil, stirring continuously, and cook for 15 minutes over a low heat.

Gut (clean) a salmon weighing about 2 kg (4½ lb). Butter a large flameproof dish and sprinkle it with salt, pepper and 3 chopped shallots. Place the salmon in the dish and add 500 ml (17 fl oz, 2 cups) champagne. Begin cooking the fish on the hob (stove top) and then transfer to a preheated oven at 220°C (425°F, gas 7) and cook for 20 minutes. Drain the salmon and place it on an ovenproof serving dish.

Boil the cooking juices until reduced by a quarter and add to the sauce. Heat through, remove from the heat and beat in 2 egg yolks mixed with 2 tablespoons double (heavy) cream. Season with salt and pepper and strain. Coat the salmon with some of the sauce and glaze it in a very hot oven for about 5 minutes. Serve at once with the remainder of the sauce in a sauceboat.

Salmon cutlets

Trim some halved salmon steaks into the shape of cutlets and fry them in butter, with or without a coating of breadcrumbs. Serve the cutlets as they are, sprinkled with the cooking butter, or with a sauce and garnish.

Salmon cutlets can also be made with a croquette mixture fashioned into the shape of cutlets. Coat these cutlets with beaten egg and breadcrumbs, fry in butter and serve coated with a sauce and garnished.

Salmon cutlets can also be prepared with a salmon quenelle mixture, put into cutlet-shaped moulds and poached. They are served as a hot appetizer coated with sauce.

Salmon cutlets à l'anglaise

Trim some halved salmon steaks into cutlet shapes and season with salt and pepper. Dust with flour, dip into egg beaten with 1 tablespoon oil and some salt and pepper, and coat them with fresh white breadcrumbs. Brown the cutlets on both sides in clarified butter. Arrange them on a serving dish and coat them with slightly softened maître d'hôtel butter. Place a slice of lemon (with the peel removed) on each cutlet, and surround them with cannelled half-slices of lemon.

Salmon cutlets à la bourguignonne

Poach some salmon cutlets, together with some button mushrooms, in a fish fumet made with red wine. Drain the fish and arrange it on a serving dish with the mushrooms. Garnish with glazed baby (pearl) onions. Reduce the cooking liquid and thicken it with beurre manié. Strain the sauce and pour over the fish.

Salmon cutlets à la florentine

Cook some salmon cutlets in a reduced fish stock (just enough to cover them). Coarsely chop some spinach and cook it gently in butter; season with salt and pepper. Drain thoroughly and place on a flameproof serving dish. Drain the cutlets and arrange them on the bed of spinach. Coat the cutlets

with Mornay sauce, sprinkle with some grated cheese and a little melted butter and brown under a hot grill (broiler). Serve immediately.

Salmon cutlets à la russe

Cut fresh salmon steaks in two lengthways to make the cutlets; poach them for 5 minutes in a court-bouillon. Let them cool completely in their juices, then drain, dry and glaze them with aspic.

To serve place a layer of shredded lettuce dressed with vinaigrette on a large serving dish and arrange the salmon cutlets on top. Garnish with very small lettuce hearts, quartered hard-boiled (hard-cooked) eggs, black (ripe) olives, capers and anchovy fillets in oil.

Salmon cutlets Pojarski

Pojarski is the term for a method of preparing veal chops, removing the meat from the bone and chopping then reshaping it on the bones before frying the resulting 'cutlets'. The term has been extended to cover chicken and salmon cutlets.

Chop 300 g (11 oz) fresh salmon flesh, then add 65 g (2½ oz, ⅔ cup) stale breadcrumbs (soaked in milk and strained) and 65 g (2½ oz, 5 tablespoons) fresh butter. Season with salt and pepper and sprinkle with a pinch of grated nutmeg. Divide the mixture into 4 equal portions and shape into cutlets. Coat with breadcrumbs and brown on both sides in clarified butter. Arrange on a serving dish, sprinkle with the cooking butter and garnish with lemon.

Salmon cutlets with mushrooms à la crème

Season 6 cutlets with salt and pepper to taste, dust with flour and cook in 25 g (1 oz, 2 tablespoons) butter for 6–7 minutes. Add 3 mushroom caps (or 3 slices of truffle) per cutlet and continue to cook for a further 6–7 minutes.

Drain the cutlets and keep them hot in a serving dish. Deglaze the pan with 150 ml (¼ pint, ⅔ cup) Madeira, add 200 ml (7 fl oz, ¾ cup) double (heavy) cream and reduce until creamy. Pour over the cutlets and serve immediately.

Salmon cutlets with white wine

Poach some salmon cutlets for 5 minutes in fish fumet made with white wine (just enough to cover them). Drain the cutlets and arrange them in a circle on a round dish. Place some spinach cooked in butter in the centre. Coat with white wine sauce mixed with the reduced cooking liquid. Serve immediately.

Salmon en croûte

Make some puff pastry with 575 g (1¼ lb, 5 cups) plain (all-purpose) flour, 300 ml (½ pint, 1¼ cups) water, 1 tablespoon table salt and 425 g (15 oz, 2 cups) butter.

Trim the salmon and cut off all the fins except the tail fin. Cut off the gills and scale the fish, starting from the tail and working towards the head. Gut (clean) the salmon and remove any clots of blood. Wash the inside of the fish in plenty of water, arching its back slightly. Remove the skin from one side of the fish by making an incision along the back and separating the skin from the flesh on one side of this line, beginning at the tail and working towards the head, lifting it with the thumb. Wipe the salmon.

Divide the pastry into 2 equal portions. Roll out one of them into a long rectangle and place it on a large buttered baking sheet. Lay the salmon on the pastry, skin side down, and season with salt and plenty of pepper. Cut the pastry around the salmon to within 4 cm (1½ in) of the fish, leaving a large piece around the tail. Fold the pastry in towards the tail, tucking in the corners, and brush the edges of the pastry with 1 egg yolk beaten with 1 tablespoon water. Roll out the second portion of pastry like the first and

place it over the fish. Seal the edges of the pastry together and trim to within 2 cm (¾ in) of the fish. Fold the projecting top edge of the pastry around the tail over the bottom piece. Using a sharp pointed knife, lightly score the position of the head, draw a line from the head to the tail along the backbone, and trace some oblique lines from this line down the side of the fish to mark it into portions. Glaze the pastry evenly with more beaten egg yolk, paying particular attention to the sealed edges. Bake in a preheated oven at 220°C (425°F, gas 7) for 1 hour. To serve, cut the pastry along the line marking the head, then cut along the median line and finally cut along the oblique lines.

Serve only the top layer of pastry, as the bottom layer will be soft and will have stuck to the salmon.

Salmon fillets Orly with tomato sauce

Trim 14 salmon fillets. Put them into a dish with some salt, coarsely ground pepper, a little grated nutmeg, 2 finely sliced shallots, some sprigs of parsley, the juice of 2 lemons, 100 ml (4 fl oz, 7 tablespoons) olive oil, a little thyme and a bay leaf. Turn the fillets several times in this marinade and drain off the water which they produce. An hour before the meal, drain the fillets on paper towels, sprinkle with flour and turn them in this until they are quite dry. Pat them back into shape with the blade of a knife and dip them into 4 beaten eggs before frying them. When cooked, arrange them in a circle on a plate and serve a light tomato sauce separately.

Salmon fritots

Cut some raw salmon into thin slices or large dice and marinate in a mixture of oil, lemon juice, chopped parsley, salt and pepper. Dip in a light batter and deep-fry until golden brown. Drain on paper towels and serve with fried parsley, quarters of lemon and tomato or hollandaise sauce or sauce verte.

Salmon fritters with apple sauce

Beat 4 egg yolks with 2 tablespoons double (heavy) cream and 2 tablespoons cornflour (cornstarch). Pour the mixture into a saucepan containing 250 ml (8 fl oz, 1 cup) boiling (hard) cider and thicken over a gentle heat. Remove from the heat and add 300 g (11 oz, 1¾ cups) diced salmon and then 2 stiffly whisked egg whites. Put to one side.

Prepare the sauce as follows. Brown 2 sliced shallots and 6 sliced apples in a pan and add 250 ml (8 fl oz, 1 cup) cider. When cooked, purée the mixture in a blender or food processor and keep hot.

Form the salmon mixture into balls using 2 teaspoons and deep-fry them in hot oil, until they have puffed up and are golden brown. Drain well and serve with the apple sauce.

Salmon koulibiac

A Russian pie filled with fish, vegetables, rice and hard-boiled (hard-cooked) eggs. The filling is topped with *vésiga* (dried spinal marrow of the sturgeon), and essential element of an authentic *koulibiac*. European cooks have adapted and varied the recipe in many ways. It can be made with brioche dough or puff pastry, and it may be filled with rice, chicken and mushrooms or with salmon (or even turbot), onions, parsley and shallots. Hard-boiled (hard-cooked) eggs are an essential ingredient, but *vésiga* is now very rarely used.

Make some puff pastry with 350 g (12 oz, 3 cups) plain (all-purpose) flour, 275 g (10 oz, 1¼ cups) butter, 200 ml (7 fl oz, ¾ cup) water and 1 teaspoon salt. While the dough is resting, prepare the filling. Hard boil (hard cook) 3 eggs, shell them and cut into quarters. Cook 100 g (4 oz, ⅔ cup) rice in boiling salted water, then drain. Skin about 400 g (14 oz) boned fresh salmon and poach it in salted water, adding 200 ml (7 fl oz, ¾ cup) white wine, a bouquet garni and 2 teaspoons paprika.

Cook for about 12 minutes, remove from the heat and cool the salmon in its cooking liquid. Chop 3 shallots and 350 g (12 oz, 4 cups) mushrooms, season with salt and pepper, and cook briskly in 15 g (½ oz, 1 tablespoon) butter. Finally, cook 3 tablespoons semolina in boiling salted water.

Roll out two-thirds of the dough into a rectangle 3 mm (⅛ in) thick. Leaving a narrow border free, spread over a layer of rice, then a layer of flaked salmon, the mushrooms and the semolina, then top with the hard-boiled eggs. Roll out the remaining dough and cover the pie. Pinch the edges to seal them, garnish with strips of pastry and brush with beaten egg. Cook in a preheated oven at 230°C (450°F, gas 8) for about 30 minutes. Serve the koulibiac very hot, with melted butter.

Salmon mayonnaise

Cut some cooked salmon into very thin escalopes (scallops) and season with salt, pepper, oil and either vinegar or lemon juice. Finely shred some lettuce leaves and arrange them in individual dishes. Cover the lettuce with the salmon escalopes, coat with mayonnaise and garnish with a mixture of capers, anchovies, black (ripe) olives, together with quarters of hard-boiled (hard-cooked) eggs. Serve well chilled.

Salmon pâté

Prepare 600 g (1¼ lb) pike forcemeat, such as godiveau lyonnais or cream forcemeat made with pike, and add a chopped truffle. Finely slice 575 g (1¼ lb) fresh salmon and marinate it for 1 hour in a little oil with some salt, pepper and chopped herbs. Line a shallow oval pâté mould with butter pastry for pâté en croûte. Cover the bottom with half the pike forcemeat, then add the salmon slices (drained) and the remaining forcemeat. Top with a piece of butter pastry.

Glaze the top with egg and garnish with shapes cut out from leftover pastry (rolled out thinly). Make a hole in the centre and insert a small smooth metal piping nozzle. Glaze the top again. Bake in a preheated oven at 190°C (375°F, gas 5) for 1¼ hours.

Salmon purée

Purée 250 g (9 oz) skinned and boned fresh salmon cooked in a court-bouillon (or well-drained canned salmon with bones and skin removed). Add to this purée 100 ml (4 fl oz, 7 tablespoons) very thick béchamel sauce. Heat, stirring well, then whisk in 50 g (2 oz, ¼ cup) butter. Adjust the seasoning. If desired, add a quarter of its weight of mushroom duxelles.

This purée is used to fill barquettes, pannequets, croustades and hard-boiled (hard-cooked) eggs.

Salmon quenelles

Fillet a salmon weighing about 1.25 kg (2¾ lb). Remove the skin and take out the bones, then weigh the flesh – there should be about 400 g (14 oz). Finely mince or pound the flesh, then put it in the refrigerator.

Prepare a panada: bring 300 ml (½ pint, 1¼ cups) water to the boil, adding a generous pinch of salt. Remove from the heat and sift in 150 g (5 oz, 1¼ cups) plain (all-purpose) flour through a sieve; stir vigorously until smooth, then continue to stir over heat until the mixture dries out, taking care that it does not stick to the bottom of the pan. Remove from the heat and beat in 1 egg; leave the mixture to get cold, then refrigerate. When the panada is well chilled, process in a blender until it is quite smooth.

Cream 200 g (7 oz, ¾ cup) butter. Put the salmon flesh into a bowl placed in another bowl full of crushed ice; season with salt and pepper, then work it with a wooden spoon until it is smooth. Now mix in the panada, 1 egg and

4 yolks (one by one), and finally the butter: the mixture should be uniformly blended and smooth. (If all the ingredients are really cold, this last stage can be carried out in a blender, as long as it is powerful enough to work quickly without heating; the blender goblet itself should have been cooled in the refrigerator.) Chill the mixture for 30 minutes. Shape the quenelles, using 2 spoons dipped in hot water, and place on a lightly floured surface. Bring 2 litres (3½ pints, 9 cups) salted water to the boil and poach the quenelles for 15 minutes, without letting the water boil. Drain them and leave to get cold, arrange on a dish then cover them completely with Nantua sauce, cream sauce, prawn sauce or white wine sauce.

Salmon soufflé

Skin a salmon and remove all the bones with a small pair of tweezers – you need 400 g (14 oz) flesh. Pass this flesh through a blender or food processor very quickly so as not to heat it. Add 4 whole eggs and 250 ml (8 fl oz, 1 cup) crème fraîche. Stir this mixture with a spatula for 15 minutes, keeping the bowl standing in ice. Rub through a sieve and adjust the seasoning. Whisk 4 slightly salted egg whites until stiff and fold gently into the salmon mixture. Pour into a buttered soufflé mould and bake in a preheated oven at 200°C (400°F, gas 6) for about 25 minutes. (This recipe can also be made using salmon trout or brown trout.)

Salmon steaks à l'américaine

Cook a whole langouste as for lobster *à l'américaine*. Split it in half without damaging the shell, then remove the flesh and reserve the entrails.

From the middle of a salmon, cut some steaks, 4–6 cm (1½–2½ in) thick, and season them with salt and pepper. Place the steaks in a buttered flameproof sauté dish with 2 tablespoons raw matignon per steak. Add

2 tablespoons melted butter per steak, fry quickly for 1–2 minutes, then cover the dish and transfer to a preheated oven at 230°C (450°F, gas 8). Baste frequently with the butter, but do not add any liquid. Remove the steaks from the dish and keep hot.

Dice the langouste meat and mix it with an equal volume of braised diced mushrooms. Bind the mixture with 100 ml (4 fl oz, 7 tablespoons) reduced allemande sauce that has been flavoured with chopped tarragon and chervil. Stuff the 2 halves of the langouste shell with this mixture, smooth the surface and sprinkle with grated cheese and clarified butter. Place the shell halves on a lightly oiled baking sheet and brown in a very hot oven, for 10 minutes before serving.

For the sauce, mix the cooked matignon with the langouste cooking liquid and then add 300 ml (½ pint, 1¼ cups) fish fumet and 100 ml (4 fl oz, 7 tablespoons) velouté sauce. Reduce this sauce by one-third over a high heat, stirring all the time. Remove from the heat and bind the sauce with the langouste entrails, rubbed through a sieve and mixed with 100 g (4 oz, ½ cup) butter. Add some chopped parsley, chervil and tarragon and the juice of ½ a lemon; adjust the seasoning.

Arrange the salmon steaks on a serving dish with the stuffed langouste shells at either end. Coat the salmon with the sauce.

Salmon steaks à la meunière

Season some salmon steaks, 2.5 cm (1 in) thick, with salt and pepper and lightly dust with flour. Fry them on both sides in very hot butter. Arrange the steaks on a long serving dish, sprinkled with chopped parsley and add a dash of lemon juice. Just before serving, sprinkle the steaks with the very hot cooking butter (reheated if necessary) and surround them with cannelled half-slices of lemon.

Salmon steaks à la Nantua

Poach some salmon steaks in fish fumet and drain. Coat with Nantua sauce mixed with a little reduced fish fumet and serve with shelled crayfish tails.

Salmon steaks princesse

Ask the fishmonger to cut some steaks of equal thickness from a large fresh salmon. Prepare some fish fumet, leave it to cool and strain. Lay the steaks in a fish kettle with a small amount of fumet and poach them gently for 6 minutes from the time that the fumet starts to simmer. Drain and skin the steaks and arrange on a serving dish; keep warm. Use the cooking liquid to make a normande sauce. Garnish the steaks with slivers of truffle warmed in butter and with green asparagus tips, also cooked in butter (these can be arranged in barquettes made of fine lining pastry). Serve the sauce separately.

Salmon with champagne

Cut some fairly thick salmon steaks. Butter a baking dish and line the bottom with chopped shallots and a few diced vegetables. Arrange the salmon steaks in it and half-cover them with a mixture of equal parts of fish stock and champagne. Cook in a preheated oven at 220°C (425°F, gas 7), then remove the salmon steaks, drain and keep hot. Strain the pan juice and add some double (heavy) cream, using 100 ml (4 fl oz, 7 tablespoons) per 250 ml (8 fl oz, 1 cup) juice, and reduce by half. Adjust the seasoning. Add a generous lump of butter cut into small pieces and beat energetically. Coat the steaks with this sauce. Fillets of sole may be prepared in the same way.

Scallop shells of salmon Victoria

Fill the shells with a mixture of salmon poached in fumet, sliced mushrooms cooked in butter and small diced truffles. Coat with Nantua sauce, dust with

grated Parmesan cheese, sprinkle with clarified butter and brown in a very hot oven. Garnish each shell with a slice of truffle heated in butter.

Smoked salmon aspic

Prepare an aspic jelly flavoured with herbs, and use it to coat the mould. Place some Russian salad on slices of smoked salmon and roll them up. Arrange in the mould, alternating a layer of salmon rolls with a layer of fish mousse made using salmon, and finishing with the aspic jelly. Place in the refrigerator to set. Unmould before serving.

Smoked salmon cornets with fish roe

Roll up some small slices of smoked salmon into cornets. Fill them with fish roe (caviar, salmon or lumpfish). Arrange them on a bed of shredded lettuce dressed with vinaigrette. Garnish with fluted lemon halves. The base of the cornet can be filled with a little cream mixed with a few drops of lemon juice and grated horseradish, or else this cream can be served in a sauceboat at the same time as the cornets, with hot blinis.

Smoked salmon frivolities with caviar

Cut six 18 × 7.5 cm (7 × 3 in) rectangles from 6 very fine, large slices of smoked salmon and set aside. Use the leftovers to make a mousse: place in a blender and add 25 g (1 oz, 2 tablespoons) unsalted butter, at room temperature. Purée the contents briefly until smooth. Gently heat 60 ml (2 fl oz, ¼ cup) prawn stock over a low flame. Add 1½ sheets of leaf gelatine or 1¼ teaspoons (½ envelope) powdered gelatine, previously softened or sponged in cold water, to the stock and stir until dissolved. Pour this mixture into the blender, then add 1 drop of Worcestershire sauce and 2 drops of Tabasco. Pulse the blender just 2 or 3 times. Whip 120 ml (4½ fl oz, ½ cup)

chilled double (heavy) cream in a cold mixing bowl until it forms stiff peaks on the whisk. Add one-third of the salmon purée and stir carefully until thoroughly combined, then stir in the rest of the purée.

Place pieces of cling film (plastic wrap), slightly larger than the rectangles of salmon, on the work surface. Lay the pieces of salmon on the cling film and spread 2 tablespoons of the mousse lengthways along the centre of each. Using the cling film, roll up the salmon slices from their long sides into cigar shapes. Twist the ends of the cling film to keep the salmon rolls in shape. Chill for at least 2 hours, but not more than 24 hours.

Remove the cling film from the rolls and cut them in half. Arrange in a V-shape on very cold plates and garnish with a ribbon of caviar along the line where the edges meet. Garnish with slices of lemon and serve.

Smoked salmon purée

Using a blender or a food processor purée 200 g (7 oz) smoked salmon together with the juice of ½ a lemon and 4 egg yolks. Add 50 g (2 oz, ¼ cup) butter and work the mixture until smooth.

This purée is used for garnishing canapés, barquettes, cold pancakes or slices of smoked salmon rolled into cornet shapes.

Terrine of salmon

Remove all the flesh from a small well-trimmed salmon and marinate it in dry white wine with salt and pepper. Prepare a forcemeat as follows: blend the flesh from 1 kg (2¼ lb) white fish and 300 g (11 oz) unpeeled shrimps in a blender or food processor. Then add 12 eggs, 175 ml (6 fl oz, ¾ cup) whipped cream, and some salt and pepper. Blend the ingredients thoroughly.

Butter a long terrine dish; spread a layer of forcemeat on the bottom, then add a layer of salmon and repeat the procedure, ending with a layer of

forcemeat. Cover the dish and cook in a bain marie in a preheated oven at 180°C (350°F, gas 4) for about 1½ hours. Allow to cool completely and serve with green sauce.

Salt cod & stockfish

To prepare

Wash the dried fish thoroughly under cold running water, then either leave it whole or cut it into sections, which speeds up the desalting process. Place it in a colander, with the skin uppermost, in a bowl of cold water, so that the fish is completely covered. Soak for 18–24 hours (12 hours for fillets), changing the water several times; the fish must be almost or totally free of salt (according to preference) before it is cooked. Drain the cod and place it in a saucepan with plenty of cold water. Add a bouquet garni, bring the water to the boil and keep it simmering for about 10 minutes. Drain well.

Bouchées à la bénédictine

À la bénédictine is the French term applied to several dishes using either a purée of salt cod and potato, or salt cod pounded with garlic, oil and cream. Cod is traditionally eaten during Lent, hence the allusion to the Benedictine monks. Many of these dishes can be enriched with truffles.

Add diced truffle to a purée of salt cod with oil and cream. Use to fill small cooked puff pastry bouchée cases. Garnish each bouchée with a slice of truffle. Heat through in a hot oven.

Chaudrée gaspésienne

This is a variation on a classic fish soup recipe from the Vendée and Saintonge coast. Cut 125 g (4½ oz) salt pork into slices. Fry in a saucepan over a low heat until golden. Arrange 200 g (7 oz) prepared dried cod's tongue, 200 g (7 oz) prepared dried cod's cheek, 250 g (9 oz) diced potatoes and 125 g (4½ oz) chopped onions in successive layers on top of the salt pork. Season with salt and pepper, cover with water and simmer for 45 minutes. Serve very hot.

Estofinado

Soak a stockfish in water for several hours, changing the water frequently to remove the salt. Scrape the skin carefully to remove the scales and cut the flesh into 5 cm (2 in) pieces. Fry 1 or 2 chopped onions lightly in 1 tablespoon oil in a large flameproof earthenware casserole. Then add 3 tomatoes, peeled, seeded and chopped. Cook over a low heat for 4–5 minutes, stirring with a wooden spoon. Add 2–3 garlic cloves, peeled and chopped, a bouquet garni consisting of celery, parsley, basil, bay leaf and thyme, carefully tied together, and a pinch of cayenne pepper. Crushed anchovy or grated nutmeg could also be used to season if wished. Place the pieces of fish in a larger pan and add 100 ml (4 fl oz, 7 tablespoons) white wine, the tomato mixture and enough water to cover the fish. Cook for 30 minutes over a low heat. Cut 4–6 potatoes into thick slices and add to the pan (one potato per person). Add a generous dash of Cognac and 8 olives per person 5 minutes before the end of the cooking time. Remove the bouquet garni and serve.

Fillets of salt cod maître d'hôtel

Desalt the fillets, then drain and cut them into small tongue shapes. Flatten slightly, coat with breadcrumbs and cook in butter. Arrange in a serving dish and coat with half-melted maître d'hôtel butter. Serve with boiled potatoes.

Fried salt cod

Desalt the cod, cut it into small tongue shapes and soak for 1 hour in milk that has been boiled and cooled. Drain the fish pieces, flour them and fry in oil heated to 175°C (347°F). Place on paper towels and sprinkle with fine salt. Serve with lemon quarters.

Nîmes brandade (salt cod)

Desalt 1 kg (2¼ lb) salt cod, changing the water several times. Cut the fish into pieces and poach it very gently in water for 8 minutes. Drain, then remove the bones and skin. Heat 200 ml (7 fl oz, ¾ cup) olive oil in a thick flat-based saucepan until it begins to shimmer. Add the cod, then crush and work the mixture with a wooden spoon, while heating gently. When it forms a fine paste, remove the pan from the heat. Continue to work the brandade and, while stirring continuously, gradually add 400–500 ml (14–17 fl oz, 1¾–2 cups) olive oil, alternating with 250 ml (8 fl oz, 1 cup) boiled milk or double (heavy) cream. Season with salt and white pepper. The result should be a smooth white paste with the consistency of potato purée. Pile the brandade into a dish and garnish with triangles of crustless bread fried in oil. It can also be put in the oven to brown, just before serving.

Pimientos del piquillo stuffed with cod

Soak 300 g (11 oz) salt cod in cold water for 24 hours to remove the salt. Peel 2 onions and slice very finely; peel and cut up 3 garlic cloves. Sweat for 30 minutes in a small saucepan in 4 teaspoons olive oil. Flake the cod, making sure that no bones are left behind. Cook for 1 minute with the onion and garlic. Remove from the heat and add 75 g (3 oz, 1½ cups) breadcrumbs. Check and adjust the seasoning. Put to one side. Stuff 12 *pimientos del piquillo* with this mixture. Finely chop and cook 3 more peppers in 150 ml (¼ pint,

⅔ cup) whipping cream for 5 minutes. Blend and strain this coulis through a conical strainer. Season with salt and add a pinch of sugar.

Beat 1 egg with 3 tablespoons cold milk. Coat the stuffed peppers with flour and dip them in the egg. Fry them on both sides in 5½ tablespoons olive oil over a moderate heat until golden. Coat the serving dish with some of the pepper coulis (serve the rest in a sauceboat). Arrange the stuffed pimientos on the coulis and garnish with a sprig of parsley. Serve piping hot.

Rougail of salt cod

Rougail is a highly spiced seasoning used in the West Indies and Réunion. Made from vegetables, shellfish or fish and pimientos, it is simmered in oil and eaten hot or cold as a condiment with rice-based West Indian dishes.

Soak 300 g (11 oz) salt-cod fillets in cold water for 24 hours, changing the water 2–3 times. Dry, cut into small pieces and dip in flour. Heat 3 tablespoons olive oil – or oil and lard – in a flameproof casserole and cook the fish until golden. Add 3 finely sliced onions, then cover and cook gently until the onions are soft. Then add 4 peeled tomatoes, seeded and coarsely chopped. In a food processor, purée a small piece of fresh root ginger, 1 garlic clove, 1 small red chilli, 1 teaspoon chopped parsley and a few leaves of fresh thyme. Mix this purée into the fish, cover the casserole and cook in a preheated oven at 180°C (350°F, gas 4) for 50 minutes. Serve hot or cold.

Salt cod acras

Place about 500 g (18 oz) salt cod in cold water for 24 hours to remove the salt, changing the water several times. Make a fritter batter with 200 g (7 oz, 1¾ cups) plain (all-purpose) flour, a pinch of salt and enough water to obtain a thick batter, then leave it to stand for 1 hour. Place the desalted cod with a little cold water and a bay leaf in a saucepan; cook gently for 10 minutes.

Drain and flake the fish, then mix it with 4 teaspoons olive oil, salt and cayenne pepper. Finely chop 2 shallots and 4–5 chives, then add these to the cod. Stir the cod mixture into the batter. Stiffly whisk 2–3 egg whites and fold gently into the mixture. Drop spoonfuls of the mixture into hot oil and deep-fry until crisp and golden, turning once. Drain and serve hot.

Salt cod aïoli

Cook 575 g (1¼ lb) small potatoes in their skins in salted water. Keep a little of the cooking water and thicken it with 100 g (4 oz, ½ cup) aïoli (made with egg yolks). Coat the potatoes with the aïoli sauce and sprinkle with chopped parsley. Poach 1 kg (2¼lb) soaked and drained salt cod in a mixture of water and milk. Arrange the cod on plates and put the potatoes on top.

Salt cod à la bénédictine

The French term applied to several dishes using either a purée of salt cod and potato, or salt cod pounded with garlic, oil and cream.

Soak 1 kg (2¼ lb) salt cod in cold water to remove the salt. Poach the fish very gently in water without boiling. Boil 450 g (1 lb) potatoes. Drain the cod, remove the skin and bones, and dry in the oven for a few minutes. Drain the potatoes and pound with the cod in a mortar, then gradually work in 200 ml (7 fl oz, ¾ cup) olive oil and 300 ml (½ pint, 1¼ cups) milk. (A blender or food processor may be used, but for no longer than necessary, or the starch in the potatoes will agglutinate.) Spread the mixture in a buttered gratin dish and smooth the surface. Sprinkle with melted butter and brown in the oven.

Salt cod à la créole

Desalt and poach 800 g (1¾ lb) salt cod, by placing it in a saucepan with plenty of cold water with a bouquet garni, bringing it to the boil and

simmering it for 10 minutes. Prepare a fondue with 1 kg (2¼ lb) tomatoes, some olive oil, plenty of garlic and onion, and a dash of cayenne pepper.

Cut 6 tomatoes in half and remove the seeds. Seed 2 green (bell) peppers and cut them into small tongue-shaped pieces. Sauté the tomatoes and peppers in oil. Spread the tomato fondue in an oiled gratin dish, arrange the drained and flaked cod on top, then cover it with the tomato halves and the pieces of pepper. Sprinkle with a little oil and cook in a preheated oven at 230°C (450°F, gas 8) for 10 minutes, moistening with a little lime juice. Serve piping hot with rice *à la créole*.

Salt cod à la florentine

Desalt and poach 800 g (1¾ lb) salt cod; drain and flake it. Blanch 1 kg (2¼ lb) spinach for 5 minutes in salted boiling water, then drain and press it to extract the water. Cook the spinach slowly in 50 g (2 oz, ¼ cup) butter for about 10 minutes then place in a gratin dish. Arrange the cod on top, coat with Mornay sauce, sprinkle with grated Parmesan cheese and moisten with a little melted butter. Brown in a preheated oven at 230°C (450°F, gas 8).

Salt cod à l'anglaise

Desalt and poach some salt cod, arrange it in a dish and garnish with fresh parsley. Serve with boiled vegetables, melted butter and lemon juice with chopped hard-boiled (hard-cooked) egg and coarsely chopped parsley.

The butter may be replaced by bâtarde, caper, cream, curry, fines herbes, hollandaise or mustard sauce, or the cod can be served cold with mayonnaise.

Salt cod à la languedocienne

Completely desalt 1 kg (2¼ lb) salt cod, cut it into square pieces and poach in water, without boiling. Cut some potatoes into even-sized pieces, brown

them in oil, sprinkle them with a spoonful of flour and fry for a few seconds, shaking the pan, until the flour has turned brown. Add a crushed garlic clove, the fish, a few spoonfuls of the fish cooking stock, a bouquet garni, pepper and very little salt, as the cod cooking water is already salty. Cook gently in a covered pan for 25 minutes. Take out the bouquet garni and pour the mixture into a deep ovenproof dish, placing the cod in the centre. Sprinkle with chopped parsley, moisten with a little olive oil and finish cooking in a preheated oven at 230°C (475°F, gas 8) for about 5 minutes.

Salt cod à la lyonnaise

A la lyonnaise describes various sautéed dishes including onions glazed in butter until golden. Prepare and cook some salt cod. Drain, separate the individual flakes and put them in a saucepan. Cover the saucepan and place over a low heat to dry out any water the cod might still contain. Dice 3 large white onions and cook them gently over a low heat in 225 g (8 oz, 1 cup) melted butter. As soon as they are golden brown, add the cod and sauté. Season with pepper, grated nutmeg and the juice of 1 lemon before serving.

Salt cod à la parisienne

Desalt 800 g (1¾ lb) fillets of salt cod, cut them into pieces and poach them. Hard boil (hard cook) 3 eggs, shell them and chop them coarsely. Chop a small bunch of parsley. Drain the cod, arrange in a serving dish and sprinkle with the egg and parsley. Keep hot. Fry 4 tablespoons fine fresh breadcrumbs in 100 g (4 oz, ½ cup) butter, sprinkle over the cod and serve immediately.

Salt cod à la provençale

Prepare 500 ml (17 fl oz, 2 cups) tomato fondue with olive oil and season with garlic. Pour this fondue into a shallow frying pan and add 800 g (1¾ lb)

desalted cod, cut into pieces, poached and drained. Simmer gently for about 10 minutes, adjust the seasoning, then pour into a serving dish and sprinkle with coarsely chopped parsley.

Salt cod bouillabaisse

Completely desalt 800 g (1¾ lb) fillets of salt cod, changing the water several times, then cut them into square pieces. In some oil, gently fry 100 g (4 oz, 1 cup) chopped onions and 50 g (2 oz, ½ cup) chopped leeks, without allowing them to change colour. When these vegetables are soft, add 2 peeled, seeded, and finely chopped tomatoes and 1 crushed garlic clove. Cook rapidly for 5 minutes, then add 6 tablespoons white wine, 500 ml (17 fl oz, 2 cups) water or fish stock and a generous pinch of saffron. Bring to the boil and place the drained cod in the cooking liquor; cover and continue to boil rapidly for about 25 minutes. Just before serving add 1 tablespoon chopped parsley. Serve the bouillabaisse in a deep dish with slices of dried bread. Alternatively, the stock may be served separately from the fish, garnished with slices of French bread.

Salt cod croquettes

Soak some salt cod in water to desalt it. Poach in water, then crumble it very finely. Add one-third of its volume of duchess potatoes and just enough béchamel sauce to bind the mixture well. Stir the mixture well, over the heat, then spread evenly on a buttered baking sheet and dab the surface with butter to prevent it from forming a crust. Leave to cool completely before making the croquettes.

Divide the cold mixture into portions of 50–75 g (2–3 oz). Roll these out on a floured flat surface and shape them into balls. Dip them in a mixture of egg and oil beaten together and then cover them with fine breadcrumbs.

Place the croquettes in a frying basket, plunge into oil heated to 175–180°C (347–350°F), and deep-fry until they are crisp and golden. Drain on paper towels and arrange on a napkin in a pyramid or turban shape. Serve with a well-seasoned or garlic-flavoured tomato sauce.

Salt cod en bamboche

Bamboche is a French term for a preparation of fried cod, sometimes served with fried eggs. The word is derived from the Italian *bamboccio*, meaning 'jumping jack', perhaps referring to the way the cod jumps in the hot fat.

Soak the fish to remove the salt and cut into thick slices the size of fillets of sole. Moisten with milk, dust with flour and plunge into boiling fat. Drain, pat dry and arrange on a bed of assorted vegetables mixed with butter or cream.

Salt cod with flageolet beans

Desalt 1 kg (2¼ lb) quartered dried salt cod. Soak 400 g (14 oz, 2½ cups) dried green flageolet beans in plenty of cold water for 24 hours. Cook the beans in water for 30 minutes with an onion stuck with cloves, 1 thinly sliced carrot, 1 bouquet garni and 3 crushed garlic cloves. Drain and season with pepper. Heat some groundnut (peanut) oil in a frying pan and lightly brown the cod on both sides. Arrange in a buttered ovenproof dish, sprinkle with 3 finely chopped garlic cloves, then cover with the drained flageolets. Coat with 250 ml (8 fl oz, 1 cup) crème fraîche and cook in a preheated oven at 200°C (400°F, gas 6) for 20 minutes. Sprinkle with coarsely chopped chervil.

Soft-boiled or poached eggs à la bénédictine

Add white or black truffles to salt cod à *la bénédictine*. Prepare soft-boiled (soft-cooked) or poached eggs. Shape the purée in a dome, arrange a circle of eggs around the dome and cover with a cream sauce.

Stockfish à la niçoise

Soak 1 kg (2¼ lb) stockfish in water for 48 hours, then chop it into pieces. Prepare 750 ml (1¼ pints, 3¼ cups) rich tomato fondue flavoured with garlic. Put the stockfish and the tomato fondue in a saucepan, cover and let it poach gently for 50 minutes. Then add 400 g (14 oz) thickly sliced potatoes and 250 g (9 oz, generous 2 cups) pitted black (ripe) olives. Cook for a further 25 minutes, adding 1 tablespoon chopped fresh basil 5 minutes before the end of the cooking time.

Stockfish and turnip soufflé

Poach 300 g (11 oz) well-soaked stockfish in champagne without boiling, then rub it through a sieve or purée in a blender or food processor. Make a béchamel sauce using 40 g (1½ oz, 3 tablespoons) butter, 40 g (1½ oz, ⅓ cup) plain (all-purpose) flour, 400 ml (14 fl oz, 1¾ cups) milk and salt and pepper. Add to this 50 g (2 oz, ½ cup) grated Gruyère cheese and the stockfish purée. Thinly slice some young turnips and cook gently in butter over a low heat. Add 4 egg yolks to the béchamel sauce and then fold in 5 very stiffly whisked egg whites. Pour the mixture into some buttered ramekins, arranging layers of turnip slices between layers of soufflé mixture. Cook in a preheated oven at 200°C (400°F, gas 6) for 20 minutes.

Tongues of salt cod in pistou

Thoroughly desalt 800 g (1¾ lb) salt cod tongues. Poach them for 6 minutes in a mixture of equal quantities of water and milk. Drain and lightly flour them, then fry quickly in olive oil. Crush 2 blanched garlic cloves and some basil in a mortar. Mix with olive oil, add some freshly puréed tomato and sprinkle with pepper. Sauté this pistou and the tongues in a non-stick frying pan and serve very hot.

Sard

Sard with chive butter

Sard is related to the sea bream, found off the coast of Provence. Known as *lou sar* in Provençal cookery, it may be grilled (broiled), boiled or deep-fried.

Sprinkle a sard weighing about 800 g (1¾ lb)with salt and pepper. Grill very rapidly over charcoal or on a preheated serrated griddle until the marks of the grill begin to show, then turn the fish through 90° and repeat to form a criss-cross pattern. Carefully fillet the fish and place the fillets in a roasting tin (pan) with 2 tablespoons olive oil and 1 head of garlic previously cooked in its skin, split into cloves and peeled. Bake in a preheated oven at 230°C (450°F, gas 8) for 5 minutes, then dry on paper towels. Alternatively, fillet the fish raw and prepare in the same way, but increase the cooking time to compensate for not grilling. Arrange on a dish and pour over beurre blanc mixed with chopped chives. Top with a walnut-sized piece of crushed tomato. Surround with garlic cloves and heart-shaped croûtons spread with tapenade.

Sardines

To prepare

Before cooking, the scales should be removed, the sardine gutted (cleaned) and wiped, and the head cut off, unless the fish is to be grilled (it is less likely

to break up when turned if whole). Very fresh small sardines do not need to be gutted, but simply wiped. Their freshness can be judged by their rigidity, the brilliance of their eyes and the absence of bloodstains at the gills.

Baked sardines

Wash and gut (clean) 12 sardines. Sprinkle 2–3 chopped shallots in a greased ovenproof dish. Lay the sardines over them and pour over a little lemon juice and 60 ml (2 fl oz, ¼ cup) white wine; dot with 25 g (1 oz, 2 tablespoons) butter, cut into small pieces. Bake in a preheated oven at 220°C (425°F, gas 7) for 10–12 minutes until just cooked. Sprinkle with chopped parsley.

Fried sardines

Scale, wash and gut (clean) the sardines; open out and remove the backbones. Sprinkle with lemon juice and marinate in a cool place for 30 minutes. Wipe dry, coat in breadcrumbs and oil and deep-fry in hot oil at 180°C (350°F) for about 3 minutes. Drain, sprinkle with lemon juice and serve very hot.

Gratin of sardine fillets with lemon juice

Wash 800 g (1¾ lb) sardines and wipe them dry with paper towels. Remove the fillets with a kitchen knife and place the fish in a buttered roasting tin (pan), skin side down. Put the grated zest of 1 lemon and 100 g (4 oz, ½ cup) crème fraîche in a bowl. Season with salt and pepper and add the juice of 2 lemons. Stir and pour over the sardines. Cook in a preheated oven at 240°C (475°F, gas 9) for 7–10 minutes. Serve with toasted bread.

Raw sardine terrine

Remove the scales from the sardines, fillet them and wipe dry. Pour a layer of olive oil into a terrine, add the grated zest of 1 orange, 1 clove, 1 small piece of

bay leaf, 1 thinly sliced white onion, pepper and a few drops of brandy. Cover with a layer of fish fillets, another layer of spices and chopped onion, and a second layer of fish. Leave to marinate. Serve with farmhouse bread, toasted and buttered, and freshly ground sea salt.

Raw sardines

Lay the sardines on a wicker tray, without removing the scales or gutting (cleaning) them. Put a generous pinch of mixed salt and pepper on each head. Refrigerate for 2 days. Remove the heads and gut the sardines, then skin and serve with toast and slightly salted butter.

Sardine bouillabaisse

Fry 1 chopped onion and 2 chopped leeks (white part only) in olive oil. Add 1 large peeled, seeded and chopped tomato, 2 large crushed garlic cloves, a bay leaf, a fennel stick, and a small piece of dried orange peel. Add 750 ml (1¼ pints, 3¼ cups) water. Season with salt, pepper and a generous pinch of powdered saffron. Add 6 potatoes, sliced fairly thickly. Cover and simmer for 25 minutes. Meanwhile, clean some fresh sardines and remove the scales under the cold tap; wash them and wipe dry. When the potatoes are almost cooked, lay the sardines on top and cook for 7–8 minutes. Pour the liquid on to slices of stale French bread arranged in a soup tureen; place the sardines and potatoes in another dish. Sprinkle both with chopped parsley.

Sardine escabèche

Scale, wash and gut (clean) the sardines; remove the heads and wipe thoroughly. Heat in a frying pan enough olive oil to half-cover the sardines. Fry the fish, turning them when golden; drain and place in a deep dish. Add to the cooking oil an equal quantity of fresh oil and heat. Add to this mixture

a quarter of its volume of vinegar and an eighth of its volume of water, some peeled garlic cloves, thyme, rosemary, bay leaves, parsley, Spanish chilli peppers, salt and pepper. Boil for 15 minutes, remove from the heat and leave to cool. Marinate the sardines in this mixture for 24 hours before serving.

Sardine fritters

Remove the scales from the sardines, fillet them and dry thoroughly. Dip in batter and fry for a few seconds in grapeseed oil.

Sardines gratinées

Slice 1.5 kg (3¼ lb) aubergines (eggplants); place in a colander and sprinkle with a little salt. Peel and remove the seeds from 1 kg (2¼ lb) tomatoes. Fillet 14 large fresh sardines and clean thoroughly. Wash and dry the aubergines and brown them in a frying pan with a little very hot olive oil. Drain on paper towels. Purée the tomatoes in a blender with 2 garlic cloves, 3 basil leaves, salt, pepper and ½ teaspoon olive oil. Lay the aubergines and the sardine fillets in an ovenproof dish, in alternate layers, with grated Parmesan cheese between the layers. Cover with the puréed tomatoes. Bake in a preheated oven at 220°C (425°F, gas 7) for about 20 minutes.

Soufflèed sardines with sorrel

Scale, wash and gut (clean) 6 good sardines and remove the backbones. Shred a large bunch of sorrel and cook in butter with salt and pepper until soft; leave to cool and add a little raspberry vinegar. Make 6 very thin savoury crêpes. Whisk 2 egg whites until very stiff and spread over the crêpes. Stuff the sardines with the sorrel purée and lay a sardine on each crêpe. Roll up loosely, arrange in a wide dish, dot with a few small pieces of butter and bake in a preheated oven at 230°C (450°F, gas 8) for about 10 minutes.

Stuffed sardines with white wine

Scale, wash and gut (clean) 12 large sardines. Remove the heads, then open out and remove the backbones. Stuff with a little fish quenelle forcemeat, such as pike forcemeat or godiveau lyonnais. Close them up again and place in a greased roasting tin (pan). Sprinkle with salt and pepper and moisten with 100 ml (4 fl oz, 7 tablespoons) white wine. Start cooking on the hob (stove top) and continue in a preheated oven at 220°C (425°F, gas 7) for 8–10 minutes until just cooked through. Drain the sardines, arrange on a long dish and pour over a few tablespoons of white wine sauce mixed with the strained cooking liquid.

Scorpion fish

Fillets of scorpion fish à l'antillaise

Cut 800 g (1¾ lb) brown scorpion fish fillets into strips 2 cm (¾ in) wide. Peel and seed 1 kg (2¼ lb) very ripe tomatoes and rub the pulp through a sieve. Peel and slice 800 g (1¾ lb) potatoes and cook until golden in 4 tablespoons oil. Take the potatoes out of the pan and cook the fish until golden. Remove from the pan and set aside. Put 2 large sliced onions into the pan, then the tomato pulp, some salt and pepper and 1 small red (bell) pepper. Bring to the boil, then add the potatoes and 1 bay leaf. When the potatoes are almost cooked (but still firm when they are pierced with a knife), add the fish and continue to cook for a further 7–8 minutes. Serve very hot with rice *à la créole*.

Sea bream

Braised gilthead bream with apples

Remove the scales from a gilthead bream weighing about 800 g (1¾ lb), clean it through the gills and wipe it. Retain the liver. Peel and chop 3 shallots, 1 small fennel bulb and 1 onion. Peel and crush 2 garlic cloves. Remove the zest from 1 lime and blanch, cool and dry it. Arrange a bed of fresh fennel sprigs in a long flameproof casserole. Add the shallots, fennel, onion, garlic, lime rind and some parsley stalks; moisten with 250 ml (8 fl oz, 1 cup) fish fumet, 1 tablespoon olive oil and 2 tablespoons white rum. Bring to the boil.

Place the bream on this bed, make 3 slits in the uppermost surface and insert lemon or orange slices and diced streaky (slab) salted bacon. Coat with olive oil and sprinkle with pepper and salt. Around it arrange the liver, cut into quarters, and 2 apples, also cut into quarters. Cover with foil and cook in a preheated oven at 180°C (350°F, gas 4) for 20–30 minutes. Arrange on a serving dish. Strain the reduced cooking juices, adjust the seasoning and serve separately in a sauceboat.

Fillets of sea bream with vegetable julienne

Fillet a sea bream weighing about 1.7 kg (3¾ lb). Prepare a julienne of vegetables comprising the white parts of 2 leeks, 4 sliced celery sticks, ½ fennel bulb and 2 young turnips. Arrange it in a buttered gratin dish. Season the fillets with salt and pepper, fold them in half and place them in the dish. Add some crème fraîche and a little lemon juice and cook in a preheated oven at about 220°C (425°F, gas 7) for about 30 minutes, covering the dish with a sheet of foil.

Gilthead bream with lemon in oil

Remove the scales from 1 large gilthead bream; clean it and make small parallel cuts in its back. Oil a gratin dish and line it with 8 slices of lemon preserved in oil. Place the sea bream on top and season with salt and pepper. Add 1 small handful of coriander seeds. Garnish with 6 slices of lemon preserved in oil. Pour over 2 tablespoons lemon juice and a few spoonfuls of olive oil. Cook in a preheated oven at 230°C (450°F, gas 8) for 30 minutes, basting several times.

Sea bream à la meunière

Scale and gut (clean) the fish, each weighing less than 575 g (1¼ lb) and make a few incisions along the back. Season with salt and pepper and coat with flour (shake the fish lightly to get rid of the excess flour). Heat some butter in a frying pan and brown the fish on both sides. Drain them, arrange on a long dish, sprinkle with chopped parsley and lemon juice, and keep hot. Add some butter to the frying pan and cook until golden then pour the bubbling butter over the fish.

Sea bream stuffed with fennel

Remove the scales from a sea bream weighing about 1.5 kg (3¼ lb) with a sharp knife. Clean it through the gills, wash, wipe and season it with salt and pepper. Cut along both sides of the backbone, then cut through the backbone at the head and tail and remove it. Moisten 250 g (9 oz, 2½ cups) dry breadcrumbs with milk.

Clean and thinly slice 1 fennel bulb. Squeeze the breadcrumbs and mix with the fennel plus 2 tablespoons pastis, 1 tablespoon lemon juice, and a little crumbled bay leaf and thyme. Fill the bream with this stuffing and tie it up like a ballotine.

Butter a gratin dish, sprinkle with chopped shallots and place the bream on top. Pour in white wine (or a mixture of wine and fumet) to a third of the depth of the fish, sprinkle with olive oil and cook in a preheated oven at about 240°C (475°F, gas 9) for about 30 minutes, basting from time to time. If necessary, protect the fish with a piece of foil towards the end of the cooking.

Shad

To prepare

A migratory fish belonging to the herring family, which lives in the sea and travels upriver to spawn. The allis shad, which can measure up to 60 cm (2 ft) in length, and the smaller twaite shad are the main species found in Europe. The American shad is found in both Pacific and Atlantic waters. Shad flesh is tasty and quite rich, but quickly deteriorates and is full of small fine bones. Traditionally served with sorrel, shad is often stuffed and may be grilled (broiled) or baked.

Carefully scale and gut (clean) the shad, keeping the roe. Using plenty of cold water, wash the fish well on the outside to remove the remains of the scales, and on the inside to wash away the blood. Dry it with paper towels.

Fried shad

Cut the fish into slices and soak in milk. Coat them with flour and plunge into hot fat. Fry the fish until golden, then drain and arrange on a napkin with fried parsley and lemon quarters.

Grilled shad with sorrel

Gut (clean), scale, wash and dry a shad, weighing about 1 kg (2¼ lb). Make regular slits in the fleshy part of the back and both sides. Season with salt and pepper and marinate for 1 hour in oil, with a little lemon juice, chopped parsley, thyme and a bay leaf. Drain the fish, grill (broil) under a medium heat for 30 minutes or until tender, then arrange the fish on a long dish, surrounded by lemon quarters or slices. Serve with maître d'hôtel butter and a garnish of lightly braised sorrel.

Shad à la bonne femme

Butter a dish and sprinkle with chopped shallot and parsley. Add 250 g (9 oz, 3 cups) chopped button mushrooms. Place a 675–800 g (1½–1¾ lb) shad in the dish and add 7 tablespoons each of dry white wine and fish stock. Dot with very small knobs of butter. Cook in a preheated oven at 220°C (425°F, gas 7) for 15–20 minutes, basting the shad two or three times. Towards the end of cooking, cover with foil to prevent the fish from drying out.

Shad à la portugaise

Lightly butter a ovenproof dish and cover with a thick tomato sauce flavoured with garlic. Trim, prepare and season a 675 g (1½ lb) shad and lay it in the dish. Moisten with 1 tablespoon lemon juice and 2 tablespoons each olive oil and fish stock. Cook in a preheated oven at 230°C (450°F, gas 8) for about 10 minutes, basting with its cooking juices. Sprinkle with breadcrumbs, brown under the grill (broiler), then sprinkle with chopped parsley.

Shad à la provençale

Choose a shad weighing 675–800 g (1½–1¾ lb). Heat 2 tablespoons olive oil in a heavy-based saucepan. Soften in it without browning 3 tablespoons

peeled and chopped onions, then add 800 g (1½ lb, 3 cups) peeled, seeded and crushed tomatoes and cook gently for about 15 minutes. Add 1 crushed garlic clove and a bouquet garni together with 200 ml (7 fl oz, ¾ cup) dry white wine and 200 ml (7 fl oz, ¾ cup) meat stock. Cover and leave to cook for about 15 minutes, then adjust the seasoning. Continue to cook uncovered until the sauce is reduced by half. Add some freshly chopped parsley or basil. Mask an ovenproof dish with a little of this Provençal sauce. Arrange the fish in it and just cover with Provençal sauce. Sprinkle with fresh breadcrumbs, moisten with a little olive oil and cook in a preheated oven at 200°C (400°F, gas 6) for about 20 minutes. Sprinkle with chopped parsley and serve piping hot in the cooking dish.

Shad au plat

Choose a shad weighing 675–800 g (1½–1¾ lb). Gut (clean) the fish and fill the cavity with a mixture of 50 g (2 oz, ¼ cup) butter kneaded together with 1 tablespoon finely chopped parsley, 1½ teaspoons finely chopped shallot and salt and pepper. Place the shad on a long buttered ovenproof dish. Season with more salt and pepper, sprinkle over 100 ml (4 fl oz, 7 tablespoons) dry white wine, dot with small pieces of butter and cook in a preheated oven at about 200°C (400°F, gas 6) for 15–20 minutes. Baste frequently with the liquor during cooking. If the liquid reduces too quickly, add a little water. Serve on the cooking dish.

Stuffed shad à la mode de Cocherel

For a 2 kg (4½ lb) fish, prepare a stuffing by crushing in a mortar or processing in a blender 300 g (11 oz) whiting flesh. Add 1 egg white, salt, pepper and grated nutmeg, then 350 ml (12 fl oz, 1½ cups) double (heavy) cream. Mix together well with a wooden spatula, preferably standing the bowl

in a large container of ice to prevent the cream from turning. Finally, add 4 teaspoons blanched, drained and snipped chives and 2 teaspoons finely chopped parsley.

Stuff the shad with this mixture and wrap very thin strips of bacon around it. Then tie it up to hold its shape and cook in a preheated oven at 180°C (350°F, gas 4) or on a spit over a high heat for 30–45 minutes. Remove the bacon strips and cook for another 5 minutes to brown the fish. Deglaze the dripping pan with 175 ml (6 fl oz, ¾ cup) dry white wine, add 400 ml (14 fl oz, 1¾ cups) double (heavy) cream, and reduce, finally adding salt and pepper. Arrange the shad on a long dish and surround with small new potatoes cooked in butter, quarters of small artichokes blanched and gently cooked in butter, and some small glazed onions.

Shark

Shark à la créole

Slice the flesh of a small shark and marinate it for several hours in the juice of 2 limes that has been diluted with water, together with garlic, salt, pepper and 1 chilli pepper. Slice 2 onions and 4–5 shallots and wash and roughly chop 3 tomatoes; brown all these in a saucepan along with 2 chilli peppers, 3 garlic cloves and 1 bouquet garni. Drain the fish pieces, place them on top of the vegetables and cook with the pan covered. To serve, sprinkle with lime juice, chopped parsley and a little grated garlic. Serve with rice *à la créole* and red kidney beans.

Skate

Fried skate

Select some very small skinned skate (or the wings from a small or medium fish). Pour some cold milk over them and soak for 1 hour, then drain, coat with flour and deep-fry at 180°C (350°F). When cooked, drain on paper towels, sprinkle with salt and arrange on a serving dish. Garnish with fluted lemon halves.

Skate au gratin

Butter a flameproof casserole and sprinkle the bottom with 2 tablespoons chopped shallots and the same amount of chopped parsley. Add 150 g (5 oz, 1⅔ cups) finely sliced mushrooms. Season 2 skate wings with salt and pepper and arrange them in the dish. Moisten with 5 tablespoons white wine, dot with 25 g (1 oz, 2 tablespoons) butter cut into small pieces, and cook in a preheated oven at 230°C (450°F, gas 8) for 10 minutes. Remove the skate and drain it. Add 1 tablespoon crème fraîche to the cooking liquid and reduce it by half. Return the skate to the dish, pour over the cooking juices, sprinkle with breadcrumbs, dot with butter and brown under the grill (broiler).

Skate liver fritters

Poach some skate liver for 6 minutes in court-bouillon, then drain it and leave it to cool. Make some fritter batter. Slice the liver and marinate it in salt, pepper, oil and a little lemon juice for 30–60 minutes. Drain the slices of liver, dip them into the batter and deep-fry them at 180°C (350°F). Drain on paper towels, sprinkle with salt and serve with fluted lemon halves.

Skate liver with cider vinegar

Poach 400 g (14 oz) skate liver very gently in court-bouillon for 5 minutes. Leave it to cool in its own stock.

Peel and core 4 firm apples (preferably Cox's Orange Pippins or Granny Smiths), then slice them and cook them over a low heat in 15–20 g (½–¾ oz, 1–1½ tablespoons) butter. Season with salt and pepper. Slice the liver and brown in a little butter. Drain and arrange the slices on a hot dish. Pour the butter from the pan in which the livers were cooked, then add 2 tablespoons cider vinegar to the pan, boil for 1–2 minutes and pour over the liver. Surround with the cooked apple and sprinkle with chopped chives.

Skate with lemon

Poach a skate wing, about 150 g (5 oz), in a little salted water with 1 chopped shallot. Peel 1 lemon, taking care to remove all the pith, and divide it into segments. Peel and grate 1 apple, then mix the apple and the lemon segments and add them to the fish halfway through the cooking time. Just before serving the fish, add 1 tablespoon crème fraîche, a little pepper and a pinch of grated nutmeg.

Skate with noisette butter

Cut the skate flesh into chunks, leaving the wings whole. Poach in court-bouillon or in water to which have been added 200 ml (7 fl oz, ¾ cup) vinegar and 1 teaspoon salt per 1 litre (1¾ pints, 4⅓ cups) water. Bring to the boil, skim the liquor and simmer for 5–7 minutes, according to the thickness of the fish. Make some noisette butter. Drain the fish and arrange it on a hot dish. Sprinkle with lemon juice and, just before serving, pour the noisette butter over it. Sprinkle with capers and garnish with a little parsley; serve at once with plain-boiled potatoes.

Smelt

To prepare

The smelt is a small marine fish of the salmon family, with fine delicate flesh. It grows up to 20 cm (8 in) long, is silvery in colour and has a second dorsal fin, which distinguishes it from similar, but poorer quality, fish, such as bleak and *athérine*, which are often used as substitutes. It spawns in estuaries but seldom travels up river beyond the tideline.

The fish are gutted (cleaned), washed and dried. The classic method of preparation is frying, but they can also be marinated, grilled (broiled), cooked in white wine, coated with flour and fried, or cooked *au gratin*. In Scandinavian countries, smelt are used to make fish oil and meal.

Brochettes of fried smelt

Dip prepared smelt in salted milk, then roll them in flour. Impale them on metal skewers (6–8 fish per skewer) and deep-fry in very hot oil.

Cold marinade of smelt

Prepare the smelt, roll them in flour and shake off any excess. Brown them in oil in a frying pan. Drain, season with salt and pepper, then arrange in a dish. Peel and slice some onions and scald them for 1 minute in boiling water. Cool, then wipe dry and arrange over the fish. Add some peppercorns, cloves (2–3 for every 30 smelt), thyme and bay leaves. Add vinegar and soak for at least 24 hours before serving as a cold hors d'oeuvre.

The vinegar in the marinade can be replaced by white wine boiled with 2 chopped shallots, 1 bouquet garni and some salt and pepper.

Fried smelt

Dip the smelt in salted milk, then roll them in flour and shake off any excess. Deep-fry in very hot oil at 175–180°C (347–350°F), then drain the fish on paper towels and sprinkle with fine salt. If desired, arrange in a cluster and garnish with fried parsley. Serve with lemon quarters.

Grilled smelt à l'anglaise

Split the smelt lengthways along the back and remove the backbone. Gently open them out and season with salt, pepper and a little cayenne pepper. Dip them one by one in melted butter and in fresh breadcrumbs, then grill (broil) them quickly. Sprinkle with fine salt and serve with maître d'hôtel butter.

Smelt velouté soup à la dieppoise

Make a velouté: with 75 g (3 oz, ⅓ cup) white roux, 750 ml (1¼ pints, 3¼ cups) fish stock and 100 ml (4 fl oz, 7 tablespoons) mussel-cooking liquid. Cook 250 g (9 oz) smelt and 1 tablespoon chopped onion in butter. Fillet and purée the fish, add to the velouté, then sieve. Thicken with 1 or 2 egg yolks. Garnish with 12 poached mussels and 12 peeled prawns (shelled shrimp).

Sole

To prepare

To skin a sole, take hold of the tail fin with a cloth and cut the black skin at a slight angle just above the fin. Gently detach the skin with your thumb, then

take hold of it with the cloth and remove it with one sharp pull towards the head. Remove the head and, for the white side, pull the skin from the head towards the tail. Cut the side fins close to the flesh with scissors. The head can also be cut in half at an angle. To remove the fillets, cut the flesh down to the bones on each side of the backbone with a filleting knife. Detach the flesh with the knife, from the backbone to the sides, to make 4 fillets. Remove any debris attached to the flesh and flatten slightly. Wash gently but thoroughly under running water.

Fillets of sole à l'anglaise

Coat 8 fillets of sole with egg and breadcrumbs and cook them in clarified butter. Arrange on a long plate and cover with maître d'hôtel butter. Serve with potatoes or a boiled or steamed green vegetable such as leeks or spinach.

Fillets of sole poached in salted water and milk are also known by this name. They are served with boiled potatoes and melted butter. Whole sole can be cooked in the same way.

Fillets of sole à la bordelaise

Prepare some button mushrooms and baby (pearl) onions and cook in butter. Butter a small fish kettle or flameproof casserole and sprinkle the bottom with finely chopped onions and carrots. Season the fillets of sole with salt and pepper and arrange in the fish kettle. Add a bouquet garni and 175–350 ml (6–12 fl oz, ¾–1½ cups) white Bordeaux wine, according to the size of the container. Poach the fillets for 6–7 minutes, then drain, retaining the liquor. Arrange the fillets on the serving dish surrounded by the mushrooms and baby onions; cover and keep warm. Add 2 tablespoons demi-glace or fish stock to the cooking liquor and reduce by half. Add a knob of butter, sieve and pour over the fillets.

Fillets of sole à la cancalaise

Fillet the soles and poach some oysters, allowing 2 per fillet. Fold the fillets and poach them in a full-bodied fish fumet to which the poaching water from the oysters has been added. Drain the fillets, retaining the juices, and arrange them on a dish in the form of a turban. Garnish the centre of the dish with peeled prawns (shelled shrimp) and arrange 2 oysters on each fillet. Coat with a white wine sauce to which the reduced cooking juices have been added.

Fillets of sole à la cantonnaise

Trim 2 good fillets for each guest. Sprinkle each one with a very small pinch of ground coriander, cinnamon, mixed spice, nutmeg and chopped onion. Add 2 slices of fresh root ginger and fold the fillets in half. Sprinkle with oil and a little more seasoning, then steam for 10–12 minutes. Arrange on a warm plate and season with salt and pepper.

Prepare the sauce separately. Heat 4 tablespoons oil in a pan and add 2 large chopped green (bell) peppers, 50 g (2 oz, ⅔ cup) sliced mushrooms, 8 thin strips of smoked pork, a slice of ham cut into strips, 100 g (4 oz, ¾ cup) chopped shrimps and a drained 225 g (8 oz) can of crabmeat. Cook for 5 minutes, stirring continuously. Beat 2 eggs with 1 tablespoon soy sauce; stir into the pan and dilute with a little stock blended with 2 tablespoons tomato purée (paste). Reheat and pour over the fillets of sole.

Fillets of sole à la panetière

Cut the top off a large, round loaf and remove three-quarters of the crumb. Butter the inside and lightly brown in a preheated oven at 200°C (400°F, gas 6). Season some fillets of sole with salt and pepper, fold them in two, coat with flour and cook in butter. Prepare a ragoût of mushrooms in cream: either sliced or small button mushrooms reduced in butter until their juices

have evaporated and moistened with either single (light) or double (heavy) cream. Drain the fillets of sole and arrange them in a crown shape in the bread. Pour the mushroom ragoût into the centre and heat through in the oven for about 5 minutes.

Fillets of sole à la Riche

Make a Riche sauce: prepare 250 ml (8 fl oz, 1 cup) normande sauce and add to it 2 tablespoons lobster butter, 1 tablespoon chopped truffle skins, a pinch of cayenne pepper and 2 tablespoons Cognac. Keep warm.

Cook a small lobster in a well-seasoned court-bouillon, drain and shell it, then cut the meat into a salpicon. Fold 8 sole fillets in half and poach them for 5 minutes in fish fumet. Drain and arrange them in a ring on a hot serving dish. Fill the centre with the lobster salpicon and mask everything with the hot Riche sauce.

Fillets of sole à la vénitienne

Fold the fillets of sole in half and poach them in a fish fumet made with white wine. Drain and wipe them and arrange them in a ring on a serving dish, alternating with heart-shaped croûtons fried in butter. Coat them with vénitienne sauce mixed with the reduced cooking liquid from the sole.

Fillets of sole à la Walewska

Poach some sole fillets in a fish fumet for 5 minutes, using very little liquid. Arrange on a long ovenproof dish and on each fillet place a slice of lobster or langouste flesh (cooked in court-bouillon) and a slice of raw truffle. Coat with Mornay sauce containing 1 tablespoon lobster or langouste butter (made as for either lobster butter or crayfish butter) for every 150 ml (¼ pint, ⅔ cup) sauce. Glaze quickly in a very hot oven.

Fillets of sole au gratin

Butter a gratin dish and coat the base with 4 tablespoons dry mushroom duxelles. Arrange 8 seasoned fillets of sole on top. Garnish with sliced mushrooms around the dish and place 2 mushroom caps cooked in butter on each fillet. Coat with a little duxelles sauce to which some concentrated fish fumet has been added, sprinkle with breadcrumbs and clarified butter, and cook in a preheated oven at 230°C (450°F, gas 8) until brown. Sprinkle with the juice of ½ a lemon and serve in the cooking dish.

Fillets of sole Crécy

Wash, clean and fold up the fillets of sole. Poach them in a fish fumet for 5 minutes, drain them and arrange on a long dish. Strain the stock, reduce, and add 2 tablespoons béchamel sauce and the same amount of carrot purée. Mix well and heat. Coat the fillets with this sauce and garnish them with very small glazed new carrots.

Fillets of sole Cubat

This dish is named after Pierre Cubat, chef at the court of Russia in 1903. Poach fillets of sole in mushroom stock and butter. Place on a long ovenproof dish and cover with a thick mushroom duxelles. Place 2 slices of truffle on each fillet. Coat with Mornay sauce and brown in the oven.

Fillets of sole Drouant

Arrange trimmed fillets of sole in a buttered dish. Season with salt and pepper, sprinkle with 1 finely chopped shallot and moisten to the level of the fish with white wine and mussel stock. Cover and cook in a preheated oven at 220°C (425°F, gas 7) for 7 minutes. Drain the fillets and reduce the cooking juices by half. Add an equal amount of crème fraîche. Remove from the heat

and add 100 g (4 oz, ½ cup) butter and the same amount of américaine sauce (prepared as in the recipe for lobster *à l'américaine*). Strain and pour over the fillets. Glaze quickly in a preheated oven. Serve the fillets surrounded with shelled mussels and peeled prawns (shelled shrimp).

Fillets of sole homardine

Fillet 3 × 800 g (1¾ lb) sole, reserving the trimmings for the fumet or stock. Prepare a fish fumet with 500 g (18 oz) lean fish trimmings, 200 ml (7 fl oz, ¾ cup) Chablis, 200 ml (7 fl oz, ¾ cup) water, 1 onion, 1 shallot, 1 lemon, 1 bouquet garni, a bunch of parsley, salt and pepper.

Prepare a lobster *à l'américaine*: peel, seed and chop 5 tomatoes; make a mirepoix of 1 onion, 2 shallots, 2 garlic cloves, 1 carrot and ¼ celery stick. Remove the leaves from a tarragon sprig and chop them. Remove the lobster's tail. Split the shell in half and reserve the juices (greenish parts) and the coral. Cook the lobster halves and tail with 100 ml (4 fl oz, 7 tablespoons) olive oil until red; add the mirepoix, mix and pour over 100 ml (4 fl oz, 7 tablespoons) brandy. Flame, then add the chopped tomatoes, ½ teaspoon concentrated tomato purée (paste), 300 ml (½ pint, 1¼ cups) Chablis, some tarragon and 1 bouquet garni. Add just enough water to cover the lobster. Season with salt, pepper and a pinch of cayenne pepper. Cover and cook for 20 minutes.

Prepare some beurre manié by mixing the reserved coral and juices of the lobster with 75 g (3 oz, 6 tablespoons) butter and 1 tablespoon flour. Drain the cooked lobster and reduce the cooking juices by half.

Strain the fish fumet and poach the fillets of sole in it for about 10 minutes. Drain the fillets, reduce the fumet and strain.

Cover the bottom of an ovenproof dish with 300 g (11 oz, 3½ cups) sliced mushroom caps; put the fillets and shelled sliced lobster tail on top. Cover the dish with foil and keep warm in a preheated oven at 140°C (275°F, gas 1).

Make a hollandaise sauce with 100 g (4 oz, ½ cup) butter, 3 eggs, the juice of ½ a lemon, and salt and pepper. Mix the beurre manié into the reduced cooking juices, stir for about 3 minutes, then add the fish fumet and the hollandaise sauce. Mix thoroughly and then stir in 2 tablespoons crème fraîche. The sauce should be rich and smooth. Coat the fillets with the sauce, garnish with little puff-pastry flowers and then glaze in a very hot oven. This dish should be served immediately.

Fillets of sole Joinville

Clean 250 g (9 oz) mushrooms; dice them, sprinkle with lemon juice, and cook slowly in butter over a low heat. Fillet 2 sole. Make a fumet from the sole trimmings and poach the fillets in this for 6 minutes. Drain thoroughly. Cook 8 giant prawns (shrimp) in boiling salted water for 4 minutes. Prepare 300 ml (½ pint, 1¼ cups) normande sauce using the fish fumet and the cooking juices from the mushrooms; add 15 g (½ oz, 1 tablespoon) prawn butter to the sauce.

Mix 100 g (4 oz, ⅔ cup) peeled prawns with a finely diced truffle and the mushrooms; bind with a little sauce. Arrange the sole fillets in a circle on a round dish; stick a prawn into each fillet. Put the mushroom garnish in the centre of the dish and cover with the sauce.

Formerly, the fillets were arranged on a border of fish forcemeat and truffle slices, with the garnish in the middle.

Fillets of sole Marco Polo

Roughly chop some tarragon, fennel and 1 celery stick. Crush some lobster or langouste shells and put them in a frying pan. Flame with brandy and add the trimmings from 4 sole. Moisten with 300 ml (½ pint, 1¼ cups) white wine and simmer, allowing the liquid to reduce slightly.

Place 50 g (2 oz, ¼ cup) butter, ½ chopped shallot, and half a peeled, seeded and crushed tomato in a saucepan and moisten with 200 ml (7 fl oz, ¾ cup) champagne. Season with salt and pepper. Poach the fillets of sole in this mixture for 5–6 minutes.

Sieve the cooking juices of the shells, crushing the latter firmly, then strain through muslin (cheesecloth). Add 100 g (4 oz, ½ cup) butter and whisk in 2 egg yolks and 100 ml (4 fl oz, 7 tablespoons) crème fraîche.

Serve the sole fillets in their cooking juices, well reduced, and offer the lobster sauce separately.

Fillets of sole Marguery

Fillet 2 sole. Using the bones and trimmings, make a white wine fumet, adding a little chopped onion, a sprig of thyme, a quarter of a bay leaf and a sprig of parsley. Season with salt and pepper and boil for 15 minutes. Add to the fumet the cooking liquid from 1 litre (1 quart) mussels cooked in white wine. Season the sole fillets with salt and pepper and lay them in a greased dish. Pour over a few spoonfuls of the fumet and cover with a sheet of buttered greaseproof (wax) paper. Poach gently, then drain the fillets and arrange them in an oval dish; surround with a double row of cooked shelled mussels and peeled prawns (shelled shrimp). Cover and keep warm while the sauce is being made.

Strain the fumet and the cooking liquid from the sole, reduce by two-thirds, remove from the heat and, when slightly cooled, mix in 6 egg yolks. Whisk the sauce over a gentle heat, like a hollandaise sauce, incorporating 350 g (12 oz, 1½ cups) softened butter. Season the sauce with salt and pepper and strain it; pour over the fillets and their mussel and prawn garnish. Glaze quickly in a preheated oven at 230°C (450°F, gas 8) and garnish with pastry motifs pointing outwards.

Fillets of sole Mornay

Season some fillets of sole with salt and pepper, place them in a buttered gratin dish, spoon over a little fish stock, and poach gently in a preheated oven at 200°C (400°F, gas 6) for about 7–8 minutes, until cooked. Drain them and cover with Mornay sauce, sprinkle with grated Parmesan cheese and clarified butter, and brown in a preheated oven at 240°C (475°F, gas 9).

Fillets of sole Nantua

Poach some fillets of sole in a little court-bouillon made with either white wine or a concentrated fish stock. Arrange the fillets in a circle on a round serving dish and garnish the centre of the circle with a ragoût of crayfish tails *à la Nantua*. Coat the fish with Nantua sauce and garnish the dish with thin slices of mushroom.

Fillets of sole princesse

These are prepared in the same way as salmon steaks princesse, but they are poached folded in half. The asparagus tips are sometimes cut very short and arranged in barquettes made from fine lining pastry. Both the barquettes and the fillets are garnished with slivers of truffle cooked in butter.

Fillets of sole Robert Courtine

Fillet 2 × 675 g (1½ lb) sole. Sprinkle with lemon juice and keep cool. Sweat 2 chopped shallots in a knob of butter over a gentle heat, moisten with 100 ml (4 fl oz, 7 tablespoons) white wine and add a pinch of salt and pepper. Reduce slightly and add 250 ml (8 fl oz, 1 cup) soured (sour) cream. Reduce by a third, remove from the heat and whisk in 150 g (5 oz, ⅔ cup) butter cut into small pieces. Strain into a sauceboat and keep warm in a bain marie. Reserve the shallots for the forcemeat.

Flake 200 g (7 oz) white fish in a bowl, mix with the reserved shallots and season with salt and pepper. Place the bowl over crushed ice and work in 150 ml (¼ pint, ⅔ cup) double (heavy) cream. Lay the fillets of sole skin-side up and season lightly. Spread the forcemeat along the fish and fold into three. Steam (on seaweed, if possible) for 7–8 minutes. Arrange on a dish and sprinkle with a little sevruga caviar. Add about 75 g (3 oz) caviar – to the sauce, mix gently and pour over the fillets.

Garnish with chunks of peeled, blanched, steamed cucumber bound with soured (sour) cream or, better still, make a garnish of small potato pancakes: rub 250 g (9 oz) boiled potatoes through a fine sieve into a basin. Add 3 tablespoons plain (all-purpose) flour and 2 tablespoons double cream, mix with a fork and beat in 5 eggs, one at a time. Heat a heavy pan over a gentle heat, lightly cover the bottom with oil and pour in the mixture to make small pancakes, which require about 3 minutes cooking on each side. The potato pancakes can be made in advance and kept warm.

Fillets of sole Saint-Germain

Fillet 2 soles. Flatten them out and sprinkle with salt and pepper. Brush with melted butter, dip in fine fresh breadcrumbs, spoon over 50 g (2 oz, ¼ cup) melted butter and grill (broil) gently on both sides. Arrange on a long dish, surround with 575 g (1¼ lb) small noisette potatoes, and serve with béarnaise sauce in a sauceboat.

Fillets of sole with apples

Boil 2 teaspoons green peppercorns with 2 tablespoons fish fumet in a pan. Add 3 tablespoons crème fraîche, pepper and a pinch of salt. Reduce, add 2 sliced tart apples and cook for a few seconds. Gently poach 4 fillets of sole in a little fish fumet for 2 minutes. Drain, arrange on a plate and surround with

the apples. Add the cooking juices of the fish to the peppercorn mixture and bring to the boil. Pour over the fish and serve.

Fillets of sole with basil

Cover the bottom of an ovenproof dish with a mixture of 4 finely chopped shallots, 1 tablespoon basil and 1 tablespoon olive oil. Arrange the seasoned fillets of 2 × 800 g (1¾ lb) sole on top. Moisten with 5 tablespoons fish stock and an equal amount of white wine. Cover with foil and bring to the boil over a brisk heat, then place in a preheated oven at 230°C (450°F, gas 8) for 5 minutes. Drain the fish and keep warm on 2 plates. Reduce the cooking juices by two-thirds. Whisk in 125 g (4½ oz, ½ cup) butter chopped into small pieces, adjust the seasoning and add the juice of ½ a lemon. Plunge a tomato into boiling water for 30 seconds, peel, seed and dice, then top the fillets with the diced tomato and coat with the sauce. Sprinkle with freshly chopped basil.

Fillets of sole with Chambertin

Season some fillets of sole with salt and pepper and fold them in two. Butter an ovenproof casserole and line the bottom with finely diced carrots, chopped onions, fresh crumbled thyme and a crushed bay leaf. Add some chopped mushroom stalks (the caps will serve for the garnish). Arrange the fillets in the dish, dab them with knobs of butter and barely cover them with Chambertin. Cover with the lid and bake in a preheated oven at 240°C (475°F, gas 9). Remove and drain the fillets, then arrange them in the serving dish; keep hot. Reduce the cooking liquid by one-third, pass through a conical strainer and bind the strained liquor with 1 tablespoon beurre manié. Coat the fillets with this sauce and garnish with sautéed mushroom caps and small glazed onions.

Fillets of sole with mushrooms

Fold each fillet of sole over 2 large mushroom caps and cook over a gentle heat in a fish fumet prepared with white wine. Carefully invert the drained fish on to a long dish so that the mushrooms face upwards. Add an equal quantity of crème fraîche to the cooking juices and reduce by half. Whisk in 25 g (1 oz, 2 tablespoons) butter, strain and pour over the fish.

Fillets of sole with noodles

Lay 8 fillets of sole in a buttered dish. Sprinkle them with chopped shallots and season. Moisten with white wine and fish fumet (made with the skin and bones of the sole). Add a crushed tomato and cook in the oven for 8 minutes.

Meanwhile, make a hollandaise sauce. Cook some fresh noodles *al dente*; refresh them, turn into a buttered gratin dish and bind with 100 ml (4 fl oz, 7 tablespoons) crème fraîche, then place the drained fillets on top of the noodles; reduce the cooking juices and add them to the hollandaise sauce with a little crème fraîche. Adjust the seasoning, coat the fillets and glaze in a very hot oven.

Fillets of sole with vermouth

Place the fillets of sole in a buttered pan. Moisten with 100 ml (4 fl oz, 7 tablespoons) fish fumet and 100 ml (4 fl oz, 7 tablespoons) dry vermouth. Poach gently for 10 minutes. Remove the fish and keep warm. Cook 125 g (4½ oz, 1⅓ cups) sliced mushroom caps in butter over a brisk heat for 4 minutes, with salt, pepper and lemon juice. Strain both cooking juices into a pan and reduce to 4 tablespoons; add 400 ml (14 fl oz, 1¾ cups) double (heavy) cream and boil. Remove from the heat and bind with 3 egg yolks. Reheat, stirring, without allowing the mixture to boil. Garnish the fillets with the mushrooms and coat with the sauce.

Fried fillets of sole en goujons

Cut 2 large sole fillets diagonally across in slices about 2 cm (¾ in) wide. Dip in salted milk, drain, coat with flour and fry in hot fat or oil at 180°C (350°F). Drain on paper towels, sprinkle with fine salt and heap on a napkin. Garnish with fried parsley and lemon wedges. The fillets, also known as *goujonnettes*, can be used as a garnish for large braised fish and for sole *à la normande*.

Grilled fillets of sole

Season the fillets of sole, baste with oil or clarified butter and grill (broil) each side for 4 minutes. Arrange on a long dish surrounded by lemon slices and fried parsley. Serve with melted butter flavoured with lemon juice.

Grilled sole

Skin a sole of at least 400 g (14 oz). Lightly season, soak in oil and drain well. Grill (broil) on both sides. Serve with half slices of canelled lemon, fried parsley and any sauce suitable for grilled fish.

Grilled sole à la niçoise

Arrange a grilled sole on a warmed dish. Surround with tomato fondue seasoned with tarragon and mixed with anchovy butter (allow ½ teaspoon butter to 3–4 tablespoons fondue). Finish with capers and stoned (pitted) black (ripe) olives.

Paupiettes of sole

Prepare a forcemeat from 500 g (18 oz) puréed whiting, salt, pepper and 200 ml (7 fl oz, ¾ cup) crème fraîche, working in a bowl over crushed ice.

Remove and prepare the fillets from 2 × 800 g (1¾ lb) sole. Lightly flatten them on a damp worktop and season both sides. Spread the forcemeat over

the 8 fillets, roll them up and tie loosely, so that the forcemeat does not escape. Butter a flameproof dish large enough to hold the fillets upright, side by side, then sprinkle it with 2 or 3 chopped shallots and arrange the fillets in it. Season. Moisten with 175 ml (6 fl oz, ¾ cup) each of white wine and fish fumet. Cover with foil, bring to the boil, then place in a preheated oven at 230°C (450°F, gas 8) and cook for 10–15 minutes. Drain the paupiettes and arrange on a serving dish. Keep warm.

Strain the cooking juices into a small saucepan and whisk in 1 tablespoon butter. Pour this on to 2 egg yolks beaten with the juice of half a lemon, then return it to the saucepan and whisk until thick, without allowing it to boil. Pour over the paupiettes and serve very hot.

Paupiettes of sole à l'ancienne

Cover 8 fillets of sole with a thin layer 250 g (9 oz) whiting forcemeat (prepared using the same proportions as those for paupiettes of sole) mixed with 75 g (3 oz) dry mushroom duxelles. Roll up the fillets, coat with egg and breadcrumbs and cook in 40 g (1½ oz, 3 tablespoons) clarified butter. Shape some small cutlets of whiting forcemeat and cook separately. Arrange the paupiettes and cutlets alternately in a ring. Garnish with a ragoût of shrimp tails, mushrooms and truffles, flavoured with Madeira.

Paupiettes of sole paillard

Flatten some fillets of sole, season them with salt and pepper, and cover with a thin layer of fish forcemeat finished with mushroom purée. Roll them into paupiettes and place in a sauté dish lined with thinly sliced onions and mushrooms; add a bouquet garni and moisten with fish stock or dry white wine. Cook the sole, covered, in a preheated oven at 220°C (425°F, gas 7) for 12 minutes.

Drain the paupiettes, arrange them on artichoke hearts in a deep buttered dish, cover and keep them hot. Strain the cooking liquid through muslin (cheesecloth) or a fine sieve. Add an equal volume of mushroom purée, 2 egg yolks, and 200 ml (7 fl oz, ¾ cup) crème fraîche. Bring to the boil, whisking all the time, and adjust the seasoning. Coat the paupiettes with this sauce, glaze in a preheated oven at 230°C (450°F, gas 8) and serve immediately.

Ring of sole à la normande

Generously butter a ring or savarin mould and fill with a cream forcemeat made with fish. Poach in a bain marie in a preheated oven at 180°C (350°F, gas 4) for about 25 minutes. Stand for 30 minutes in the oven with the door open then turn out on to a serving dish. Fill the centre with a shellfish ragoût mixed with normande sauce, then add some fried smelts. Poach some folded fillets of sole in white wine and arrange on top of the ring. Also poach some oysters and place one on each fillet. Garnish with sliced truffle. Warm the dish through and garnish round the edges with shrimps cooked in court-bouillon.

Sole à l'arlésienne

Poach 2 sole for 5–6 minutes in a fish fumet. Arrange on a serving dish and garnish with 4 small peeled tomatoes, cooked in butter, and 4 steamed sliced artichoke hearts to which 100 ml (4 fl oz, 7 tablespoons) reduced double (heavy) cream has been added. Then reduce the fish cooking juices and add 1 tablespoon tomato purée (paste). Add a little crushed garlic and 50–75 g (2–3 oz, 4–6 tablespoons) butter to the sauce. Pour over the sole.

Sole à la dieppoise

Poach 4 soles, each weighing 350 g (12 oz), in 100 ml (4 fl oz, 7 tablespoons) white wine and 100 ml (4 fl oz, 7 tablespoons) fish stock, seasoned with salt

and pepper. Keep warm. Cook 100 g (4 oz) button mushrooms in white stock. Cook 100 g (4 oz) prawns (shrimp) in salted water. Remove their shells and keep them warm. Cook 500 g (17 oz) mussels with a bouquet garni over a high heat. Remove them from their shells and keep warm.

Prepare a roux with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour; add some of the reduced cooking liquid from the soles and the strained liquid from the mussels and that of the mushrooms. Bind with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream and 25 g (1 oz, 2 tablespoons) butter. Arrange the soles on a dish, surround with the prawns, mussels and mushrooms and pour the hot sauce on top.

Sole à la Dugléré

Skin and clean a sole weighing about 500 g (18 oz) and cut it into sections. Butter a shallow flameproof dish. Peel and chop 1 medium onion, 1 shallot, a small bunch of parsley, a garlic clove and, if liked, 75 g (2½ oz, ¾ cup) button mushrooms. Skin, seed and chop 2 tomatoes. Spread these ingredients on the bottom of the dish, then add a sprig of thyme and half a bay leaf. Arrange the fish in the dish, dot with knobs of butter, moisten with 100 ml (3½ fl oz, scant ½ cup) dry white wine and cover with foil. Bring to the boil, then cook in a preheated oven at 220°C (425°F, gas 7) for 7 minutes. Drain the pieces of sole, arrange on a dish in the original shape of the fish and keep hot. Remove the thyme and bay leaf from the oven dish and add 1 tablespoon velouté made with fish stock. Reduce by one-third, then add 25 g (1 oz, ⅛ cup) butter. Pour the sauce over the fish and sprinkle with chopped parsley.

Sole à la ménagère

Skin and prepare a sole weighing about 1 kg (2¼ lb). Break the backbone at the head and at the tail. Sauté 200 g (7 oz, 1¾ cups) chopped carrots, 150 g

(5 oz, 1 cup) chopped onions, and 2 chopped celery sticks in butter until soft. Season with salt and pepper and sprinkle with a pinch of thyme, a little ground bay leaf and 1 tablespoon chopped parsley.

Place the vegetables in an ovenproof dish and arrange the sole on top. Add 150 ml (¼ pint, ⅔ cup) red wine, cover the dish and cook in a preheated oven at 240°C (475°F, gas 9) for about 10 minutes. Pour the wine from the cooking dish into a saucepan, thicken with 1 tablespoon beurre manié, then pour it back into the dish over the sole. Glaze in a hot oven.

Sole à la meunière

Skin, gut (clean), wash and trim 4 sole, each weighing 250–300 g (9–11 oz); lightly flour and season with pepper. Heat 75–100 g (3–4 oz, 6–8 tablespoons) clarified butter and 1 tablespoon oil in a frying pan. Brown the sole for 6–7 minutes on each side. Drain and arrange on a heated serving dish. Pour over 75 g (3 oz, 6 tablespoons) butter melted in a saucepan with the juice of 1 lemon. Sprinkle with chopped parsley. Serve with sliced vegetables fried in oil or butter.

Suitable vegetables include aubergines (eggplants) and courgettes (zucchini) fried in oil, chunks of cucumber sweated in butter, sliced artichoke hearts fried in butter, mushrooms (especially ceps) fried in butter or oil and red or green (bell) peppers that have been cut into thick julienne strips and sweated in oil.

Sole à la normande

For a sole weighing about 400 g (14 oz), prepare a garnish of 4 debearded and poached oysters, 12 mussels cooked in dry white wine, 25 g (1 oz) peeled prawns (shelled shrimp), 4 fluted mushrooms cooked in dry white wine, 6 slices of truffle, 4 gudgeon (or smelt) coated with breadcrumbs and fried,

4 trussed crayfish cooked in court-bouillon, and 4 heart- or lozenge-shaped croûtons of bread fried in butter (or puff-pastry crescents).

Trim the sole, split it, skin one side only, and carefully raise the fillets a little. Break the backbone in 2 or 3 places to facilitate its removal after cooking. Poach the fish in a little fish fumet made with white wine, to which the cooking liquids from the oysters, mushrooms and mussels have been added. Drain the fish on paper towels and remove the backbone.

Arrange the fish on a long buttered serving dish together with the various garnishes and cover with normande sauce made from the fish cooking stock. The fish can be garnished with a ribbon of light fish aspic or meat glaze.

Sole à la paysanne

Thinly slice a carrot, an onion, a celery stick and the white part of a small leek. Braise in butter, seasoning with salt and a pinch of sugar. When cooked, add enough warm water to just cover. Then add 1 tablespoon diced French (green) beans and an equal quantity of fresh peas. Finish cooking all the vegetables together, then boil the liquid to reduce it by one-third.

Place a trimmed sole weighing about 300 g (11 oz) in a buttered, oval, earthenware dish, season with salt and pepper and cover with the vegetables and their cooking liquor. Poach the fish in a preheated oven at 180°C (350°F, gas 4). When cooked, remove most of the cooking liquor from the dish, boil to reduce and then whisk in 2 tablespoons butter. Coat the sole with the sauce and glaze in a very hot oven. Serve immediately.

Sole à la portugaise

Lightly butter a long ovenproof dish and cover with a thick tomato sauce flavoured with garlic. Trim, prepare and season a 675 g (1½ lb) sole and lay it in the dish. Moisten with 2 tablespoons olive oil, 1 tablespoon lemon juice

and 2 tablespoons fish stock. Cook in a preheated oven at 230°C (450°F, gas 8) for about 10 minutes, basting the sole from time to time with its cooking juices. Sprinkle with breadcrumbs, brown under the grill (broiler), then sprinkle with chopped parsley.

Sole and mushroom brochettes

Cut the fish into square pieces of equal size. Sandwich them together two by two with a stuffing made from hard-boiled (hard-cooked) egg yolks, fresh breadcrumbs and parsley. Thread them on skewers, alternating them with mushrooms tossed in melted butter. Season with salt and pepper and baste with clarified butter. Cover with white dried breadcrumbs and grill (broil).

Sole armenonville

Prepare a pancake of pommes Anna. Skin and prepare 2 good sole and poach them in a very shallow dish in fish stock. Make a white wine sauce and stir in the cooking juices from the sole. Cut some cep mushrooms into thin strips, cook them gently in butter in a covered pan and add them to the sauce. Arrange the pommes Anna on the serving dish, place the sole on top, coat with sauce and serve immediately. In the traditional recipe, the sole is served surrounded by a border of duchesse potatoes enriched with truffles.

Sole bagatelle

Prepare a salpicon from a lobster *à l'américaine*, mushrooms and truffles. Bind with very thick américaine sauce with a little added cream – 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream to 300 ml (½ pint, 1¼ cups) sauce. Lay out the fillets of sole and spread with the salpicon; fold the fillets over the stuffing and coat with egg and breadcrumbs. Lightly brown them in a frying pan and arrange on a dish, garnished with sliced truffles. Keep warm.

Cook 1 tablespoon grated shallot in butter without allowing it to colour. Moisten with 175 ml (6 fl oz, ¾ cup) dry white wine and reduce by half. Then double the volume with fish fumet and season. Add chopped parsley and the juice of 1 lemon. Thicken with 50 g (2 oz, ¼ cup) beurre manié. Cook for 10 minutes; finish with 25 g (1 oz, 2 tablespoons) butter and some finely chopped chives. Pour over the sole.

Sole Bercy

Butter an ovenproof dish and sprinkle with chopped shallots and parsley. Place the prepared sole in the dish, add 2 tablespoons dry white wine and a dash of lemon juice and dot with 15 g (½ oz, 1 tablespoon) butter. Cook in a preheated oven at 220°C (425°F, gas 7) for 15 minutes basting the fish several times in order to glaze it.

Sole Colbert

Remove the dark skin from the sole and slit the flesh on either side of the backbone. Raise the fillets and break the backbone in 2 or 3 places so that it may be easily removed after cooking. Dip in milk and coat in egg and breadcrumbs. Fry the sole, drain it and remove the backbone. Fill the cavity with Colbert butter. Serve on a long dish and garnish with fried parsley.

Sole diplomat

Remove the skin from a good-sized sole, slit its flesh along the backbone and free the top fillets, working outwards from the centre. Cut the backbone at the head and tail and remove it completely. Prepare 125 g (4½ oz, ½ cup) cream forcemeat made with whiting, adding 1 tablespoon diced truffles. Insert the forcemeat underneath the top fillets. Gently poach the sole in a fish fumet but do not cover. Drain, remove the small lateral bones, arrange on the serving

dish and surround with diced lobster flesh. Keep hot. Use the cooking liquid to make some diplomat sauce and coat the fish with it.

Sole fillets à la Daumont

Prepare about 150 ml (¼ pint, ⅔ cup) salpicon of crayfish tails *à la Nantua*. Fillet 2 large sole. Prepare 400 g (14 oz, 2 cups) fine whiting forcemeat and add 50 g (2 oz, ¼ cup) crayfish butter. Spread the sole fillets with the forcemeat and fold them over. Place them in a buttered gratin dish, add sufficient fish fumet just to cover them and poach gently. Gently cook 8 large mushroom caps in butter, drain and top each with some of the crayfish salpicon. Drain the sole fillets and place one on each mushroom. Coat with normande sauce and serve very hot.

Sole fritots

Cut some sole fillets in two (or four if large fillets), then dip them in a light batter and deep-fry until they are golden brown. Drain on paper towels and serve with fried parsley and quarters of lemon. Serve with a flavoured mayonnaise sauce, for example, with grated lemon zest and chopped capers.

Sole meunière Mont-Bry

Prepare in advance 200 g (7 oz) thin noodles. Scald, peel and seed 6 tomatoes, then crush them to remove any liquid. Chop a medium onion and brown in butter. Add the crushed tomatoes, a pinch of salt, a pinch of caster (superfine) sugar and a little crushed garlic; cover and cook slowly.

Then prepare 3 sole weighing about 300 g (11 oz) each. Remove the brown skin and carefully detach the fillets from the backbone. Season the fillets with salt and pepper, roll them in flour and cook in clarified butter in a frying pan until golden brown on both sides.

Using another frying pan, sauté the noodles in 5–6 tablespoons clarified butter until they are lightly browned and slightly crisp. Place the sole fillets in a hot long serving dish, sprinkle with lemon juice and chopped parsley, and arrange the tomato mixture around them. Pile mounds of noodles at each end of the dish. Baste the fish copiously with noisette butter, which should be bubbling and frothy.

Sole sur le plat

Remove the black skin from 2 × 800 g (1¾ lb) sole and cut off the heads at an angle. Cut along the backbone and open out. Remove the bone, taking care that the fillets remain attached. Moisten with fish fumet with added lemon juice to the level of the fish and dot with knobs of butter. Cook in a preheated oven at 230°C (450°F, gas 8) for about 15 minutes, basting frequently (the cooking juices should become syrupy and glaze the surface of the fish). Serve in the cooking dish.

Sole with orange

Brown a trimmed floured sole in a knob of butter until cooked through on both sides. Place on a hot serving dish and season with pepper. Garnish with thin slices of peeled orange with the seeds removed. Melt a little butter in a bain marie, season with salt and add a little crème fraîche and Curaçao. Pour over the sole.

Sole with thyme

Cook a small sole in butter in a frying pan for 2 minutes on each side. Season it with salt and pepper and add ¼ teaspoon dried thyme and 2 tablespoons dry white wine. Continue to cook for 30 seconds, then remove the fish. Reduce the juices by half and add 2 tablespoons double (heavy) cream and a

peeled slice of lemon, chopped. Boil the sauce until it becomes thick and pour it over the fish. Garnish with small steamed courgettes (zucchini).

Steamed fillets of sole in tomato sauce

Arrange 6–7 sprigs of basil in the basket of a steamer and place on top 4 sole fillets folded in half. Season with salt and pepper. Pour a little water into the lower pan, bring to the boil and cook, covered, for about 8 minutes. Keep the sole fillets hot.

Poach 1 egg for 3 minutes in boiling water with vinegar added; mash well. Cook 1 chopped shallot gently in olive oil in a saucepan. Away from the heat, add the mashed poached egg, a dash of French mustard, the juice of 1 lemon, salt and pepper, as well as some basil leaves, finely chopped. Place over a low heat and whisk the mixture. While whisking, gradually add 100 ml (4 fl oz, 7 tablespoons) olive oil to thicken the sauce to the consistency of a hollandaise. Then add 3 tomatoes, peeled, seeded and diced, and 1 tablespoon chopped chervil. Serve the sole fillets coated with the sauce.

Stuffed sole Auberge de l'Ill

Remove the black skin from 2 × 800 g (1¾ lb) sole and cut off the heads at an angle. Cut along the backbone and open out. Remove the bone, taking care that the fillets remain attached. Put 100 g (4 oz) whiting fillets, 1 egg white, salt, pepper and a pinch of grated nutmeg in a blender or food processor. With the motor running, add 250 ml (8 fl oz, 1 cup) very cold double (heavy) cream, a little at a time. Mix the forcemeat with 150 g (5 oz) diced salmon fillets and 50 g (2 oz, ½ cup) chopped pistachios in a bowl. Stuff the sole with the mixture, season and arrange on a buttered ovenproof dish. Sprinkle with chopped shallots and moisten with 250 ml (8 fl oz, 1 cup) Riesling and 250 ml (8 fl oz, 1 cup) fish fumet. Cover with foil and cook in a preheated oven at

220°C (425°F, gas 7) for 25 minutes. Arrange on a plate and keep warm. Pour the cooking juices into a pan, add 250 ml (8 fl oz, 1 cup) double cream and reduce by half. Whisk in 100 g (4 oz, ½ cup) butter, a little at a time. Add the juice of 1 lemon. Adjust the seasoning and pour over the sole. Garnish with slices of truffle glazed in butter and puff-pastry flowers.

Sprats

Sprats à la vinaigrette

Remove the heads and skin from some fresh sprats. Arrange in a small bowl and sprinkle liberally with chopped shallots and parsley. Coat with oil and shallot-flavoured (or white distilled) vinegar. Marinate in a cool place for 10 hours. Serve with parsley, rye bread and shallot butter.

Sturgeon

Fricandeau of sturgeon à la hongroise

Brown a thick slice of sturgeon in butter with finely diced onions in an ovenproof dish. Season with salt, paprika and a bouquet garni. Moisten with 200 ml (7 fl oz, ¾ cup) white wine then boil down to reduce. Add 300 ml

(½ pint, 1¼ cups) velouté sauce based on fish stock. Finish in a slow oven. Add butter to the sauce and pour it over the fish. Serve with boiled potatoes, cucumber balls or a purée of sweet (bell) peppers.

Sturgeon à la brimont

Fillet a medium-sized sturgeon. Trim the fillets and thread anchovy fillets through them. Place in a baking dish lined with a fondue of carrots, onions and celery, finely sliced and cooked slowly in butter until tender. Cover with 2 peeled, chopped and seeded tomatoes mixed with 4 tablespoons coarsely diced mushrooms and surround with potatoes cut into little balls with a ball-scoop, three-quarters cooked in salted water and drained. Moisten with 100 ml (4 fl oz, 7 tablespoons) dry white wine and dot with 50 g (2 oz, ¼ cup) butter. Bake in a preheated oven at 150°C (300°F, gas 2), basting frequently, for about 40 minutes, depending on the size and thickness of the sturgeon. Gently ease the flakes apart at the thickest part of the fish to see if it is cooked. Five minutes before the end of cooking sprinkle the fish with breadcrumbs and brown lightly.

Trout & salmon trout

Fried trout

Clean, gut and dry some very small trout. Season with salt and pepper and dust with flour. Deep-fry in sizzling oil, then drain and arrange on a napkin. Serve with a green salad and slices of lemon.

Medallions of trout with chive butter

Blanch 100 g (4 oz) spinach for 1 minute. Rinse in plenty of cold water, dry well and chop very finely. In a blender, combine 150 g (5 oz) scallops without their corals, the spinach, 5 tablespoons whipping cream and 3 tablespoons white wine. Season with salt and pepper. Cover 6 good trout fillets with this mixture, then roll them up on themselves. Wrap each trout roll in foil, carefully sealing the ends. Cook in steam for 8–10 minutes. Put to one side. Reduce almost completely 120 ml (4½ fl oz, ½ cup) good white wine with 1 very finely chopped shallot in a saucepan. Add 250 g (9 oz, 1 cup) very cold butter, cut into pieces, and incorporate vigorously. Add 3–4 tablespoons finely chopped chives. Correct the seasoning. Put this chive butter on the plates and place the rolled trout fillets, cut into medallions, on top. Garnish with the vegetables, cooked *al dente*.

Salmon trout Beauharnais

Stuff a salmon trout weighing about 900 g (2 lb) with 250 g (9 oz) forcemeat of whiting and cream mixed with 4 tablespoons vegetable mirepoix lightly cooked in butter. Place on the buttered grid of a fish kettle, half-cover with fish fumet made with white wine and cook in a preheated oven at 230°C (450°F, gas 8), or place the fish kettle on the hob (stove top) across two burners or hotplates, for about 20 minutes. Drain the trout, place in a serving dish and garnish with noisette potatoes cooked in butter and small artichoke hearts cooked in butter and filled with béarnaise sauce. Strain the cooking liquid; reduce, thicken with butter and serve with the trout.

Salmon trout Berchoux

Stuff a 2 kg (4½ lb) salmon trout with a creamy pike forcemeat with chopped truffles. Place the trout in a buttered ovenproof dish on a bed consisting of a

chopped carrot, a medium-sized chopped onion (lightly fried in butter), a good handful of mushroom trimmings and a bouquet garni. Add fish stock with white wine until it comes halfway up the trout. Season with salt and pepper, cover, place in a preheated oven at 180°C (350°F, gas 4), and cook for about 40 minutes, basting frequently until the fish is just cooked. Remove the central portion of skin and the dark parts of the flesh. Strain the cooking liquor, pour a few tablespoons of this liquor over the trout and glaze slightly in the oven.

Prepare the garnish: 8 small pastry barquettes filled with soft carp roe and coated with normande sauce; 8 small croquettes made of diced lobster, mushrooms, and truffles bound with a thin velouté sauce; and 8 very small artichoke hearts, partly cooked in white stock, sweated in butter, filled with a salpicon of truffles bound with cream, sprinkled with Parmesan, and browned in the oven.

Add 300 ml (½ pint, 1¼ cups) velouté fish sauce to the remaining cooking liquor and reduce over a high heat, gradually adding 300 ml (½ pint, 1¼ cups) double (heavy) cream to the sauce. Add butter and then strain or sieve. Use to coat the bottom of the serving dish for the fish and serve the rest in a sauceboat. Transfer the salmon trout to the serving dish and add all of the garnishes.

This traditional recipe can be modified by simplifying the garnishes.

Salmon trout with salad

Clean and fillet 4 salmon trout. Slice the fillets into thin strips, lay on a porcelain dish, season with salt and pepper and sprinkle with olive oil. Turn them over and repeat the seasoning. Leave the fillets to marinate overnight in a cool place. On the day of the meal, cook some small artichokes, keeping them crisp, peel 2 very ripe avocados, poach 3 quails' eggs per guest and

prepare a very fine julienne of orange zest and peeled ginger root. Cook 3 crayfish per person in a highly flavoured court-bouillon.

Arrange the marinated raw trout fillets in a fan shape on the plates. Place the crayfish, with their tails shelled, at the base of the fan, then complete the fan with avocado slices, artichoke quarters and quails' eggs. Sprinkle with the orange and ginger julienne strips, then season with a dash of lemon juice and a little olive oil.

In autumn, make the garnish with thin strips of Caesar's mushrooms, a boletus cap marinated with the trout fillets, small shaped pieces of beetroot (beet), crisp French (green) beans, artichoke hearts, poached quails' eggs and a julienne of orange zest and fresh ginger.

Trout à la bourguignonne

Clean and dry 4 trout and season with salt and pepper inside and out. Finely slice 250 g (9 oz) cleaned mushrooms, 1 carrot and 1 onion, lightly cook in butter and use to line a buttered ovenproof dish. Place the trout in the dish and add a bouquet garni and just enough red Burgundy to cover the fish. Bring to the boil on the hob (stove top), then cover and cook in a preheated oven at 220°C (425°F, gas 7) for about 10 minutes. Glaze 12 small (pearl) onions. Drain the trout and place in a heated serving dish, with the onions as a garnish. Keep hot. Strain the cooking liquid, thicken with 1 tablespoon beurre manié, and put back on the heat for 2–3 minutes. Add 2 tablespoons unsalted butter, whisk and pour over the trout.

Trout à la nage Jean Giono

Clean and rinse the freshly killed trout. Pour into a dish 1 glass vinegar and season with salt and pepper; put the trout in the dish, turning them over several times, then leave to marinate for 15 minutes.

Heat a little vinegar in a large sauté pan or flameproof casserole (large enough to hold the trout), then pour in 1 glass olive oil beaten with 5 glasses water. Add 1 carrot, 1 leek and 1 onion (all sliced), 1 small chopped celery stick, 3 crushed garlic cloves, 5 crushed juniper berries, a pinch of powdered thyme, salt, pepper and a dozen fennel seeds. Boil rapidly, until the liquid has reduced to about 1 cm (½ in).

Add the trout. Cover, bring to the boil, then cook at maximum heat for 1 minute and over a low heat for a further 4 minutes.

Trout au bleu

For true trout *au bleu*, the fish must be extremely fresh – killed about 10 minutes before cooking and serving. Take the fish out of the water and kill it with a hard blow to the head; gut and clean rapidly, without wiping. Sprinkle with vinegar, then plunge into a boiling court-bouillon containing a high proportion of vinegar. Simmer, allowing 6–7 minutes for fish weighing about 150 g (5 oz). Drain and arrange on a napkin. Garnish with fresh parsley and serve with melted butter or hollandaise sauce.

Trout with almonds

Clean and dry four 250 g (9 oz) trout. Season with salt and pepper and dust with flour, shaking to remove any excess. Melt 50 g (2 oz, ¼ cup) butter in a large oval frying pan and brown the trout on both sides, then lower the heat and cook for 10–12 minutes, turning once. Brown 75 g (3 oz, ¾ cup) shredded (slivered) almonds in a dry frying pan or in the oven and add to the trout. Drain the cooked trout and arrange on a serving dish. Sprinkle with 2 tablespoons lemon juice and some chopped parsley. Keep warm. Add 20 g (¾ oz, 1½ tablespoons) butter and 1 tablespoon vinegar to the pan, heat, then pour over the trout.

Trout with leeks

Remove the backbone from an uncooked trout, season with salt and pepper, and stuff with a fine cream forcemeat made with whiting. Roll up in blanched whole leaves of young leeks. Cook in a buttered dish with a little white wine and shallots. Drain the fish. Reduce the cooking liquid, if necessary, and thicken with cream; adjust the seasoning and pour over the trout.

Tuna

Attereaux à la niçoise

Attereau is the term for a skewer threaded with ingredients, coated in sauce and breadcrumbs and fried.

Assemble the attereaux with large stoned (pitted) olives, mushrooms, pieces of tuna fish marinated in olive oil and lemon, and anchovy fillets. Make a Villeroi sauce and add to it 1 tablespoon reduced tomato sauce and chopped tarragon. Coat the attereaux with sauce, then with breadcrumbs, and fry.

Grilled tuna

Mix some olive oil with lemon juice, salt, pepper, a little cayenne pepper, some finely chopped parsley and, if desired, a crushed garlic clove. Marinate some steaks of white tuna (albacore) 4–5 cm (1½–2 in) thick in this mixture for at least 30 minutes. Grill (broil) the drained steaks under a low heat for 10 minutes on each side. Serve with a flavoured butter, for example made with sweet (bell) pepper or anchovy.

Tuna en daube à la provençale

Stud a slice of bluefin tuna with anchovy fillets. Marinate in olive oil, lemon juice, salt and pepper for 1 hour. Brown the fish in olive oil in a flameproof casserole, remove and set aside. Add 1 chopped onion. Cook for 10 minutes, until soft but not brown. Stir in 2 large peeled, seeded and crushed tomatoes, 1 small crushed garlic clove and a bouquet garni. Replace the tuna, cover and cook for 15 minutes. Pour in 150 ml (¼ pint, ⅔ cup) white wine and finish cooking in the oven, basting often, for 40 minutes. Drain the fish and place on a serving dish. Add the concentrated cooking liquor and serve with a little timbale of ratatouille and a fan of sautéed courgette (zucchini).

Tuna fish in tea

Brown a bluefin tuna steak, weighing about 800 g (1¾ lb), in oil in a frying pan. Meanwhile, prepare an infusion of fairly strong tea (black China tea or lotus tea). Put the tuna into a saucepan together with 100 g (4 oz, ½ cup) diced fresh unsalted belly of pork. Add a piece of fresh root ginger cut into thin strips, pepper, 1–2 teaspoons *nuoc-mâm* (Vietnamese fish sauce), a lump of sugar and the tea (ensure that the liquid just covers the fish). Simmer over a gentle heat for 1 hour.

Tuna omelette

For 6 people, wash 2 soft carp roes and blanch them for 5 minutes in lightly salted boiling water. Chop the roes together with a piece of fresh tuna about the size of a hen's egg so that they are well mixed. Put the chopped fish and roes into a pan with a small, finely chopped shallot and butter and sauté until all the butter is incorporated – this gives the essential flavour to the omelette.

Blend some butter with parsley and chives, and spread it on to the serving dish for the omelette; sprinkle with lemon juice and keep warm.

Beat 12 eggs, add the sautéed roes and tuna, and mix well together. Cook the omelette in the usual way, keeping the shape long rather than circular, and ensure that it is thick and creamy. As soon as it is ready, arrange it on the prepared dish and serve at once.

The roes and the tuna should be sautéed over a very low heat, otherwise they will harden and it will be difficult to mix them properly with the eggs. The serving dish should be fairly deep, and preferably fish-shaped, so that the sauce can be spooned up when serving. The dish should be heated enough to melt the maître d'hôtel butter on which the omelette is placed.

Tuna rouelle with spices and carrots

In this context, rouelle is the term for a neat round of tuna steak. Brown a 1 kg (2¼ lb) tuna rouelle in butter in a flameproof casserole. Add 6 peeled and quartered tomatoes, 10 small, peeled whole onions and 1 kg (2¼ lb) baby carrots, peeled and sliced. Mix with 500 ml (17 fl oz, 2 cups) chicken stock and season with 2 teaspoons fresh root ginger, a pinch of grated nutmeg, ½ teaspoon ground cinnamon, 4 saffron strands, ½ teaspoon ground cumin and salt. Cover, bring to the boil and simmer for 1 hour. Serve very hot.

Turbot

Escalopes of turbot with buttered leeks

Slice some fillets of turbot into escalopes and make a fumet with the trimmings. Seal the escalopes in butter on both sides, then cover with the

fumet. Simmer for 5 minutes. Drain the fish. Mix the cooking juices with an equal amount of double (heavy) cream. Arrange the escalopes on a hot dish and pour over the sauce. Serve with an *embeurrée* of leeks: cook 1 kg (2¼ lb) shredded white parts of leeks in a preheated oven at 190°C (375°F, gas 5) with 200 g (7 oz, 1 cup) butter and 175 ml (6 fl oz, ¾ cup) water, covered, for 20 minutes; season with salt and pepper.

Fillets of turbot with leek fondue and beef marrow

Soften some shredded leeks with a knob of butter for 20 minutes over a very low heat. Season with salt and pepper, then add some crème fraîche and cook for a further 5 minutes, then set aside. Steam the turbot for 8 minutes. Reduce for 1 minute half a shallot (finely chopped) in 100 ml (4 fl oz, 7 tablespoons) red wine. Add 2 tablespoons meat glaze. Reduce, then remove from the heat and thicken with 25 g (1 oz, 2 tablespoons) butter cut into small pieces. Line the plates with this sauce, put the fillets of turbot on top, then surround with the leek fondue, alternating it with a *concassée* of tomatoes (this consists of 2 very ripe tomatoes, peeled, seeded, diced and lightly cooked in a little butter with a chopped shallot). Finish off with slices of beef marrow, soaked in cold water for 2–3 hours, then poached for 3 minutes in boiling water. Garnish with parsley.

Steamed turbot steaks

Cut a turbot into steaks; season with salt and pepper and steam for 12 minutes. Chop some shallots and put them in a saucepan with a drop of vinegar and 100 ml (4 fl oz, 7 tablespoons) single (light) cream beaten with 2 mashed bananas. Reduce. Glaze in butter 2 unpeeled garlic cloves per turbot steak. Serve the fish coated with the sauce and surrounded with the garlic cloves and sprigs of parsley.

Turbot en papillote with crispy vegetables and champagne sauce

Fillet a 1.5 kg (3¼ lb) turbot and cut into 12 escalopes of equal thickness. Chill and prepare a fish stock with the bones. Peel and cut 2 medium-sized carrots, 1 celery heart, 1 small turnip and the white part of leek into a coarse julienne. Halve 75 g (3 oz) green beans. Cook the vegetables for 3 minutes in the fish stock with 20 g (¾ oz, 1½ tablespoons) butter. Season when almost cooked. Drain and reserve the liquid. Sweat 2 peeled and chopped shallots in 2 teaspoons butter. Deglaze with 200 ml (7 fl oz, ¾ cup) brut champagne and the reserved cooking liquid. Reduce by half.

Fold 2 sheets of foil 30 × 60 cm (12 × 24 in) in half to make double-thick squares. Cut into semi-circles, leaving the folded edge uncut. Unfold and put 6 escalopes, seasoned with salt, pepper and cayenne pepper, on one half of each. Top with the vegetables and fold the foil over. Seal the edges.

Add 200 ml (7 fl oz, ¾ cup) crème fraîche to the champagne reduction. Bring to the boil and cook for a few seconds. Whisk in 125 g (4½ oz, ½ cup) butter, cut into small pieces. Cook the papillotes in a preheated oven at 220°C (425°F, gas 7) for 7 minutes. Take out of the oven and open the parcels in front of the guests. Pour a little sauce on each plate and place 2 escalopes on top.

Turbot with leeks

Lift the fillets from a young 900 g (2 lb) turbot. Trim and clean in fresh water and cut up into small pieces (*goujonnettes*). Make a fumet from the head and trimmings. Wash, trim and slice 6 small leeks and arrange them in a buttered ovenproof dish. Cover with the fumet, season with salt and pepper, and cook in a preheated oven at 220°C (425°F, gas 7) until they are just cooked but not soft. Drain the leeks, retaining the cooking liquid, and divide them among individual dishes. Keep warm.

Pour 200 ml (7 fl oz, ¾ cup) strained fumet into a pan, add 3 tablespoons crème fraîche, a pinch of sugar, white pepper (2 twists of the pepper mill) and 2 tablespoons dry vermouth. Boil down to reduce. Put the turbot pieces into the sauce. Poach for 5 minutes. Drain the fish and place on top of the leeks. Further reduce the cooking liquid, then pour it over the fish. Serve hot.

Turbot with morels

For 5 or 6 servings, soak 300 g (11 oz) dried morels in plenty of water (use fresh morels in season). Remove the stalks and wash. Cook in salted water, strain, squeeze gently and brown in a saucepan, adding finely chopped shallots at the last moment. Add 200 ml (7 fl oz, ¾ cup) double (heavy) cream and bring to the boil. Adjust the seasoning and simmer for about 10 minutes.

Fillet, skin and trim a 3–4 kg (6½–9 lb) turbot and cut into 100 g (4 oz) escalopes. Season on both sides. Garnish half the escalopes with small piles of morels and cover with the remaining escalopes. Cook in a frying pan with a little butter, then in a preheated oven at 180°C (350°F, gas 4) for about 10 minutes. Arrange in a dish and coat with Américaine sauce, prepared as for lobster *à l'américaine*. Put a medallion of lobster on each escalope.

Weever

Grilled weever

A sea fish that often lies buried in the sand on the sea bed. The poisonous spines and the fins should be cut off before any other preparation and the fish

handled with gloves on. Gut and clean the weevers. Make shallow slits on the back of each fish and on each side of the central fin. Marinate them for an hour in a mixture of oil, lemon juice, salt, pepper and chopped parsley, with a little chopped garlic. Then gently grill (broil) them for about 15 minutes, turning once.

Serve with melted butter strongly flavoured with lemon and mixed with chopped herbs or with a mixture of olive oil and raw, crushed tomato pulp.

Whiting

Fried whiting en colère

Soak the whiting for 10 minutes in milk or pale (light) ale. Drain, pat it dry, season with salt and pepper and roll it in flour. Shape the fish into a circle by putting the tail into the mouth and clenching the jaws so that it remains in this position during cooking. Deep-fry in hot (but not smoking) fat, making sure that it is evenly browned on both sides. Drain it on paper towels and serve with fried parsley, slices of lemon and tartare sauce. Whiting can also be fried flat, but in this case a shallow incision should be made along its back.

Fried whiting en lorgnette

Make a deep incision in the fish along each side of the backbone. Do not separate the fillets from the head. Remove the backbone, starting at the tail and breaking it off at the base of the head. Season with salt and pepper and dip in egg and breadcrumbs. Roll up the fillets on either side of the head and

secure each of them with a small wooden skewer so that they stay in position. Deep-fry in very hot (but not smoking) fat. Arrange on a napkin and garnish with fried parsley and slices of lemon.

Moscow piroshki

Piroshkis are small filled pasties or turnovers served with soup or as a hot entrée in Russian and Polish cooking.

Prepare some unsweetened brioche dough and cut out small ovals, 6–7 cm (2½ in) wide and 10 cm (4 in) long. Prepare the filling: chop and mix 125 g (4½ oz) cooked white fish fillets (whiting or pike), 75 g (3 oz) cooked *vesiga* (dried spinal marrow of the sturgeon) and 2 hard-boiled (hard-cooked) eggs. Season with salt and pepper. Put a large knob of this mixture on each oval. Moisten the edges of the ovals slightly, fold over to cover the filling and press to seal tightly.

Leave for 30 minutes in a warm place for the dough to rise. Brush with beaten egg and cook in a preheated oven at 220°C (425°F, gas 7) for about 25 minutes. Drizzle with a little melted maître d'hôtel butter.

Paupiettes of whiting

Fillet 3 whiting and remove the skin. Put the bones and heads in a saucepan with 2 grated carrots, 1 shredded onion, 2 chopped shallots, 350 ml (12 fl oz, 1½ cups) dry white wine, a large glass of water, a bouquet garni, salt and pepper. Boil gently for 30 minutes, strain and reduce by half. Leave to cool.

Prepare a fish mousse: reduce 2 whiting fillets to a purée in a blender and put it into a basin. Place the basin in a bowl containing crushed ice. Gradually add 200 ml (7 fl oz, ¾ cup) crème fraîche, working the mixture briskly until it becomes mousse like. Flatten the 4 remaining fillets, season with salt and pepper and coat evenly with the fish mousse. Roll the fillets up tightly and tie

them with string. Arrange the paupiettes in a buttered flameproof dish, pour the reduced stock over the top and cover. Bring to the boil on top of the stove, then cook in a preheated oven at 220°C (425°F, gas 7) for 20–25 minutes.

Make some beurre manié by mixing 1 tablespoon butter with an equal quantity of flour. Drain the paupiettes and keep them hot on a serving dish. Thicken the cooking liquid with the beurre manié. Untie the paupiettes, coat them with the sauce and serve piping hot.

Poached whiting with melted butter

Put a large whiting into a cold court-bouillon in a pan. Bring to the boil, cover and poach gently for 10 minutes. Drain the fish and arrange it on a serving dish. Pour a little melted butter over the top and sprinkle with chopped parsley. Serve any remaining butter in a sauceboat. Garnish with steamed potatoes, rice, cucumber slices, spinach or leeks cooked in butter or sautéed courgettes (zucchini) or aubergines (eggplants).

Stuffed whiting with cider

Remove the backbone from 4 × 300 g (11 oz) whiting. Gut (clean) them through the back and season with salt and pepper. Slice 2 carrots, 2 celery sticks and the white parts of 2 leeks finely. Cook very gently for 5 minutes in a covered pan with 25 g (1 oz, 2 tablespoons) butter, and salt and pepper. Leave to cool. Stuff the fish with the vegetables and place them in a large ovenproof dish with 1 tablespoon olive oil. Pour in 350 ml (12 fl oz, 1½ cups) dry (hard) cider and 175 ml (6 fl oz, ¾ cup) fish stock. Cook in a preheated oven at 220°C (425°F, gas 7) for 15–20 minutes or until cooked. Remove the fish, boil down the stock until it is almost evaporated, then add 250 g (9 oz, generous 1 cup) curd cheese and heat gently, stirring, without boiling. Pour this sauce over the whiting, sprinkle with chopped chives and serve very hot.

Turnovers à la Cussy

Fill circles of puff pastry with a cream forcemeat made with whiting or other white fish to which anchovy fillets (cut into small strips) and chopped truffles have been added. Fold the pastry over into turnovers. Place on a buttered baking sheet, brush with beaten egg, and bake in a preheated oven at 230°C (450°F, gas 8) until golden brown.

Whiting à l'anglaise

Open the fish from the back and remove the backbone. Season, roll in flour, dip in egg and breadcrumbs and brown in butter on both sides. Put on a dish, top with slightly soft maître d'hôtel butter and serve with boiled potatoes.

Whiting à l'espagnole

Dip the whiting in egg and breadcrumbs, brown it in oil and place on a bed of tomato fondue seasoned with crushed garlic. Garnish with fried onion rings.

Whiting hermitage

Remove the bone from a large whiting and gut (clean) it through the back. Stuff it with a mixture of breadcrumbs, creamed butter, chopped shallot, egg, chopped herbs, salt and a pinch of cayenne. Put it into a buttered gratin dish with a little cream and some fish stock. Cover with buttered greaseproof (wax) paper and bake in a preheated oven at 220°C (425°F, gas 7) for 15 minutes. Drain the whiting. Boil the cooking liquid to reduce and add some butter, cream, salt and pepper. Bring to the boil and pour over the fish.

Whiting in white wine

Gut (clean) 2 large whiting and season with salt and pepper. Butter a flameproof gratin dish, line it with a layer of chopped onions and shallots and

place the fish on top. Add equal quantities of white wine and fish stock so the fish are half-covered. Cover the dish, begin the cooking on the top of the stove, then place in a preheated oven at 220°C (425°F, gas 7) for 20 minutes. Drain the fish and keep them hot in a serving dish. Boil the cooking liquid to reduce by half and add 200 ml (7 fl oz, ¾ cup) single (light) cream. Boil down and pour the sauce over the fish. Glaze for 5 minutes in a very hot oven.

Wrasse

Wrasse with potatoes

The wrasse is a fish of the *Labridae* family, which is fished on coasts from Norway to Senegal and also in the Mediterranean.

Blanch 250 g (9 oz) thick, streaky, lightly salted bacon in water and cut into small strips. Peel and slice 150 g (5 oz, generous 1 cup) shallots. Peel 1 kg (2¼ lb) potatoes, cut into thin slices, wash and wipe dry. Grease an ovenproof dish with lard (shortening) and arrange the strips of bacon and potatoes in it in alternate layers, sprinkled with shallots. Season with salt and pepper. Moisten with 500 ml (17 fl oz, 2 cups) white wine. Place in a preheated oven at 200°C (400°F, gas 6) for 30 minutes.

Meanwhile, scale, clean and wash 4 wrasse, each weighing about 400 g (14 oz), and rub them outside and inside with salt and pepper. Place them on the potatoes, sprinkle with small pieces of lard and return to the oven for 10 minutes. Turn the fish over and continue cooking for a further 5 minutes. Serve very hot in the baking dish.

SEAFOOD

Clams

Clam soup

Clam is the name given to a vast number of related shellfish, including the venus shells (*verenidae*) which cover over 500 types. They are eaten raw or cooked like oysters or *à la commodore*. Small clams are tender and cook quickly, but very large giant clams are cut up and simmered or stewed.

Dice 100 g (4 oz) salted bacon, 1 medium-sized onion, 2 celery sticks, 1 red (bell) pepper and 1 green pepper. Blanch the bacon for 3 minutes in boiling water, then cool it, wipe it and soften it in a pan containing some butter, without colouring it. Then add the vegetables, sprinkle on 1 tablespoon flour and cook for 2 minutes, stirring all the time. Sprinkle with 1.5 litres (2¾ pints, 6½ cups) stock and bring to the boil.

Open 36 clams near a heated oven, retaining the liquid. Prepare the clams; chop up the trimmings and put them in a saucepan with the clam liquor plus 200 ml (7 fl oz, ¾ cup) water. Cook for 15 minutes, strain and add this stock to the soup. Return the soup to the boil, add the clams, bring to the boil again, cover, then turn off the heat. Boil 300 ml (½ pint, 1¼ cups) double (heavy) cream and add it to the soup along with 1 tablespoon chopped parsley and 100 g (4 oz, ½ cup) butter. Heat and serve with crushed or whole crackers.

Crab

To prepare

To kill a live crab, stab it several times with a sharp metal skewer into the underside directly behind the eyes or centrally under the tail flap. If in doubt about the humane method, consult a fishmonger.

Cook the crab by boiling it in salted water for 20–30 minutes, then drain and rinse under cold water. When cool, remove the claws and legs. Turn the shell over and push the body out by applying pressure behind the tail flap, upwards and outwards. The pale, short finger-like gills (known as dead man's fingers) should be discarded. The stomach sac and related parts attached to the shell should be discarded too, but the soft brown shell meat is edible.

Use a skewer to pick out meat from the body before discarding it. Crack the legs and claws and poke out all the meat.

Canapés with crab

Finely crumble the crab meat (fresh or canned), removing all the cartilage, and flavour with a little lemon juice. Add an equal amount of béchamel sauce seasoned with nutmeg or saffron. Butter some lightly toasted slices of white bread and spread them with the crab mixture. Sprinkle with fresh breadcrumbs and melted butter and brown in a preheated oven at 230°C (450°F, gas 8). Garnish with half a round of fluted lemon.

Crab à la bretonne

Plunge a live crab into boiling lemon or vinegar court-bouillon. Cook for 8–10 minutes, then drain and cool. Remove the legs and claws and take out

the contents of the shell. Clean the shell thoroughly. Cut the meat from the shell in two, put it back in the clean shell and arrange the legs and claws around. Garnish with parsley or lettuce leaves and serve with a mayonnaise.

Crab aspic

Prepare a fish fumet with 500 g (18 oz) white fish bones and trimmings, 300 ml (½ pint, 1¼ cups) dry white wine, an onion stuck with 2 cloves, a bouquet garni, a small bunch of herbs and 5 or 6 peppercorns. Do not add salt. Add 1 litre (1¾ pints, 4⅓ cups) water, cover, bring to the boil and cook gently for 30 minutes. Hard boil (hard cook) 2 eggs, cool them under running water, and shell them. Strain the fish fumet through a sieve and allow it to cool. Use a small amount of the fumet to dissolve 45 g (1½ oz, 6 envelopes) powdered gelatine. Whisk 3 egg whites and add the remainder of the fumet, whisking constantly. Add the dissolved gelatine and mix in. Bring the mixture to the boil, still whisking constantly. Check the seasoning, take off the heat and leave to settle for 10 minutes. Strain the fumet through a sieve or fine cloth and set aside to cool.

Slice the hard-boiled eggs and 3 small tomatoes. Wash and dry a few tarragon leaves. Coat the mould with the jelly and arrange the slices of tomato and egg and the tarragon leaves over it. Pour a little more jelly over them and leave to set in the refrigerator.

Shell the claws and feet and take out the flesh from the body. Place the flaked crab in the mould and finish with shrimp mousse, heaping it up a little. Pour in the rest of the jelly and leave in the refrigerator for 5 or 6 hours to set. Unmould and serve on a plate garnished with asparagus tips or lettuce leaves.

- *Lobster or langouste aspic* Cut the tail into sections and remove the shell from the claws and feet.
- *Shrimp aspic* Use the shrimps shelled but whole.

Crab feuilletés

Prepare 500 g (1 lb 2 oz) puff pastry. Wash and scrub 2 crabs; plunge into boiling water for 2 minutes, then drain. Pull off the claws and the legs, crack the shells and halve the bodies. Remove the 'dead man's fingers' and discard. Chop 1 carrot, 1 onion, 1 shallot, the white part of ½ leek and 1 celery stick.

Heat 40 g (1½ oz, 3 tablespoons) butter in a saucepan, add the pieces of crab, then the chopped vegetables and cook, stirring frequently, until the crab shell turns red. Add 3 tablespoons heated Cognac and flame. Then add 1 bottle dry white wine, 1 generous tablespoon tomato purée (paste), a piece of dried orange peel, salt, pepper, a dash of cayenne pepper, 1 crushed garlic clove and a small bunch of parsley. Bring just to the boil, cover the pan and cook for 10 minutes. Remove the crab and cook the sauce, uncovered, for a further 10 minutes. Shell the pieces of crab to remove the meat. Purée the sauce in a blender and rub it through a sieve, then mix half of it with the crab meat. Allow to cool completely.

Roll out the pastry to a thickness of 5 mm (¼ in). Cut it into rectangles measuring about 13 × 8 cm (5 × 3 in), and score their tops in criss-cross patterns with the tip of a knife. Glaze with beaten egg and cook in a preheated oven at 230°C (450°F, gas 8) for about 20 minutes. When the feuilletés are cooked, slice off their tops. Place the bases on serving plates and top with the crab mixture. Replace the pastry tops and serve with the remaining sauce.

Crab soufflé

Prepare a béchamel sauce from 40 g (1½ oz, 3 tablespoons) butter, 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour, 150 ml (¼ pint, ⅔ cup) milk and 100 ml (4 fl oz, 7 tablespoons) reduced crab cooking liquid. Incorporate 200 g (7 oz, 1 cup) puréed crabmeat and adjust the seasoning. Add 4–5 eggs (the yolks, then the stiffly whisked whites). Preheat the oven for 15 minutes at

220°C (425°F, gas 7). Butter a soufflé mould 20 cm (8 in) in diameter and coat with flour. Pour in the mixture and bake in the preheated oven at 200°C (400°F, gas 6) for 30 minutes, without opening the door during cooking, until well risen and a deep golden-brown on top.

Crabs in broth

Chop a large onion. Peel and roughly chop 4 tomatoes. Peel and crush 2 large garlic cloves. Plunge 2 crabs in salted boiling water, cook for 3 minutes, then remove the claws and legs and take out the contents of the shell. Crush the empty shell and the intact legs and brown them in 25 g (1 oz, 2 tablespoons) fat or 2 tablespoons oil together with the onion. Add the tomatoes, a large pinch of ground ginger, a pinch of saffron, a pinch of cayenne, the garlic and a sprig of thyme. Moisten with plenty of stock (fish, meat or chicken), cover and simmer very gently for about 2 hours.

Strain through a sieve, pressing well to obtain a fairly thick sauce. Adjust the seasoning. Crush the claws and remove the flesh, cut the flesh from the shell in four, then brown all the flesh together in fat or oil in a sauté pan. Pour the sauce over the top, bring back to the boil and cook for 5–6 minutes. Serve in a soup tureen, accompanied with rice *à la créole.*

Stuffed crabs à la martiniquaise

Clean 4 medium sized crabs and cook them in court-bouillon. Add about a cup of milk to a bowl of dry breadcrumbs. Trim and finely chop 3 good slices of ham and, separately, 5–6 shallots. Brown the shallots in oil or butter. Chop together a small bunch of parsley and 3–4 garlic cloves, add them to the shallots and stir. Crumble the crabmeat and add it to the pan together with a good pinch of cayenne, the breadcrumbs (softened but well squeezed) and the chopped ham. Stir thoroughly and reheat.

Adjust the seasoning so that the forcemeat is highly spiced. Mix 2 egg yolks with 2 tablespoons white rum, bind the forcemeat with this mixture and use to fill the shells. Sprinkle with white breadcrumbs, pour on some melted butter and bake in a preheated oven at 180°C (350°F, gas 4).

Stuffed crabs au gratin

Wash and brush some crabs. Plunge them in court-bouillon with lemon. Bring back to the boil, cook for about 10 minutes, then drain and leave to cool. Detach the claws and legs and remove their meat. Take out all the meat and creamy parts from the shells, discarding any gristle. Crumble or dice the meat finely. Wash and dry the shells.

Mix the creamy parts with a few spoonfuls of Mornay sauce (the quantity depends on the size of the crabs) and spread this mixture over the bottom of each shell. Then fill with diced or crumbled crabmeat and top with Mornay sauce. Finally, sprinkle with grated cheese, pour on some melted butter, and bake in a preheated oven at 240°C (475°F, gas 9) until the surface is brown.

Crayfish

To prepare

When preparing live crayfish, add them in small batches to a large pan of vigorously boiling stock or court-bouillon. The liquid must be boiling rapidly and there should be plenty of it in order to kill the crayfish speedily. If the crayfish are to be cooked further in the recipe, boil them for about

3–4 minutes, then use a draining spoon to remove them from the pan. If the crayfish are to be served plain boiled, without further cooking, they should be boiled for 5–6 minutes.

Most of the flesh of a crayfish is in its tail (about one-fifth of its total weight), although the claws, when crushed in a nutcracker, also yield a little meat. The shell is pounded to make bisques (thick soups) and savoury butters. Before the preparation of any crayfish dish, the bitter-tasting gut must be removed. The 17th-century writer Nicolas de Bonnefons described the task: 'They have to be cleaned by removing the gut, which is attached to the media lamina at the end of the tail. After giving it half a turn, pull it, and the gut comes out at the end.' This task is not necessary if the crayfish are kept without food for two days and hung up in a net in a cool place.

Buisson of crayfish

Clean and gut the crayfish, then boil them in plenty of water for 5–6 minutes, then drain them. Roll a napkin into a cone shape, tucking in the bottom to make it flat and thus keep it stable, and place it on a round serving plate. Truss the crayfish by tucking the ends of the 2 claws over the top of the tail. Arrange the crayfish along the napkin, tails in the air, wedging them against each other. The top of the dish can be garnished with a sprig of parsley.

Crayfish à la bordelaise

Prepare a finely diced mirepoix of vegetables. Toss 24 prepared crayfish in melted butter and season them with salt, pepper and a little cayenne. Pour brandy over the crayfish and set alight, then just cover with dry white wine. Add the vegetable mirepoix and cook together with the crayfish for a maximum of 10 minutes. Drain the crayfish and arrange in a deep dish. Keep them hot. Bind the cooking stock with 2 egg yolks, then beat in 40 g (1½ oz,

3 tablespoons) butter. Adjust the seasoning to give the sauce a good strong flavour. Cover the crayfish with this sauce and serve at once, piping hot.

Crayfish à la nage

Prepare an aromatic nage. Finely snip a bunch of chives and dice the flesh of 1 lemon. Squeeze the juice of 1 lemon. Chop or dice 400 g (14 oz) carrots, 1 medium leek and 300 g (11 oz) celeriac or 2 celery sticks. Bring to the boil 400 ml (14 fl oz, 1¾ cups) fish stock, lightly seasoned with salt and pepper, with 200 ml (7 fl oz, ¾ cup) white wine. Add the vegetables, 4 sprigs lemon thyme and the lemon juice. Bring back to the boil. Immerse 48 crayfish (cleaned or not) in the liquid and cook for 8 minutes, stirring occasionally. Season with a pinch of cayenne and leave the crayfish in the cooking stock until completely cold. Serve in a large bowl with the cooking stock.

Alternatively, drain the crayfish and prepare a sauce by reducing the cooking stock and stirring in some butter. Pour the sauce over the crayfish and sprinkle with chopped parsley. This method is described as *à la liégeoise*.

Crayfish bisque

Prepare 5–6 tablespoons mirepoix cooked in 40 g (1½ oz, 3 tablespoons) butter until soft. Allow 1.25 litres (2¼ pints, 5½ cups) consommé or fish stock. Cook 75 g (3 oz, ⅓ cup) short-grain rice in 500 ml (17 fl oz, 2 cups) of the consommé until soft.

Dress and wash 18 good-sized crayfish. Add the crayfish to the mirepoix together with salt, freshly ground pepper and a bouquet garni, and sauté the crayfish until the shells turn red. Heat 3 tablespoons Cognac in a small ladle, pour on to the crayfish and set alight, stirring well. Add 7 tablespoons dry white wine and reduce by two-thirds. Add 150 ml (¼ pint, ⅔ cup) consommé and cook gently for 10 minutes.

Shell the crayfish when cold. Finely dice the tail meat and reserve for the garnish. Pound the shells, then process with the cooked rice and the cooking liquor. Press as much as possible through a fine sieve. Place the resulting purée in a saucepan with the remaining consommé and boil for 5–6 minutes. Just before serving, cool the bisque slightly, then add a dash of cayenne pepper and 150 ml (¼ pint, ⅔ cup) crème fraîche, followed by 65 g (2½ oz, 5 tablespoons) butter cut up into very small pieces. Add the diced tail meat and serve piping hot.

Crayfish mousse

Cook 36 crayfish as in the recipe for crayfish *à la bordelaise*. Drain the crayfish and shell the tails. Pound the shells in a mortar with the mirepoix, adding 50 g (2 oz, ¼ cup) cold velouté sauce based on 100 ml (4 fl oz, ½ cup) melted aspic jelly. Press this mixture through a sieve and add 400 ml (14 fl oz, 1¾ cups) partly whipped cream and the crayfish tails, diced. Line a charlotte mould with white paper and fill with the mixture. Leave in the refrigerator for 6 hours, then turn out of the mould and garnish with truffle slices.

Crayfish or langoustines à la marinière

Sauté the shellfish in butter over a high heat. When they are really red, season with salt, pepper, thyme, a little crushed bay leaf and add enough white wine to almost cover them. Cook gently with the lid on for 10 minutes. Drain the shellfish and keep warm in a deep dish. Reduce the cooking liquid and thicken it with butter. Pour the sauce over the shellfish and sprinkle with parsley.

Crayfish tails au gratin à la façon de maître la planche

Make a ragoût of crayfish tails thickened with highly seasoned puréed crayfish, using crayfish cooked in a mirepoix, as for crayfish *à la bordelaise*.

Put this ragoût in a buttered gratin dish, alternating with layers of fresh truffles which have been cut in thick slices, seasoned and quickly tossed in butter. Sprinkle with finely grated cheese and brown in a preheated oven at 190°C (375°F, gas 5) standing the dish in a pan of warm water to prevent the sauce from curdling.

Crayfish timbale à l'ancienne

Prepare a ragoût of crayfish tails *à la Nantua*. Line a shallow pie dish with fine lining pastry. Line with a thin layer of fine pike forcemeat, either godiveau lyonnais or cream forcemeat made with pike. Mix coarsely diced truffles, tossed in butter and left to cool, with the ragoût; fill the pie with this. Cover the ragoût with a layer of pike forcemeat. Cover the pie with pastry and seal. Garnish with pastry motifs. Make a small hole in the pastry lid to allow the steam to escape. Brush with egg. Bake in a preheated oven at 180°C, (350°F, gas 4) for 45–60 minutes. When the pie is ready, pour into it a few tablespoons of thin Nantua sauce.

Crayfish velouté soup

Thicken a generous 750 ml (1¼ pints, 3¼ cups) chicken consommé or fish fumet with a white roux made with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Cook 12 shelled cooked crayfish (reserve the shells for making crayfish butter) with a mirepoix, then rub through a sieve or put through a blender or food processor and add this purée to the thickened consommé. Dilute with a little consommé or fumet to obtain the desired consistency and heat. Remove from the heat and thicken the soup with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Finally, whisk in 65 g (2½ oz, 5 tablespoons) fresh butter. The fresh butter can be replaced by an equal amount of crayfish butter.

Croûtes à la Nantua

Cut some rectangles 2 cm (¾ in) thick from a stale loaf. Score all round a little way in from the edge to mark the lid. Fry in butter or oil. When golden, drain them, remove the lids and hollow them out. Cover with béchamel sauce mixed with crayfish butter. Add some shelled crayfish tails. Coat with cream sauce flavoured with crayfish butter. Sprinkle with grated Parmesan, moisten with melted butter and brown in a preheated oven at 220°C (425°F, gas 7).

Grilled crayfish with garlic butter

Prepare some garlic butter by mixing 100 g (4 oz, ½ cup) softened butter with 1 crushed garlic clove, 1 finely chopped shallot and 2 teaspoons chopped herbs (tarragon, chives and parsley). Gut the crayfish and fry them on their fronts in a little olive oil for a few minutes only (until they turn red). Turn them over, grease with a little garlic butter and finish cooking in a preheated oven at 190°C (375°F, gas 5) for 3 or 4 minutes.

Individual crayfish mousses à la Nantua

Prepare some crayfish *à la bordelaise*. Clean 375 g (12 oz) fillets or steaks of pike, whiting, salmon or sole and pound them in a mortar or put them in a blender with 125–175 g (4–6 oz) of the crayfish *à la bordelaise*. Sprinkle with salt and pepper, then blend in 2–3 egg whites, one by one. Refrigerate for 2 hours. Incorporate a salpicon of crayfish tails *à la bordelaise*. Place the bowl in crushed ice and gradually add 600 ml (1 pint, 2½ cups) double (heavy) cream, stirring the mixture with a wooden spoon. Adjust the seasoning. Butter some dariole moulds. Pour the mixture into them and cook in a bain marie in a preheated oven at 190°C (375°F, gas 5) for about 20 minutes. Turn out the mousses, either directly on to the serving dish or into croûtes of puff or thin shortcrust pastry, baked blind. Serve the mousses with Nantua sauce.

Ragoût of crayfish tails à la Nantua

Cook 150 ml (¼ pint, ⅔ cup) vegetable mirepoix in a pan for about 10 minutes. Add 48 crayfish, season with salt and pepper, and cook until the crayfish turn red. Moisten with 200 ml (7 fl oz, ¾ cup) dry white wine, cover and cook for 8 minutes. Drain the crayfish and shell the tails.

Pound the mirepoix and the shells in a mortar, then add 200 ml (7 fl oz, ¾ cup) béchamel sauce to the resulting purée. Set the sauce aside.

Put the crayfish tails into a small sauté pan with 15 g (½ oz, 1 tablespoon) butter. Heat through without allowing them to brown, add 1 tablespoon flour and mix well. Stir in 2 tablespoons brandy and 6 tablespoons double (heavy) cream and cook over a low heat for 7–8 minutes. Then add either all or part of the prepared sauce. Remove from the heat and incorporate 65 g (2½ oz, 5 tablespoons) butter.

This ragoût may be used to fill vol-au-vent cases, a timbale, or pastry barquettes, small boat-shaped tarts made of shortcrust pastry (basic pie dough) or puff pastry, baked blind and then filled with sweet or savoury ingredients. Add more crayfish if necessary, depending on the recipe.

Langoustes

To prepare

Fresh langoustes should be bought live and undamaged, with all their legs intact and no holes in their shells. Like all shellfish, langoustes should be cooked alive.

Grilled langouste with basil butter

Cut a langouste in two. Place the halves in a roasting dish, carapace side down. Season the cut surface with salt and pepper and moisten with olive oil. Grill (broil) for 10 minutes, turning once. Turn once more, so that the flesh faces upwards, and baste with a mixture of melted butter and coarsely chopped fresh basil. Continue to baste at regular intervals until the langouste is cooked (about 20 minutes). Serve piping hot.

Langouste à la parisienne

Most of the preparation for this dish should be carried out the day before. Prepare a court-bouillon with 4 carrots and 2 medium onions (chopped very finely), a bouquet garni, 175 ml (6 fl oz, ¾ cup) dry white wine, 2 teaspoons salt, some pepper and 3 litres (5 pints, 13 cups) water. Simmer for 20 minutes. Add a langouste weighing 1.8–2 kg (4–4½ lb) and simmer very gently for about another 20 minutes. Drain the langouste by making a small opening below the thorax, then tie it to a board to retain its shape. Leave it to cool completely.

Peel and finely dice 3 carrots and 3–4 turnips. Cut 200 g (7 oz) French (green) beans into small pieces. Cook the carrots, turnips and 100 g (4 oz, ⅔ cup) fresh peas separately in salted water. Cook the French beans in another saucepan of boiling water, uncovered, and do not add salt until they are half-cooked. All these vegetables should be slightly undercooked. Drain and cool.

When the langouste is cold, cut through the membrane underneath the tail and carefully remove the flesh so that the shell is intact. Cut the tail flesh into 6–8 round slices and dice the flesh from the thorax very finely. Make some aspic and glaze the tail slices (several coatings are necessary). Place the shell on a serving dish and glaze it with aspic. Arrange the glazed slices in the shell, overlapping them slightly. Glaze this arrangement once more.

Make a mayonnaise with 2 egg yolks, 1 tablespoon mild mustard, 500 ml (17 fl oz, 2 cups) oil, 3 tablespoons tarragon vinegar, salt and pepper. Toss the cold vegetables and the diced flesh of the langouste in three-quarters of the mayonnaise and set this macédoine aside in a cool place. Hard boil (hard cook) 8 eggs and leave to cool.

The following day, halve the eggs and sieve the yolks. Add some tomato purée (paste) to the remainder of the mayonnaise, blend in the egg yolks and spoon this mixture into the egg-white cases. Cut the tops off 8 small tomatoes at the stalk ends, extract the seeds and juice, sprinkle the insides lightly with salt and turn upside down to drain in a colander.

One hour later, fill the tomato shells with the vegetable macédoine. Slice a truffle and place 1 slice on each slice of langouste. Surround the langouste with the stuffed tomatoes and eggs, and garnish with a lettuce chiffonnade.

Langouste velouté soup

Thicken a generous 750 ml (1¼ pints, 3¼ cups) chicken consommé or fish fumet with a white roux made with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Cook 1 small langouste with a mirepoix. Then rub the meat and crushed shells separately through a sieve or put through a blender or food processor and add the purées to the thickened consommé. Remove from the heat and thicken the soup with a mixture of 3 egg yolks beaten with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Finally whisk in 65 g (2½ oz, 5 tablespoons) butter or langouste butter, made as for crayfish butter.

Langouste with Thai herbs

Roast 4 tablespoons coriander seeds and the same amount of cumin in an ungreased frying pan. Allow to cool, then grind. Mix 4 tablespoons chopped

galangal, 8 chopped stems lemon grass and 4 tablespoons chopped fresh coriander (cilantro) with 100 g (4 oz) chopped shallots, 100 g (4 oz) garlic cloves, 2 tablespoons pimento paste, 120 ml (4½ fl oz, ½ cup) roasted, peeled and roughly chopped red (bell) peppers, 65 g (2½ oz) shrimp paste, 1 tablespoon saffron, 3 tablespoons turmeric, 1 tablespoon salt and the zest of 1 makrut lime. Place all these ingredients in a blender and liquidize, then sieve the paste.

Blanch 2 langoustes weighing 800 g (1¾ lb) and cut in two lengthways. Remove the meat from the tail. Cook the meat for 2 minutes in 50 g (2 oz, ¼ cup) butter in a sauté pan without browning it. Take it out and put to one side. Fry the prepared paste with 2 teaspoons grated fresh root ginger. Add 200 ml (7 fl oz, ¾ cup) white port, 20 g (¾ oz) apple julienne, 40 g (1½ oz) carrot julienne and 2 kaffir lime leaves. Reduce until dry, then add 1 teaspoon turmeric and 50 g (2 oz, ¼ cup) butter. Remove from the heat and incorporate 200 ml (7 fl oz, ¾ cup) double (heavy) cream. Finally, pour in 2 tablespoons coconut liqueur and a similar amount of ginger wine. Place the langouste meat in soup bowls. Bring the sauce to the boil and pour over the lobster meat. Sprinkle with chopped parsley.

Langoustines

To prepare

To poach langoustines, add them to a cold court-bouillon, bring to the boil and simmer gently for 6 minutes, or until cooked. Drain and leave to cool.

Black risotto with langoustines and Thai herbs

Wash 175 g (6 oz) black Thai rice and leave to soak for at least 12 hours. Drain, wash again, then steam for 45 minutes in a steamer. Now place the rice in a saucepan, add salt and incorporate 50 g (2 oz, ¼ cup) butter with a fork. Cover and place in a warm place. Cook chopped shallots, 1 teaspoon minutely sliced ginger, 1 stem lemon grass (trimmed and chopped) 2 garlic cloves and 100 ml (4 fl oz, 7 tablespoons) white wine in a small sauté pan. Reduce until all the liquid has been absorbed. Add 200 ml (7 fl oz, ¾ cup) coconut milk and simmer gently to reduce the liquid by half. Add 3 tablespoons single (light) cream, 2 teaspoons grated fresh turmeric root and ½ teaspoon green curry paste. Cook until the sauce begins to coat the spoon. Pour 4 teaspoons olive oil in a non-stick frying pan and fry 24 langoustines, previously salted, for 30 seconds on each side. Remove from the heat and keep in a warm place. Pour the sauce into a small saucepan and bring to the boil. Correct the seasoning, then add 25 g (1 oz, 2 tablespoons) butter, a little lime juice, 2 tablespoons minutely chopped red (bell) pepper, 40 leaves of Thai basil and the cooking juices of the crustaceans. Arrange the rice in a dome in the middle of each plate with the langoustines around and pour the sauce on top.

Langoustine fritters

Choose 12 medium langoustines and shell the tails. Marinate for 30 minutes in a mixture of 3 tablespoons olive oil, 1½ tablespoons lemon juice, 1 generous tablespoon chopped parsley, 1 small chopped garlic clove, 1 small teaspoon herbes de Provence, salt, pepper and a dash of cayenne. Prepare a fairly stiff batter by mixing 250 g (9 oz, 2¼ cups) plain (all-purpose) flour with a little water, then fold in 2 egg whites, stiffly whisked. Drain the langoustine tails, dip them in the batter and deep-fry until golden. Drain on paper towels and serve with lemon halves and tartare sauce.

Langoustines in sea urchin shells

Plunge 4 large tomatoes into boiling water for 1–2 minutes to loosen the skins; peel, halve and seed them, then dice them finely. Heat 25 g (1 oz, 2 tablespoons) butter in a saucepan and gently cook 2 small finely chopped shallots. Add the diced tomato, salt and pepper, cook for 15 minutes, then set the pan aside.

Open 12 sea urchins and extract the edible part; strain the liquid and put it aside. Thoroughly clean the empty shells and set aside. Cut 12 langoustines in half; cook them in a little oil over a very high heat for 2 minutes, then drain and shell them.

Put the sea urchin liquid and 2 tablespoons Cognac into a saucepan with 100 ml (4 fl oz, 7 tablespoons) dry white wine and 2 small chopped shallots; reduce by half. Add the tomatoes and reduce again for 2 minutes. Add 4 tablespoons double (heavy) cream, reduce again for 2–3 minutes, then whisk in 65 g (2½ oz, 5 tablespoons) butter. Heat the langoustines and the sea urchin corals through, without letting them boil.

To serve, heat the reserved sea urchin shells in the oven for a minute or two. Fill each with 1 tablespoon very hot sauce, langoustine and coral. Arrange on hot plates. Sprinkle with chervil leaves.

Langoustines royales with sweet red peppers

Shell 20 large langoustines. Brown 1 sugar lump (dry) in a saucepan, then add 1 tablespoon vinegar and the juice of ½ a Seville (bitter) orange. Reduce to a thick syrup, then add 2 glasses red port wine and 3 strips of orange peel. Reduce by half, leave to cool slightly, then whisk in 60 g (2 oz, ¼ cup) butter.

Cook 2 red (bell) peppers for 10 minutes in a very hot oven or grill (broil) them, turning until the skins blister and blacken. Peel the peppers, remove the seeds and cut the flesh into strips.

Steam the langoustine tails for 3 minutes. On each of 4 ovenproof plates pour 1 tablespoon sauce and arrange 5 langoustines in a circle, alternating with strips of pepper. Place in the oven for a few minutes to heat through.

Ninon langoustines

Remove the large, green leaves of 4 leeks. Slice the remaining white part of each leek in two, lengthways. Separate the leaves and wash. Remove the tails of 24 langoustines. Put the heads in a sauté pan with 1 tablespoon olive oil. Crush them slightly. Season with salt and cover with cold water. Bring to the boil, cover and cook for 15 minutes. Strain. Cut the zest of 1 orange into fine strips. Squeeze this orange and another one. Heat 25 g (1 oz, 2 tablespoons) butter in a sauté pan. Add the strips of leeks and cover with water. Cook, uncovered, over a high heat until the liquid has completely evaporated. Pour 350 ml (12 fl oz, 1½ cups) langoustine stock and 175 ml (6 fl oz, ¾ cup) orange juice in a saucepan. Add the orange zest. Bring to the boil and reduce by half. Whisk in 50 g (2 oz, ¼ cup) butter, cut into pieces. Remove from the heat, then season with salt and pepper. Fry the langoustine tails for 2–3 minutes in 50 g (2 oz, ¼ cup) butter. Arrange the langoustine tails and leeks on a heated serving dish. Gently pour the orange sauce on top.

Peking-style langoustines

Soak 6 large diced shiitake mushrooms and 1 tablespoon Chinese lily flowers in hot water until soft. Drain and slice the mushrooms. Shell the tails of 12 langoustines without detaching them from the body. Sauté them in a frying pan in a little oil with 1 bunch of chopped spring onions (scallions) and 1 crushed garlic clove. Take them out and keep hot. Blend 1 tablespoon cornflour (cornstarch), ½ teaspoon sugar and 2 tablespoons soy sauce with a little cold water. Brown some crushed tomatoes in the frying pan in which the

langoustines were cooked, reduce, then pour in the cornflour mixture to thicken the sauce. Add the mushrooms and drained lily flowers; bring to the boil, stirring, and simmer for 2–3 minutes. Pour over the hot langoustines.

Scampi fritters

Shell cooked langoustine or scampi tails (discarding the heads) and marinate for 30 minutes in oil, lemon juice and cayenne pepper. Dip in batter, deep-fry in hot oil and serve with fried parsley.

Scampi with walnuts

Soak some walnut kernels in cold water overnight. Dry, peel and fry quickly in hot oil, then drain them and keep hot. Season some shelled langoustine tails or scampi with white wine, fresh root ginger juice, salt and pepper. Roll them in flour and fry in very hot oil. In another pan, quickly fry some spring onions (scallions). Turn all these ingredients out on to a hot dish, mix together and sprinkle with stock to which white wine, soy sauce and ground ginger have been added.

Lobster

To prepare

A live lobster, which can be identified by the reflex actions of the eyes, antennae and claws, should not show any signs of damage from fighting or have any pieces missing when it is bought, especially if it is to be boiled.

Lobsters can be humanely killed by putting them in the freezer, at a temperature at least as low as –10°C (14°F) for 2 hours. The lobster will gradually lose consciousness and die. It can then be plunged into boiling water. If there is no freezer available, make sure that at least 4.5 litres (1 gallon, 5 quarts) water per lobster is boiling fast over a very fierce heat before plunging the lobster in head first, ensuring it is totally immersed. Hold it under the water with wooden spoons for at least 2 minutes. The lobster should die within 15 seconds. If the recipe calls for uncooked lobster, remove it after 2 minutes.

- *Cutting up an uncooked lobster* Wash and scrub the lobster, then lay it on a flat surface with the head towards you. Stun the lobster by inserting the point of a sharp knife between the two antennae. With a sharp movement, separate the head from the abdomen. Remove the claws and set them aside. (The claws may be cracked before cooking but left whole.) Hold the head firmly and use a large knife to cut it in half lengthways. Use a teaspoon to scoop out and discard the gravel pocket. Remove and reserve the coral if there is any.

Bouchées à l'américaine

Prepare some bouchée cases and fill with a salpicon of lobster, crayfish or monkfish *à l'américaine*.

Croûtes cardinal

Cut some round pieces of bread, 4–5 cm (1½–2 in) in diameter and 2 cm (¾ in) thick, from a stale loaf. Use a round cutter with a diameter smaller than that of the croûtes to press lightly on each croûte to mark the lid. Fry the croûtes in butter or oil. When they are golden, drain and remove the central circles for lids, then hollow out. Bind a salpicon of lobster and truffle with a

béchamel sauce to which lobster butter has been added. Fill the croûtes with this mixture. Sprinkle with breadcrumbs and brown in a preheated oven at 220°C (425°F, gas 7). Just before serving, garnish each croûte with a small (hot) scallop of lobster and a fine slice of truffle. Instead of frying the croûtes, they can be brushed with butter and browned in a preheated oven at 220°C (425°F, gas 7).

Fish forcemeat ring with medallions of lobster à l'américaine

Prepare a cream forcemeat made with whiting. Butter a ring or savarin mould and press the forcemeat into it. Poach gently in a preheated oven at 180°C (350°F, gas 4) in a bain marie for 25 minutes or until the fish is cooked, then cover and leave for 30 minutes in the oven with the door open (this helps the mould to relax and to set well). Turn the hot fish ring out on to a warm plate and fill the centre with medallions of lobster *à l'américaine.*

Grilled lobster (1)

Plunge 2 lobsters, each weighing about 450 g (1 lb), head first into boiling salted water for about 3 minutes. Drain them, split in half lengthways and crack the claws. Season the meat with salt and pepper, sprinkle with melted butter or oil, and grill (broil) under a medium heat for about 25 minutes. Arrange each half lobster on a napkin. Serve with melted butter flavoured with lemon, maître d'hôtel butter or hollandaise sauce.

Grilled lobster (2)

Plunge 2 lobsters, each weighing 400–500 g (14–18 oz), in boiling water for 1 minute. Take them out and cut in two lengthways. Remove the gravel pouch from the head and the intestine from the tail. Take out the greenish coral and,

stirring gently, mix with 2 tablespoons crème fraîche, 1 egg yolk, 1 generous pinch paprika, salt, pepper, 1 teaspoon sherry and a small pinch of herbes de Provence or freshly chopped basil.

Season the lobsters with salt and pepper and place in a grill tin (pan) with the shell down. Spoon some of the coral mixture over the lobsters. Cook the lobsters under a preheated grill (broiler) for 1–2 minutes. Spoon a little more coral mixture over the lobsters, then grill again for about another 1–2 minutes. Repeat twice more, until all the coral mixture is used and the lobsters are cooked. Arrange 2 lobster halves on each plate and serve. Braised fennel with a little saffron and crushed tomato or broccoli are suitable accompaniments.

Lobster à l'américaine

Cut a lobster weighing about 1 kg (2¼ lb) into even-sized pieces; split the body in two lengthways; crack the shell of the claws; reserve the liver and the coral, which will be used to thicken the sauce. Season all the pieces of lobster with salt and pepper. Heat 60 ml (2 fl oz, ¼ cup) olive oil in a pan. Put in the lobster pieces, brown quickly on both sides and remove from the pan. Finely chop a large onion and cook it gently in the oil; when it is nearly done add 2 finely chopped shallots and stir well. Peel, seed and chop 2 tomatoes and put them in the pan; add 1 tablespoon tomato purée (paste), a piece of dried orange peel, a small garlic clove and 1 tablespoon each of chopped parsley and tarragon. Arrange the pieces of lobster on this mixture. Pour over 100 ml (4 fl oz, 7 tablespoons) white wine, 100 ml (4 fl oz, 7 tablespoons) fish fumet and 3 tablespoons brandy. Season with cayenne. Bring to the boil, then cover and cook over a gentle heat for a maximum of 10 minutes. Drain the lobster pieces and remove the flesh from the claws; arrange all the pieces in the split body halves in a long serving dish. Keep warm.

To prepare the sauce, reduce the cooking liquid by half. Chop the coral and liver and work them into 40 g (1½ oz, 3 tablespoons) butter, then add this mixture to the cooking liquid. Take the pan off the heat and blend the mixture well, then whisk in 50 g (2 oz, ¼ cup) butter cut into small pieces. Season the sauce with a pinch of cayenne pepper and a few drops of lemon juice. Pour the boiling sauce over the lobster and sprinkle with chopped parsley.

The chopped onion and tarragon can be replaced by 3–4 tablespoons finely chopped mirepoix, added to the lobster while it is cooking.

Lobster and crayfish with caviar

Gently simmer a lobster weighing about 800 g (1¾ lb) in a well-flavoured court-bouillon for 10 minutes. Remove the lobster, make an incision on the underside of the body between the antennae, then set aside. Boil about 20 crayfish for 2 minutes in the same stock and leave them to cool in the stock. Shell the lobster claws and tail; slice the tail into about 12 even rounds. Drain and shell the crayfish and remove the intestines. Keep hot.

Prepare some *beurre blanc nantais*. Melt a little butter in a sauté pan and stiffen the claws, lobster rounds and crayfish tails. Add a little court-bouillon and 3 tablespoons double (heavy) cream. Heat, but do not let it boil. Place the lobster and crayfish in deep plates. Add a few tablespoons of *beurre blanc nantais* to the sauce and, just before serving, add 4 teaspoons caviar. Cover the shellfish with this sauce and serve immediately.

Lobster bisque

Prepare 5–6 tablespoons mirepoix softened in 40 g (1½ oz, 3 tablespoons) butter. Allow 1.25 litres (2¼ pints, 5½ cups) consommé or fish stock. Cook 75 g (3 oz, ⅓ cup) short-grain rice in 500 ml (17 fl oz, 2 cups) consommé until soft. Cut 2 small lobsters into pieces. Add them to the mirepoix with salt,

pepper and a bouquet garni, and sauté until the lobster shells turn red. Heat 3 tablespoons Cognac in a small ladle, pour on to the lobsters and set alight, stirring well. Add 7 tablespoons dry white wine and reduce by two-thirds. Add 150 ml (¼ pint, ⅔ cup) consommé. Cook gently for 10 minutes.

Shell the lobsters when cold. Finely dice the tail meat and reserve for the garnish. Pound the shells, then process with the cooked rice and the cooking liquor. Press as much as possible through a fine sieve. Place the resulting purée in a saucepan with the remaining consommé and boil for 5–6 minutes. Just before serving, cool the bisque slightly, then add a dash of cayenne pepper and 150 ml (¼ pint, ⅔ cup) crème fraîche, followed by 65 g (2½ oz, 5 tablespoons) butter cut up into very small pieces. Add the diced tail meat and serve piping hot. If desired, lobster bisque can be prepared using only the meat from the thorax, legs and claws (the meat should be finely diced). The tails can then be used for medallions.

Lobster cardinal

Cook a lobster in a court-bouillon. Drain, cool a little and split it lengthways. Remove the flesh from the tail and cut it into slices of equal thickness. Cut off the claws, take out the flesh and dice it to make a salpicon. Add an equal quantity of diced truffles. Bind the salpicon with a lobster sauce. Fill the halves of the lobster shell with the salpicon. Place the slices of lobster interspersed with strips of truffles on top. Pour on some lobster sauce. Sprinkle with grated cheese and melted butter. Place the lobster halves on a baking sheet and brown them quickly in the oven. Garnish with curly parsley.

Lobster en chemise

Plunge a lobster head first into boiling water to kill it and drain immediately. Season with salt and pepper and brush with oil or melted butter. Wrap it in a

double thickness of oiled greaseproof (wax) paper, tie it securely and put it on a baking sheet. Cook in a preheated oven at 230°C (450°F, gas 8) for 40–45 minutes for a medium-sized lobster. Remove the string and serve the lobster in the paper in which it has been cooked.

It can be accompanied either by half-melted maître d'hôtel butter or by an américaine, béarnaise, bordelaise, Hungarian or curry sauce or bercy butter.

Lobster escalopes à la parisienne

Cook a medium-sized lobster in a court-bouillon and leave to cool. Remove the shell and cut the meat into thick slices. Coat each slice separately with mayonnaise mixed with aspic or dissolved gelatine and garnish with a slice of truffle dipped in the half-set aspic; brush over with more aspic jelly to give a glaze. Finely dice the rest of the lobster flesh and mix it with a salad; finely diced truffles can also be added. Bind with thickened mayonnaise and pack this salad into a dome-shaped mould. Turn the mould out into the centre of a round serving dish and arrange the lobster slices all around it in a border. Garnish with chopped aspic jelly.

Lobster gazpacho

Peel and slice 100 g (4 oz) cucumber. Wash the white part of 4 leeks and 4 sticks of celery and cut them in julienne strips. Blanch all these vegetables in boiling salted water (5 minutes for the cucumber, 10 minutes for the leeks and celery). Drain, cool under cold water and dry thoroughly. Remove the leaves from a bunch of chervil. Peel, seed and slice 1.5 kg (3¼ lb) tomatoes. Seed and slice 350 g (12 oz) red (bell) peppers. Peel and seed a further 250 g (9 oz) cucumber. Peel and crush 5 garlic cloves. Cook 4 lobsters for 5 minutes in court-bouillon. Shell them, put aside the coral and cut the flesh into slices. Arrange the slices on a large dish.

Liquidize the raw vegetables (tomatoes, peppers, garlic and cucumber) with parsley, salt, pepper and 1 tablespoon vinegar. Put the vegetable purée into a saucepan and bring to the boil to make a bouillon. Separately, bring to the boil 500 ml (17 fl oz, 2 cups) single (light) cream. Mix the vegetable bouillon and cream together, adjust the seasoning and boil the mixture for 2–3 minutes. Take off the heat, blend in the reserved coral and strain. Pour this purée over the lobster slices and leave to cool.

Refrigerate until well chilled before serving. Garnish with the slices of cucumber, the blanched julienne of leeks and celery and the chervil leaves.

Lobster Henri Duvernois

Split a lobster in half lengthways or, if it is large, cut it up as for lobster *à l'américaine*. Season with salt and paprika and sauté it in butter. As soon as it is well coloured, take it out of the pan. Add to the butter in the pan 4 tablespoons julienne of leeks and mushrooms that have been tossed in butter. Put the lobster back in the pan and add 150 ml (¼ pint, ⅔ cup) sherry and 2 tablespoons brandy. Reduce the liquid, pour in some single (light) cream, cover and simmer until cooked. Arrange the lobster on a long serving dish and garnish with a rice pilaf. Boil down the sauce, whisk in 40 g (1½ oz, 3 tablespoons) butter and pour over the lobster.

Lobster in court-bouillon

For a really well-flavoured court-bouillon add the following ingredients to 2 litres (3½ pints, 9 cups) water: 2 medium carrots, 1 turnip, the white of a leek and 1 celery stick (all finely diced), a large bouquet garni, an onion stuck with 2 cloves, a small garlic clove, 500 ml (17 fl oz, 2 cups) dry white wine, 200 ml (7 fl oz, ¾ cup) vinegar, salt, pepper and a pinch of cayenne pepper. Bring to the boil and simmer for 30 minutes. Plunge the lobster head first into the

boiling court-bouillon and let it simmer gently, allowing 10–15 minutes per 450 g (1 lb). Drain. If it is to be served cold, tie it on to a small board so that it keeps its shape and leave it to get completely cold.

A lobster weighing about 450 g (1 lb) should be split lengthways and served in 2 halves. If the lobster is large, take off the tail, remove the meat and cut it into medallions. Split the body in half lengthways and remove and crack the claws. Arrange the medallions on the tail shell and place the 2 halves of the body together to resemble a whole lobster again. Garnish with the claws. Serve with mayonnaise.

Lobster in cream

Cut up a lobster as described in the recipe for lobster *à l'américaine*. Sauté the pieces of lobster in butter until they are completely red. Season with salt and pepper. Pour off the butter and deglaze the sauté pan with 3 tablespoons brandy. Flame the lobster. Then add 400 ml (14 fl oz, 1¾ cups) double (heavy) cream. Adjust the seasoning, add a pinch of cayenne pepper, cover the pan and cook gently for a maximum of 10 minutes. Drain the lobster pieces and arrange them in a deep serving dish; keep hot. Add the juice of ½ a lemon to the sauté pan and reduce the cream by half. Add 25 g (1 oz, 2 tablespoons) butter, whisk and pour over the lobster.

Lobster Newburg

Wash 2 lobsters weighing about 450 g (1 lb) each and joint them as for lobster *à l'américaine*. Remove the coral and liver and keep for use later. Season the lobsters with salt and paprika and brown them in 75 g (3 oz, 6 tablespoons) butter. Cover the pan and cook with the lid on for 12 minutes. Drain off the butter, add 300 ml (½ pint, 1¼ cups) sherry and boil down over a high heat. Add 300 ml (½ pint, 1¼ cups) fish stock and an equal quantity of velouté

sauce. Cover the pan and simmer gently for 15 minutes. Take out the pieces of lobster and arrange them in a deep dish. (The tail pieces may be shelled first if wished.)

Boil down the cooking liquid and add 400 ml (14 fl oz, 1¾ cups) double (heavy) cream. When the sauce is thick enough to coat the back of the spoon, add the coral and liver, rubbed through a fine sieve and blended with 100 g (4 oz, ½ cup) butter. Beat the sauce vigorously and pour it over the lobster.

Lobster ravioli with a glazed coral sauce

Stuff 20 squares of fresh pasta dough with a mixture of diced lobster and a duxelles of mushrooms, bound with 250 ml (8 fl oz, 1 cup) lobster bisque. Reduce 250 ml (8 fl oz, 1 cup) bisque and 500 ml (17 fl oz, 2 cups) white wine sauce, and bind with 200 ml (7 fl oz, ¾ cup) hollandaise sauce and 200 ml (7 fl oz, ¾ cup) whipped cream. Sweat 1 kg (2¼ lb) spinach in butter. Poach the stuffed ravioli for 2 minutes in simmering salted water. Put the spinach in 4 soup bowls or gratin dishes. Arrange the ravioli on top, cover with sauce and brown under a grill (broiler). Garnish each plate with 1 medallion of lobster and 3 claws.

Lobster sautéed à l'orange

Split a lobster in half lengthways, reserving the coral and the liver. Cut off the claws and crack them. Season the meat with salt. Crush and pound the small claws, which should be cut off close to the body. Brown them in a little oil with crushed garlic and a pinch of cayenne pepper. Add enough oil to just cover the contents of the pan and cook over the lowest possible heat so that the oil does not smoke.

Rub the mixture through a sieve and adjust the seasoning. Put 4 tablespoons of this oil into a sauté pan, slice 4 shallots and 1 onion, and brown

them in the oil, together with ½ an orange cut into large dice, and some tarragon leaves. Push this mixture to the sides of the pan and put in the lobster, flesh side down. Boil for 3 minutes to reduce the liquid.

Pour the juice of ½ an orange into the pan. Turn the lobster halves over on to the shell sides and add the claws. Purée the coral and the intestines with 2 tablespoons single (light) cream in a blender. Add a little brandy, a pinch of cayenne pepper and some chopped tarragon. Garnish the lobster halves with this mixture. Put under a preheated grill (broiler) for 3 minutes and serve.

Lobster thermidor

Split a live lobster in two, lengthways, Crack the shell of the claws and remove the gills from the carcass. Season both halves of the lobster with salt, sprinkle with oil and roast in a preheated oven at 220°C (425°F, gas 7) for 15–20 minutes. Remove and dice the flesh from the tail and claws.

Prepare a stock using equal proportions of meat juices, fish fumet and white wine, flavoured with chervil, tarragon and chopped shallots. Boil it down to a concentrated consistency, then add a little very thick béchamel sauce and some English mustard. Boil the sauce for a few moments, then whisk in some butter (one-third of the volume of the sauce). Pour a little of this sauce into the two halves of the shell. Fill the shells with the flesh of the lobster, cover with the remainder of the sauce, sprinkle with a little grated Parmesan cheese and melted butter, and brown rapidly in a preheated oven at 240°C (475°F, gas 9).

More simply, the lobster can be split into two and grilled (broiled). The two halves of the shell are then emptied out, lined with a little cream sauce seasoned with mustard, and the sliced lobster flesh is put back, covered with the same sauce and glazed in the oven. Arrange the lobster on a long dish and serve piping hot.

Lobster velouté soup

Thicken a generous 750 ml (1¼ pints, 3¼ cups) chicken consommé or fish fumet with a white roux made with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Cut up and cook 1 small lobster with a mirepoix. Then rub through a sieve or put through a blender or food processor and add this purée to the thickened consommé. Remove from the heat and thicken the soup with a mixture of 3 egg yolks beaten with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Finally whisk in 65 g (2½ oz, 5 tablespoons) fresh butter or lobster butter.

Panaché of lobster and crayfish with caviar

Prepare a well-flavoured court-bouillon. In it cook an 800 g (1¾ lb) lobster for 12 minutes with the liquid gently bubbling. Remove the lobster, cut it under the chest, between the antennae, and set aside. Put about 1 kg (2¼ lb) crayfish (about 20) in the same liquid, boil for 2 minutes and leave to cool in the liquid. Remove the shell of the tail and pincers of the lobster; slice the tail flesh into 12 even rounds. Drain the crayfish and shell them (do not forget to remove the intestines). Make a *beurre blanc nantais.*

Put a little butter in a sauté pan and cook the rounds of lobster tail, the pincer meat and the crayfish tails to make them firm. Add a little court-bouillon and 3 tablespoons double (heavy) cream. Let it heat without coming to the boil. Arrange the lobster and crayfish in shallow plates. Keep the plates warm in the oven. Add a little *beurre blanc nantais* to the sauce (to taste) and, at the last minute, 4 teaspoons caviar. Cover the shellfish with the sauce.

Papillotes of lobster and scallops

Separate the tail from a lobster and set it aside. Open the body and take out the stomach. Crush the carcass and heat the pieces in a heavy-based saucepan

with some chopped shallot. Add 250 ml (8 fl oz, 1 cup) vermouth and reduce by half, then add 150 ml (¼ pint, ⅔ cup) double (heavy) cream and reduce again by half. Add the lobster tail, cook for 4 minutes, then remove the pan from the heat. Shell the tail and cut the flesh into 8 slices. Cut a truffle into 8 thin slices. Clean 8 scallops with corals. Strain the sauce.

Prepare 4 pieces of oiled greaseproof (wax) paper. Place 2 slices of lobster on each piece of paper and top them with 2 scallops and 2 slices of truffle. Coat with the sauce and sprinkle with chopped fresh herbs. Close up the papillotes tightly, folding the edges together, and cook them in a preheated oven at 230°C (450°F, gas 8) for a maximum of 5 minutes. Serve in a very hot stainless steel dish so that the papillotes do not collapse.

Purses of lobster with morels

Soak 2 calves' sweetbreads in cold water for 1 hour. Drain and cover with water. Blanch for 5 minutes. Cool in cold water, peel and press them. Put in the refrigerator until the following day.

Rehydrate 50 g (2 oz) dried morels in lukewarm water for 30 minutes. Drain and blanch in boiling water for 3 minutes. Gently brown 2 carrots, 4 shallots and 3 garlic cloves, all very finely sliced, in 25 g (1 oz, 2 tablespoons) butter. Add the diced sweetbreads and braise very gently for 10 minutes. Add 3½ tablespoons dry white wine and reduce. Now add 100 ml (4 fl oz, 7 tablespoons) shellfish stock and 2 seeded, crushed tomatoes. Season with salt and pepper. Cover and cook for 10 minutes. Drain the diced sweetbreads. Purée the contents of the sauté pan in a blender and keep the mixture warm. Set this sauce aside: reheat it when the purses are cooked.

Cook two 900 g (2 lb) lobsters in salted water for 5 minutes, remove the meat and cut into cubes. Add to the sweetbreads. Coarsely chop the morels and add to the lobster mixture.

Make 6 lightly cooked, thin 20 cm (8 in) pancakes. Alternatively, use 6 sheets of brik pastry or filo (phyllo) pastry cut into 20 cm (8 in) squares. Top each pancake or square in turn with a little of the cooled lobster mixture, brush the edge with melted butter and fold the pancake or pastry around the filling to form a neat bundle or purse. Place on a greased baking sheet. Cook the purses in a preheated oven at 200°C (400°F, gas 6) for about 10 minutes or until golden. Serve with the reheated sauce.

Skewered saffron-dressed flat lobster tails

Also known as squat or slipper lobster, there are over 50 species of these lobster-like creatures. They have small claws, but do not have the large, long pincers typical of lobsters. Their shells range from rust-red or chestnut to green-tinged. The powerful ridged tail is wide and the two fine antennae are reduced in size. A more conspicuous pair are widened into shovel shapes, which are useful for digging in search of food. Only the tail is eaten.

Remove the shells from the tails (discard the heads and legs), rinse and blot dry. Marinate the tails in a mixture of 1 pinch saffron threads and 1 chopped garlic clove per 500 g (18 oz) tails, mixed with olive oil, lemon juice, parsley, crumbled thyme, salt and pepper. Thread them on skewers and grill (broil) briefly until the meat is firm and cooked through: time depends on size.

Spit-roast lobster

Plunge a large live lobster head first into boiling salted water for at least 2 minutes to kill it, then skewer it on a spit. Season it with salt, pepper, thyme and powdered bay leaf, then brush with melted butter or oil. Roast it over a dish or roasting pan that contains a few tablespoons of dry white wine and baste frequently while cooking. A lobster weighing about 1.5 kg (3¼ lb) needs to be cooked for 40–45 minutes. Remove the lobster from the spit and

arrange it on a long serving dish; serve the juice collected in the pan separately. Spit-roast lobster can be served with a curry or ravigote sauce.

Mussels

To prepare

Mussels are sold alive, cooked, cooked and shelled, smoked and shelled, and preserved in oil or sauce. Live mussels must have come from clean waters, be firmly closed and cooked within 3 days of being caught (discard any with cracked or half-opened shells that do not close when tapped).

The mussels must be completely cleaned of any beard-like filaments and parasites, which may be attached to them, before they are used. This is done by brushing and scraping under running water to remove the beard – the cluster of fine dark hairs by which the shell attached itself to rocks. Pull it firmly away from the shell. The beard should come away in one clump. If the mussels are consumed raw, they must be eaten the same day that they are bought. Cooked mussels may be kept for 48 hours in the refrigerator. Mussels that do not open after cooking should be discarded.

Attereaux of mussels

Prepare the mussels as for *moules marinière* and remove them from their shells. Drain them and roll them in mustard. Thread them on skewers alternating with small button mushrooms. Coat with breadcrumbs and plunge them into very hot fat. Serve with fried parsley and lemon halves.

Croustades à la marinière

Prepare some *moules marinière*. Strain the juice and mix with fresh cream to make a thick velouté sauce. Fill croustades made of puff pastry with the mussels. Coat with the sauce and serve very hot.

Fried mussels

Prepare some *moules marinière*, remove from their shells and leave to cool. Marinate for 30 minutes in olive oil, lemon juice, chopped parsley and pepper. Then dip in frying batter and cook in oil heated to 180°C (350°F). Drain them on paper towels and serve as an hors d'oeuvre (with lemon quarters) or with apéritifs (on cocktail sticks).

Hors d'oeuvre of mussels à la ravigote

Cook some *moules marinière*, remove from their shells and leave them to cool completely in a salad bowl. Prepare a well-seasoned vinaigrette and add to it some chopped hard-boiled (hard-cooked) eggs, parsley, chervil, tarragon and gherkins (pickled cucumbers). Pour over the mussels and stir. Put in a cool place until time to serve.

Iced mussel soup

Place a red (bell) pepper in a preheated oven at 240°C (475°F, gas 9) for a few minutes, to loosen the skin, then peel. Clean 1.5 kg (3¼ lb) mussels and cook over a brisk heat with half a glass of white wine for 2 minutes. Discard any mussels that do not open. Remove the shells and reserve the cooking liquid. Peel and seed 1 cucumber, cut it into dice, then place in a colander and sprinkle with coarse salt; leave to drain. Cut half a bunch of radishes into slices. Shell and skin 500 g (18 oz) broad (fava) beans. Wash and dice 5 mushroom caps (preferably wild) and sprinkle them with lemon juice.

Finely slice one half of the peeled red pepper and dice the other half. In a food processor, blend 6 peeled tomatoes, the slices of pepper, the mussel cooking juices, 2 tablespoons olive oil, a little sauce *à l'anglaise* and 10 drops of Tabasco sauce. Add the diced and sliced vegetables, the broad beans and the mussels. Adjust the seasoning. Refrigerate for several hours before serving.

Moules marinière

Trim, scrape and wash some mussels. Peel and chop 1 large shallot per 1 kg (2¼ lb) mussels. Put the chopped shallots in a buttered pan with 2 tablespoons chopped parsley, a small sprig of thyme, half a bay leaf, 200 ml (7 fl oz, ¾ cup) dry white wine, 1 tablespoon wine vinegar and 2 tablespoons butter (cut into small pieces). Add the mussels, cover the pan and cook over a high heat, shaking the pan several times, until all the mussels have opened. Remove the pan from the heat and place the mussels in a large serving dish. Discard any mussels that do not open. Remove the thyme and bay leaf from the saucepan and add 2 tablespoons butter to the liquid. Whisk the sauce until it thickens and pour it over the mussels. Sprinkle with chopped parsley.

Mussel brochettes (1)

Open some mussels over a brisk heat. Discard any that do not open. Remove the mussels from their shells and thread on skewers, alternating them with thin pieces of smoked bacon and tomato. Season with pepper. Cook under a hot grill (broiler) for about 1 minute.

Mussel brochettes (2)

Place some large cleaned mussels in their shells (discard any open shells) in a pan with some finely chopped shallots, chopped parsley, a good pinch of thyme, ground pepper and a little dry white wine. Cook over a high heat until

the mussels have opened, then take them out of their shells. (Discard any unopened shells.) Stir a little cold water into some white mustard powder and spread on a plate. Roll the mussels in the mustard, then in breadcrumbs and thread them on to the skewers. Leave for 1 hour. Just before cooking, sprinkle the mussels with a little melted butter; grill (broil) under a medium heat for about 10 minutes.

Mussel croquettes

Prepare a salpicon of *moules marinière* and thinly sliced mushrooms which have been cooked slowly in butter. Add half of its volume of well-reduced béchamel sauce to which some filtered juice from the mussels has been added. Stir the mixture well, over the heat, then spread evenly on a buttered baking sheet and dab the surface with butter to prevent it from forming a crust. Leave to cool completely before making the croquettes.

Divide the cold mixture into portions of 50–75 g (2–3 oz). Roll these out on a floured flat surface and shape them into corks, balls, eggs or rectangles. Dip them in a mixture of egg and oil beaten together and then cover them completely with fine breadcrumbs.

Place the croquettes in a frying basket, plunge into oil heated to 175–180°C (347–356°F), and deep-fry until they are crisp and golden. Drain on paper towels and arrange on a napkin in a pyramid or turban shape. Serve with a white wine sauce.

Mussel-farmers' mouclade

This is a preparation of cultured mussels from the Poitou-Charentes region. They are cooked in white wine with shallots and parsley, usually flavoured with curry or saffron, and coated with their cooking liquid enriched with cream and butter and thickened with egg yolks or cornflour (cornstarch).

Clean and wash 2 kg (4½ lb) mussels, discarding any that are damaged or open. Toss them in a saucepan over a brisk heat until they open. Discard any that do not open. Remove the empty shells and place the ones containing the mussels in a dish; keep hot over a saucepan of boiling water. Strain the juice from the mussels through a fine sieve. Finely chop a garlic clove and a sprig of parsley and blend with 100 g (4 oz, ½ cup) butter. Warm the mussel juice in a saucepan over a gentle heat. Add the flavoured butter, a pinch of curry (or saffron), a pinch of ground celery seed, a dash of pepper and the mussels. Stir well, then simmer for 5 minutes. Sprinkle with 1 teaspoon cornflour (cornstarch), stir well and simmer for 2 minutes. Add 150 ml (¼ pint, ⅔ cup) double (heavy) cream and serve.

Mussel fritots

Prepare some *moules marinière*, remove from their shells, drain and dry. Marinate them for 30 minutes in a mixture of oil, chopped garlic, chopped parsley, lemon juice, a pinch of cayenne pepper, salt and pepper. Then dip them in a light batter and deep-fry until they are golden brown. Drain on paper towels and serve with fried parsley, quarters of lemon and Italian sauce.

Mussel quiche

Cook 450 g (1 lb) mussels and remove them from their shells. Reserve the mussel cooking liquor.

Make a shortcrust pastry (basic pie dough) with 200 g (7 oz, 1¾ cups) plain (all-purpose) flour, 100 g (4 oz, 1 cup) butter, 4 tablespoons water and 3 pinches of salt. Roll out the dough to a thickness of 3 mm (⅛ in) and use it to line a 23 cm (9 in) tart tin (pie pan). Spread the mussels over the base.

Mix 1 egg with 50 g (2 oz, ½ cup) plain flour, 2 egg yolks, 150 ml (¼ pint, ⅔ cup) double (heavy) cream, 250 ml (8 fl oz, 1 cup) milk diluted with some

of the mussel cooking liquor, and salt and pepper. Pour the egg mixture over the mussels. Cook the quiche in a preheated oven at 220°C (425°F, gas 7) for 30 minutes and serve with a well-chilled white wine.

Mussels à la bordelaise

Prepare 2 kg (4½ lb) *moules marinière*, drain them, remove one shell from each mussel, and place them in a vegetable dish. Keep hot. Prepare 200 ml (7 fl oz, ¾ cup) meatless mirepoix, moisten it with the strained liquid in which the mussels were cooked, and add 150 ml (¼ pint, ⅔ cup) fish velouté and 2 tablespoons tomato purée (paste). Heat and reduce by one-third, then add the juice of ½ a lemon and whisk in 50 g (2 oz, ¼ cup) butter. Pour this hot sauce over the mussels, sprinkle with chopped parsley and serve.

Mussels à la poulette

Prepare some *moules marinière*, drain them, remove one of the shells from each mussel and place in a dish. Strain the cooking liquid through a fine sieve, reduce by half and add 300 ml (½ pint, 1¼ cups) poulette sauce. Add a little lemon juice, pour over the mussels and sprinkle with chopped parsley.

Mussels in cream

Prepare 2 kg (4½ lb) *moules marinière*, drain them, remove one of the shells from each mussel and place them in a vegetable dish. Keep hot. Strain the cooking liquid through a fine cloth. Prepare 300 ml (½ pint, 1¼ cups) light béchamel sauce, add 200 ml (7 fl oz, ¾ cup) double (heavy) cream and the cooking liquid from the mussels, and reduce by at least one-third. Season with salt and pepper and pour this hot sauce over the mussels.

The béchamel cream sauce may be flavoured with curry or 1 tablespoon chopped onion, softened in butter.

Octopus

Octopus à la provençale

Clean an octopus, remove the eyes and beak, and soak it under running water for a long time. Drain it and beat to tenderize the flesh. Cut the tentacles and body into chunks of the same length. Blanch the pieces in court-bouillon, drain them and pat dry. Then brown in oil in a saucepan, with chopped onion. Season, add 4 peeled, seeded and chopped tomatoes, and simmer for a few minutes. Moisten with ½ bottle of dry white wine and the same quantity of cold water. Add a bouquet garni and a crushed garlic clove. Cook, covered, for at least 1 hour. Sprinkle with chopped parsley and serve in a large bowl.

Ormers (abalones)

Ormers à la cancalaise

Ormers are large single-shelled molluscs found off the Pacific coasts of Asia and Mexico, in the Mediterranean and off the European Atlantic coast. All the muscle is edible and has a chewy texture but unique flavour.

Refrigerate 8 large or 12 medium live ormers for 48 hours to weaken them and remove from their shells while still cold. Remove the beards and set aside. Scrape the ormers under cold running water to remove any black. Refrigerate on a damp cloth for 24 hours. Before cooking, massage gently to tenderize.

Wash and dry the beards, then brown them in 100 g (4 oz, ½ cup) butter. Add 1 peeled and chopped shallot, 1 sliced carrot, 3 finely sliced mushrooms, 3½ tablespoons Coteaux-du-Layon, 1 roasted garlic clove, the stems of ½ bunch of parsley and 2 tablespoons chopped, dried nori. Add 100 ml (4 fl oz, 7 tablespoons) chicken stock. Cover and simmer gently for 1 hour, then strain. (This ormer stock is highly flavoured.)

Blanch 4 unblemished cabbage leaves in boiling salted water. Drain and set aside. Heat 3½ tablespoons oil in a saucepan and briskly fry the leaves of 20 small sprigs of parsley. Drain on paper towels and put to one side. Reheat the ormer stock and thicken with 50 g (2 oz, ¼ cup) butter. Brown the ormers for 2 minutes on each side. Allow to rest for 15 minutes. Deglaze the pan with the stock and 4 teaspoons cider vinegar. Strain through a fine sieve. Reheat the cabbage leaves in a knob of butter and a little water.

Place a perfect warm shell on each plate with a cabbage leaf to one side. Finely shred 2 or 3 ormers and arrange on the cabbage leaf, with some on the shell. Sprinkle with finely chopped parsley, pour some ormer stock on top and garnish with a few leaves of fried parsley.

Oysters

Angels on horseback

Take some oysters out of their shells. Sprinkle them with a little white pepper and wrap each one in a thin slice of bacon. Thread them on skewers and grill (broil) for 2 minutes. Arrange on pieces of hot toast.

Attereaux of oysters

Attereaux are hot hors d'oeuvres of skewered ingredients dipped in a reduced sauce, coated in breadcrumbs and fried.

Poach and drain several large oysters. Cut some mushrooms into thick slices and sauté them in butter. Assemble the attereaux by alternating the oysters with the mushrooms. Dip them in Villeroi sauce made with a fish fumet, coat them with breadcrumbs and plunge them into very hot fat. Serve with fried parsley and lemon halves.

Devilled oysters

Poach, drain and remove the beards of the oysters. Thread the oysters on small kebab skewers, coat with melted butter seasoned with a little cayenne pepper and dip them in fresh white breadcrumbs. Grill (broil) under a low heat and serve with devilled sauce.

Fried oysters Colbert

Shell the oysters and poach them in their own liquid. Drain them, remove the beards and allow to cool. Dip each oyster in milk and coat with flour. Deep-fry in oil and arrange on a napkin. Garnish with lemon quarters and fried parsley. Serve with Colbert butter.

Oyster fritots

Remove the oysters from their shells and poach gently in their own liquor. Drain and dry. Marinate them for 30 minutes in a mixture of oil, chopped garlic, chopped parsley, lemon juice, a pinch of cayenne pepper, salt and pepper. Then dip them in light batter and deep-fry until they are golden brown. Drain on paper towels and serve with fried parsley, quarters of lemon and Italian sauce.

Oyster fritters

Poach the oysters in their own water and let them cool in the cooking liquid. Drain them and dry in a cloth. Leave them to soak for 30 minutes in a mixture of oil, lemon juice, pepper and salt, then dip them in batter. Cook in very hot oil until the fritters are puffed and golden and drain them at once on paper towels. Sprinkle with fine salt and serve with lemon quarters.

Oysters à la Boston

Open 12 oysters; carefully take out the flesh from the shells and drain it. In the bottom of each concave shell, place a little white pepper and a generous pinch of fried breadcrumbs. Replace the oysters in the shells; sprinkle them with grated Gruyère cheese and a few breadcrumbs. Dot each with a small piece of butter. Brown under the grill (broiler) for 6–7 minutes. Serve with buttered fried shrimp or Parmesan cheese straws.

Oysters à la Brolatti

Poach 12 oysters, drain them and remove the beards. Prepare a sauce with 2 chopped shallots tossed in butter, the oyster beards, 2 tablespoons white wine and the strained liquid from the oysters. Reduce to about 3 tablespoons. Thicken the reduced sauces by whisking in 100 g (4 oz, ½ cup) butter. Season with pepper and lemon juice. Strain the sauce and keep it warm. Warm the oyster shells in the oven. Cook the oysters in butter in a covered pan for 1 minute and then return them to their shells. Cover with the sauce and serve.

Oysters à la rhétaise

Open 24 oysters and place in a saucepan with their own strained water, 2 shallots, 1 garlic clove and a knob of butter. Reduce the liquid by half. Put this sauce into a pan with 4 tablespoons single (light) cream, a pinch of

cayenne, a pinch of saffron and 2 teaspoons curry powder. Blend together and let it reduce. Add a little lemon juice. Arrange the oysters in individual gratin dishes, cover with the sauce and put under the grill (broiler) for 10 seconds.

Oysters in their shells

Poach the oysters, replace them in their shells and set these firmly into a layer of coarse salt in a baking tin (pan). Brown in a preheated oven at 220°C (425°F, gas 7) for a few seconds (poaching can be omitted). They can then be served in the following ways.

- *à l'américaine* Sprinkle with lemon juice and a pinch of cayenne.
- *à la florentine* Replace in their shells on buttered spinach, then mask with Mornay sauce, sprinkle with grated cheese and brown in the oven.
- *à la polonaise* Sprinkle with chopped hard-boiled (hard-cooked) egg yolk and chopped parsley, then moisten with noisette butter mixed with fried breadcrumbs.

Oyster soup

Open 24 oysters and put them into a sauté pan with the strained liquor from their shells. Add 200 ml (7 fl oz, ¾ cup) white wine. Bring just to the boil and take off the heat as soon as the liquid begins to bubble. Use a draining spoon to transfer the oysters to a plate and set them aside. Skim any scum off the liquid, then whisk in 1 small, finely diced carrot, 1 finely chopped spring onion (scallion) and 3 tablespoons finely crushed water biscuits (crackers) and bring to the boil. Simmer for 1 minute, whisking, then add 200 ml (7 fl oz, ¾ cup) single (light) cream. Gradually whisk in 100 g (4 oz, ½ cup) butter cut into small pieces. The soup should be smooth and hot, but it must not simmer or boil as it will curdle. Replace the oysters and heat for a few seconds. Season with salt and pepper and a pinch of cayenne. Serve at once.

Oysters Robert Courtine

Put 2 chopped shallots in a saucepan with 200 ml (7 fl oz, ¾ cup) champagne. Bring to the boil over a high heat and reduce by half. Let it cool slightly. Open 36 oysters and put them into a saucepan with their strained liquid. Add a few drops of champagne and bring just to the boil. Drain the oysters and pour the liquid into the first pan. Whisk in 200 g (7 oz, generous ¾ cup) butter. Add pepper and the juice of 1 lemon. Adjust the seasoning. Put the oysters into a serving dish or their shells, cover with the sauce and serve at once.

Oysters with cider and winkles

Open 24 oysters and keep the deep halves of the shells. Make a stock with 1 litre (1¾ pints, 4⅓ cups) water, 1 carrot, 2 celery sticks, 1 teaspoon salt and 200 ml (7 fl oz, ¾ cup) cider. Cook 200 g (7 oz) winkles in it for 10 minutes, then take them out of their shells. Skin 2 tomatoes and dice the flesh finely. Poach the oysters in their own water with 6 tablespoons cider. Remove the beards and keep the oysters warm. Chop 2 shallots and cook them in 200 ml (7 fl oz, ¾ cup) cider, then reduce by half. Add 6 tablespoons single (light) cream, reduce again and finish with 50 g (2 oz, ¼ cup) butter cut into small pieces. Add pepper, a few drops of lemon juice and the oysters' cooking liquid. Adjust the seasoning. Snip the leaves from a small bunch of chervil.

Heat the oyster shells, fill them with the oysters and the winkles, and cover with sauce. Sprinkle them with the diced tomato. Glaze them in a preheated oven at 240°C (475°F, gas 9) and just before serving add the chervil leaves.

Oyster velouté soup

Thicken a generous 750 ml (1¼ pints, 3¼ cups) chicken consommé or fish fumet with a white roux made with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Add 450 g (1 lb)

skinned fish fillet and simmer gently until the flesh breaks up with a fork. Drain and bone the fish. Reduce the flesh to a purée in a blender or food processor, adding a little cooking liquid. Mix in the rest of the cooking liquid.

Poach 24 oysters in their own juices. Add their cooking liquid to the soup and return to the heat until simmering. Remove from the heat and thicken with 3 egg yolks beaten with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Whisk in 75 g (3 oz, 6 tablespoons) butter. Trim the oysters, steam them quickly to reheat and add them to the soup just before serving.

Poached oysters

Open the oysters and put into a sauté pan. Pour the liquor from the shells over them, straining it through a muslin (cheesecloth) sieve. Bring almost to the boil, removing the pan from the heat as soon as the liquid begins to simmer.

Prawns & shrimps

Bouchées with prawns

Fill some cooked bouchée cases with a ragoût of prawn (shrimp) tails in prawn sauce.

Canapés with shrimps, lobster or langouste

Spread shrimp (or lobster) butter on some round slices of bread. Garnish each canapé with a rosette of shrimp tails (or a medallion of lobster or langouste tail) and a border of chopped parsley or shrimp butter.

Cream of shrimp soup

Prepare 100 ml (4 fl oz, 7 tablespoons) vegetable mirepoix and cook it gently in about 25 g (1 oz, 2 tablespoons) butter. Add 350 g (12 oz, about 2 cups) unpeeled raw shrimps and sauté them. Season with salt and pepper. Moisten with 3 tablespoons white wine and 1 tablespoon brandy that has been ignited. Cook for about 5 minutes. Reserve 12 shrimps for the garnish and purée the rest with the other ingredients in a blender or food processor. Sieve and add 900 ml (1½ pints, 1 quart) milk added to a white roux of 25 g (1 oz, 2 tablespoons) plain (all-purpose) flour. Simmer gently for 5 minutes. Peel the reserved shrimps and garnish the soup with them just before serving.

Cream of prawn, crayfish, lobster, langouste or scampi soups can be made in the same way; peel these larger shellfish before cooking them.

Fried prawns or shrimps

Wash and drain some raw prawns or shrimps and fry them in hot oil for about 1 minute. Drain, season with salt and serve with aperitifs.

Prawn omelette

Bind some peeled (shelled) cooked prawns (shrimp) with prawn sauce and use them to fill an omelette. When serving, pour a thin line of sauce on the plate around the omelette.

Prawn pannequets

Bind some peeled (shelled) cooked prawns (shrimp) with some well-reduced prawn sauce. Prepare some fairly thick savoury pancakes, fill each of them with prawns – about 500 g (18 oz, 3 cups) for 12 pannequets – and roll them up. Arrange them in a buttered dish, brush them with a little melted butter and reheat them in the oven.

Scallop shells of shrimps

Shell some *moules marinière*, and strain the juice. Wash and thinly slice 250 g (9 oz, 3 cups) mushrooms, then sauté briskly in butter with 1 chopped shallot. Prepare a béchamel sauce, add the juice from the mussels and season. Mix all these ingredients, adding 150 g (5 oz, ¾ cup) peeled (shelled) shrimps. Butter 4 scallop shells and distribute the mixture evenly. Sprinkle with fresh breadcrumbs and a little grated Parmesan cheese, baste with melted butter and brown in a preheated oven at 240°C (475°F, gas 9).

Shrimp mousse

Prepare a finely diced mirepoix of vegetables. Toss 350 g (12 oz, 2 cups) shrimps or lobster in melted butter and season with salt, pepper and a little cayenne. Pour brandy over the shellfish and set alight, then just cover with dry white wine. Add the vegetable mirepoix and cook together for 5 minutes. Remove and peel (shell) the shrimps. Reduce the cooking mirepoix, then rub through a sieve (or put through a blender or food processor) with the shrimp flesh. Pound, purée and sieve the shells from half the shrimp and add to the shrimp purée. For every 250 g (9 oz, generous 1 cup) purée obtained, add 5 tablespoons well-reduced fish velouté and 6 tablespoons fish aspic. Cool but do not allow to set. Line a small charlotte mould with fish aspic. Add 100 ml (4 fl oz, 7 tablespoons) half-whisked double (heavy) cream to the shrimp purée, then pour the mixture into the mould. Pour over it a thin layer of aspic and refrigerate for at least 2 hours. Turn out on to a serving dish and garnish with prawns.

Shrimp or prawn mayonnaise

Mix 50 g (2 oz, ⅓ cup) peeled (shelled) cooked shrimps or prawns into 3 tablespoons mayonnaise in a mortar or blender. Sieve the mixture and blend

with 200 ml (7 fl oz, ¾ cup) mayonnaise. The sauce can be coloured by adding a drop of cochineal (red food colouring) or a little tomato ketchup.

Shrimp purée

Pound in a mortar some shelled shrimp. Add an equal volume of béchamel sauce mixed with cream and reduce. Adjust the seasoning.

This purée is added to stuffings and sauces for fish and shellfish.

Shrimp velouté soup

Thicken a generous 750 ml (1¼ pints, 3¼ cups) chicken consommé or fish fumet with a white roux made with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Cook 400 g (14 oz, 2⅓ cups) peeled (shelled) shrimps with a mirepoix. Then rub through a sieve or put through a blender or food processor and add this purée to the thickened consommé. Remove from the heat and thicken the soup with a mixture of 3 egg yolks beaten with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Finally, whisk in 65 g (2½ oz, 5 tablespoons) butter or prawn butter, made as for crab butter.

Shrimps in cider

Heat 50 g (2 oz, ¼ cup) butter and a dash of olive oil in a frying pan. As soon as the mixture begins to foam, add some raw shrimps and cover immediately. Stir well. After 3 minutes of cooking, add 100 ml (4 fl oz, 7 tablespoons) dry (hard) cider. Reduce the liquid. Put the shrimps in a cloth. Season with coarse sea salt and pepper and shake well. Eat while still lukewarm with bread and butter, with cider to drink.

Alternatively, prepare a fish stock with 1 litre (1¾ pints, 4⅓ cups) dry cider, 1½ tablespoons coarse sea salt, thyme, bay leaves, 10 black peppercorns

and 1 thinly sliced apple. Reduce for 10 minutes. Throw in the raw shrimps and boil for 30 seconds. Put the shrimps in a cloth, season and shake well.

Shrimps sautéed in whisky

Wash, drain and sauté some raw shrimps in oil in a frying pan. Add some pepper, a pinch of cayenne pepper and whisky, Cognac or marc, allowing 6 tablespoons per 500 g (18 oz, 3 cups) shrimps. Flame and serve very hot.

Scallops

To prepare

To open a scallop shell, scrub it thoroughly and, if preferred, place the rounded side on an electric hotplate or in the oven at a low heat for a few minutes before opening it with a knife. Rinse the flesh and halve or slice it as required. Discard the beards or use them in the preparation of a fumet.

Fried scallops Colbert

Quickly poach the white flesh of the scallops in a court-bouillon for 4 minutes, then cut into slices if they are very large. Marinate them with the corals in a mixture of olive oil, garlic and chopped parsley with a little lemon juice, salt and pepper. Leave for 1 hour, turning the ingredients at least once during this time, then drain, dip into batter and fry in plenty of fat. Drain and serve with Colbert butter. (The meat may also be covered in breadcrumbs before frying.)

Mille-feuille of scallops with peppers

Prepare some puff pastry. Roll out thinly and divide into 16 equal rectangles, about 10 × 7 cm (4 × 2½ in). Cook in a preheated oven at 220°C (425°F, gas 7) under golden. Trim the edges and keep warm. Cook 6 peeled and crushed garlic cloves in 250 ml (8 fl oz, 1 cup) whipping cream. Strain, season with salt and pepper and add 25 g (1 oz, 2 tablespoons) butter. Keep warm.

Clean, peel and remove the seeds from 3 red (bell) peppers and 3 green (bell) peppers. Cut into strips and cook in 3 tablespoons olive oil. Sauté 32 walnut halves and 16 scallop corals in butter. Keep these ingredients warm.

Construct 8 mille-feuilles by layering the puff pastry, red pepper, 4 walnut halves, 2 scallop corals, a little garlic cream, green pepper and, finally, a rectangle of puff pastry. Glaze the mille-feuilles with hot melted butter and arrange on a serving dish. Serve with scalloped mushrooms sautéed in butter and beurre blanc.

Nage of scallops with lemon thyme

Remove 2.5 kg (5½ lb) carefully cleaned scallops from their shells. Remove their beards. Wash several times and put in the refrigerator.

Finely snip a bunch of chives and dice the flesh of 1 lemon. Squeeze the juice of 1 lemon. Chop or dice 400 g (14 oz) carrots, 1 medium leek and 300 g (11 oz) celeriac or 2 celery sticks. Bring to the boil 400 ml (14 fl oz, 1¾ cups) fish stock, lightly seasoned with salt and pepper, with 200 ml (7 fl oz, ¾ cup) white wine. Add the vegetables, 4 sprigs lemon thyme and the lemon juice. Bring back to the boil, then reduce the heat. Add the scallops and 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream and simmer gently for another 2 minutes (overcooked, the scallops would become hard). Remove from the heat, discard the thyme sprigs, and stir in the chives and diced lemon. Ladle the nage of scallops into soup bowls, and garnish with chervil or parsley.

Queen scallops and oysters sautéed in Canadian whisky

Remove 12 queen scallops from their shells. Season, then brown on both sides in a frying pan over a high heat. Set aside. Melt 15 g (½ oz, 1 tablespoon) butter in a large saucepan. Add 1 teaspoon chopped shallots and 12 oysters and sauté for 30 seconds. Remove from the heat. Add the scallops and 200 ml (7 fl oz, ¾ cup) Canadian whisky. Flame at once. Using a slotted spoon, remove the scallops and the oysters and keep them warm. Pour 150 ml (¼ pint, ⅔ cup) white wine and 150 ml (¼ pint, ⅔ cup) fish stock into the saucepan, bring to the boil and reduce by half. Add 150 ml (¼ pint, ⅔ cup) crème fraîche and reduce by half again. Incorporate 25 g (1 oz, 2 tablespoons) butter, then 75 g (3 oz, ¾ cup) cornflour (cornstarch). Add salt and pepper to taste and reheat without boiling. Arrange the scallops and oysters on a bed of risotto made with wild rice. Pour over the sauce and garnish with peeled, seeded, chopped tomatoes and chopped chives.

Raw scallops

Open the scallops, remove them from their shells, wash thoroughly (after removing the beards) and pat them dry. Cut the scallops into thin slices and lay them on a cold plate that has been lightly oiled. Brush with olive oil and season with one turn of the pepper mill. Garnish with thin slivers of coral.

Raw scallops with caviar

Open and trim the scallops. In an earthenware dish, mix 2 tablespoons olive oil and 3 tablespoons groundnut (peanut) oil. Slice the white flesh and coral. Dip each slice in the oil mixture, wipe off the excess and put them on a plate, allowing 2 scallops per serving. Season each plate with 3 pinches of salt and 3 turns of the pepper mill. Place 5–6 grains of caviar on each ring and surround the caviar grains with slices of coral meat. Serve with hot buttered toast.

Scallop and chicory cassolettes

Cut 1 kg (2¼ lb) chicory into 1 cm (½ in) segments, wash, drain and sprinkle with lemon juice. Season with salt and sugar, add 2 tablespoons groundnut (peanut) oil and fry for 7–8 minutes in butter without covering the pan. Shell and trim some scallops, put them in a frying pan, season with salt, pepper and a little cayenne, and brown (3–4 minutes), keeping them fairly soft. Arrange them in *cassolettes* or mounds on top of the chicory. Reduce 3 tablespoons port by two-thirds, add the juice of 1 lemon and 50 g (2 oz, 4 tablespoons) butter cut into pieces, then whisk into an emulsion. Add a little lemon zest, pour over the scallops and serve.

Scallop brochettes

Marinate the flesh and corals of 12 good scallops in a mixture of olive oil, garlic and chopped parsley, with a little lemon juice, salt and pepper. Leave for 1 hour, turning the ingredients at least once during this time. Clean 12 small mushrooms.

Remove the seeds from a large sweet (bell) pepper and cut into squares. Cut 200 g (7 oz) smoked brisket into small pieces. Thread all these ingredients on 4 skewers, always placing a piece of meat on either side of the scallop flesh and its coral. Dip into the marinade and grill (broil) for 15–18 minutes under a moderate heat.

Scallop broth with spinach

Cut 12 prepared scallops into slices, 5 mm (¼ in) thick, and place in a buttered frying pan. Add salt and 120 ml (4½ fl oz, ½ cup) fish stock, poach for 2 minutes, then remove and drain. Add 200 ml (7 fl oz, ¾ cup) crème fraiche to the stock and reduce until it is the consistency of a light soup. Add 500 g (18 oz, 3½ cups) chopped fresh spinach and heat for 2 minutes. Then

bind with a mixture comprising 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream, 2 egg yolks and the juice of 1 lemon. Then add the scallop slices and adjust the seasoning. Serve in hot dishes garnished with hot roughly chopped tomatoes.

Scallop feuilletés

Open, trim and clean 16 scallops. Sauté them over a brisk heat in a sauté pan with 200 g (7 oz, 1 cup) butter and some freshly ground pepper for 3 minutes, turning them once. Put 2 tablespoons finely chopped shallots into a frying pan with 250 ml (8 fl oz, 1 cup) vermouth and boil to reduce to a syrupy consistency. Add 750 ml (1¼ pints, 3¼ cups) single (light) cream, 1 teaspoon mustard, a little ground pepper and 200 g (7 oz, 2¼ cups) diced mushrooms. Reduce over a brisk heat, then add the scallops, together with the liquid from the sauté pan. Reduce again for 2 minutes.

Roll out 400 g (14 oz) puff pastry and cut it into 8 rectangles about 3 mm (⅛ in) thick. Place 4 scallops on each of 4 rectangles together with a little sauce. Cover with the remaining pieces of pastry. Brush the edges of the pastry with egg yolk and seal each pastry case tightly. Cook in a preheated oven at 230°C (450°F, gas 8) for about 12 minutes. Serve hot, with the remaining sauce.

Scallops au gratin à la dieppoise

Poach the white flesh of 16 scallops very gently for 4 minutes in 500 ml (17 fl oz, 2 cups) fish fumet mixed with 200 ml (7 fl oz, ¾ cup) dry white wine. Cook 1 kg (2¼ lb) small *moules marinière*. Make a white roux with 25 g (1 oz, 2 tablespoons) butter and 25 g (1 oz, ¼ cup) plain (all-purpose) flour and gradually add the fish fumet with 100 ml (4 fl oz, 7 tablespoons) strained cooking stock from the mussels. Add 1 tablespoon chopped mushroom

stalks and a bouquet garni to the sauce; check the seasoning and cook gently for 20–25 minutes.

Keep the scallops hot in a covered, lightly buttered gratin dish over a saucepan of hot water. Shell the mussels and keep hot in the rest of their cooking liquor, without boiling. Add 75 g (3 oz, ½ cup) peeled prawns (shelled shrimp). When the sauce is cooked, strain it and add the strained mussels and prawns. Dilute 1 egg yolk with a little of the sauce and whisk it in. Coat the scallops with the sauce, scatter with very fine fresh breadcrumbs, sprinkle with melted butter and brown quickly in a preheated oven at 220°C (425°F, gas 7) or under the grill (broiler).

Scallops in mayonnaise

Line the rounded halves of some scallop shells with a little shredded lettuce seasoned with vinaigrette. Poach the white scallop meat in court-bouillon for 4 minutes, then drain well. Thinly slice the poached white flesh, dip the slices in the vinaigrette, then roll in chopped parsley. Place the slices on the lettuce and cover with mayonnaise. Garnish each scallop with the coral, an anchovy fillet and a few capers or black (ripe) olives.

Scallops Mornay

Poach the white flesh and corals of the scallops. Fill the rounded halves of the shells with Mornay sauce. Slice the flesh and place with the corals, in the shells. Cover with more sauce. Sprinkle with grated cheese, baste with melted butter and brown in a preheated oven at about 240°C (475°F, gas 9).

Steamed scallops

Place the flesh of some scallops and their corals into the basket of a steamer. Slice the flesh if the pieces are very large. Pour a well-spiced court-bouillon

into the lower part and steam for 2–3 minutes. Finely sliced vegetables, such as the white part of a leek, fennel or celery, may be placed in the basket and steamed for about 10 minutes, before adding the scallops. Alternatively, the scallops and corals may be put into a dish with a lid, seasoned with salt and pepper and cooked in the oven in their own juice.

Squid

To prepare

Pull the tentacles and head parts away from the body sac. Cut off the tentacles and discard the head. Remove the fine, transparent quill or pen from inside the body sac. Use a little salt to rub the dark membrane from the outside of the body. Rinse well. The tentacles can be chopped. The sac can be sliced into rings or slit and spread flat: scoring the inside of the sac with a sharp knife, without actually cutting right through, prevents it from curling during cooking and gives an attractive appearance.

Fried or sautéed squid

Wash and dry 1 kg (2¼ lb) very small cleaned squid. Put them in a frying pan with 60 ml (2 fl oz, ¼ cup) cold olive oil. Heat and cook over a brisk heat for 10 minutes, turning continually. Season with salt and pepper, cover the pan, reduce the heat and cook for 15 minutes more. Add 2–3 chopped large garlic cloves and 1 tablespoon chopped parsley. Increase the heat and stir briefly. Serve very hot.

Sautéed squid à la basquaise

Wash and dry 500 g (18 oz) ready-cleaned white squid and cut it into strips. Seed and chop 4–5 red and green (bell) peppers, finely chop 4 onions, and peel and finely chop 500 g (18 oz) fresh tomatoes. Fry the peppers in oil, then add the onions, the squid and 1–2 crushed garlic cloves. After cooking for 15 minutes, add the tomatoes and a bouquet garni and season with salt and pepper. Half-cover and cook gently for 10 minutes. Sprinkle with chopped parsley before serving.

Squid à l'andalouse

Wash and dry 1 kg (2¼ lb) white squid flesh and cut it into thin strips. Fry the strips in very hot olive oil. Place 3–4 (bell) peppers in a very hot oven for a few minutes so that the skin swells. Peel, remove the seeds and cut the flesh into thin strips. Peel 3 onions and slice them into rings. Peel 4–5 tomatoes, remove the seeds and crush the pulp. Dice 100 g (4 oz) farmhouse bread and brown in very hot olive oil. Add the strips of pepper to the squid, then the onions and finally the tomatoes. Brown the mixture, add 120 ml (4½ fl oz, ½ cup) very dry white wine and cook for 35–45 minutes over a low heat. Chop and mix together the diced fried bread, a small bunch of parsley and 3–4 large garlic cloves. Add a pinch of saffron, 75 g (3 oz, ¾ cup) ground almonds and 2 tablespoons oil. Pour this mixture over the cooked squid, mix well and adjust the seasoning. Serve piping hot with well-drained rice.

Stuffed squid

Separate the head and tentacles from the bodies of 12 small squid, 10 cm (4 in) long. Remove the quill or pen from inside the bodies and the blackish membranes and skins from the outsides and rinse the squid thoroughly under cold running water. Pat them dry and season with salt and pepper.

Chop the tentacles and brown them in olive oil in a heavy-based saucepan. Add 4 chopped onions and cook gently for 10 minutes until all of the liquid has completely evaporated. Add ½ bunch of parsley, chopped, 50 g (2 oz, ½ cup) fried cubes of bread, 1 chopped garlic clove and a pinch of cayenne pepper. Stuff the squid with this mixture and secure using wooden cocktail sticks (toothpicks). Brown the squid in more olive oil.

Peel 4 large green or red (bell) peppers, or a mixture of both, remove their cores and seeds, then slice them. Peel and roughly chop 8 tomatoes; remove the stones (pits) from 12 black (ripe) olives and halve them, or leave them whole if they are small. Place the vegetables in a casserole, adding seasoning to taste. Arrange the stuffed squid on top. Cover and cook in a preheated oven at 200°C (400°F, gas 6) for 1½ hours, basting frequently. Adjust the seasoning to taste, sprinkle with chopped parsley and serve with rice.

Stuffed squid à la marseillaise

Clean some small squid reserving the tentacles. Chop the tentacles finely with 2 large onions. Soak 100 g (4 oz, 4 slices) stale bread in milk, then squeeze it out. Chop and mix together some garlic and parsley. Brown the tentacles and onions in olive oil, then add 2 peeled and crushed tomatoes. Mix all the ingredients together. Add 2–3 egg yolks, salt, pepper and a pinch of cayenne pepper, and blend well. Fill the squid with this stuffing, sew them up and pack tightly together in an oiled baking dish. Sprinkle with chopped garlic and parsley, add 1 coarsely crushed onion, salt, pepper, 120 ml (4½ fl oz, ½ cup) white wine and an equal amount of hot water. Cover the dish with oiled greaseproof (wax) paper. Start the cooking on the hob (stove top), then transfer the dish to a preheated oven at 180°C (350°F, gas 4) for about 30 minutes. Uncover the dish to reduce the liquid, then sprinkle the squid with olive oil and dried white breadcrumbs and brown under the grill (broiler).

MIXED FISH & SEAFOOD DISHES

Bagration fish soup

Add 225 g (8 oz) skinned fillet of sole, removing any stray bones, to 1 litre (1¾ pints, 4⅓ cups) velouté soup and simmer for 30 minutes. Strain the fish, chop it finely, and return to the velouté. Stir in 3 egg yolks mixed with 100 ml (4 fl oz, 7 tablespoons) cream to bind the soup and adjust the seasoning. Stir in about 50 g (2 oz ¼ cup) butter and hot chopped macaroni. Serve accompanied by grated cheese.

Barquettes à l'américaine

Fill cooked barquette cases with a salpicon of shellfish *à l'américaine*, prepared as for lobster *à l'américaine*, and using a mixture of shellfish and seafood, as preferred. Sprinkle with fried breadcrumbs and bake in a preheated oven at 230°C (450°F, gas 8) until the filling is hot and the breadcrumbs are crisp.

Bouillabaisse

For 8–10 servings, use about 3 kg (6½ lb) fish and shellfish. Place the following ingredients in a large deep flameproof casserole: 300 g (11 oz, 2¾ cups) chopped onions or 100 g (4 oz, 1 cup) leeks and 200 g (7 oz, 1¾ cups) onions, 2 large sliced carrots, and 3 large skinned and finely chopped tomatoes, 3–4 tablespoons crushed garlic, 1 sprig fennel, a small bunch of parsley, 1 sprig thyme, a bay leaf and a piece of dried orange rind.

Add the prepared shellfish, then the firm-fleshed fish cut into uniform pieces with heads, bones and skin removed, as necessary. Moisten with 200 ml (7 fl oz, ¾ cup) olive oil and season with salt and freshly ground pepper. Add a generous pinch of powdered saffron and leave to marinate, covered and in a cool place, for a few hours.

Add sufficient water (or fish stock prepared with the heads and trimmings of the fish) to cover the fish. Cover and boil rapidly for 7–8 minutes. Then add the prepared soft-fleshed fish and continue to boil rapidly for a further 7 minutes. Remove the fish and shellfish and place in a large round dish. Line a soup tureen with dry bread and strain the soup on to it. Sprinkle the soup and the fish with coarsely chopped parsley and serve both at the same time.

Bourride

Bourride is a Provençal fish soup. After cooking, the liquid is strained and bound with aioli (garlic mayonnaise). The authentic *bourride* from Sète is made with monkfish, but elsewhere whiting, sea perch, grey mullet and red mullet are sometimes mixed together.

Cut 1 kg (2¼ lb) monkfish or mixed fish into pieces and boil rapidly for 20 minutes in a mixture of 1 litre (1¾ pints, 4⅓ cups) each of water and white wine, together with the sliced white part of 1 leek, 2 chopped onions, 2 chopped carrots, 2 chopped garlic cloves, a little dried orange peel, salt and pepper. When the fish is cooked, place each piece on a slice of stale bread and sprinkle with a little saffron. Strain the stock, reduce by half, remove from the heat and blend in some very thick aioli. Pour the sauce over the fish.

Caldeirada

This is a thick Portuguese soup made from molluscs and fish with white wine, poured over slices of bread glazed with olive oil.

Mix together 1 finely chopped onion, ¼ chopped (bell) pepper, 2 small tomatoes, peeled, seeded and crushed, ½ teaspoon crushed garlic, salt and black pepper from the mill.

Place 12 clams in a heavy-based casserole with 60 ml (2 fl oz, ¼ cup) olive oil. Cover with half the mixture of vegetables, then add 400 g (14 oz) white fish, skinned, filleted and cut into pieces, and 300 g (11 oz) squid, cleaned and cut into strips. Cover with the remaining vegetables and add 200 ml (7 fl oz, ¾ cup) white wine. Bring to the boil, then cover and simmer for 20 minutes. Heat 60 ml (2 fl oz, ¼ cup) olive oil in a frying pan and fry 4 slices of sandwich bread on both sides until golden. Drain on paper towels. Put 1 slice of bread on each plate. Pour a ladle of stock over each slice, then arrange the fish, clams and squid on top. Sprinkle with a generous amount of finely chopped parsley.

Caribbean bouillabaisse

Heat some olive oil in a large saucepan and gently cook 1 large chopped onion, some quartered tomatoes, 1 large crushed garlic clove, and 1 small crushed chilli pepper; add some thyme, grated nutmeg, salt and pepper. Finally add some prepared West Indian fish (such as devil fish and bonito), a small lobster (or a large lobster tail) and 3 crabs. Cover, bring to the boil, and cook for about 20 minutes for fresh; for frozen fish, continue cooking for 15 minutes after they have thawed. Five minutes before cooking is complete, add a little curry powder and 2 generous pinches powdered saffron.

Chaudrée saintongeaise

This is a French fish soup of the Vendée and Saintonge coast, which is made with small skates, soles, small cuttlefish (*casserons*), and sometimes sections of eel and gurnets (gurnard).

Sweat 100 g (4 oz) peeled, chopped garlic, flat-leaf parsley and finely chopped tarragon in 50 g (2 oz, ¼ cup) butter. Season with pepper. Add 500 ml (17 fl oz, 2 cups) white wine, 500 ml (17 fl oz, 2 cups) fish fumet (concentrated fish stock) and a bouquet garni. Simmer for 1 hour.

Fry the following in olive oil in a large sauté pan until golden, adding them one after the other, in this order: 200 g (7 oz) conger eel cut into pieces, 200 g (7 oz) small skate, 200 g (7 oz) sole or céteaux, 200 g (7 oz) brill or plaice, 200 g (7 oz) *casserons* (small cuttlefish) and 200 g (7 oz) live langoustines. Cook in the fish stock for 3–4 minutes each. Then put in a preheated oven at 160°C (325°F, gas 3) for 10 minutes. Thicken the cooking juices with 200 g (7 oz, ¾ cup) butter. Serve with small croûtons roasted in the oven and lightly buttered with garlic butter.

Cotriade

This is a fish soup from the coast of Brittany, prepared with butter or lard (shortening), onions and potatoes. The fish should be selected from the following: sardines, mackerel, sea bream (porgy), angler, hake, conger eel, gurnard and horse mackerel (saurel). For a more delicate dish, do not allow the proportion of oily fish, such as sardines and mackerel, to exceed a quarter of the total weight. If available, 1 or 2 large fish heads may also be included.

Cut 3 good-sized onions into quarters and cook them in a large saucepan with 25 g (1 oz, 2 tablespoons) butter or lard until they are a pale golden colour. Add 3 litres (5 pints, 13 cups) water and 6 peeled sliced potatoes. Flavour with thyme, bay leaf and other herbs. Bring to the boil and cook for about 15 minutes, then add 1.5 kg (3¼ lb) cleaned pieces of fish. Cook for a further 10 minutes. Pour the stock from the resulting soup on to some slices of bread and serve the fish and potatoes separately, accompanied with a sauceboat of vinaigrette.

Fillets of fish en papillotes

Cut out some rectangles of greaseproof (wax) paper large enough to wrap up each fillet (such as sole, whiting, fresh cod, sea bream) folded in two. Spread 1 tablespoon double (heavy) cream in the centre of each papillote and season with salt and pepper. Place on top a fish fillet seasoned with salt and pepper, sprinkled with a little lemon juice and folded in two. Cover with a little cream and scatter with coarsely chopped herbs. Close the papillotes, folding the edges together. Cook in a preheated oven at 230°C (450°F, gas 8) for about 15 minutes.

A little julienne of vegetables cooked in butter may be placed under and over the folded fish fillet. Sliced scallops, peeled blanched prawns (shrimp) and squid rings may be added.

Fillets of fish in cider

Prepare a fish stock, using equal proportions of rough dry (hard) cider and water. Poach the chosen fish fillets or a mixture of fish in this stock, then drain and arrange on the serving dish, keeping them hot. Strain the cooking liquid and reduce by half. To it, add the same volume of double (heavy) cream and reduce a little more. Coat the fillets with the sauce and glaze in a preheated oven at 240°C (475°F, gas 9).

Fish in escabèche

Escabèche is a spicy cold marinade intended for preserving cooked foods and originating in Spain. It is used chiefly for small cooked fish (sardines, mackerel, smelt, whiting, red mullet). The heads are removed (hence the name, from *cabeza*, 'head') then the fish are fried or lightly browned, then marinated for 24 hours in a cooked and spiced marinade. The fish can then be kept for up to a week in a refrigerator.

Gut some small fish (smelt, sand eels, weevers) and remove the heads; clean, wash and wipe the fish. Dip in flour and fry in olive oil until golden. Drain and arrange in an earthenware dish. Slice 1 onion and 1 carrot thinly. Heat the oil used for cooking the fish until it begins to smoke, then fry the onion and carrot and 5–6 unpeeled garlic cloves for a few moments. Remove from the heat and add 150 ml (¼ pint, ⅔ cup) red wine vinegar and 150 ml (¼ pint, ⅔ cup) water. Add a bouquet garni containing plenty of thyme and season with salt, pepper, a pinch of cayenne pepper, and a few coriander seeds. Cook for about 15 minutes, then pour the boiling marinade over the fish and leave to marinate for at least 24 hours. Serve as an hors d'oeuvre.

Fish mousse

Clean 500 g (18 oz) fillets or steaks of either pike, whiting, salmon or sole, or a mixture of white fish and salmon and pound them in a mortar or put in a food processor. Sprinkle with salt and pepper, then blend in 2–3 egg whites, one after the other. Rub this forcemeat through a sieve and refrigerate for 2 hours. Then place the bowl in crushed ice and gradually add 600 ml (1 pint, 2½ cups) double (heavy) cream, stirring the mixture with a wooden spoon. Adjust the seasoning, pour the mousse into a lightly oiled plain mould, and poach gently in a bain marie in a preheated oven at 190°C (375°F, gas 5) for about 20 minutes. Wait about 10 minutes before turning out and serve the mousse warm, coated with a sauce for fish.

Fish soup with mussels

Shred the cleaned white part of 3 leeks, 2 carrots, and 1 celery stick and fry in 100 ml (4 fl oz, 7 tablespoons) olive oil. Add a pinch of saffron, a sprig of thyme, 1 bay leaf, 1 crushed garlic clove and 250 g (9 oz, 1 cup) crushed fresh tomatoes. Add 150 g (5 oz) each of fillets of brill, monkfish, red mullet and

weever (sand lance), together with 1.5 litres (2¾ pints, 6½ cups) fish fumet. Simmer for 15 minutes. Season with salt and pepper and add 500 g (18 oz) shelled mussels. Serve piping hot.

Fish velouté soup

Thicken a generous 750 ml (1¼ pints, 3¼ cups) chicken consommé or fish fumet with a white roux made with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Add 675 g (1½ lb) fish and simmer gently until the flesh breaks up with a fork. Drain the fish and bone it if necessary. Reserve about half of the fish and reduce the remainder to a purée in a food processor or blender, adding a little of the cooking liquid. Return the purée to the pan with the rest of the cooking liquid and heat through until it reaches simmering point. Remove from the heat and thicken with a mixture of 3 egg yolks beaten with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Whisk in 75 g (3 oz, 6 tablespoons) butter, then add the reserved fish and serve.

Fish waterzooï

Cut 200 g (7 oz) white part of leeks and the same quantity of celery into fine strips; butter a large flameproof casserole and cover the base with the vegetables; add salt, pepper and a bouquet garni containing 4 sage leaves. Add sufficient fish fumet (or court-bouillon) to cover 2 kg (4½ lb) freshwater fish (about 1.25 litres, 2¼ pints, 5½ cups) and add 100 g (4 oz, ½ cup) butter in small pieces. Cover and cook gently for about 30 minutes, then allow to cool. Meanwhile, clean the fish and cut into sections. Place them in the cold cooking liquid, adding a little more court-bouillon if necessary, partly cover the pan, bring to the boil, and poach for at least 20 minutes. Remove the fish with a slotted fish-slice, discard the bouquet garni and mix 200 ml (7 fl oz,

¾ cup) double (heavy) cream into the cooking liquid. Reduce this sauce, then replace the fish and reheat. Serve from the casserole, accompanied with bread and butter or slices of buttered toast.

Fricassée of sea fish with Bellet zabaglione

To serve 6, you will need 800 g (1¾ lb) young turbot, 1.5 kg (3¼ lb) John Dory, 4 slices of monkfish, 2 red mullet, 4 scampi and 500 ml (17 fl oz, 2 cups) white Bellet wine or a good Provençal wine. Fillet the turbot and the John Dory. Wash the fillets and season with salt and pepper. Heat 3 tablespoons olive oil and 40 g (1½ oz, 3 tablespoons) butter in a large frying pan. When the mixture foams, add all the fish and the scampi. Add a large chopped shallot and cook for a few seconds. Add about 100 ml (4 fl oz, 7 tablespoons) Bellet wine. Remove the red mullet, fillet them and replace in the pan. Add 3 tablespoons concentrated fish stock and finish cooking. Arrange the fish on a dish and keep hot.

Make a zabaglione by whisking together 8 egg yolks and 400 ml (14 fl oz, 1¾ cups) white Bellet wine over hot water until thick and foamy. Season with salt and pepper and add 500 ml (17 fl oz, 2 cups) hot double (heavy) cream. The zabaglione should be hot and foamy, but must not boil. Adjust the seasoning. Coat the fricassée with the zabaglione. Sprinkle with fresh chervil and serve with lightly cooked (al dente) French (green) beans, with a knob of butter on top.

Marinated fish à la grecque

Gently cook 100 g (4 oz, 1 cup) finely chopped onions in 150 ml (¼ pint, ⅔ cup) olive oil without browning them. Add 150 ml (¼ pint, ⅔ cup) white wine, 150 ml (¼ pint, ⅔ cup) water and the strained juice of 1 lemon. Add 2 finely shredded (bell) peppers, 1 crushed garlic clove and a bouquet garni

(consisting of parsley, a sprig of thyme, a bay leaf and a sprig of fresh fennel). Season with salt and pepper and boil for 15 minutes. Pour piping hot over the prepared selected fish, allow to cool and keep in the refrigerator. This quantity of sauce is sufficient for 500 g (18 oz) fish. Suitable fish include small species, such as small sardines and red mullet.

Marinated sea bass, salmon and scallops

Peel and grate 1 large piece of fresh root ginger. Soak for 2 or 3 days in 100 ml (4 fl oz, 7 tablespoons) olive oil. Thinly slice 250 g (9 oz) sea bass, 250 g (9 oz) fresh salmon fillet and 4 shelled scallops. Arrange decoratively on 4 plates. Season with 1 teaspoon each sea salt and pepper. Sprinkle ½ bunch of fresh dill, very finely chopped, on top. Allow to marinate for 1 hour. Then add 1 tablespoon ginger oil (or olive oil marinated with sliced fresh root ginger) and a dash of lemon juice and serve.

Marseille bouillabaisse

Scale, clean and remove the head of 2 kg (4½ lb) of several kinds of whole fish (conger eel, sea bream, red gurnard, monkfish, whiting, scorpion fish, John Dory). Cut into pieces. Fry 1 onion, 1 garlic clove, 2 leeks and 3 celery sticks, all peeled and finely chopped, in 7 tablespoons of oil until golden. Add the fish heads and trimmings. Cover with water, bring to the boil and simmer for 20 minutes. Strain the mixture through a sieve and press to obtain as much of the cooking juices as possible. Crush 3 peeled tomatoes. Peel and chop 1 onion, 2 garlic cloves and 1 fennel bulb and fry in oil in a saucepan until golden. Add the stock, tomatoes and bouquet garni. Add the scorpion fish, red gurnard, monkfish, conger eel, sea bream, 10 little crabs (*étrilles brossées*) and a few strands of saffron. Cook over a high heat. Then add the John Dory and whiting. Cook for another 5–6 minutes.

Make a *rouille* to accompany the bouillabaisse. Moisten a slice of bread with a little of the stock and squeeze it. Pound it with 3 garlic cloves and 1 chopped red chilli. Add 1 egg yolk, then 250 ml (8 fl oz, 1 cup) olive oil while whisking this *rouille* like a mayonnaise.

Cut a baguette into slices and toast lightly or brown in the oven. Arrange the fish and trimmings on a large dish, pour the bouillon into a soup tureen, and serve with the *rouille* and croûtons.

Matelote à la canotière

Butter a frying pan and make a bed of 150 g (5 oz, 1 cup) sliced onions and 4 crushed garlic cloves. Add 1.5 kg (3¼ lb) mixed or individual freshwater fish (carp, eel) cut into equal-sized pieces, a large bouquet garni and 1 litre (1¾ pints, 4⅓ cups) dry white wine. Bring to the boil. Add 100 ml (4 fl oz, 7 tablespoons) brandy and flame. Cover and gently simmer for 25 minutes. Drain the fish pieces, placing them in another frying pan, and retain the stock.

To the fish add 125 g (4½ oz, 1½ cups) cooked button mushrooms and 125 g (4½ oz, ¾ cup) small glazed onions. Reduce the fish stock by two-thirds and bind with beurre manié – for 1 litre (1¾ pints, 4⅓ cups) stock, bind with 50 g (2 oz, ½ cup) plain (all-purpose) flour kneaded with 50 g (2 oz, ¼ cup) butter. Finally, add a further 150 g (5 oz, ⅔ cup) butter.

Pour the sauce over the fish and simmer gently. Serve the *matelote* plain, with rice, or garnished with gudgeons fried in breadcrumbs, or whitebait, and crayfish cooked in a court-bouillon.

Meurette of fish

Meurette is a term for certain dishes cooked in red wine sauce, such as a matelote of river fish (for example eel, carp and pike). Clean 1.4 kg (3 lb) freshwater fish (such as small carp, young pike, small eels, perch and trout)

and cut them into pieces. Brown them in butter in an flameproof casserole, then flame them with marc (use at least 1 liqueur glass). Shred 1 carrot, 1 onion and 1 shallot and add them to the casserole. Stir thoroughly. Cover the contents of the casserole with red Burgundy wine, add a small crushed garlic clove and a bouquet garni, and season with salt and pepper. Cover and simmer very gently for about 20 minutes. Rub some small croûtons of bread with garlic and fry them in butter. Thicken the sauce with 1 tablespoon beurre manié, adjust the seasoning and serve garnished with the fried croûtons.

Paella

Cut a chicken weighing about 1.4 kg (3 lb) into 8 pieces and season them with salt and pepper. Place the crushed backbone and the giblets in a stewpan, cover with water, season with salt and pepper, bring to the boil and skim. Peel and chop 2 onions, cut the white part of a leek and a celery stick into fine strips and chop 3 garlic cloves. Add all the vegetables with a bouquet garni. Wait until the stock comes to the boil again, then simmer for 1 hour.

Wash 500 g (18 oz) prepared squid, cut into thin strips and put in a saucepan with some cold water. Bring to the boil, leave to boil for 5 minutes, then cool and set aside.

Heat 4 tablespoons olive oil in a deep frying pan with a metal handle (or use a paella pan) and fry the chicken pieces in it until they turn golden. Drain them. Gently reheat the same oil and add 250 g (9 oz) *chorizo* cut into round slices, then the squid, 2 sweet (bell) peppers, seeded and cut into thin strips, and 2 chopped onions. Add a pinch of saffron and leave to soften, uncovered, for 5–6 minutes. Add 6 large tomatoes (peeled, seeded and crushed) and reduce for 5 minutes, still uncovered.

Measure the volume of 400 g (14 oz, 2 cups) long-grain rice, tip it into the pan and mix everything together. Place the chicken pieces on top, then add

12 scraped and washed mussels, 12 Venus clams (if available), a handful of brushed and washed cockles and 8–12 langoustines. Strain the giblet stock and measure two and a half times the volume of the rice, then pour into the pan. Cover with foil, bring to the boil over the heat, then cook in a preheated oven at 220°C (425°F, gas 7) for 25–30 minutes. Add 250 g (9 oz, 1¾ cups) frozen peas, stirring them into the mixture, and leave to cook for a further 5 minutes. Turn off the oven and leave the paella there for about 10 minutes before serving, to allow the rice to finish swelling.

Pochouse

Also known as *pattchouse*. A Burgundy *matelote* (fish stew) made from a selection of pike, gudgeon, eel, perch or carp; it should also include burbot, which is now very rare. The Bresse *pochouse* often includes tench, carp and catfish. *Pochouse* is cooked with white wine and thickened with beurre manié.

Butter a flameproof casserole generously and completely cover the bottom with 2–3 large peeled sliced onions and 2 carrots cut into rings. Clean 2 kg (4½ lb) freshwater fish and cut into uniform pieces: use 1 kg (2¼ lb) eels (skinned) and 1 kg (2¼ lb) burbot, tench, pike or carp. Place the pieces of fish in the casserole with a bouquet garni in the centre. Cover with dry white wine and add 2 crushed garlic cloves. Add salt and pepper, cover, bring to the boil, reduce the heat and allow to simmer for about 20 minutes.

Meanwhile, dice 150 g (5 oz) unsmoked streaky bacon and blanch for 5 minutes in boiling water. Strain. Glaze 20 small (pearl) onions. Clean and slice 250 g (9 oz, 3 cups) mushrooms and sprinkle with lemon juice. Toss the bacon and mushrooms in butter in a sauté pan. Strain the pieces of fish and add them to the sauté pan, together with the onions.

Thicken the cooking liquid from the fish with 1 tablespoon beurre manié, strain and pour into the sauté pan. Simmer for a few minutes. Add 200 ml

(7 fl oz, ¾ cup) crème fraîche. Boil, uncovered, for 5 minutes to reduce. Pour into a deep serving dish and garnish with garlic-flavoured croûtons.

Ragoût à la cancalaise

Remove the beards from some oysters and poach in their own liquid or a well-seasoned fish fumet. Add some peeled prawns (shelled shrimp) and bind all the ingredients together with normande sauce. This ragoût is used for filling pies, tarts and vols-au-vent. It can also accompany whole fish or fish fillets, such as whiting, sole or brill.

Scallop shells of fish à la Mornay

Mix some cooked fish – allow about 450 g (1 lb) for 4 people – with 300 ml (½ pint, 1¼ cups) Mornay sauce and some chopped parsley. A mixture of white fish and prawns (shrimp) or salmon can be used. Season to taste. Fill the scallop shells with this mixture. Sprinkle with grated Gruyère cheese, add a few knobs of butter and brown in a preheated oven at 240°C (475°F, gas 9).

Scallop shells of fish à la provençale

Mix 400 g (14 oz) cooked fish (white fish, tuna, shellfish or a mixture) with 400 ml (14 fl oz, 1¾ cups) well-seasoned Provençal sauce to which 1 tablespoon capers has been added. Distribute the mixture evenly among the scallop shells and sprinkle with some grated cheese according to taste. Baste each scallop shell with ½ teaspoon olive oil and heat in the oven.

Seafood bouchées

Prepare and cook some savoury bouchée cases. Prepare a seafood ragoût. Warm the bouchée cases in the oven (if prepared in advance), fill with the hot seafood ragoût, cover with the bouchée tops and serve immediately.

Seafood brochettes

Prepare a marinade using olive oil, plenty of lemon juice, finely chopped herbs and garlic, fresh crumbled thyme, salt and pepper. Marinate an assortment of seafood for 30 minutes: oysters poached for 1 minute in their liquor, mussels opened by heating in the oven, raw scallops, lobster tails, large peeled prawns (shrimp) and scampi. Thread on to skewers without draining, alternating with very small mushrooms (pierced through the bottom of the cap) and blanched cubed bacon (optional). Grill (broil) under a high heat.

Seafood croûtes

Cut some slices of bread and remove the crusts. Lightly fry in butter and coat with a cheese béchamel sauce. Place on these slices shellfish (oysters, mussels, clams), cooked in white wine, as for *moules marinière*, and coat them with a sauce made with their cooking stock. Sprinkle with fresh breadcrumbs, moisten with melted butter, and brown in a preheated oven at 220°C (425°F, gas 7). Peeled prawns (shelled shrimp) may be added to the shellfish.

Seafood Dartois

Prepare 400 g (14 oz) puff pastry. Poach 8 langoustines or scampi in a court-bouillon for 5 minutes. Prepare 8 scallops and poach in a small casserole for 6–7 minutes with 100 ml (4 fl oz, 7 tablespoons) white wine, 150 ml (¼ pint, ⅔ cup) single (light) cream, 1 good-sized shallot (chopped), salt and pepper. Drain the langoustines, shell the tails and cut into sections. Drain the scallops, reserving the liquor, and dice. Add 50 g (2 oz, ⅓ cup) shelled shrimps to the langoustines and scallops and gently heat the seafood together in butter. Add some Calvados or marc brandy and set it alight. Pour the reserved cooking juices from the scallops over the mixture and thicken with 1 tablespoon beurre manié. Adjust the seasoning, allow to cool completely.

Roll and cut the pastry into two rectangular strips of equal size and thickness. Spread one of the strips with the seafood filling, leaving a border of 1 cm (½ in) all round the edge. Place the second pastry strip on top and seal the edges. Cook in a preheated oven at 220°C (425°F, gas 7) for about 20–25 minutes.

Seafood flan

Bake a flan case (pie shell) blind. Prepare a seafood ragoût using small or cut up shellfish (such as oysters, mussels and cockles). Blend the shellfish with a fairly thick normande sauce and fill the flan case with the mixture. Sprinkle with toasted breadcrumbs and a little melted butter and brown in a preheated oven at 240°C (475°F, gas 9).

Seafood omelette

Beat some eggs with chopped parsley and chervil, salt and pepper and make 2 flat omelettes. Put one on to a round ovenproof dish and cover it with a ragoût of mussels, prawns (shrimp), small clams or other shellfish, poached and bound with prawn sauce. Cover with the second omelette. Coat with a cream sauce flavoured with prawn butter and glaze in a hot oven.

Seafood ragoût

Peel and chop 2 shallots and 1 large onion. Clean 800 g (1¾ lb) mussels and 12 langoustines. Dip 5 or 6 tomatoes into boiling water to loosen their skins, peel them, remove their seeds and crush the pulp.

Place the mussels in a pan with 200 ml (7 fl oz, ¾ cup) dry white wine, 1 bouquet garni and half the chopped shallots and onion. Season with pepper. Cover the pan and cook until the shells just open, then remove the mussels and strain the cooking liquid through fine muslin (cheesecloth).

Place the flesh of 15 scallops and the strained mussel liquid in a saucepan, cover and poach very gently for 5 minutes. Remove the scallops from the liquid. Remove the mussels from their shells.

Sauté the langoustines in oil in a flameproof casserole. When red, add some pepper and the remaining shallots and onion; cook until golden. Add a liqueur glass of warm brandy and flame. Add the crushed tomatoes and the cooking liquid; cover, cook very gently for 5–6 minutes, then remove and drain the langoustines. Continue cooking the tomatoes for 10 minutes.

Meanwhile, shell the langoustine tails, crush the shells and add them to the casserole to flavour the mixture. Cut the langoustine tails into chunks and slice the scallop flesh. Heat 50 g (2 oz, ¼ cup) butter in a sauté pan until it foams, then add the langoustines, scallops, mussels and 100 g (4 oz) peeled (shelled) shrimps. Press the tomato sauce through a fine sieve, add 200 ml (7 fl oz, ¾ cup) double (heavy) cream, adjust the seasoning and reduce until the mixture just starts to thicken. Pour over the seafood.

Seafood risotto

Clean and cook 2 litres (3½ pints) mussels and 1 litre (1¾ pints) cockles or clams separately in white wine seasoned with spices and herbs. Drain the shellfish and remove from their shells. Put them in a casserole with 200 g (7 oz) peeled prawn (shelled shrimp) tails and 4 shelled scallops, previously poached in white wine and sliced. Prepare 400 ml (14 fl oz, 1¾ cups) fish velouté sauce, using a white roux and the combined cooking liquids. Cook this sauce for 25 minutes, or until very smooth; add 6 tablespoons double (heavy) cream and reduce. Then mix in 40 g (1½ oz, 3 tablespoons) butter and press through a sieve. Pour the sauce over the shellfish and keep hot without boiling. Meanwhile, prepare a risotto à la piémontaise and arrange it in a large border in a deep dish. Pour the seafood mixture into the centre.

Seafood zephyr

Wash 2 litres (3½ pints) mussels and open them; shell 300 g (11 oz) shrimps. Reserve 6 mussels and 12 shrimps and finely chop the remainder together.

Prepare a soufflé: mix together over a low heat 50 g (2 oz, ¼ cup) butter and 65 g (2½ oz, ⅔ cup) plain (all-purpose) flour, mix in 500 ml (17 fl oz, 2 cups) cold milk and bring to the boil. Add 5 egg yolks, then the chopped seafood. Whisk 5 egg whites to stiff peaks and fold lightly into the mixture. Butter a 20 cm (8 in) soufflé dish and empty the mixture into it, three-quarters filling it. Level the surface by shaking the dish. Cook in a preheated oven at 190°C (375°F, gas 5) for about 20 minutes or until almost cooked.

Meanwhile, mix ½ egg yolk with 25 g (1 oz, ¼ cup) grated Gruyère cheese. Dip the reserved mussels and shrimps in the egg yolk mixture. When the soufflé is almost cooked, increase the oven temperature to 240°C (475°F, gas 9) and rapidly scatter these mussels and shrimps over the top of the soufflé, together with a little grated cheese. Brown for about 5 minutes and serve immediately.

Shellfish pilaf

Dice 150 g (5 oz) cooked crab, lobster or langouste meat. Shell 150 g (5 oz) cooked shrimps and toss in butter. Cook 500 ml (17 fl oz, 2 cups) *moules marinière* (or use cockles or clams), allow them to cool in the cooking juices, then remove the shells and keep warm. Strain and measure the cooking juices and dilute with boiling water to obtain 680 ml (23 fl oz, 2¾ cups) liquid. Wash and drain 300 g (11 oz, 1½ cups) long-grain rice. Heat 4 tablespoons olive oil in a frying pan; add the rice and stir. When it is transparent, add the diluted mussel juice, salt and pepper; cover and cook for 15 minutes. Then add the shellfish meat (bound with lobster butter or langouste butter made by the same method), the shrimps and the mussels. Serve piping hot.

Soupe oursinade

Clean 2 kg (4¼ lb) rockfish and small green crabs and cut the fish into pieces of about 5 cm (2 in). Make a roux with 50 g (2 oz, ¼ cup) butter and 75 g (3 oz, ¾ cup) plain (all-purpose) flour. Pour 150 ml (¼ pint, ⅔ cup) olive oil into a large saucepan. Clean and finely slice 1 leek, 1 fennel bulb and 1 celery stick; peel and crush the cloves from 1 small head (bulb) of garlic; peel and finely slice 2 or 3 onions. Put all the vegetables into the hot oil and cook over a low heat, adding 3 sprigs of parsley.

When the vegetables are soft, add the fish and the crabs and turn the heat up to its maximum. Add 1 sprig of thyme, 3 bay leaves, 5 fresh tomatoes (peeled, seeded and coarsely chopped) and 100 g (4 oz, ½ cup) tomato purée (paste). Cook all these ingredients for about 10 minutes, until their juices run. Add the roux, then stir in 1 bottle white wine and finish with 4 litres (7 pints, 4 quarts) water. Bring to the boil. Add salt and pepper and cook, covered, over a moderate heat (or in a preheated oven at 180°C, 350°F, gas 4) for 30 minutes.

Then put everything through a vegetable mill or blender. Bring the soup to the boil again and add the liquid and corals from 24 sea urchins, 300 ml (½ pint, 1¼ cups) double (heavy) cream and 100 g (4 oz, ½ cup) prawn butter. Boil for 5 minutes, then pour the soup through a fine strainer and serve immediately.

Terrine de l'océan

Scale, gut and clean a 1 kg (2¼ lb) turbot, a 1 kg (2¼ lb) pike, 500 g (18 oz) fresh salmon and 2 large red mullet. Lift out the fillets and ensure that no bones remain. Reserve the trimmings.

Cut an 800 g (1¾ lb) lobster in half, seal it in 40 g (1½ oz, 3 tablespoons) slightly salted butter, then remove the shell and put it to one side. Thoroughly

clean 1 kg (2¼ lb) mussels and cook in a covered pan until they open (discard any that do not). Remove the flesh and retain the cooking juices.

Prepare the forcemeat as follows: wash 500 g (18 oz) leeks and finely slice the white parts; chop 2 garlic cloves and 4 shallots. Soften all these vegetables in 40 g (1½ oz, 3 tablespoons) slightly salted butter. Add 200 g (7 oz, 3 cups) coarsely chopped sorrel, then the leaves of a sprig of tarragon. Use a coarse grater to shred the fillets of pike and then the lobster flesh. Blend in the leek and sorrel mixture. Season with salt and pepper; add a pinch of *quatre épices* or 'four spices', 2 tablespoons mustard and 3 whole eggs. Mix thoroughly, then add the mussels.

Now prepare the terrine: line a white porcelain ballotine mould with bards, leaving the ends hanging over the side of the dish, and brush with egg white, then spread in it the first layer of forcemeat and cover with the fillets of turbot and salmon. Add a second layer of forcemeat, then the flesh and corals of 1 kg (2¼ lb) scallops, pointing the corals towards the centre of the mould. Chop 1 large truffle and sprinkle over the scallops, then add another layer of forcemeat, then the red mullet fillets and finally the rest of the forcemeat. Put a bay leaf in the centre.

Dissolve 7 g (¼ oz, 1 envelope) powdered gelatine in 4 tablespoons water; pour over the terrine. Fold down the bards to seal the top of the terrine, cover and cook in a bain marie in a preheated oven at 190–200°C (375–400°F, gas 5–6) for 1¼ hours.

Prepare an aspic with the fish trimmings, the shell of the lobster, the juice of the mussels, the green parts of the leeks and some gelatine. Pour this over the terrine when it has cooled. Keep cool until just before serving. To serve, stand the mould in a little hot water, then turn it out on to a serving dish. Garnish with lettuce leaves and parsley. Serve some herb-flavoured mayonnaise separately.

BASIC RECIPES & CLASSIC ADDITIONS

Aspics & glazes

Fish aspic

Prepare a strong fumet: put 1 kg (2¼ lb) white fish trimmings (bones and heads of brill, hake, whiting, sole or turbot), 2 onions, 150 g (5 oz) mushroom parings, 2 shredded carrots, a large bouquet garni, salt, pepper, 7 tablespoons dry white wine (or red wine when cooking salmon, salmon trout or carp) and 2 litres (3½ pints, 9 cups) cold water in a large saucepan. Bring to the boil and then simmer for 30 minutes. Dissolve 45–75 g (1½–3 oz, 6–12 envelopes) gelatine, depending on the degree of firmness required for the aspic, in a little water. Chop up 2 whiting fillets. Mix the dissolved gelatine with the whiting flesh and 2 or 3 egg whites. Strain the fish fumet, pressing the liquid out of the ingredients, and pour it back into the clean saucepan. Add the whiting mixture and bring to the boil, stirring continuously. When it boils, stop stirring and simmer for 30 minutes. Gently strain through a fine cloth and flavour the aspic with champagne or sherry.

Meat aspic

Brown 1 kg (2¼ lb) leg of beef and 500 g (18 oz) knuckle of veal, cut into pieces, 1 calf's foot, 500 g (18 oz) veal bones and 250 g (9 oz) bacon rind,

trimmed of fat, in a preheated oven at 200°C (400°F, gas 6). Peel and shred 2 onions, 4 carrots and 1 leek. Place all these ingredients in a stockpot together with a large bouquet garni, 1 tablespoon salt and pepper. Add 3 litres (5 pints, 13 cups) water and bring to the boil. Skim, then add a ladleful of very cold water and simmer for 5 hours. Carefully strain the liquid through a strainer lined with muslin (cheesecloth), let it cool completely and put it in the refrigerator so that the fat which solidifies on the surface can be removed easily. Clarify the stock with 200 g (7 oz) lean beef, 2 egg whites and a small bouquet of chervil and tarragon.

The aspic can be flavoured with Madeira, port, sherry or with any other liquor. If this is done, the flavouring is added just before straining the aspic. White aspic is obtained in a similar fashion, but the meat and bones are not browned. Game aspic is obtained by adding to meat aspic 1.25 kg (2¾ lb) game carcasses and trimmings, which have been previously browned in the oven, and several juniper berries.

Chicken aspic is obtained by adding to meat aspic either a whole chicken or 1.5 kg (3¼ lb) chicken carcasses and giblets that have both been browned in the oven.

Meat glaze

Remove all the fat from a brown stock. When it is as clear as possible, boil it down by half. Strain through a muslin cloth (cheesecloth), then boil it down again and strain. Continue this process until it will coat the back of a spoon, each time reducing the temperature a little more as the glaze becomes more concentrated. Pour the meat glaze into small containers, cool, cover and keep them in the refrigerator.

A similar method is used with a poultry or game stock to obtain a poultry or game glaze.

Boil down a fish fumet to a syrupy consistency, then decant it and strain it through muslin to obtain a light-coloured fish stock used to enhance the flavour of a fish sauce or to pour over fish before putting it in the oven.

Batters

Blinis à la française

Blend 20 g (¾ oz, 1½ cakes) fresh (compressed) yeast or 1 teaspoon dried yeast with 50 g (2 oz, ½ cup) sifted strong plain (bread) flour with 500 ml (17 fl oz, 2 cups) warmed milk and leave to rise for 20 minutes in a warm place. Then mix in 250 g (9 oz, 2¼ cups) sifted strong plain flour, 4 egg yolks, 300 ml (½ pint, 1¼ cups) warm milk and a generous pinch of salt. Mix the ingredients well. Leave the batter to rest for a minimum of 1 hour. At the last moment, add 4 stiffly whisked egg whites and 100 ml (4 fl oz, 7 tablespoons) whipped cream. Make small thick pancakes by frying quantities of the batter in butter in a small frying pan, turning them over after a few minutes.

Coating batter

This batter is suitable for coating food before deep-frying. Sift 200 g (7 oz, 1¾ cups) plain (all-purpose) flour into a bowl. Add 2 teaspoons baking powder, 2 tablespoons groundnut (peanut) oil, a pinch of salt and 250 ml (8 fl oz, 1 cup) warm water. Mix the ingredients thoroughly and beat until smooth, then leave the batter to rest in a cool place for at least 1 hour. Just before using, fold in 2 stiffly whisked egg whites.

Fritter batter (1)

Sift 250 g (9 oz, 2¼ cups) plain (all-purpose) flour into a bowl. Heat 200 ml (7 fl oz, ¾ cup) water until just lukewarm. Make a well in the flour and add 150 ml (¼ pint, ⅔ cup) beer, the water and a generous pinch of salt to the middle of it. Mix, drawing the flour from the sides to the centre. Add 2 tablespoons groundnut (peanut) oil and mix. Leave to rest for 1 hour. Stiffly beat 2 or 3 egg whites and fold into the batter. Do not stir or beat.

Fritter batter (2)

Put 250 g (9 oz, 2¼ cups) sifted plain (all-purpose) flour in a mixing bowl. Make a well in the centre and add 1 teaspoon salt, 2 eggs and 300 ml (½ pint, 1¼ cups) groundnut (peanut) oil. Whisk the eggs and oil together, incorporating a little of the flour. Add 250 ml (8 fl oz, 1 cup) beer and, stirring well, gradually incorporate the rest of the flour. Allow to stand for about 1 hour. A few minutes before using the batter, whisk 3 egg whites stiffly and fold into the batter using a wooden spoon or rubber spatula.

Pancake batter

Mix 500 g (18 oz, 4½ cups) plain (all-purpose) flour with 5–6 beaten eggs and a large pinch of salt. Then gradually add 1 litre (1¾ pints, 4⅓ cups) milk or, for lighter pancakes, 500 ml (17 fl oz, 2 cups) milk and 500 ml (17 fl oz, 2 cups) water. The batter may also be made with equal quantities of beer and milk, or the milk may be replaced by white consommé. Finally, add 3 tablespoons oil, either one with little taste, such as groundnut (peanut) oil or sunflower oil or, if the recipe requires it, use olive oil; 25 g (1 oz, 2 tablespoons) melted butter may also be added. Leave the batter to stand for 2 hours. Just before making the crêpes, dilute the batter with a little water – about 100–200 ml (4–7 fl oz, ½–¾ cup).

Pannequets

Make a batter with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, a pinch of salt, 3 beaten eggs, 250 ml (8 fl oz, 1 cup) milk, 250 ml (8 fl oz, 1 cup) water and 1 tablespoon melted butter. Prepare some fairly thick pancakes. Pile them in a covered dish and keep hot over a saucepan of boiling water.

Butters

Anchovy butter

Soak 100 g (4 oz) canned or bottled salted anchovies to remove the salt. Purée the fillets in a blender, season and, if liked, add a dash of lemon juice. Work into 225 g (8 oz, 1 cup) softened butter. This butter is used for vol-au-vents, canapés and hors d'oeuvres and to accompany grilled (broiled) fish.

Beurre manié

To thicken 500 ml (17 fl oz, 2 cups) stock or sauce, work together 25 g (1 oz, 2 tablespoons) butter and 25 g (1 oz, 4 tablespoons) plain (all-purpose) flour. Add lumps of this paste to the boiling liquid and whisk over the heat for 2 minutes, whisking each time before adding the next portion.

Caviar butter

Blend 100 g (4 oz) pressed caviar, work into 225 g (8 oz, 1 cup) softened butter and then press through a sieve. This butter is used to garnish canapés or various cold hors d'oeuvres and to flavour some fish sauces.

Colbert butter

Add 1 tablespoon chopped tarragon and 1 tablespoon meat glaze to 200 g (7 oz, ¾ cup) maître d'hôtel butter.

Crab butter

Blend 225 g (8 oz) crabmeat (cooked in court-bouillon and with all cartilage removed). Work into 225 g (8 oz, 1 cup) softened butter. This butter is used for canapés, cold fish or hors d'oeuvres and in fish and shellfish sauces.

Crayfish butter

Pound in a mortar (or crush in a processor) 250 g (9 oz) chopped and cooked crayfish shells and trimmings. Add to 225 g (8 oz, 1 cup) softened butter in a bain marie. Melt the butter mixture slowly but thoroughly. Place some muslin (cheesecloth) over a bowl containing iced water. Pour the melted butter on to the cloth and wring so that the butter goes into the bowl. Place in the freezer or refrigerator to set the butter quickly. As soon as the butter has set, remove from the bowl and blot it dry. Crayfish butter is used for preparing canapés, soups, stuffings, shellfish dishes and sauces.

Garlic butter (with cooked garlic)

Boil 8 large peeled garlic cloves in salted water for 7–8 minutes, dry and purée. Work into 225 g (8 oz, 1 cup) softened butter. Garlic butter is used to complete sauces, and in garnishes for cold hors d'oeuvres.

Garlic butter (with raw garlic)

Crush 2–4 garlic cloves and add to 225 g (8 oz, 1 cup) softened butter. Mix well. A little finely chopped parsley and grated lemon zest can be added to complement the raw garlic.

Horseradish butter

Grate 100 g (4 oz) horseradish. Work it into 225 g (8 oz, 1 cup) softened butter in a blender, then sieve. It is used in the same way as garlic butter.

Langoustine butter

Prepare as for crab or prawn butter using the meat of the langoustine cooked in court-bouillon. A stronger butter may be made by following the method for crayfish butter if the meat of the langoustine is used for another purpose.

Lobster butter

This is prepared in the same way as prawn butter using the meat and eggs of the lobster cooked in court-bouillon. It is used for the same purposes.

Maître d'hotel butter

Work 2 tablespoons finely chopped parsley, 1–2 dashes lemon juice and a pinch of salt into 225 g (8 oz, 1 cup) softened butter. This butter is served with grilled (broiled) fish, fish fried in an egg-and-breadcrumb coating, and various steamed or boiled vegetables.

Mustard butter

Add 2 tablespoons tarragon mustard to 225 g (8 oz, 1 cup) softened butter and season. A hard-boiled (hard-cooked) egg yolk, some chopped herbs and a dash of lemon juice may also be added. Use as for anchovy butter.

Prawn butter

Blend 225 g (8 oz) shelled prawns (shrimp). Work into 225 g (8 oz, 1 cup) softened butter. This butter is used to garnish canapés, cold fish or hors d'oeuvres, and to complete fish and shellfish sauces.

Sardine butter

Sardine butter is prepared as for anchovy butter, using the filleted and skinned canned fish.

Condiments & seasonings

Cranberry compote

Combine 500 g (18 oz, 2¼ cups) caster (superfine) sugar, the grated zest of ½ a lemon and 200 ml (7 fl oz, ¾ cup) water in a saucepan; slowly bring to the boil, then boil for 5 minutes. Add 1 kg (2¼ lb) washed and stalked cranberries and cook over a high heat for 10 minutes. Remove the fruit from the liquid with a perforated spoon, allow to drain a little and place in a dish. Reduce the syrup by one-third if the compote is to be eaten straight away, or by half if it is to be kept for a few days in the refrigerator. Pour the syrup over the fruit and allow to cool for 1 hour.

This compote may be served as a condiment for savoury dishes as well as for a fruit dessert.

Cranberry sauce

Cook 250 g (9 oz, 2 cups) cranberries with 250 ml (8 fl oz, 1 cup) water until the fruit is tender. Add 175 g (6 oz, ¾ cup) sugar, stir until it dissolves, then bring to the boil and remove from the heat.

Curry powder

This is a useful spice mixture and enough to season 600–900 ml (1–1½ pints, 2½–3¾ cups) sauce or a dish to yield 4–6 portions. Place 1 cinnamon stick, 4 cloves, 4 green cardamoms, 2 tablespoons cumin seeds and 4 tablespoons coriander seeds in a small saucepan. Roast the spices gently, shaking the pan frequently, until they are just aromatic. Remove from the pan and cool, then grind to a powder. Mix in 2 teaspoons ground fenugreek, ½ teaspoon ground turmeric and ½ teaspoon chilli powder.

Preserved lemons

Wash 1 kg (2¼ lb) untreated lemons, wipe and cut into thick round slices (or quarter small lemons lengthways.) Dust with 3 tablespoons fine salt and leave to discharge their juices for about 12 hours. Drain, place in a large jar and cover completely with olive oil. Leave in a cool place for 1 month before use. Close the jar firmly after opening and keep in a cool place away from light.

Dressings & mayonnaise

Aïoli

Peel 4 large garlic cloves (split them in two and remove the germ if necessary). Pound the garlic with 1 egg yolk in a mortar or blend them. Season and, while pounding or blending, very gradually add 250 ml (8 fl oz, 1 cup) olive oil, as

for a mayonnaise. The sauce is ready when it is thick and creamy. The bulk of the sauce may be increased by adding 2 teaspoons mashed boiled potato.

Anchovy mayonnaise

Add 1 teaspoon anchovy essence (paste) or 4 puréed anchovy fillets to 300 ml (½ pint, 1¼ cups) mayonnaise. Mix well.

Caviar mayonnaise

Pound 25 g (1 oz) caviar in a mortar and add 3 tablespoons mayonnaise. Continue to pound. Rub the mixture through a fine sieve and blend with 200 ml (7 fl oz, ¾ cup) mayonnaise.

Mayonnaise

Ensure that all the ingredients are at room temperature. Put 2 egg yolks, a little salt and white pepper, and a little vinegar (tarragon, if required) or lemon juice in a medium bowl; 1 teaspoon mustard can also be added. Stir quickly with a wooden spoon or whisk. As soon as the mixture is smooth, use a tablespoon to blend in about 300 ml (½ pint, 1¼ cups) olive oil. Add the oil drop by drop, with a few drops of vinegar, taking care to beat the sauce against the sides of the bowl. The whiteness of the sauce depends on this continued beating. As it increases in volume, larger quantities of oil can be added in a thin trickle and also more vinegar or lemon juice. It is essential to add the ingredients slowly and sparingly to avoid curdling.

Vinaigrette

Dissolve a little salt in 1 tablespoon vinegar. Add 3 tablespoons oil and some pepper. The vinegar can be replaced by another acid, such as lemon, orange or grapefruit juice, in which case, the ratio is half fruit juice to half oil.

Other flavourings, such as herbs, mustard or garlic, may be added to taste. The mixture may also be placed in a screw-top jar and shaken vigorously to form an emulsion. For a creamy dressing, replace the oil with crème fraîche.

Flavourings, fillings & accompaniments

Duchess potato

Cut 500 g (18 oz) peeled potatoes into thick slices or quarters. Boil them briskly in salted water. Drain, put in a warm oven for a few moments to evaporate excess moisture, and press through a sieve. Put the purée into a saucepan and dry off for a few moments on the hob (stovetop), turning with a wooden spoon. Add 50 g (2 oz, ¼ cup) butter and season with salt, pepper and a little grated nutmeg. Mix in 1 egg and 2 yolks.

This mixture is easier to pipe while hot: it may be piped for borders or into swirls on a greased baking sheet for duchess potatoes proper. Brush the cooled swirls of potato with beaten egg and brown them in a hot oven.

Alternatively, spread the purée on a buttered baking sheet, leave until cold and shape as indicated in the recipe.

Mushroom essence

Clean and dice about 450 g (1 lb) open-cap cultivated mushrooms, then place them in a saucepan and season with salt. Add a little white wine and water.

Bring to the boil, stirring, then reduce the heat and cover the pan tightly. Cook for about 20 minutes, until the mushrooms are greatly reduced. Strain the liquor through a sieve, pressing or squeezing the mushrooms dry. Boil the liquor to reduce it to a full-flavoured essence.

Pommes Anna

Peel 1 kg (2¼ lb) potatoes and cut into thin even round slices. Wash, wipe and season with salt and pepper. Slightly brown 75 g (3 oz, 6 tablespoons) butter in a special casserole (or in a sauté pan) and arrange the potatoes in circular layers, making sure that they are evenly coated with butter, then compress them into a cake with a wooden spatula. Cover and cook in a hot oven for 25 minutes. Quickly turn the whole cake over on to a flat dish and slide it back into the casserole to brown the other side.

Russian salad

Boil and finely dice some potatoes, carrots and turnips; boil some French (green) beans and cut into short pieces. Mix together equal quantities of these ingredients and add some well-drained cooked petits pois. Bind with mayonnaise and pile up in a salad bowl. Garnish with a julienne of pickled tongue and truffles and add some finely diced lobster or langouste meat.

For a more elaborate dish, the ordinary mayonnaise can be replaced by thickened mayonnaise and the salad is poured into mould lined with aspic and garnished with slivers of truffle and pickled tongue. Chill in the refrigerator for 4 hours and remove from the mould just before serving.

Spinach in cream

Wash, trim, parboil and dry some spinach. Arrange it in a warm vegetable dish and pour heated crème fraiche or cream sauce over. Stir before serving.

Forcemeats

Fish cream forcemeat

Pound 1 kg (2¼ lb) boned and skinned whiting or pike in a mortar (or purée in a blender). Then press through a fine sieve. Whisk 4 egg whites lightly with a fork and add them to the fish purée a little at a time. Season with 4 teaspoons salt and a generous pinch of ground white pepper. Press through the sieve a second time, place in a terrine, and chill for 2 hours. Remove the terrine from the refrigerator and place in a bowl of crushed ice. Then work in 1.5 litres (2¾ pints, 6½ cups) double (heavy) cream using a wooden spoon. (It is essential to keep the cream and the pâté as cold as possible to prevent curdling.)

Fish forcemeat for mousses and mousselines

Skin and bone 1 kg (2¼ lb) fish (pike, whiting, salmon, sole or turbot) and season with 4 teaspoons salt, a generous pinch of pepper and grated nutmeg. Pound the fish in a mortar, add 4 lightly whisked egg whites (one by one), transfer to a blender and then press through a fine sieve. Put the resulting purée in a terrine, smooth out with a wooden spatula and chill for at least 2 hours. Place the terrine in a bowl of crushed ice or ice cubes and incorporate 1.25 litres (2¼ pints, 5½ cups) double (heavy) cream, working it in gently with a spatula. Refrigerate until needed. This forcemeat can also be used for quenelles and to garnish large braised fish or fillets of sole or turbot.

Forcemeat for fish

Crumble 250 g (9 oz, 9 slices) crustless bread into milk. Sauté 75 g (3 oz, ⅔ cup) chopped onions and 150 g (5 oz, 1⅔ cups) chopped button mushrooms

in 25 g (1 oz, 2 tablespoons) butter. Add a small handful of chopped parsley and cook for a few minutes. Meanwhile, add 4 tablespoons white wine to 3 chopped shallots in a pan and reduce. Mix the shallots into the other vegetables. Squeeze out the bread and place in a terrine. Add the vegetable mixture and work together. Bind with 2 egg yolks and season with salt and pepper and, if liked, a generous pinch of grated nutmeg and ½ a garlic clove, chopped.

Frangipane panada

Mix 125 g (4½ oz, 1¼ cups) plain (all-purpose) flour and 4 egg yolks in a saucepan with a wooden spoon, then add 90 g (3½ oz, ⅓ cup) melted butter, ½ teaspoon salt, some pepper and a pinch of nutmeg. Thin the mixture with 250 ml (8 fl oz, 1 cup) boiled milk, poured in gradually. Cook for 5–6 minutes, beating vigorously with a whisk. Pour into a buttered dish, smooth the surface, cover with buttered paper and leave to cool.

Godiveau lyonnais (pike forcemeat)

Pound together in a mortar 500 g (18 oz) trimmed diced beef suet, 500 g (18 oz) frangipane panada and 4 egg whites (these ingredients may first be put through a blender). Add 500 g (18 oz) pike flesh and season. Work vigorously with a spatula, then with a pestle. Rub through a fine sieve, place in an earthenware dish and work with a spatula until smooth. The forcemeat is shaped into quenelles and poached in salted water as a garnish for pike.

Matignon mixture

For the *au maigre* (meatless) version, cook 125 g (4½ oz, 1¼ cups) sliced carrots, 50 g (2 oz, ½ cup) chopped celery, and 25 g (1 oz, ¼ cup) sliced onions gently in butter. Add salt, a sprig of thyme, half a bay leaf and a pinch of sugar. When the vegetables are very soft, add 6 tablespoons Madeira and

boil to reduce until nearly all the liquid has evaporated. For the *au gras* version (with meat), add 100 g (4 oz, ½ cup) lean diced bacon to the mixture with the onions.

Mirepoix with meat

Peel and finely dice 150 g (5 oz) carrots and 100 g (4 oz) onions. Cut 50 g (2 oz) celery and 100 g (4 oz) raw ham (or blanched streaky bacon) into fine strips. Heat 25 g (1 oz, 2 tablespoons) butter in a saucepan and add the ham and vegetables, together with a sprig of thyme and half a bay leaf. Stir the ingredients into the butter, cover and cook gently for about 20 minutes until the vegetables are very tender.

Mushroom duxelles

Clean and trim 250 g (9 oz, 3 cups) button mushrooms and chop them finely, together with 1 onion and 1 large shallot. Melt a large knob of butter in a frying pan, add the chopped vegetables, salt and pepper. Cook over a brisk heat until the vegetables are brown and the water from the mushrooms has evaporated. If the duxelles is for use as a garnish, add 1 tablespoon cream.

Prawn forcemeat

Cook 125 g (4½ oz, ¾ cup) prawns or shrimps in some salted water. Pound them in a mortar with 100 g (4 oz, ½ cup) butter and then press the mixture through a fine sieve. Add to this mixture half its weight of finely sieved hard-boiled (hard-cooked) egg yolks. Mix together well.

Ratatouille niçoise

Trim the ends of 6 courgettes (zucchini) and cut them into rounds (do not peel them). Peel and slice 2 onions. Cut the stalks from 3 green (bell) peppers,

remove the seeds and cut them into strips. Peel 6 tomatoes, cut each into 6 pieces and seed them. Peel and crush 3 garlic cloves. Peel 6 aubergines (eggplants) and cut them into rounds. Heat 6 tablespoons olive oil in a cast-iron pan. Brown the aubergines in this, then add the peppers, tomatoes and onions, and finally the courgettes and the garlic. Add a large bouquet garni containing plenty of thyme, salt and pepper. Cook over a low heat for about 30 minutes. Add 2 tablespoons fresh olive oil and continue to cook until the desired consistency is reached. Remove the bouquet garni and serve very hot.

Shellfish forcemeat

This is a mousseline forcemeat made with crayfish, lobster or crab meat. Allow 4 egg whites, 1.5 litres (2¾ pints, 6½ cups) double (heavy) cream, 1 tablespoon salt and a generous pinch of white pepper for each 1 kg (2¼ lb) shellfish meat.

Smoked herring or sardine forcemeat

Make a white roux with 1 tablespoon butter and 2 tablespoons flour. Add 100 ml (4 fl oz, 7 tablespoons) warm milk and cook for about 10 minutes, stirring continuously with a wooden spoon. Remove from the heat when very thick. Add 1 whole egg and 2 egg yolks. Put either 1 large smoked herring fillet (soaked in a little milk to remove some of the salt if necessary) or 4 medium sardines in a blender and reduce to a purée. Incorporate this into the roux and cook for 3–4 minutes. Press through a sieve. This forcemeat is used as a filling for croustades, *dartois* and small pastry cases.

Vegetable macédoine

Peel and dice 250 g (9 oz) each of new carrots, turnips, French (green) beans and potatoes. Prepare 500 g (18 oz, 3½ cups) shelled peas. Add the carrots

and turnips to a pan of boiling salted water. Bring back to the boil and add the beans, then the peas and finally the potatoes. Keep on the boil but do not cover. When the vegetables are cooked, drain and pour into a serving dish and add butter, cream or mayonnaise (keep the cooking water for a soup base). Sprinkle with chopped herbs.

Vegetable mirepoix

This mirepoix is cooked in the same way as mirepoix with meat, but the ham or bacon is omitted and the vegetables are shredded into a brunoise.

Pastry & dough

Bouchée cases

Dust the working surface with flour and roll out some puff pastry to a thickness of about 5 mm (¼ in). Using a round, crinkle-edged pastry (cookie) cutter, 7.5–10 cm (3–4 in) in diameter, cut out circles of pastry and place them on a damp baking sheet, turning them over as you do so. Use a 7.5–10 cm (3–4 in) ring cutter to stamp out rings of pastry. Brush the edge of the pastry bases with beaten egg and place the rings on top. Chill the cases for about 30 minutes. Bake in a preheated oven at 220°C (425°F, gas 7) for 12–15 minutes. Using the point of a knife, cut out a circle of pastry from inside each bouchée, lift it out and set aside to use as a lid. If necessary remove any soft pastry inside the case. The bouchées are now ready to be filled according to the recipe.

Brioche dough

Soften 225 g (8 oz, 1 cup) butter at room temperature. Crumble 7 g (¼ oz, ½ cake) fresh (compressed) yeast and stir in 1 tablespoon warm water. In a separate container stir 1 tablespoon sugar and a pinch of salt into 2 tablespoons cold milk. Sift 250 g (9 oz, 2¼ cups) strong plain (bread) flour, make a well in the centre, and add the yeast mixture and 1 lightly beaten egg. After working in a little flour, add the sugar and salt mixture, and another lightly beaten egg. Continue to work the dough until it becomes smooth and elastic. It should stretch easily. Mix a third of the dough with the softened butter, then add the second and finally the remaining third of the dough to the mixture.

Put the dough in a 2 litre (3½ pint, 9 cup) container, cover with a cloth, and leave to rise in a warm place until it has doubled in volume. Then separate the dough into 3 pieces, knead lightly and leave to rise again. Leave to rest for a few hours in a cool place: the dough is now ready to be shaped and baked.

- *Standard brioche dough* This is prepared in exactly the same way, but the quantity of butter is reduced to 175 g (6 oz, ¾ cup).
- *Pâte levée pour tartes* This yeasted brioche dough is used for tarts and flans. Prepare as for brioche dough, but use 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 7 g (¼ oz, ½ cake) fresh (compressed) yeast, ½ teaspoon salt, 2 teaspoons caster (superfine) sugar, 2 eggs, 100 g (4 oz, ½ cup) butter and 6 tablespoons milk.

Choux paste

To make about 40 small buns, 20 larger buns or éclairs, measure 250 ml (8 fl oz, 1 cup) water or milk and water (in equal proportions) into a saucepan. Add a large pinch of salt and 65 g (2½ oz, 5 tablespoons) butter cut into small pieces. Heat gently until the butter melts, then bring to the boil. As soon as the mixture begins to boil, take the pan off the heat, add 125 g (4½ oz,

1 cup) plain (all-purpose) flour all at once and mix quickly. Return the saucepan to the heat and cook the paste until it thickens, stirring: it takes about 1 minute for the paste to leave the sides of the saucepan. Do not overcook the mixture or beat it vigorously as this will make it greasy or oily. Remove from the heat and cool slightly. Beat in 2 eggs, then 2 more eggs, one after the other, continuing to beat hard until a smooth glossy paste is obtained. Use as required.

Flan case, baked blind

Prepare 350 g (12 oz) pastry dough (short or shortcrust, sweet, fine lining or puff) and roll out to a thickness of 3 mm (⅛ in). Grease and flour a 28 cm (11 in) pie plate or flan ring and line it with the pastry, pressing firmly around the edges to ensure that it stays in place and taking care not to stretch the pastry. Leave a thicker edge of pastry at the top so that it does not shrink while it is being baked. Trim off the excess pastry by rolling the rolling pin around the rim of the plate or by trimming with a sharp knife. Prick the bottom with a fork and completely cover the pastry with lightly buttered greaseproof (wax) paper or foil, greased side down. To keep the base of the flan flat, sprinkle the surface of the paper with baking beans or dried peas. Bake in a preheated oven at 200°C (400°F, gas 6) for about 10 minutes. Remove the paper or foil and baking beans, glaze the crust with beaten egg, and return to the oven for 3–4 minutes, or until the pastry is cooked and dried out. The flan case (pie shell) may then be filled.

Pasta dough

Sift 500 g (18 oz, 4½ cups) strong plain (bread) flour into a bowl and make a well in the middle. Dissolve 2 teaspoons salt (or less to taste) in 2 tablespoons water, put it in the middle of the flour, then add 3 beaten eggs and 6 egg yolks.

Gradually work the liquids into the flour to make a firm dough. Knead the dough thoroughly, working it with the heel of the palm until the dough is smooth and firm. Wrap the dough in a cloth or cling film (plastic wrap) and leave it in a cool place, but not the refrigerator, for 1 hour so it loses its elasticity, then use according to the recipe.

Puff pastry

Put 500 g (18 oz, 4½ cups) plain (all-purpose) flour on a board in a circle, making a well in the middle. Since flours differ, the exact proportion of water to flour is variable. Into the centre of this circle put 1½ teaspoons salt and about 300 ml (½ pint, 1¼ cups) water. Mix and knead until the dough is smooth and elastic. Form into a ball and leave to stand for 25 minutes.

Roll out the dough into square, mark a cross in the top and roll out the wedges to form an evenly thick cross shape. Put 500 g (18 oz, 2¼ cups) softened butter in the middle of this dough. (The butter should be softened with a wooden spatula until it can be spread easily.) Fold the ends of the dough over the butter in such a way as to enclose it completely. Leave to stand for 10 minutes in a cold place, until rested and firmed slightly.

The turning operation (called *tournage* in French) can now begin. Roll the dough with a rolling pin on a lightly floured board in such a way as to obtain a rectangle 60 cm (24 in) long, 20 cm (8 in) wide and 1.5 cm (⅝ in) thick. Fold the rectangle into three, give it a quarter-turn and, with the rolling pin at right angles to the folds, roll the dough out again into a rectangle of the same size as the previous one. Again fold the dough into three and leave to stand for about 15 minutes and chill if too sticky. Repeat the sequence (turn, roll, fold) a further 4 times, leaving the dough to stand for about 15 minutes after each folding. After the sixth turn, roll out the dough in both directions and use according to the recipe.

Puff pastry croustades

Sprinkle the worktop with flour and roll out puff pastry to a thickness of 1–2 cm (½–¾ in). Using a pastry (cookie) cutter, cut rounds 7.5–10 cm (3–4 in) in diameter. With a smaller cutter, make a circle centred on the first, with a diameter 2 cm (¾ in) smaller, taking care not to cut right through the pastry: this smaller circle will form the lid of the croustades. Glaze with egg yolk and place in a preheated oven at 230°C, (450°F, gas 8). As soon as the crust has risen well and turned golden, take the croustades out of the oven. Leave until lukewarm, then take off the lid and, with a spoon, remove the soft white paste inside. Leave the croustades to cool completely.

Alternatively, roll the pastry to a thickness of only 5 mm (¼ in) and cut half of it into circles 7.5–10 cm (3–4 in) in diameter, and the rest into rings of the same external diameter and 1 cm (½ in) wide. Brush the base of the rings with beaten egg and place them on the circles; glaze with beaten egg and cook.

Shortcrust pastry

Sift 225 g (8 oz, 2 cups) plain (all-purpose) flour into a bowl and stir in a pinch of salt, if required. Cut 50 g (2 oz, ¼ cup) chilled butter and 50 g (2 oz, ¼ cup) chilled lard or white vegetable fat (shortening) into small pieces, then lightly rub into the flour until the mixture resembles breadcrumbs. Sprinkle 3 tablespoons cold water over the mixture, and mix in with a roundbladed knife. The mixture should form clumps: press these together into a smooth ball. Chill the pastry for 30 minutes. Roll out and use as required.

Timbale case

Butter a large timbale or charlotte mould. Garnish the inside with little shapes of pasta dough (slightly moistening them so that they will adhere to the pastry used to line the mould).

Prepare 400 g (14 oz) lining pastry and roll it out into a circle 20 cm (8 in) in diameter and 5 mm (¼ in) thick. Sprinkle lightly with flour and fold in half, then bring the ends into the centre until they meet. Roll out again to smooth away the folds. Place this round of pastry in the mould and press it firmly against the base and sides without disturbing the pasta-dough decorations. Cut off any excess pastry.

Line the pastry case (shell) with buttered paper (buttered side inwards), then fill it up with dried beans. Place a circle of paper on top of the dried beans (which should be heaped into a dome) and then, on top of this, a round sheet of pastry 1 cm (½ in) thick. Join the edges of the pastry together by pressing them between the fingers, then make the rim of the pie by pinching this border with pastry pincers.

Moisten the lid with water and garnish with little shapes (leaves, rosettes, fluted rings) cut from a thin sheet of pastry. Make a chimney in the centre of the lid. Brush with egg and bake in a preheated oven at 190°C (375°F, gas 5) for 35–40 minutes.

Take the timbale out of the oven, cut round the lid with a sharp-pointed knife, then remove it. Take out the paper and dried beans and brush the inside of the pastry case with egg. Put the timbale back in the oven with the door open, to dry for a few minutes, then remove it, turn it out of the mould on to a wire rack and keep it hot together with the lid. Fill as desired and replace the lid. Serve immediately.

Vol-au-vent case

Prepare 500 g (18 oz) fine puff pastry. Divide it in half and roll out each half to a thickness of 5 mm (¼ in). Cut out 2 circles, 15 cm (6 in) in diameter. Place 1 pastry circle on a slightly dampened baking sheet. Using a 12–13 cm (4¾–5 in) round cutter, remove the centre of the second circle. Dampen the

top of the pastry circle and place the outer ring from the second one on top. Turn the ring over as you place it on the circle so that the slightly floury underside is uppermost.

Roll the central circle of pastry from the ring to the same size as the vol-au-vent. Dampen the border of the vol-au-vent and place this third layer on top. Glaze the top with beaten egg top then use a small knife to score around the inside of the border. This marks the lid covering the well in the vol-au-vent; scoring it without cutting through completely makes it easier to remove when cooked. Mark a pattern on top of the lid by lightly scoring it in a criss-cross pattern.

Bake in a preheated oven at 220°C (425°F, gas 7) for about 15 minutes until well-risen and golden-brown. After taking it out of the oven, place the vol-au-vent on a wire rack; carefully cut out the lid without breaking it, place it on the wire rack, and remove the soft pastry from the inside of the vol-au-vent. Keep hot. Reheat the filling, fill the case with it, place the lid on top and serve very hot.

Rice dishes

Pilaf rice

Sweat some very finely chopped onions in butter without browning. Add the unwashed rice and stir until it becomes transparent. Add 1½ times its volume boiling water. Season with salt and add a bouquet garni. Put greaseproof (wax) paper over the rice and cover with a lid. Cook for 16–18 minutes in a

preheated oven at 200°C (400°F, gas 6). Remove from the oven and allow to stand, covered, for 15 minutes. Add butter and stir to separate the grains.

Rice à la créole

Thoroughly wash 500 g (18 oz, 2½ cups) long-grain rice and pour it into a sauté pan. Add salt and enough water to come 2 cm (¾ in) above the level of the rice. Bring to the boil and continue to boil rapidly with the pan uncovered. When the water has boiled down to the same level as the rice, cover the pan and cook very gently until the rice is completely dry (about 45 minutes). The second cooking stage may be carried out in a cool oven.

Risotto à la milanaise

Heat 40 g (1½ oz, 3 tablespoons) butter or 4 tablespoons olive oil in a saucepan and cook 100 g (4 oz, ¾ cup) chopped onions very gently, without browning. Then add 250 g (9 oz, 1¼ cups) rice and stir until the grains become transparent. Add twice the volume of stock, a ladleful at a time, stirring with a wooden spoon and waiting until all the liquid has been absorbed before adding more. Adjust the seasoning, add a small bouquet garni, then add 200 ml (7 fl oz, ¾ cup) thick tomato fondue, 500 g (18 oz) pickled ox (beef) tongue, ham and mushrooms (in equal proportions, all chopped), and a little white truffle. Keep the risotto hot without allowing the rice to cook further.

Risotto à la piémontaise

Prepare the rice as for risotto *à la milanaise*, but omit the tomato fondue, tongue, ham and mushrooms, adding instead 75 g (3 oz, ¾ cup) grated Parmesan cheese and 25 g (1 oz, 2 tablespoons) butter. Some saffron may also be added.

Sauces & purées

Allemande sauce

(from Carême's recipe) Prepare some velouté; pour half of it into a saucepan with an equal quantity of good chicken consommé containing some mushroom skins and stalks but no salt. Place the pan on a high heat and stir with a wooden spoon until it boils. Then cover the pan and simmer gently for about 1 hour to reduce the sauce; skim off the fat and return it to a high heat, stirring with the wooden spoon so that it does not stick to the pan. When the sauce is thoroughly reduced and well thickened it should leave a fairly thick covering on the surface of the spoon. When poured, it should make a coating similar to that of redcurrant jelly at its final stage of cooking.

Remove the saucepan from the heat and make a liaison of 4 egg yolks mixed with 2 tablespoons cream. Put this through a sieve and add a knob of unsalted butter, the size of a small egg, cut up into small pieces. Pour this a little at a time into the velouté, taking care to stir with the wooden spoon to thicken as the liaison blends in. When completely thickened, place the allemande on a moderate heat, stirring all the time, and as soon as it has begun to bubble slightly, remove from the heat and add a dash of grated nutmeg. When well blended, press through a sieve.

Allemande sauce based on fish stock

Using a wooden spatula, mix together 2 or 3 egg yolks (according to size) and 400 ml (14 fl oz, 1¾ cups) rich fish stock in a heavy-based saucepan over a low heat. Then stir in 500 ml (17 fl oz, 2 cups) velouté. Bring to the boil, whisking constantly to prevent the sauce from sticking, and reduce until it

coats the spatula. Check seasoning. Cut 50 g (2 oz, ¼ cup) butter into small pieces and mix into the sauce. Place in a bain marie, topping up the water from time to time.

Anchovy purée

Add 2 tablespoons desalted anchovies to 150 ml (¼ pint, ⅔ cup) well-reduced béchamel sauce and mix in a blender. Then rub the mixture through a sieve. Stir in some heated butter just before using. This anchovy purée may be used in fritters, vol-au-vent and rissoles.

Anchovy purée (for cold dishes)

Desalt 75 g (3 oz) anchovies, remove the fillets and reduce them to a purée in a mortar or in a blender with 4 hard-boiled (hard-cooked) egg yolks and 40 g (1½ oz, 3 tablespoons) butter. Add 1 tablespoon chopped herbs. Mix well.

This purée is used to stuff hard-boiled eggs, artichoke hearts and fish (red mullet), for serving cold.

Anchovy purée (for hot dishes)

Desalt 75 g (3 oz) anchovies, remove the fillets and pound them into a purée in a mortar or with a blender. Add to this purée 150 ml (¼ pint, ⅔ cup) thick béchamel sauce and, if desired, 2–3 sieved or pounded hard-boiled (hard-cooked) egg yolks and some coarsely chopped herbs.

This purée is used to fill bouchées, tartlets or rissoles to be served hot.

Anchovy sauce (cold)

Thoroughly desalt 6–8 anchovy fillets by soaking them in milk. Drain, wipe and purée them in a blender with 1 tablespoon capers, 100 ml (4 fl oz,

½ cup) oil, the juice of ½ a lemon and salt and pepper. Serve as a dip with an assortment of raw vegetables – small artichokes, cauliflower florets, small sticks of carrot and seeded cucumber, thin slices of green or red sweet (bell) peppers, small quarters of fennel or raw mushrooms – or with fish poached in a court-bouillon, either hot or cold.

Anchovy sauce (hot)

Add 2 tablespoons anchovy butter to 200 ml (7 fl oz, ¾ cup) béchamel sauce. Check the seasoning. This sauce can be served hot with any fish poached in a court-bouillon.

Anchoyade

Peel 3 garlic cloves and scrape them on the prongs of a fork over a plate. Rinse and chop the leaves of 6 sprigs of parsley. Remove the salt from 10 anchovies and fillet them or use drained canned anchovy fillets. Add them to the garlic and shred them, using 2 forks. Make the sauce by incorporating 100 ml (4 fl oz, 7 tablespoons) olive oil into the anchovy paste, whisking all the time. Still whisking, add the chopped parsley and a few drops of vinegar.

Andalusian sauce

Add 5 teaspoons very reduced and rich tomato fondue to 75 g (3 oz, ⅓ cup) mayonnaise. Finally, add 75 g (3 oz, ½ cup) sweet (bell) peppers, seeded and very finely diced.

Bâtarde sauce

Mix 20 g (¾ oz, 1½ tablespoons) melted butter, 20 g (¾ oz, 3 tablespoons) plain (all-purpose) flour and 250 ml (8 fl oz, 1 cup) salted boiling water. Whisk the mixture vigorously, adding 1 egg yolk mixed with 1 tablespoon ice-

cold water and 1 tablespoon lemon juice. Over a very low heat, gradually incorporate 100 g (4 oz, ½ cup) butter cut into small pieces, stirring constantly. Season with salt and pepper, and strain if necessary. This sauce is served with boiled vegetables and fish.

Béarnaise sauce

Put 1 tablespoon chopped shallots, 2 tablespoons each of chopped chervil and tarragon, a sprig of thyme, a piece of bay leaf, 2½ tablespoons vinegar, and a little salt and pepper in a pan. Reduce by two-thirds, then allow to cool slightly. Mix 2 egg yolks with 1 tablespoon water, add to the pan and whisk over a very low heat. As soon as the egg yolks have thickened, add 125 g (4½ oz, ½ cup) butter in small pieces, a little at a time, whisking continuously. Adjust the seasoning, adding a dash of cayenne pepper if desired, and a little lemon juice. Add 1 tablespoon each of chopped chervil and tarragon and mix. The sauce can be kept in a warm bain marie until required, but it must not be reheated once it has cooled.

Béchamel sauce

Gently heat 500 ml (17 fl oz, 2 cups) milk with 1 bay leaf, a thick slice of onion and 1 blade of mace. Remove from the heat just as it boils, cover and set aside for at least 30 minutes. Strain the milk and discard the flavourings.

Melt 40 g (1½ oz, 3 tablespoons) butter over a low heat in a heavy based saucepan. Add 40 g (1½ oz, 6 tablespoons) flour and stir briskly until the mixture is smoothly blended, without allowing it to change colour. Gradually stir in the milk and bring to the boil, beating well to prevent any lumps from forming. Season with salt and pepper and (according to the use for which the sauce is destined) a little grated nutmeg. Simmer the sauce gently for 3–5 minutes, stirring from time to time.

Bercy sauce or shallot sauce for fish

Peel some shallots and chop them very finely. Add to a good wine vinegar and season with salt and pepper. This sauce is traditionally served with oysters or raw mussels.

Beurre blanc

Put 5–6 chopped shallots in a saucepan with 250 ml (8 fl oz, 1 cup) wine vinegar, 325 ml (11 fl oz, 1⅓ cups) fish stock and ground pepper; reduce by two-thirds. Cut 225 g (8 oz, 1 cup) very cold butter (preferably slightly salted) into small pieces. Remove the pan from the heat and add all but one piece of the butter all at once, beating briskly with a whisk until smooth. Finally, add the last piece of butter and mix it in gently, stirring and turning the pan so that the sauce is not frothy. Season with salt and pepper. Pour the sauce into a warmed sauceboat and place in a lukewarm bain marie until required.

Beurre blanc nantais

Follow the instructions for beurre blanc, adding 1 tablespoon double (heavy) cream at the same time as the butter.

Blond roux

Make a white roux, but cook it gently for 10 minutes, stirring constantly, until it becomes a golden colour.

Bordelaise sauce

(From a recipe by Carême) Place in a saucepan 2 garlic cloves, a pinch of tarragon, the seeded flesh of 1 lemon, 1 small bay leaf, 2 cloves, 1 glass of Sauternes and 2 teaspoons Provençal olive oil. Simmer gently. Skim off all the fat from the mixture and mix in enough espagnole sauce to provide sauce for

an entrée and 3–4 tablespoons light veal stock. Reduce the mixture and add ½ a glass of Sauternes while still simmering. Strain the sauce when it is the right consistency. Just before serving add a little butter and the juice of ½ a lemon.

Bourguignonne sauce for fish

Prepare a fish stock using 1 litre (1¾ pints, 4⅓ cups) red wine, the bones and trimmings of the fish to be used in the dish, a medium chopped onion, a small bouquet garni, a handful of mushroom peelings, salt and pepper. Strain, reduce by half and thicken with some beurre manié according to taste.

Brandade sauce à la provençale

This sauce is not made with salt cod, but it is served with poached salt cod. Put 2 tablespoons thin allemande sauce, 3 egg yolks, a pinch of grated nutmeg, a pinch of fine pepper, a pinch of crushed garlic, the juice of 1 large lemon and a pinch of salt into a saucepan. Stir continuously over a low heat until the sauce is smooth and velvety. Remove from the heat and add (a tablespoon at a time) about 250 ml (8 fl oz, 1 cup) good Aix olive oil. Just before serving, add the juice of 1 lemon and 1 tablespoon chopped blanched chervil.

Brown chaud-froid sauce for fish

Mix 500 ml (17 fl oz, 2 cups) demi-glace and 500 ml (17 fl oz, 2 cups) greatly reduced and clarified fish or game fumet (it must have the consistency of wobbly jelly). Gradually pour the hot mixture over 16 egg yolks and add 200 g (7 oz, ¾ cup) butter, whisking all the time.

Brown roux

Make a white roux, but cook it very gently for 15–20 minutes, stirring constantly, until it becomes a light brown colour.

Butter sauce

Proceed as for bâtarde sauce, but use 25 g (1 oz, 2 tablespoons) butter and 25 g (1 oz, ¼ cup) plain (all-purpose) flour mixed to a roux. Do not thicken with egg yolk. This sauce is served with fish and boiled vegetables.

Cambridge sauce

Thoroughly desalt 6 anchovies, then remove the bones. Blend together 3 hard-boiled (hard-cooked) egg yolks, the anchovy flesh, 1 teaspoon capers and a small bunch of tarragon and chervil. Add 1 teaspoon English mustard to the mixture and season with pepper. Thicken with groundnut (peanut) oil or sunflower oil, as for mayonnaise, then add 1 tablespoon vinegar. Adjust the seasoning. Add chopped chives and parsley.

Caper sauce

To accompany boiled fish, add 2 tablespoons pickled capers, well drained, to 250 ml (8 fl oz, 1 cup) hollandaise sauce or butter sauce.

Cardinal sauce

Heat 200 ml (7 fl oz, ¾ cup) cream sauce and 100 ml (4 fl oz, 7 tablespoons) fish stock and reduce by half. Add 100 ml (4 fl oz, 7 tablespoons) cream and bring to the boil. Remove from the heat and add 50 g (2 oz, 4 tablespoons) lobster butter. Season with a little cayenne and strain through a conical strainer. Garnish with a spoonful of chopped truffles, unless the recipe already contains them.

Chambertin sauce

Peel and dice 2 carrots and 2 onions. Soften them with 20 g (¾ oz, 1½ tablespoons) butter in a shallow frying pan. Add a bouquet garni, 100 g (4 oz,

1¼ cups) chopped mushrooms (including stalks and peelings), ½ a chopped garlic clove, 250 g (9 oz) trimmings from white fish, salt and pepper. Moisten with 500 ml (17 fl oz, 2 cups) Chambertin and cook for at least 20 minutes in a covered pan. Remove the lid and reduce by a third. Pass through a conical strainer and bind with 1 tablespoon beurre manié.

Chambord sauce

This is a classic sauce for large fish, such as carp, salmon or sole, that are to be cooked whole. Prepare a genevoise sauce using the braising stock of the fish that is being cooked and dilute it with red wine to the full quantity. This sauce is used to coat the fish.

Chantilly sauce

Dilute 200 ml (7 fl oz, ¾ cup) very thick suprême sauce with 100 ml (4 fl oz, 7 tablespoons) whipped cream.

Choron sauce

Dilute 200 ml (7 fl oz, ¾ cup) béarnaise sauce with 2 tablespoons tepid tomato purée which has been well reduced and sieved. It is essential to use a very concentrated purée.

Crayfish sauce

(from Carême's recipe) Wash 50 medium-sized crayfish. Cook them with ½ a bottle of champagne, a sliced onion, a bouquet garni, a pinch of coarsely ground pepper and a little salt. When the crayfish have cooled, drain them and strain the cooking liquor through a silk strainer. Boil down by half, then add 2 tablespoons white sauce. Reduce again to the desired consistency and add ½ a glass of champagne. After reducing again, strain the sauce through a

sieve. Just before serving, add a little glaze and best butter, then the shelled crayfish tails. Add to the sauce crayfish butter made with the pounded crayfish shells.

Cream sauce

Add 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream to 200 ml (7 fl oz, ¾ cup) béchamel sauce and boil to reduce by one-third. Remove from the heat and add 25–50 g (1–2 oz, 2–4 tablespoons) butter and 60–100 ml (2–4 fl oz, ¼–scant ½ cup) double cream. Stir well and strain. This sauce is served with vegetables, fish, eggs and poultry.

Curry or Indian sauce

Cook 4 large sliced onions slowly in 5 tablespoons ghee, butter or oil. Add 1 tablespoon each of chopped parsley and chopped celery, a small sprig of thyme, ½ a bay leaf, a pinch of mace, salt and pepper. Sprinkle with 25 g (1 oz, ¼ cup) flour and 1 generous tablespoon good-quality curry powder and stir. Then add 500 ml (17 fl oz, 2 cups) chicken, fish or vegetable stock, stir and bring to the boil, stirring. Reduce the heat, cover the pan and cook slowly for about 30 minutes. A quarter of the chicken stock can be replaced by coconut milk for a coconut-flavoured curry. Rub the sauce through a sieve, add 1 teaspoon lemon juice and 5 tablespoons cream, and reduce a little. Adjust the seasoning to taste.

Demi-glace sauce

Boil down to reduce by two-thirds a mixture of 500 ml (17 fl oz, 2 cups) espagnole sauce and 750 ml (1¼ pints, 3¼ cups) clear brown stock. Remove from the heat, add 3 tablespoons Madeira and strain. A handful of sliced mushroom stalks may be added during cooking.

Devilled sauce

Mix 150 ml (¼ pint, ⅔ cup) dry white wine with 1 tablespoon vinegar, then add 1 tablespoon finely chopped shallots, a sprig of thyme, a small piece of bay leaf and a generous pinch of pepper. Reduce the sauce by two-thirds, then add 200 ml (7 fl oz, ¾ cup) demi-glace and boil for 2–3 minutes. Strain through a sieve. Just before serving, add 1 teaspoon chopped parsley and check the seasoning, adding a little cayenne pepper if liked. Alternatively, omit straining the sauce and add 1 tablespoon butter or beurre manié.

Diplomat sauce

Add 2 tablespoons truffle parings or chopped mushroom stalks to 200 ml (7 fl oz, ¾ cup) fish fumet and reduce by half. Make 75 g (3 oz) white roux and add 750 ml (1¼ pints, 3¼ cups) fish stock (use the cooking liquid of the fish specified in the recipe). Strain the reduced fumet and add it, together with 200 ml (7 fl oz, ¾ cup) double (heavy) cream, to the sauce. Reduce again by half. Add 50 g (2 oz, ¼ cup) lobster butter, 4 tablespoons double cream, 1 tablespoon brandy and a pinch of cayenne pepper. Strain. If the sauce is served separately, add to it 1 tablespoon diced lobster flesh (cooked in a court-bouillon) and 1 tablespoon diced truffles.

Duxelles sauce

Make 4 tablespoons mushroom duxelles. Add 100 ml (4 fl oz, 7 tablespoons) white wine and reduce until nearly dry. Add 150 ml (¼ pint, ⅔ cup) demi-glace sauce and 100 ml (4 fl oz, 7 tablespoons) sieved tomato sauce. Boil for 2–3 minutes, pour into a sauceboat and sprinkle with chopped parsley.

Alternatively, the duxelles may be moistened with 150 ml (¼ pint, ⅔ cup) consommé and 100 ml (4 fl oz, 7 tablespoons) sieved tomato sauce and thickened with 1 tablespoon beurre manié.

Espagnole sauce (1)

(From Carême's recipe) Put 2 slices of Bayonne ham into a deep saucepan. Place a noix of veal and 2 partridges on top. Add enough stock to cover the veal only. Reduce the liquid rapidly, then lower the heat until the stock is reduced to a coating on the bottom of the pan. Remove it from the heat. Prick the noix of veal with the point of a knife so that its juice mingles with the stock. Put the saucepan back over a low heat for about 20 minutes. Watch the liquid as it gradually turns darker.

To simplify this operation, scrape off a little of the essence with the point of a knife. Roll it between the fingers. If it rolls into a ball, the essence is perfectly reduced. If it is not ready, it will make the fingers stick together.

Remove the saucepan from the heat and set it aside for 15 minutes for the essence to cool. (It will then dissolve more readily.) Fill the saucepan with clear soup or stock and heat very slowly.

Meanwhile prepare a roux: melt 100 g (4 oz, ½ cup) butter and add to it enough flour to give a rather liquid consistency. Put it over a low heat, stirring from time to time so that gradually the whole mixture turns a golden colour. As soon as the stock comes to the boil, skim it, and pour 2 ladles into a roux. When adding the first ladleful of stock, remove the roux from the heat, then replace it and stir in the second ladleful until the mixture is perfectly smooth. Now pour the thickened sauce into the saucepan with the veal noix. Add some parsley and spring onions (scallions), ½ bay leaf, a little thyme, 2 chives and some mushroom trimmings. Leave to simmer, stirring frequently. After 1 hour skim off as much of the fat as possible, then 30 minutes later, skim off the fat again.

Strain through a cloth into a bowl, stirring from time to time with a wooden spoon so that no skin forms on the surface, as easily happens when the sauce is exposed to the air.

Espagnole sauce (2)

Make a brown roux with 25 g (1 oz, 2 tablespoons) butter and 25 g (1 oz, ¼ cup) plain (all-purpose) flour. Add 1 tablespoon mirepoix, 50 g (2 oz, ⅔ cup) chopped mushrooms and 1 kg (2¼ lb) crushed tomatoes. Stir in 2.25 litres (4 pints, 10 cups) brown stock and simmer gently for 3–4 hours, skimming the sauce occasionally. Pass through a very fine sieve, or preferably strain through muslin (cheesecloth), when cold.

Financière sauce (1)

(from Carême's recipe) Put some shredded lean ham, a pinch of mignonette (coarsely ground white pepper), a little thyme and bay leaf, some shredded mushrooms and truffles, and 2 glasses of dry Madeira into a saucepan. Simmer and reduce over a gentle heat. Add 2 tablespoons chicken consommé and 2 tablespoons well-beaten espagnole sauce. Reduce by half, press through a fine sieve, strain, then heat again, stirring in 3 tablespoons Madeira. Reduce to the desired consistency and serve in a sauceboat.

When this sauce is intended for a game entrée, the chicken consommé is replaced by game fumet. Add a little butter just before serving.

Financière sauce (2)

(modern recipe) Make 200 ml (7 fl oz, ¾ cup) Madeira sauce, adding 100 ml (4 fl oz, 7 tablespoons) truffle essence while it is reducing. This sauce is usually used to bind the financière garnish.

Fines herbes sauce

Make 250 ml (8 fl oz, 1 cup) demi-glace sauce or brown stock and add 2 tablespoons chopped parsley, chervil and tarragon. Reduce, press through a very fine sieve, add a few drops of lemon juice and adjust the seasoning.

Genevoise sauce

Crush 500 g (18 oz) salmon trimmings. Peel and dice a large carrot and a large onion. Cut 10 parsley sprigs into small pieces. Sauté the vegetables and parsley in 15 g (¼ oz, 1 tablespoon) butter for 5 minutes over a low heat. Add a sprig of thyme, ½ bay leaf, pepper and the fish trimmings. Cook very slowly in a covered saucepan for 15 minutes. Add a bottle of red wine (Chambertin or Côtes-du-Rhône) and a little salt to the pan juice. Boil down slowly for 30–40 minutes. Strain the sauce, then thicken it with 1 tablespoon beurre manié (1 tablespoon anchovy butter may also be stirred in). Adjust the seasoning to taste.

Gooseberry sauce

Cook 500 g (18 oz) gooseberries in a saucepan with 500 ml (17 fl oz, 2 cups) water and 6 tablespoons sugar. When the pulp becomes very soft, strain and serve piping hot. If the gooseberries are very ripe and sweet, add a few drops of lemon juice.

Gribiche sauce

Thoroughly pound or mash the yolk of a hard-boiled (hard-cooked) egg and gradually add 250 ml (8 fl oz, 1 cup) oil, beating constantly and keeping the mixture smooth as for a mayonnaise. As it thickens, add 2 tablespoons vinegar, salt, pepper, 1 tablespoon each of capers, chopped parsley, chervil and tarragon, and the white of the hard-boiled egg cut into julienne.

Green sauce

For 400 ml (14 fl oz, 1¾ cups) sauce, prepare 300 ml (½ pint, 1¼ cups) mayonnaise and 100 ml (4 fl oz, 7 tablespoons) purée of green herbs (spinach, watercress, parsley, chervil and tarragon), blanched for 1 minute in

boiling water, cooled under the tap, thoroughly dried and then pounded in a mortar. Mix the 2 preparations together and rub through a sieve.

Use the sauce as for a mayonnaise, especially to accompany cold poached fish, such as salmon.

Hollandaise sauce

Pour 4 tablespoons water into a pan with a pinch of salt and a pinch of ground pepper. Place the base of the saucepan in a bain marie of hot water; do not allow the water to approach boiling point, but keep it hot. In another saucepan, melt 500 g (18 oz, 2¼ cups) butter without letting it get too hot. Beat 5 egg yolks with 1 tablespoon water and pour into the pan containing the warmed water. With the pan still in the bain marie, whisk the sauce until the yolks thicken to the consistency of thick cream; add the melted butter slowly, whisking all the time, and then add 2 tablespoons water, drop by drop. Adjust the seasoning and add 1 tablespoon lemon juice. The sauce can be strained.

Hungarian sauce

Peel and chop some onions and fry them in butter, without browning them. Season with salt and pepper and sprinkle with paprika. For 6 tablespoons cooked onion add 250 ml (8 fl oz, 1 cup) white wine and a small bouquet garni. Reduce the liquid by two-thirds. Pour in 500 ml (17 fl oz, 2 cups) velouté sauce (with or without butter enrichment). Boil rapidly for 5 minutes, strain through a strainer lined with muslin (cheesecloth) and finish with 50 g (2 oz, ¼ cup) butter.

Italian sauce

Clean and chop 250 g (9 oz, 2 generous cups) button mushrooms, 1 onion and 1 shallot. Heat 5 tablespoons olive oil in a saucepan, add the chopped

vegetables and cook over a high heat until the juices from the mushrooms are completely evaporated. Add 150 ml (¼ pint, ⅔ cup) stock, 6 tablespoons tomato purée (paste), salt, pepper and a bouquet garni and cook gently for 30 minutes. Just before serving, add 1 tablespoon diced lean ham and 1 tablespoon chopped parsley.

Lobster sauce

Prepare 300 ml (½ pint, 1¼ cups) fish fumet made with white wine. Reduce the fumet by two-thirds, let it cool and add 4 egg yolks; whisk over a low heat until thick and light. Melt 250 g (9 oz, 1 cup) butter and blend it into the sauce, whisking constantly. Add 2 tablespoons lobster butter. Still whisking, season with salt and pepper and add the juice of ½ a lemon. At the last moment, a little diced lobster meat can be added.

Mornay sauce

Heat 500 ml (17 fl oz, 2 cups) béchamel sauce. Add 75 g (3 oz, ¾ cup) grated Gruyère cheese and stir until all the cheese has melted. Take the sauce from the heat and add 2 egg yolks beaten with 1 tablespoon milk. Bring slowly to the boil, whisking all the time. Remove from the heat and add 2 tablespoons double (heavy) cream (the sauce must be thick and creamy). For browning at a high temperature or for a lighter sauce, the egg yolks are omitted. If the sauce is to accompany fish, reduced fish stock is added.

Mushroom stock

Bring 6 tablespoons water with 40 g (1½ oz, 3 tablespoons) butter, the juice of ½ a lemon and 1 scant tablespoon salt to the boil. Add 300 g (11 oz, 3½ cups) mushrooms and boil for 6 minutes. Drain and retain the cooking stock to flavour a white sauce, fish stock or marinade.

Mushroom purée

Prepare 200 ml (7 fl oz, ¾ cup) béchamel sauce. Add 6 tablespoons double (heavy) cream and stir over a brisk heat until reduced by a third. Clean and chop 500 g (18 oz, 6 cups) mushrooms. Press through a sieve or blend in a food processor. Place the purée in a shallow frying pan and stir over a brisk heat until the vegetable juice has evaporated. Add the béchamel, a pinch of salt, a little white pepper and a dash of grated nutmeg. Stir over the heat for a few minutes. Remove from the heat and blend with 50 g (2 oz, ¼ cup) butter.

Mussel sauce

Prepare 500 g (18 oz) small *moules marinière* with 300 ml (½ pint, 1¼ cups) white wine; remove from their shells and keep hot. Strain the cooking liquid and reduce to 2 tablespoons. Cool until lukewarm, then beat in 2–3 egg yolks, then 100 g (4 oz, ½ cup) butter and a few drops of lemon juice. Add the mussels and adjust the seasoning.

Mustard sauce with butter

Prepare 200 ml (7 fl oz, ¾ cup) hollandaise or butter sauce. Add 1 tablespoon mustard and strain. This sauce is served with boiled or grilled (broiled) fish.

Mustard sauce with cream

Mix 1 part Dijon mustard with 2 parts double (heavy) cream. Season with a little lemon juice and some salt and pepper. Whisk thoroughly until the sauce becomes slightly mousse-like.

Nantua sauce

Make 200 ml (7 fl oz, ¾ cup) béchamel. Add an equal volume of strained crayfish cooking liquor and single (light) cream. Boil to reduce by one-third.

While boiling, beat in 100 g (4 oz, ½ cup) crayfish butter, 1 teaspoon brandy and a tiny pinch of cayenne pepper. Rub through a very fine sieve.

Noisette butter

Gently heat some butter in a frying pan until it is golden and gives off a nutty smell. Serve scalding hot with lambs' or calves' sweetbreads, fish roe, vegetables (boiled and well drained), eggs or skate poached in stock. Noisette butter is known as meunière butter when lemon juice is added.

Normande sauce

In a heavy-based saucepan heat 200 ml (7 fl oz, ¾ cup) fish velouté sauce and 6 tablespoons each of fish fumet and mushroom essence, and reduce by one-third. Mix 2 egg yolks with 2 tablespoons double (heavy) cream, add to the pan and cook gently until thickened. Do not boil. Just before serving, add 50 g (2 oz, ¼ cup) butter cut into small pieces and 3 tablespoons double cream. If necessary, pass the sauce through a very fine strainer.

An alternative method is as follows: mix 2 tablespoons mushroom peelings with 200 ml (7 fl oz, ¾ cup) fish velouté; add 6 tablespoons double cream and boil down by half. Then add 50 g (2 oz, ¼ cup) butter cut into pieces and 4 tablespoons double cream. Strain through a very fine sieve.

Oyster sauce

Open and poach 12 oysters. Prepare a white roux with 20 g (¾ oz, 1½ tablespoons) butter and 20 g (¾ oz, 3 tablespoons) flour, then moisten with 6 tablespoons oyster cooking liquid, 6 tablespoons milk and 6 tablespoons single (light) cream. Adjust the seasoning. Bring to the boil and cook for 10 minutes. Pass through a sieve. Add the debearded and sliced oysters and a pinch of cayenne.

Portuguese sauce

Cook 2 finely chopped onions in 1 tablespoon olive oil until soft. Peel, seed and crush 4 tomatoes and add to the onions with 2 crushed garlic cloves. Bring to the boil, cover and cook slowly for 30–35 minutes, stirring from time to time, until the tomatoes reduce to a pulp. Moisten with 150 ml (¼ pint, ⅔ cup) stock and season with ground pepper. Leave to cook for 10 minutes. Bind with 2 teaspoons beurre manié and sprinkle with chopped parsley.

Poulette sauce

Whisk 2 or 3 egg yolks with 400 ml (14 fl oz, 1¾ cups) fish fumet. Heat for about 10 minutes, whisking, adding lemon juice (from ½–1 lemon) and 50 g (2 oz, ¼ cup) butter. Remove from the heat when the sauce coats the spoon. Keep the sauce warm in a bain marie, stirring from time to time.

Prawn sauce

Add ½ teaspoon anchovy essence (extract) to 250 ml (8 fl oz, 1 cup) English butter sauce. Mix 40 g (1½ oz, ¼ cup) peeled (shelled) cooked prawns (shrimp) with the sauce and season with a pinch of cayenne pepper.

Prawn sauce (for fish)

Blend 200 ml (7 fl oz, ¾ cup) normande sauce with 2 tablespoons prawn butter. Season with a pinch of cayenne pepper and press through a sieve or mix in a blender. If the sauce is to be served separately, add to it 1 tablespoon peeled (shelled) cooked prawns (shrimp) just before serving.

Provençal sauce

Heat 2 tablespoons olive oil in a heavy-based saucepan. Soften in it without browning 3 tablespoons peeled and chopped onions, then add 800 g (1½ lb,

3 cups) peeled, seeded and crushed tomatoes and cook gently for about 15 minutes. Add a crushed garlic clove, a bouquet garni, 200 ml (7 fl oz, ¾ cup) dry white wine and 200 ml (7 fl oz, ¾ cup) meat stock. Leave to cook, covered, for 15 minutes, then adjust the seasoning, remove the lid and reduce the sauce by half. Add some fresh chopped parsley or basil just before serving.

Ravigote sauce

Prepare 120 ml (4½ fl oz, ½ cup) plain vinaigrette with mustard. Add ½ teaspoon chopped tarragon, 1 teaspoon chopped parsley, 1 teaspoon fines herbes, 2 teaspoons chervil, 1 finely chopped small onion and 1 tablespoon dried and chopped capers.

Rémoulade sauce

Make some mayonnaise with 250 ml (8 fl oz, 1 cup) oil, replacing, if desired, the raw egg yolk with 1 hard-boiled (hard-cooked) egg yolk rubbed through a fine sieve. Add 2 very finely diced gherkins, 2 tablespoons chopped herbs (parsley, chives, chervil and tarragon), 1 tablespoon drained capers and a few drops of anchovy essence (extract) (optional).

Rouille

Rouille is a Provençal sauce whose name (meaning rust) describes its colour, due to the presence of red chillies and sometimes saffron. The chillies are pounded with garlic and breadcrumbs (or potato pulp), then blended with olive oil and stock. Rouille is served with bouillabaisse, boiled fish and octopus. Lemon juice and fish liver may be added. Pound 2 small red chillies and 1 garlic clove in a mortar (soak dried chillies first for a few hours in cold water). Add 1 teaspoon olive oil if liked (this is not essential and may change the taste). Pound 2 scorpion-fish livers (optional) and 1 small potato, cooked

either in the bouillabaisse or in a little fish fumet, and add the chillies. When the mixture is smooth, gradually blend it with some strained broth from the bouillabaisse (use enough to make it up to 7 times the original volume).

Russian sauce

Mix equal quantities of caviar and the finely sieved creamy parts (liver) of lobster. Add the caviar mixture to some mayonnaise: use 1 part mixture to 4 parts mayonnaise. This sauce may be seasoned with a little mild mustard.

Sauce à l'anglaise

(from Carême's recipe) Chop 4 hard-boiled (hard-cooked) egg yolks very finely and mix them in a saucepan with some fairly thick velouté of the kind used as a sauce for an entrée. Then add a dash of pepper, some grated nutmeg, the juice of 1 lemon and a little anchovy butter.

Sauce à la grecque for fish

Heat a finely sliced ¼ celery heart and 3 finely sliced onions in 3 tablespoons olive oil. Add a bouquet garni (including fennel), 6 tablespoons white wine and 12 coriander seeds. Boil down by two-thirds. Add 6 tablespoons thin velouté sauce and the same quantity of single (light) cream. Boil down by one-third. Blend in 50 g (2 oz, ¼ cup) butter and strain before serving.

The velouté sauce may be replaced by an equal volume of strained fish fumet and 1 tablespoon beurre manié, added in small knobs to the boiling liquid, which is whisked for 1–2 minutes.

Sauce à la russe

(from Carême's recipe) Chop and blanch 1 tablespoon parsley, chervil and tarragon, drain it, and mix with a fairly thick velouté sauce. Just before

serving, add 1 tablespoon fine mustard, 1½ teaspoons caster (superfine) sugar, a pinch of finely ground pepper and some lemon juice.

Shrimp purée

Pound in a mortar some shelled shrimp. Add an equal volume of béchamel sauce mixed with cream and reduced. Adjust the seasoning. This purée is added to stuffings and sauces for fish and shellfish.

Sorrel fondue

Peel and finely chop 1 small onion. Cook in 50 g (2 oz, 4 tablespoons) butter until soft, without browning. Add 675 g (1½ lb) trimmed, shredded sorrel and mix well. Cover and cook gently for 5 minutes. Add salt and pepper, stir well and cover. Cook for a further 5 minutes or until the sorrel is reduced to a pulp. Press through a sieve or purée in a blender. The fondue may be flavoured with garlic, lemon juice and a bouquet garni, if required.

Suprême sauce

Prepare a velouté with a white roux, comprising 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour and 750 ml (1¼ pints, 3¼ cups) well-seasoned and well-reduced chicken consommé. Add 500 ml (17 fl oz, 2 cups) white chicken stock and reduce it by at least half. Add 300 ml (½ pint, 1¼ cups) crème fraîche and reduce to about 600 ml (1 pint, 2½ cups), when it should coat the spoon. Remove from the heat and stir in 50 g (2 oz, ¼ cup) butter. Strain through a very fine sieve and keep warm.

Tartare sauce

Make some mayonnaise, replacing the raw egg yolk with hard-boiled (hard-cooked) egg yolk. Add finely chopped chives and chopped spring onion

(scallions). Alternatively, a mixture of raw egg yolk and hard-boiled egg yolk can be used and chopped mixed herbs can replace the chives and onion.

Tomato fondue

Peel and chop 100 g (4 oz, ¾ cup) onions. Peel, seed and finely chop 800 g (1¾ lb) tomatoes. Peel and crush 1 garlic clove. Prepare a bouquet garni rich in thyme. Soften the onions in a heavy-based saucepan with 25 g (1 oz, 2 tablespoons) butter, or 15 g (½ oz, 1 tablespoon) butter and 2 tablespoons olive oil, or 3 tablespoons olive oil. Then add the tomatoes, salt and pepper, the garlic and bouquet garni. Cover the pan and cook very gently until the tomatoes are reduced to a pulp. Remove the lid, stir and continue cooking, uncovered, until the fondue forms a light paste. Adjust the seasoning, strain through a sieve and add 1 tablespoon chopped parsley or herbs.

Tomato sauce

Cut 100 g (4 oz, 6 slices) streaky (slab) bacon into small dice. Blanch, drain and lightly cook in 3–4 tablespoons oil. Add 100 g (4 oz, ¾ cup) each of diced carrots and diced onion. Cover and lightly fry for 25–30 minutes. Sprinkle in 50 g (2 oz, ½ cup) sifted plain (all-purpose) flour and lightly brown. Add 3 kg (6½ lb) fresh tomatoes, peeled, seeded and pounded, 2 crushed garlic cloves, a bouquet garni and 150 g (5 oz) blanched lean ham. Add 1 litre (1¾ pints, 4⅓ cups) white stock. Season , add 1½ tablespoons sugar and bring to the boil while stirring. Cover and leave to cook very gently for 2 hours. Strain into a basin. Pour tepid melted butter on the surface to prevent a skin from forming.

Velouté sauce

Stir 2.75 litres (4¾ pints, 12 cups) white veal, fish or chicken stock into a pale blond roux made with 150 g (5 oz, ⅔ cup) butter and 150 g (5 oz, 1¼ cups)

plain (all-purpose) flour. Blend well together. Bring to the boil, stirring until the first bubbles appear. Cook the velouté very slowly for 30 minutes, skimming frequently. Strain through a cloth. Stir until it is completely cold.

Velouté may be prepared either in advance or just before it is required. As the white stock used for making it is seasoned and flavoured, it is not necessary to add other flavourings. An exception is made for skins and trimmings of mushrooms, which may be added when available, this addition making the sauce more delicate.

Vénitienne sauce

(from Carême's recipe) Boil together in a saucepan 2 tablespoons allemande sauce, a generous pinch of chopped tarragon blanched and drained in a fine silk strainer, 1 tablespoon chicken glaze, a little Isigny butter, a pinch of grated nutmeg and a few drops of good tarragon vinegar.

Véron sauce

Prepare a reduced herb mixture as for a béarnaise sauce. Then add 200 ml (7 fl oz, ¾ cup) normande sauce and 2 tablespoons very concentrated brown veal stock or fish glaze. Season with a pinch of cayenne, rub through a sieve and add 1 tablespoon snipped chervil or tarragon.

Villageoise sauce

Slice 400 g (14 oz, 2½ cups) onions and cook gently for 20 minutes with a piece of butter – about 50 g (2 oz, ¼ cup). Add 300 ml (½ pint, 1¼ cups) very thick béchamel sauce, then 200 ml (7 fl oz, ¾ cup) veal or poultry stock and a little mushroom essence. Continue to cook over a low heat, stirring constantly. Strain the sauce and thicken it with an egg yolk. Away from the heat, beat in 40 g (1½ oz, 3 tablespoons) butter cut in small pieces.

Victoria sauce for fish

Prepare 250 ml (8 fl oz, 1 cup) white wine sauce. Add 2 tablespoons lobster butter, a dash of cayenne, and 2 tablespoons diced lobster flesh and truffles.

Villeroi sauce

Prepare 200 ml (7 fl oz, ¾ cup) allemande sauce, dilute with 4 tablespoons white stock flavoured with little mushroom essence, then reduce until it coats the spoon. Put through a strainer and stir until the sauce is barely tepid.

Vincent sauce

Make a mayonnaise with 1 egg yolk, 1 teaspoon white mustard, 1 tablespoon white wine vinegar, 250 ml (8 fl oz, 1 cup) oil, salt and pepper. Blanch chives, chervil, watercress, sorrel and parsley for 1 minute in boiling water (a little mint, sage or burnet may also be added). Rub the mixed herbs through a sieve and add 1 generous tablespoon of the resulting purée to the mayonnaise. Mix in 1 finely chopped hard-boiled (hard-cooked) egg and adjust the seasoning.

Waterfisch sauce (cold)

Prepare a vegetable julienne as for hot waterfisch sauce; moisten with 200 ml (7 fl oz, ¾ cup) of the court-bouillon used to cook the fish that the sauce is to accompany and simmer until evaporated. Dissolve 2 leaves or 7 g (¼ oz, 1 envelope) gelatine in 200 ml (7 fl oz, ¾ cup) fish court-bouillon, add the vegetable julienne while hot, then allow to cool. Mix with 1 tablespoon each of chopped gherkins, chopped sweet red (bell) pepper and capers.

Waterfisch sauce (hot)

Cut into very fine strips 50 g (2 oz) carrots, 25 g (1 oz) white part of leeks, 25 g (1 oz) celery, 25 g (1 oz) Hamburg parsley roots and 2 teaspoons grated

orange zest. Place the julienne in a saucepan, moisten with 200 ml (7 fl oz, ¾ cup) dry white wine and boil until all the liquid has evaporated. Add 200 ml (7 fl oz, ¾ cup) fish court-bouillon made with white wine and reduce completely once again. Prepare 500 ml (17 fl oz, 2 cups) hollandaise sauce and mix the vegetables into it, together with 1 tablespoon blanched, chopped, parsley sprigs. Keep hot in a bain marie until ready to serve.

White roux

Melt the butter in a heavy-based saucepan, then clarify it. Add the same weight (or a little more) of sifted plain (all-purpose) flour – up to 125 g (4½ oz, 1 cup) flour for 100 g (4 oz, ½ cup) butter. To make 1 litre (1¾ pints, 4⅓ cups) béchamel sauce, the roux should contain 75 g (3 oz, ¾ cup) flour and the same weight of butter; to make 1 litre (1¾ pints, 4⅓ cups) velouté sauce, use 50–65 g (2–2½ oz, ½–⅔ cup) flour and the same weight of butter.

Mix the butter and flour, stirring constantly with a wooden spoon and covering the whole bottom of the saucepan, so that the roux does not colour unevenly and become lumpy. Continue to cook in this way for 5 minutes, until the mixture begins to froth a little. Take the pan off the heat and leave it to cool until time to add the liquid (milk, white stock, fish stock). To prevent lumps from forming this must be poured boiling on to the cold roux. Use a whisk to mix the roux and heat gradually while whisking constantly. (Alternatively, the cold liquid may be whisked gradually into the warm roux.)

White sauce

Make 100 g (4 oz, ½ cup) pale blond roux using 50 g (2 oz, ¼ cup) butter and 50 g (2 oz, ½ cup) plain (all-purpose) flour. Blend in 1 litre (1¾ pints, 4⅓ cups) white stock (fish, chicken or veal). Bring to the boil and cook gently for 1½ hours, skimming from time to time.

White wine sauce

Boil 150 ml (¼ pint, ⅔ cup) fish fumet made with white wine, until reduced by two-thirds. Allow to cool slightly and add 2 raw egg yolks. Whisk over a gentle heat, as for hollandaise sauce. As soon as the yolks thicken to a creamy consistency, whisk in, a little at a time, 150 g (5 oz, ⅔ cup) clarified butter. Season; add ½ teaspoon lemon juice and some mushroom skins and stalks if wished. Rub through a fine sieve and reheat, but do not boil.

Stocks & consommés

Brown veal stock

Bone 1.25 kg (2¾ lb) each of shoulder and knuckle of veal. Tie them together with string and brush with melted dripping. Crush 500 g (18 oz) veal bones as finely as possible. Brown these ingredients in a large flameproof casserole or saucepan. Peel and slice 150 g (5 oz) carrots and 100 g (4 oz) onions, then add them to the pan. Cover and leave to sweat for 15 minutes. Add 250 ml (8 fl oz, 1 cup) water and reduce to a jelly-like consistency. Repeat the process. Add 3 litres (5 pints, 13 cups) water or white stock and bring to the boil. Skim and season. Leave to simmer very gently for 6 hours. Skim off the fat and strain through a fine sieve or, better still, through muslin (cheesecloth).

Chicken consommé

Proceed as for simple beef consommé, but replace the lean beef by a small chicken and 3 or 4 giblets browned in the oven, and the shin of beef (beef

shank) by 800 g (1¾ lb) veal knuckle. For clarification, proceed as for clear beef consommé, using 4 or 5 chopped chicken giblets instead of the chopped beef. The chicken may then be used for croquettes or patties.

Chicken stock

Chop 450 g (1 lb) chicken wings, 1 carrot, 1 leek, 1 celery stick and 1 onion. Simmer in 1.5 litres (2¾ pints, 6½ cups) water for 20 minutes, then strain.

Court-bouillon eau de sel

This is the easiest kind of court-bouillon to prepare as it consists only of salted boiling water – use 15 g (½ oz, 1 tablespoon) coarse sea salt per 1 litre (1¾ pints, 4⅓ cups) water. It is not usually flavoured, but a little thyme and a bay leaf may be added if desired.

Court-bouillon with milk

Add 1 finely shredded onion, a sprig of thyme, salt and pepper to equal quantities of milk and water (the court-bouillon should cover the food that is to be cooked). It is used principally for cooking flatfish, such as brill or turbot, or smoked or salted fish, such as smoked haddock or salt cod (in the latter case, do not add salt).

Court-bouillon with wine

For every 2.5 litres (4¼ pints, 11 cups) water, add 500 ml (17 fl oz, 2 cups) dry white wine, 50 g (2 oz, ⅓ cup) grated carrot, 50 g (2 oz, ⅓ cup) grated onion, a sprig of thyme, a piece of bay leaf, 25 g (1 oz, 2 tablespoons) coarse salt and possibly a small celery stick, chopped, and a sprig of parsley (although these have a strong flavour). Add 2 teaspoons peppercorns 10 minutes before the end of the cooking time.

The wine should be chosen for its fruity flavour. The amount of wine can be increased if the amount of water is reduced by the same quantity. Red wine may also be used, especially if the court-bouillon is to be used to make an aspic jelly, which will then have a pale pink colour. Court-bouillons with white wine are used for cooking shellfish and fish of all types. Court-bouillons with red wine are used for cooking lean white-fleshed fish such as bass, which are served cold.

Fish consommé

For 5 litres (8½ pints, 5½ quarts) consommé use 1.5 kg (3¼ lb) pike, 575 g (1¼ lb) white fish bones, 1 kg (2¼ lb) turbot heads, 300 g (11 oz) onions, 200 g (7 oz) leeks, 75 g (3 oz, 1 cup) parsley sprigs, 25 g (1 oz) celery, a sprig of thyme, a bay leaf, 2 tablespoons salt and 600 ml (1 pint, 2½ cups) dry white wine.

Proceed as for simple beef consommé, but chop the onions and leeks finely and boil slowly for 45 minutes only. Strain the stock through a sieve. To clarify the consommé, use 1.5 kg (3¼ lb) whiting or chopped pike, 150 g (5 oz) leeks, 50 g (2 oz, ¾ cup) parsley sprigs, and 4 egg whites. Proceed as for clear beef consommé, but cook very slowly and only for about 30 minutes; finally strain the consommé.

Fish fumet (or good stock)

Crush 2.5 kg (5½ lb) bones and trimmings of white fish (sole, lemon sole, whiting, brill, turbot). Peel and thinly slice 125 g (4½ oz, 1½ cups) onions and shallots; clean and thinly slice 150 g (5 oz, 1⅔ cups) mushrooms or mushroom stalks and trimmings; squeeze the juice from ½ a lemon; tie 25 g (1 oz) parsley sprigs into a bundle. Put all the ingredients in a saucepan and add a small sprig of thyme, a bay leaf, 1 tablespoon lemon juice and

1 tablespoon coarse sea salt. Moisten with 2.5 litres (4¼ pints, 11 cups) water and 500 ml (17 fl oz, 2 cups) dry white wine (or red for some recipes). Bring to the boil, then skim and boil very gently for 30 minutes. Strain through muslin (cheesecloth) and leave to cool.

Fish stock

Make fish stock as for fish fumet. For a less refined result, the wine may be replaced by the same quantity of water.

Lemon or vinegar court-bouillon

For every 3 litres (5 pints, 13 cups) water, allow 250 g (9 oz, 1¼ cups) sliced carrots, 150 g (5 oz) onions (quartered, and, if desired, studded with a clove), 1 sprig thyme, a bay leaf, 1–2 parsley sprigs, 25 g (1 oz, 2 tablespoons) coarse sea salt, either the juice of 2 lemons or 200 ml (7 fl oz, ¾ cup) vinegar, and finally 2 teaspoons peppercorns (added 10 minutes before the end of the cooking period).

This court-bouillon can be used when the natural colour of the fish is to be preserved, for example, when cooking salmon or salmon trout, and also when cooking shellfish, as it makes the shell turn bright red.

Light brown stock

Scald 150 g (5 oz) fresh pork rind and 125 g (4½ oz) knuckle of ham for 4–5 minutes. Bone 1.25 kg (2¾ lb) lean stewing beef (leg or blade) and cut into cubes, together with the same amount of knuckle of veal. Peel 150 g (5 oz) carrots and 150 g (5 oz) onions, cut into slices, then brown on the hob (stove top) in a large flameproof casserole with all the meat, 500 g (18 oz) crushed veal or beef bones and the pork rind. Add 1 bouquet garni, 1 garlic clove, 500 ml (17 fl oz, 2 cups) water and reduce to a jelly-like consistency.

Add another 500 ml (17 fl oz, 2 cups) water and reduce to a jelly again. Add 2.5–3 litres (4¼–5 pints, 11–13 cups) water and 2 teaspoons coarse salt; bring to the boil and simmer very gently for 8 hours. Skim off the fat and strain through a fine sieve or, better still, through muslin (cheesecloth).

Simple beef consommé

Chop 2 kg (4½ lb) lean beef and 1.5 kg (3¼ lb) shin of beef (beef shank) (with bone) and place in a stockpot. Add 7 litres (12 pints, 7½ quarts) cold water and bring to the boil, then skim. Season with coarse salt. Add 3 large carrots, 400 g (14 oz) turnips, 100 g (4 oz) parsnips, 350 g (12 oz) leeks tied in a bundle, 2 celery sticks, sliced, 1 medium onion stuck with 2 cloves, 1 garlic clove, 1 thyme sprig and ½ bay leaf. Simmer very slowly so that boiling is hardly perceptible for 4 hours. Remove the meat and strain the stock. Remove the surplus fat carefully and adjust the seasoning.

White chicken stock

Prepare this in the same way as for ordinary white stock, but add a small chicken (which can be used afterwards in another recipe) or use double the quantity of giblets.

White stock

Bone an 800 g (1¾ lb) shoulder of veal and a 1 kg (2¼ lb) knuckle of veal, then tie them together with string. Crush the bones. Place the bones, meat and 1 kg (2¼ lb) chicken giblets or carcasses in a saucepan. Add 3.5 litres (6 pints, 3½ quarts) water, bring to the boil and skim. Add 125 g (4½ oz) sliced carrots, 100 g (4 oz) onions, 75 g (3 oz) leeks (white part only), 75 g (3 oz) celery and 1 bouquet garni. Season. Simmer gently for 3½ hours. Skim off the fat and strain through a very fine sieve or, better still, through muslin (cheesecloth).

INDEX

A
abalone *see* ormer
aïoli 269–70
  salt cod aïoli 116
allemande sauce 285–6
almonds, trout with 164
anchovies 13–19
  anchovy barquettes 13
  anchovy butter 265
  anchovy croustades 13
  anchovy Dartois 14
  anchovy fillets *à la portugaise* 14
  anchovy fillets *à la silésienne* 14
  anchovy fillets *à la suédoise* 14–15
  anchovy fillets *à la tartare* 15
  anchovy fillets with hard-boiled eggs 15
  anchovy fritters 15
  anchovy mayonnaise 270
  anchovy omelette 15
  anchovy pannequets 16
  anchovy purée 286
  anchovy sauce 286–7
  anchovy-stuffed hard-boiled eggs 16
  anchoyade 287
  brioches with anchovies 16–17
  Cambridge sauce 291
  canapés with anchovies 17
  Corsican anchoïade with figs 17
  escalopes of red mullet with pissalat 74
  fried anchovies 17–18
  fried eggs with anchovies 18
  marinated anchovies 18
  tapenade 18–19
  turnovers *à la Cussy* 174
Andalusian sauce 287
angels on horseback 218
Angevin bouilleture 42
apples
  anchovy fillets *à la suédoise* 14–15
  braised gilthead bream with apples 127
  fillets of sole with apples 145–6
  herring fillets *à la livonienne* 57
  salmon fritters with apple sauce 104
  skate liver with cider vinegar 134
artichoke hearts
  sole *à l'arlésienne* 150
asparagus
  fillets of sole princesse 144
  hake steaks *à la koskera* 54
aspic
  cod in aspic 38
  crab aspic 181
  fish aspic 261
  meat aspic 261–2
  salmon cutlets *à la russe* 101
  smoked salmon aspic 110

attereaux *à la niçoise* 165
attereaux of mussels 211
attereaux of oysters 219
aubergines
  red mullet charlotte 77
  sardines gratinées 125

B

bacon
  angels on horseback 218
  wrasse with potatoes 175
Bagration fish soup 239
ballotine of eel 42–3
ballotine of eel bourguignonne 43
banana leaves, capitaine in 32–3
bananas
  steamed turbot steaks 168
barquettes *à l'américaine* 239
basil
  fillets of sole with basil 146
  grilled langouste with basil butter 191
  red mullet poached *à la nage* with basil 78–9
bass 19–25
  bass *à la Dugléré* 19–20
  bass *à la livournaise* 20
  bass *à la portugaise* 20
  bass *à la provençale* 21
  bass braised in red Graves wine 21
  braised bass 21–2
  cold poached bass 22
  cream of ginger bass 22–3
  crowns of bass with red peppers 23
  fillets of bass with lettuce 23–4
  fried bass 24
  grilled bass 24–5
  hot poached bass 25
  marinated sea bass, salmon and scallops 247
bâtarde sauce 287–8
batters 263–5
  coating batter 263
  fritter batter 264
  pancake batter 264
béarnaise sauce 288
béchamel sauce 288
beef marrow, fillets of turbot with leek fondue and 168
beer, carp cooked in 35–6
beetroot
  anchovy fillets *à la suédoise* 14–15
  anchovy fillets *à la tartare* 15
Bercy sauce 289
beurre blanc 289
  beurre blanc nantais 289
  pike *au beurre blanc* 80–1
beurre manié 265
bisque
  crayfish bisque 186–7
  lobster bisque 201–2
blanquette of monkfish 67–8
blinis *à la française* 263
blond roux 289
bordelaise sauce 289–90
bouchée cases 277
bouchées *à l'américaine* 198
bouchées *à la bénédictine* 112
bouchées with prawns 223
bouillabaisse 239–40
  Caribbean bouillabaisse 241
  Marseille bouillabaisse 247–8
  salt cod bouillabaisse 119
  sardine bouillabaisse 124
bourguignonne sauce for fish 290
bourride 240
brandade, Nimes 114
brandade sauce *à la provençale* 290

bread
fillets of sole *à la panetière* 138–9
forcemeat for fish 273-4
squid *à l'andalouse* 234
stuffed squid *à la marseillaise* 235
see also canapés; croûtes
bream 25–6
grape harvest bream 25–6
see also sea bream
brill 26–32
braised brill 27
brill *à la Bercy* 27
brill *à la Brancas* 28
brill *à la dieppoise* 28–9
brill *à la fermière* 29
brill *à la florentine* 29–30
brill *à la provençale* 21
brill bonne femme 30
brill cardinal 30
brill chérubin 30
brill stuffed with salmon 31
fillets of brill *à la créole* 31
fillets of brill Véron 31
fillets of brill with mushroom duxelles 32
poached brill 32
brioches
brioche dough 278
brioches with anchovies 16–17
Moscow piroshki 172
brochettes
brochettes of fried smelt 135
eel brochettes 45
eel brochettes *à l'anglaise* 45
monkfish brochettes 71
mussel brochettes 213–14
scallop brochettes 230
seafood brochettes 252
sole and mushroom brochettes 154
brown chaud-froid sauce for fish 290
brown roux 290
brown veal stock 310
buisson of crayfish 185
butters 265–8
anchovy butter 265
beurre blanc 289
beurre manié 265
butter sauce 291
caviar butter 265
Colbert butter 266
crab butter 266
crayfish butter 266
garlic butter 266
grilled John Dory with deep-fried butter pats 59
horseradish butter 267
langoustine butter 267
lobster butter 267
maître d'hôtel butter 267
mustard butter 267
noisette butter 301
prawn butter 267
sardine butter 268

C

cabbage
fillets of pike-perch with cabbage 86
red mullet in a mille-feuille of cabbage with marrow 78
caldeirada 240–1
Cambridge sauce 291
canapés
herring canapés *à la hollandaise* 57
with anchovies 17
with caviar 88
with crab 180
with shrimps, lobster or langouste 223
with smoked eel 43
with smoked salmon 92
capers
caper sauce 291
tapenade 18–19
capitaine in banana leaves 32–3
Cardinal sauce 291

cardoons, marinated pike-perch with 87
Caribbean bouillabaisse 241
carolines *à la hollandaise* 55
carp 33–7
carp *à l'alsacienne* 33
carp *à la chinoise* 33–4
carp *à la juive* 34–5
carp Chambord 35
carp cooked in beer 35–6
fried carp 36
stuffed carp *à l'ancienne* 36–7
carrots
escalopes of salmon with carrots 94
fillets of sole Crécy 140
tuna rouelle with spices and carrots 167
caviar
canapés with caviar 88
caviar butter 265
caviar mayonnaise 270
lobster and crayfish with caviar 201
panaché of lobster and crayfish with caviar 208
raw scallops with caviar 229
Russian sauce 304
smoked salmon frivolities with caviar 110–11
ceviche of grouper 49–50
Chambertin sauce 291–2
Chambord sauce 292
champagne
salmon cooked in champagne 99
salmon with champagne 109
turbot *en papillote* with crispy vegetables and champagne sauce 169
Chantilly sauce 292
chaud-froid of salmon 92
chaud-froid sauce for fish 290
chaudrée gaspésienne 113
chaudrée saintongeaise 241–2
cheese
fillets of sole Mornay 144
Mornay sauce 299
scallop shells of fish *à la Mornay* 251
scallops Mornay 232
stuffed crabs *au gratin* 184
stuffed whiting with cider 173
chicken
allemande sauce 285
chicken consommé 310–11
chicken stock 311
paella 249–50
white chicken stock 314
chicory
scallop and chicory cassolettes 230
chillies
rouille 303–4
chives
medallions of trout with chive butter 161
sard with chive butter 122
Choron sauce 292
choux paste 278–9
cider
fillets of fish in cider 243
mackerel in cider Pierre Traiteur 65
oysters with cider and winkles 222
shrimps in cider 226–7
stuffed whiting with cider 173
cider vinegar, skate liver with 134
clams
caldeirada 240–1
clam soup 179
hake steaks *à la koskera* 54
coating batter 263
cockles
seafood risotto 254
cod 37–41

braised cod *à la boulangère* 38
braised cod *à la flamande* 37
cod braised in cream 38
cod in aspic 38
cod with herbs 39
cold poached cod 39
fillets of cod with cucumber 39–40
grilled cod 40
hot poached cod 40
roast cod 41
sautéed cod *à la crème* 41
see also salt cod; stockfish
Colbert butter 266
colombines of salmon Nantua 93
condiments 268–9
consommés
chicken consommé 310–11
consommé *à l'amiral* 80
fish consommé 312
Corsican anchoïade with figs 17
cotriade 242
court-bouillon
court-bouillon eau de sel 311
court-bouillon with milk 311
court-bouillon with wine 311–12
lemon or vinegar court-bouillon 313
lobster in court-bouillon 204–5
crab 180–4
canapés with crab 180
Caribbean bouillabaisse 241
crab *à la bretonne* 180–1
crab aspic 181
crab butter 266
crab feuilletés 182
crab soufflé 182–3
crabs in broth 183
fillets of sole *à la cantonnaise* 138
soupe oursinade 256
stuffed crabs *à la martiniquaise* 183–4
stuffed crabs *au gratin* 184
cranberries
cranberry compote 268
cranberry sauce 268
crayfish 184–90
buisson of crayfish 185
crayfish *à la bordelaise* 185–6
crayfish *à la marinière* 187
crayfish *à la nage* 186
crayfish bisque 186–7
crayfish butter 266
crayfish mousse 187
crayfish sauce 292–3
crayfish tails *au gratin à la façon de maître la planche* 187–8
crayfish timbale *à l'ancienne* 188
crayfish velouté soup 188
croûtes *à la Nantua* 189
grilled crayfish with garlic butter 189
individual crayfish mousses *à la Nantua* 189
lobster and crayfish with caviar 201
Nantua sauce 300–1
panaché of lobster and crayfish with caviar 208
quenelles Nantua 84–5
ragoût of crayfish tails *à la Nantua* 190
salmon trout with salad 162–3
sole fillets *à la Daumont* 156
cream
Chantilly sauce 292
cream sauce 293
crêpes
soufflèed sardines with sorrel 125
croquettes
mussel croquettes 214

salt cod croquettes 119–20
croustades
anchovy croustades 13
croustades *à la marinière* 212
puff pastry croustades 281
croûtes
croûtes *à la livonienne* 89
croûtes *à la Nantua* 189
croûtes cardinal 198–9
seafood croûtes 252
cucumber, fillets of cod with 39–40
curries
curried haddock 51
curry or Indian sauce 293
curry powder 269
monkfish curry *à la créole* 71–2

D

demi-glacé sauce 293
devil fish
Caribbean bouillabaisse 241
devilled eel 44
devilled herring 56
devilled oysters 219
devilled sauce 294
diplomat sauce 294
dressings 269–70
Duchess potato 271
duck liver, salmon brochettes with 98–9
duxelles, mushroom 275
duxelles sauce 294

E

éclairs
carolines *à la hollandaise* 55
eel 41–9
Angevin bouilleture 42
ballotine of eel 42–3
ballotine of eel bourguignonne 43
devilled eel 44
eel *à la bonne femme* 44
eel *à la provençale* 44
eel *au vert* 44–5
eel brochettes 45
eel brochettes *à l'anglaise* 45
eel fricassée 46
eel matelote 46–7
eel pie 47
eel pie *aux fines herbes (à la ménagère)* 47–8
fried eels Orly 48
roulade of eels *à l'angevine* 48–9
see also smoked eel
eggs
anchovy fillets with hard-boiled eggs 15
anchovy-stuffed hard-boiled eggs 16
Cambridge sauce 291
fried eggs with anchovies 18
salt cod *à la parisienne* 118
sauce *à l'anglaise* 304
soft-boiled or poached eggs *à la bénédictine* 120
see also omelettes
escabèche
fish in escabèche 243–4
sardine escabèche 124–5
espagnole sauce 295–6
estofinado 113

F

fennel
baked red mullet with fennel 73
sea bream stuffed with fennel 128–9
figs, Corsican anchoiade with 17
fillings 271–2
financière sauce 296
fines herbes sauce 296
fish
bouillabaisse 239–40
chaudrée saintongeaise 241–2
cotriade 242
fillets of fish *en papillotes* 243

fillets of fish in cider 243
fish aspic 261
fish consommé 312
fish forcemeat for mousses and mousselines 273
fish forcemeat ring with medallions of lobster *à l'américaine* 199
fish fumet 312–13
fish in escabèche 243–4
fish mousse 244
fish soup with mussels 244–5
fish stock 313
fish velouté soup 245
fish waterzooï 245–6
fricassée of sea fish with Bellet zabaglione 246
marinated fish *à la grecque* 246–7
Marseille bouillabaisse 247–8
matelote *à la canotière* 248
meurette of fish 248–9
pochouse 250–1
scallop shells of fish *à la Mornay* 251
scallop shells of fish *à la provençale* 251
see also seafood *and individual types of fish*
flageolet beans, salt cod with 120
flans *see* tarts and flans
flavourings 271–2
forcemeats 273–6
  fish cream forcemeat 273
  fish forcemeat for mousses and mousselines 273
  forcemeat for fish 273–4
  godiveau lyonnais 274
  prawn forcemeat 275
  shellfish forcemeat 276
  smoked herring or sardine forcemeat 276
frangipane panada 274
fricandeau of sturgeon *à la hongroise* 159–60
fricassée of sea fish with Bellet zabaglione 246
fritters
  anchovy fritters 15
  fritter batter 264
  langoustine fritters 194
  mussel fritots 215
  oyster fritots 219
  oyster fritters 220
  salmon fritots 103
  salmon fritters with apple sauce 104
  salt cod acras 115–16
  sardine fritters 125
  scampi fritters 197
  skate liver fritters 133
  sole fritots 156
fumet, fish 312–13

G

garlic
  aïoli 269–70
  anchoyade 287
  garlic butter 266
  grilled crayfish with garlic butter 189
  rouille 248, 303–4
  salt cod aïoli 116
gazpacho, lobster 203–4
genevoise sauce 297
gilthead bread *see* sea bream
ginger
  cream of ginger bass 22–3
glaze, meat 262–3
godiveau lyonnais (pike forcemeat) 274
gooseberry sauce 297
grape harvest bream 25–6
gratins
  fillets of sole *au gratin* 140
  sardines gratinées 125
  scallops *au gratin à la dieppoise* 231–2
  skate *au gratin* 133
  stuffed crabs *au gratin* 184

green sauce 297–8
grey mullet roe *see* roe
gribiche sauce 297
grouper 49–50
ceviche of grouper 49–50
grouper with Corcellet sauce 50
gurnard, baked 50–1

H
haddock *see* smoked haddock
hake 53–4
hake *à la boulangère* 53
hake cosquera 53
hake mère Joseph 54
hake steaks *à la duxelles* 54
hake steaks *à la koskera* 54
ham
mirepoix with meat 275
herbs
fines herbes sauce 296
green sauce 297–8
herring 55–8
carolines *à la hollandaise* 55
devilled herring 56
fillets of herring *à la russe* 56
fried herring 56
grilled herring 56
herring *à la boulangère* 56–7
herring canapés *à la hollandaise* 57
marinated herrings 58
sautéed herring *à la lyonnaise* 58
Swedish herring balls 58
see also smoked herring
herring roe *see* roe
hollandaise sauce 298
hors d'oeuvre of mussels *à la ravigote* 212
horseradish butter 267
Hungarian sauce 298

I
Indian sauce 293
Italian sauce 298–9

J
jasmine, red mullet with 79
John Dory 59–62
fillets of John Dory palais-royal 59
grilled John Dory with deep-fried butter pats 59
John Dory fillets in a soufflé 59
John Dory fillets with lemon 59–60
John Dory fillets with melon 60
John Dory fillets with red peppers 60–1
John Dory steaks in whisky velouté sauce with vegetable julienne 61
John Dory with rhubarb 61
stuffed John Dory with sea-urchin cream 62

K
koulibiac, salmon 104–5

L
lamprey *à la bordelaise* 62–3
langoustes 190–3
canapés with shrimps, lobster or langouste 223
fillets of sole *à la Walewska* 139
grilled langouste with basil butter 191
langouste *à la parisienne* 191–2
langouste aspic 181
langouste velouté soup 192
langouste with Thai herbs 192–3
salmon steaks *à l'américaine* 107–8

langoustines 193–7
black risotto with langoustines and Thai herbs 194
langoustine butter 267
langoustine fritters 194
langoustines *à la marinière* 187
langoustines in sea urchin shells 195
langoustines royales with sweet red peppers 195–6
monkfish *à l'américaine* 71
Ninon langoustines 196
Peking-style langoustines 196–7
seafood Dartois 252–3
seafood ragoût 253–4
leeks
escalopes of turbot with buttered leeks 167–8
fillets of monkfish with leeks and cream 69
fillets of turbot with leek fondue and beef marrow 168
haddock gâteau 52
lamprey *à la bordelaise* 62–3
Ninon langoustines 196
trout with leeks 165
turbot with leeks 169–70
lemon
gilthead bream with lemon in oil 128
John Dory fillets with lemon 59–60
lemon court-bouillon 313
preserved lemons 269
skate with lemon 134
lemon thyme, nage of scallops with 228
lettuce, fillets of bass with 23–4
light brown stock 313–14
limes
ceviche of grouper 49–50
liver
Russian sauce 304
salmon brochettes with fresh duck liver 98–9
skate liver with cider vinegar 134
skate liver fritters 133
lobster 197–211
bouchées *à l'américaine* 198
Cardinal sauce 291
Caribbean bouillabaisse 241
croûtes cardinal 198–9
fillets of sole *à la Riche* 139
fillets of sole *à la Walewska* 139
fillets of sole homardine 141–2
fish forcemeat ring with medallions of lobster *à l'américaine* 199
grilled lobster 199–200
lobster *à l'américaine* 200–1
lobster and crayfish with caviar 201
lobster aspic 181
lobster bisque 201–2
lobster butter 267
lobster cardinal 202
lobster escalopes *à la parisienne* 203
lobster gazpacho 203–4
lobster Henri Duvernois 204
lobster in court-bouillon 204–5
lobster in cream 205
lobster Newburg 205–6
lobster ravioli with a glazed coral sauce 206
lobster sauce 299
lobster sautéed *à l'orange* 206–7
lobster thermidor 207
lobster velouté soup 208
lobsters en chemise 202–3

panaché of lobster and crayfish with caviar 208
papillotes of lobster and scallops 208–9
purses of lobster with morels 209–10
skewered saffron-dressed flat lobster tails 210
sole bagatelle 154–5
spit-roast lobster 210–11
terrine de l'océan 256–7

M

mackerel 63–6
fillets of mackerel *à la dijonnaise* 63
fillets of mackerel *à la lyonnaise* 64
fillets of mackerel *à la piémontaise* 64
fillets of mackerel in white wine 64
mackerel *à la boulonnaise* 64–5
mackerel *à la nage* 65
mackerel in cider Pierre Traiteur 65
mackerel with noisette butter 66
mackerel with sorrel 66
mackerel with two-mustard sauce 66
maître d'hôtel butter 267
marlin *see* smoked marlin
marrow, beef *see* beef marrow
marrow, red mullet in a mille-feuille of cabbage with 78
Marseille bouillabaisse 247–8
matelote *à la canotière* 248
matignon mixture 274–5
mayonnaise 270
aïoli 269–70
anchovy mayonnaise 270
Andalusian sauce 287
caviar mayonnaise 270
green sauce 297–8
lobster escalopes *à la parisienne* 203
rémoulade sauce 303
salmon mayonnaise 105
scallops in mayonnaise 232
shrimp or prawn mayonnaise 225–6
tartare sauce 305–6
Vincent sauce 308
meat aspic 261–2
meat glaze 262–3
melon, John Dory fillets with 60
meurette of fish 248–9
mille-feuille of salmon *au beurre rosé* 96–7
mille-feuille of scallops with (bell) peppers 228
mirepoix with meat 275
monkfish 67–73
blanquette of monkfish 67–8
bourride 240
escalopes of monkfish with creamed peppers 68
fillets of monkfish braised in white wine 68–9
fillets of monkfish with leeks and cream 69
medallions of monkfish with herbs 70
medallions of monkfish with a red-pepper sauce 69–70
monkfish *à l'américaine* 71
monkfish brochettes 71
monkfish curry *à la créole* 71–2
roast monkfish 72
whole monkfish roasted with caramelized shallots 72–3
morels
purses of lobster with morels 209–10
turbot with morels 170

Mornay sauce 299
Moscow piroshki 172
mousses
crayfish mousse 187
fish forcemeat for mousses and mousselines 273
fish mousse 244
individual crayfish mousses *à la Nantua* 189
shrimp mousse 225
mullet 73–9
baked red mullet *à la livournaise* 73
baked red mullet with fennel 73
baked red mullet with shallots 73–4
escalopes of red mullet with pissalat 74
fillets of red mullet Girardet 74
fried red mullet 75
grilled red mullet 75
grilled red mullet *à la Bercy* 75–6
grilled red mullet *à l'italienne* 75
grilled red mullet *à la niçoise* 76
red mullet *à la nantaise* 76–7
red mullet *à l'orientale* 76
red mullet charlotte 77
red mullet *en papillotes* 77
red mullet grilled in cases 77–8
red mullet in a mille-feuille of cabbage with marrow 78
red mullet poached *à la nage* with basil 78–9
red mullet with jasmine 79
terrine de l'océan 256–7
mushrooms
attereaux of mussels 211
attereaux of oysters 219
blanquette of monkfish 67–8
brill bonne femme 30
Chambertin sauce 291–2
duxelles sauce 294
eel matelote 46–7
fillets of brill with mushroom duxelles 32
fillets of sole *à la bordelaise* 137
fillets of sole *à la panetière* 138–9
fillets of sole *au gratin* 140
fillets of sole Cubat 140
fillets of sole homardine 141–2
fillets of sole Joinville 142
fillets of sole with mushrooms 147
fillets of sole with vermouth 147
forcemeat for fish 273–4
haddock gâteau 52
hake steaks *à la duxelles* 54
Italian sauce 298–9
mushroom duxelles 275
mushroom essence 271–2
mushroom purée 300
mushroom stock 299
mussel croquettes 214
Peking-style langoustines 196–7
pike-perch and oyster-mushroom salad 87
purses of lobster with morels 209–10
quenelles Nantua 84–5
red mullet grilled in cases 77–8
salmon cutlets with mushrooms *à la crème* 101–2
salmon steaks *à l'américaine* 107–8
scallop shells of salmon Victoria 109–10

scallop shells of shrimps 225
shad *à la bonne femme* 130
skate *au gratin* 133
sole and mushroom brochettes 154
sole bagatelle 154–5
trout *à la bourguignonne* 163
turbot with morels 170
mussels 211–13
attereaux of mussels 211
brill *à la dieppoise* 28–9
croustades *à la marinière* 212
fillets of sole Drouant 140–1
fish soup with mussels 244–5
fried mussels 212
hors d'oeuvre of mussels *à la ravigote* 212
iced mussel soup 212–13
mackerel *à la boulonnaise* 64–5
moules marinière 213
mussel brochettes 213–14
mussel croquettes 214
mussel-farmers' mouclade 214–15
mussel fritots 215
mussel quiche 215–16
mussel sauce 300
mussels *à la bordelaise* 216
mussels *à la poulette* 216
mussels in cream 216
scallops *au gratin à la dieppoise* 231–2
seafood ragoût 253–4
seafood risotto 254
seafood zephyr 255
smelt velouté soup *à la dieppoise* 136
sole *à la dieppoise* 150–1
sole *à la normande* 152–3
terrine de l'océan 256–7
mustard
mackerel with two-mustard sauce 66
mustard butter 267
mustard sauce 300

N

nage of scallops with lemon thyme 228
Nantua sauce 300–1
fillets of sole Nantua 144
salmon steaks *à la Nantua* 109
terrine of pike with Nantua sauce 85
Nîmes brandade 114
Ninon langoustines 196
noisette butter 301
mackerel with noisette butter 66
skate with noisette butter 134
soft roes in noisette butter 90–1
noodles
fillets of sole with noodles 147
sole meunière Mont-Bry 156–7
Normande sauce 301

O

octopus *à la provençale* 217
olives
stockfish *à la niçoise* 121
tapenade 18–19
omelettes
anchovy omelette 15
prawn omelette 224
seafood omelette 253
tuna omelette 166–7
onions
fillets of mackerel *à la lyonnaise* 64
fillets of sole *à la bordelaise* 137
salt cod *à la lyonnaise* 118

sautéed herring *à la lyonnaise* 58
squid *à l'andalouse* 234
villageoise sauce 307
orange
lobster sautéed *à l'orange* 206–7
Ninon langoustines 196
sole with orange 157
ormers *à la cancalaise* 217–18
oysters 218–23
angels on horseback 218
attereaux of oysters 219
devilled oysters 219
fillets of sole *à la cancalaise* 138
fried oysters Colbert 219
oyster fritots 219
oyster fritters 220
oyster sauce 301
oyster soup 221
oyster velouté soup 222–3
oysters *à la Boston* 220
oysters *à la Brolatti* 220
oysters *à la rhétaise* 220–1
oysters in their shells 221
oysters Robert Courtine 222
oysters with cider and winkles 222
poached oysters 223
queen scallops and oysters sautéed in Canadian whisky 229
ragoût *à la cancalaise* 251
ring of sole *à la normande* 150
sole *à la normande* 152–3

P

paella 249–50
palm hearts mille-feuille with smoked marlin 67
panaché of lobster and crayfish with caviar 208
panada, frangipane 274
pancakes
anchovy pannequets 16
blinis *à la française* 263
pancake batter 264
pannequets 265
pannequets with soft roes 89
potato pancakes 145
prawn pannequets 224
purses of lobster with morels 209–10
pannequets 265
anchovy pannequets 16
pannequets with soft roes 89
prawn pannequets 224
papillotes
fillets of fish *en papillotes* 243
papillotes of lobster and scallops 208–9
red mullet *en papillotes* 77
parsley
maître d'hôtel butter 267
pasta dough 279–80
pastries 277–83
anchovy Dartois 14
bouchée cases 277
bouchées with prawns 223
carolines *à la hollandaise* 55
crab feuilletés 182
mille-feuille of salmon *au beurre rosé* 96–7
mille-feuille of scallops with (bell) peppers 228
salmon *en croûte* 102–3
scallop feuilletés 231
seafood Dartois 252–3
turnovers *à la Cussy* 174
see also pies; tartlets; tarts
pastry
choux paste 278–9
flan case, baked blind 279

puff pastry 280
puff pastry croustades 281
shortcrust pastry 281
timbale case 281–2
vol-au-vent case 282–3
pâté, salmon 105–6
paupiettes of sole 148–50
paupiettes of whiting 172–3
Peking-style langoustines 196–7
peppers (bell)
crowns of bass with red peppers 23
escalopes of monkfish with creamed peppers 68
fillets of sole *à la cantonnaise* 138
John Dory fillets with red peppers 60–1
langoustines royales with sweet red peppers 195–6
marinated fish *à la grecque* 246–7
medallions of monkfish with a red-pepper sauce 69–70
mille-feuille of scallops with (bell) peppers 228
pimientos del piquillo stuffed with cod 114–15
sautéed squid *à la basquaise* 234
scallop brochettes 230
squid *à l'andalouse* 234
stuffed squid 234–5
perch fillets with risotto *à la piémontaise* 79
pies
crayfish timbale *à l'ancienne* 188
eel pie 47
eel pie *aux fines herbes (à la ménagère)* 47–8
salmon koulibiac 104–5
pike 80–5
brill cardinal 30
consommé *à l'amiral* 80
eel pie *aux fines herbes (à la ménagère)* 47–8
fish cream forcemeat 273
godiveau lyonnais (pike forcemeat) 274
pike *au beurre blanc* 80–1
pike *au bleu* 81
pike *du meunier* 81–2
pike in vinegar 82
pike quenelles 82–3
pike quenelles *à la florentine* 83
pike quenelles *à la lyonnaise* 83
pike quenelles mousseline 84
quenelles Nantua 84–5
salmon pâté 105–6
salmon trout Berchoux 161–2
terrine de l'océan 256–7
terrine of pike with Nantua sauce 85
pike-perch 86–7
fillets of pike-perch with cabbage 86
marinated pike-perch with cardoons 87
pike-perch and oyster-mushroom salad 87
pilaf
pilaf rice 283–4
shellfish pilaf 255
pimientos del piquillo stuffed with cod 114–15
piroshki, Moscow 172
pistou, tongues of salt cod in 121
plaice *à la florentine* 88
pochouse 250–1
pommes Anna 272
Portuguese sauce 302
potatoes
braised cod *à la boulangère* 38
Duchess potato 271
estofinado 113
fillets of herring *à la russe* 56

fillets of John Dory palais-royal 59
fillets of sole Saint-Germain 145
haddock gâteau 52
hake *à la boulangère* 53
herring *à la boulangère* 56–7
herring fillets *à la livonienne* 57
pommes Anna 272
potato pancakes 145
raw salmon with red new potatoes 97–8
salt cod *à la bénédictine* 116
salt cod *à la languedocienne* 117–18
salt cod aïoli 116
salt cod croquettes 119–20
scorpion fish *à l'antillaise* 126
soft roes in scallop shells *à la normande* 91
sole armenonville 154
stockfish *à la niçoise* 121
Swedish herring balls 58
wrasse with potatoes 175
poulette sauce 302
prawns 223–4
bouchées with prawns 223
fillets of sole Joinville 142
fried prawns 224
prawn butter 267
prawn forcemeat 275
prawn mayonnaise 225–6
prawn omelette 224
prawn pannequets 224
prawn sauce 302
quenelles Nantua 84–5
ragoût *à la cancalaise* 251
seafood risotto 254
sole *à la dieppoise* 150–1
see also shrimps
Provençal sauce 302–3
prunes
Angevin bouilleture 42
puff pastry 280
puff pastry croustades 281
purses of lobster with morels 209–10

Q
queen scallops and oysters sautéed in Canadian whisky 229
quenelles
pike quenelles 82–5
salmon quenelles 106–7
quiche, mussel 215–16

R
ragoûts
ragoût *à la cancalaise* 251
ragoût of crayfish tails *à la Nantua* 190
seafood ragoût 253–4
ratatouille niçoise 275–6
ravigote sauce 303
ravioli
lobster ravioli with a glazed coral sauce 206
red mullet *see* mullet
rémoulade sauce 303
rhubarb, John Dory with 61
rice 283–4
black risotto with langoustines and Thai herbs 194
fillets of mackerel *à la piémontaise* 64
paella 249–50
perch fillets with risotto *à la piémontaise* 79
pilaf rice 283–4
rice *à la créole* 284
risotto *à la milanaise* 284
risotto *à la piémontaise* 284
salmon koulibiac 104–5
seafood risotto 254
shellfish pilaf 255
rillettes of salmon 98

ring of sole *à la normande* 150
risotto *see* rice
rockfish
soupe oursinade 256
roe 88–91
anchovy fillets *à la silésienne* 14
barquettes of roe 88
croûtes *à la livonienne* 89
grilled roes 89
herring canapés *à la hollandaise* 57
pannequets with soft roes 89
poached soft roes in court-bouillon 89–90
smoked salmon cornets with fish roe 110
soft-roe barquettes 90
soft roes *à l'anglaise* 90
soft roes *à la meunière* 90
soft roes in noisette butter 90–1
soft roes in scallop shells *à la normande* 91
soft roes of herring with verjuice 91
tuna omelette 166–7
see also caviar
rougail of salt cod 115
rouille 248, 303–4
roulade of eels *à l'angevine* 48–9
roux
blond roux 289
brown roux 290
white roux 309
Russian salad 272
Russian sauce 304

S

saffron-dressed flat lobster tails 210
salads
pike-perch and oyster-mushroom salad 87
Russian salad 272
salmon trout with salad 162–3
salmon 92–112
brill stuffed with salmon 31
chaud-froid of salmon 92
cold poached salmon 92–3
cold salmon cutlets *à la parisienne* 93
colombines of salmon Nantua 93
escalope of salmon with Gigondas 93–4
escalopes of raw salmon with pepper 94
escalopes of salmon 94
escalopes of salmon with carrots 94
fried salmon steaks 94
genevoise sauce 297
glazed salmon *à la parisienne* 95
glazed salmon cutlets with Chambertin 95
glazed salmon cutlets with a vegetable macédoine 95
glazed salmon *en bellevue* 96
grilled salmon steaks 96
marinated salmon 96
marinated sea bass, salmon and scallops 247
mille-feuille of salmon *au beurre rosé* 96–7
minute steaks of salmon with aigrelette sauce 97
poached salmon steaks 97
raw salmon with red new potatoes 97–8
rillettes of salmon 98
salmon aiguillettes 98
salmon brochettes with fresh duck liver 98–9
salmon cooked in champagne 99
salmon cutlets 99–100
salmon cutlets *à l'anglaise* 100

salmon cutlets *à la bourguignonne* 100
salmon cutlets *à la florentine* 100–1
salmon cutlets *à la russe* 101
salmon cutlets Pojarski 101
salmon cutlets with mushrooms *à la crème* 101–2
salmon cutlets with white wine 102
salmon *en croûte* 102–3
salmon fillets Orly with tomato sauce 103
salmon fritots 103
salmon fritters with apple sauce 104
salmon koulibiac 104–5
salmon mayonnaise 105
salmon pâté 105–6
salmon purée 106
salmon quenelles 106–7
salmon soufflé 107
salmon steaks *à l'américaine* 107–8
salmon steaks *à la meunière* 109
salmon steaks *à la Nantua* 109
salmon steaks princesse 109
salmon with champagne 109
scallop shells of salmon Victoria 109–10
terrine de l'océan 256–7
see also smoked salmon
salmon trout
salmon trout Beauharnais 161
salmon trout Berchoux 161–2
salmon trout with salad 162–3
salt cod 112–21
bouchées *à la bénédictine* 112
fillets of salt cod maître d'hôtel 113
fried salt cod 114
Nîmes brandade 114
pimientos del piquillo stuffed with cod 114–15
rougail of salt cod 115
salt cod *à l'anglaise* 117
salt cod *à la bénédictine* 116
salt cod *à la créole* 116–17
salt cod *à la florentine* 117
salt cod *à la languedocienne* 117–18
salt cod *à la lyonnaise* 118
salt cod *à la parisienne* 118
salt cod *à la provençale* 118–19
salt cod acras 115–16
salt cod aïoli 116
salt cod bouillabaisse 119
salt cod croquettes 119–20
salt cod *en bamboche* 120
salt cod with flageolet beans 120
soft-boiled or poached eggs *à la bénédictine* 120
tongues of salt cod in pistou 121
sard with chive butter 122
sardines 122–6, 268
baked sardines 123
fried sardines 123
gratin of sardine fillets with lemon juice 123
raw sardine terrine 123–4
raw sardines 124
sardine bouillabaisse 124
sardine escabèche 124–5
sardine fritters 125
sardines gratinées 125
smoked herring or sardine forcemeat 276
soufflèed sardines with sorrel 125

stuffed sardines with white wine 126
sauces 285–310
allemande sauce 285–6
anchovy sauce 286–7
Andalusian sauce 287
bâtarde sauce 287–8
béarnaise sauce 288
béchamel sauce 288
Bercy sauce 289
bordelaise sauce 289–90
bourguignonne sauce for fish 290
brandade sauce *à la provençale* 290
brown chaud-froid sauce for fish 290
butter sauce 291
Cambridge sauce 291
caper sauce 291
Cardinal sauce 291
Chambertin sauce 291–2
Chambord sauce 292
Chantilly sauce 292
Choron sauce 292
cranberry sauce 268
crayfish sauce 292-3
cream sauce 293
curry or Indian sauce 293
demi-glacé sauce 293
devilled sauce 294
diplomat sauce 294
duxelles sauce 294
espagnole sauce 295–6
financière sauce 296
fines herbes sauce 296
genevoise sauce 297
gooseberry sauce 297
green sauce 297–8
gribiche sauce 297
hollandaise sauce 298
Hungarian sauce 298
Italian sauce 298–9
lobster sauce 299
Mornay sauce 299
mussel sauce 300
mustard sauce 300
Nantua sauce 300–1
Normande sauce 301
oyster sauce 301
Portuguese sauce 302
poulette sauce 302
prawn sauce 302
Provençal sauce 302–3
ravigote sauce 303
rémoulade sauce 303
rouille 303–4
Russian sauce 304
sauce *à l'anglaise* 304
sauce *à la grecque* for fish 304
sauce *à la russe* 304–5
suprême sauce 305
tartare sauce 305–6
tomato sauce 306
velouté sauce 306–7
Vénitienne sauce 307
Véron sauce 307
Victoria sauce for fish 308
villageoise sauce 307
Villeroi sauce 308
Vincent sauce 308
waterfisch sauce 308–9
white sauce 309
white wine sauce 310
scallop shells of fish *à la Mornay* 251
scallop shells of fish *à la provençale* 251
scallop shells of salmon Victoria 109–10
scallop shells of shrimps 225
scallops 227–33
fried scallops Colbert 227
marinated sea bass, salmon and scallops 247
mille-feuille of scallops with (bell) peppers 228
nage of scallops with lemon thyme 228
papillotes of lobster and scallops 208–9
queen scallops and oysters sautéed in Canadian whisky 229
raw scallops 229
raw scallops with caviar 229

scallop and chicory cassolettes 230
scallop brochettes 230
scallop broth with spinach 230–1
scallop feuilletés 231
scallops au gratin *à la dieppoise* 231–2
scallops in mayonnaise 232
scallops Mornay 232
seafood Dartois 252–3
seafood ragoût 253–4
steamed scallops 232–3
scampi
scampi fritters 197
scampi with walnuts 197
seafood Dartois 252–3
scorpion fish *à l'antillaise* 126
sea bass *see* bass
sea bream 127–9
braised gilthead bream with apples 127
fillets of sea bream with vegetable julienne 127
gilthead bream with lemon in oil 128
sea bream *à la meunière* 128
sea bream stuffed with fennel 128–9
see also bream
sea urchins
langoustines in sea urchin shells 195
soupe oursinade 256
stuffed John Dory with sea-urchin cream 62
seafood
seafood bouchées 251
seafood brochettes 252
seafood croûtes 252
seafood Dartois 252–3
seafood flan 253
seafood omelette 253
seafood ragoût 253–4
seafood risotto 254
seafood zephyr 255
seasonings 268–9
shad 129–32
fried shad 129
grilled shad with sorrel 130
shad *à la bonne femme* 130
shad *à la portugaise* 130
shad *à la provençale* 130–1
shad *au plat* 131
stuffed shad *à la mode de Cocherel* 131–2
shallots
baked red mullet with shallots 73–4
Bercy sauce 289
beurre blanc 289
whole monkfish roasted with caramelized shallots 72–3
shark *à la créole* 132
shellfish
barquettes *à l'américaine* 239
bouillabaisse 239–40
paella 249–50
ring of sole *à la normande* 150
shellfish forcemeat 276
shellfish pilaf 255
see also seafood *and individual types of shellfish*
shortcrust pastry 281
shrimps 223–7
canapés with shrimps, lobster or langouste 223
cream of shrimp soup 224
fried shrimps 224
scallop shells of shrimps 225
seafood zephyr 255
shrimp aspic 181
shrimp mayonnaise 225–6
shrimp mousse 225
shrimp purée 226, 305
shrimp velouté soup 226
shrimps in cider 226–7

shrimps sautéed in whisky 227
skate 133–4
fried skate 133
skate *au gratin* 133
skate with lemon 134
skate with noisette butter 134
skate liver
skate liver with cider vinegar 134
skate liver fritters 133
smelt 135–6
brochettes of fried smelt 135
cold marinade of smelt 135
fried smelt 136
grilled smelt *à l'anglaise* 136
smelt velouté soup *à la dieppoise* 136
smoked cod roe *see* roe
smoked eel, canapés with 43
smoked haddock 51–3
curried haddock 51
grilled haddock 51
haddock gâteau 52
haddock rillettes 52
poached haddock 53
smoked herring
herring fillets *à la livonienne* 57
herring fillets marinated in oil 57
smoked herring or sardine forcemeat 276
smoked marlin, palm hearts mille-feuille with 67
smoked salmon
canapés with smoked salmon 92
rillettes of salmon 98
smoked salmon aspic 110
smoked salmon cornets with fish roe 110
smoked salmon frivolities with caviar 110–11
smoked salmon purée 111
terrine of salmon 111–12
sole 136–58
Bagration fish soup 239
fillets of sole *à l'anglaise* 137
fillets of sole *à la bordelaise* 137
fillets of sole *à la cancalaise* 138
fillets of sole *à la cantonnaise* 138
fillets of sole *à la panetière* 138–9
fillets of sole *à la Riche* 139
fillets of sole *à la vénitienne* 139
fillets of sole *à la Walewska* 139
fillets of sole *au gratin* 140
fillets of sole Crécy 140
fillets of sole Cubat 140
fillets of sole Drouant 140–1
fillets of sole *en goujons* 148
fillets of sole homardine 141–2
fillets of sole Joinville 142
fillets of sole Marco Polo 142–3
fillets of sole Marguery 143
fillets of sole Mornay 144
fillets of sole Nantua 144
fillets of sole princesse 144
fillets of sole Robert Courtine 144–5
fillets of sole Saint-Germain 145
fillets of sole with apples 145–6
fillets of sole with basil 146
fillets of sole with Chambertin 146

fillets of sole with mushrooms 147
fillets of sole with noodles 147
fillets of sole with vermouth 147
grilled fillets of sole 148
grilled sole 148
grilled sole *à la niçoise* 148
paupiettes of sole 148–9
paupiettes of sole *à l'ancienne* 149
paupiettes of sole paillard 149–50
ring of sole *à la normande* 150
sole *à l'arlésienne* 150
sole *à la dieppoise* 150–1
sole *à la Dugléré* 151
sole *à la ménagère* 151–2
sole *à la meunière* 152
sole *à la normande* 152–3
sole *à la paysanne* 153
sole *à la portugaise* 153–4
sole and mushroom brochettes 154
sole armenonville 154
sole bagatelle 154–5
sole Bercy 155
sole Colbert 155
sole diplomat 155–6
sole fillets *à la Daumont* 156
sole fritots 156
sole meunière Mont-Bry 156–7
sole *sur le plat* 157
sole with orange 157
sole with thyme 157–8
steamed fillets of sole in tomato sauce 158
stuffed sole Auberge de l'Ill 158–9
sorrel
eel *au vert* 44–5
grilled shad with sorrel 130
mackerel with sorrel 66
sorrel fondue 305
soufflèed sardines with sorrel 125
soufflés
crab soufflé 182–3
John Dory fillets in a soufflé 59
salmon soufflé 107
seafood zephyr 255
stockfish and turnip soufflé 121
soups
Bagration fish soup 239
bourride 240
caldeirada 240–1
chaudrée gaspésienne 113
chaudrée saintongeaise 241–2
chicken consommé 310–11
clam soup 179
consommé *à l'amiral* 80
cotriade 242
crabs in broth 183
crayfish bisque 186–7
crayfish velouté soup 188
cream of shrimp soup 224
fish consommé 312
fish soup with mussels 244–5
fish velouté soup 245
iced mussel soup 212–13
langouste velouté soup 192
lobster bisque 201–2
lobster gazpacho 203–4
lobster velouté soup 208
oyster soup 221
oyster velouté soup 222–3
scallop broth with spinach 230–1
shrimp velouté soup 226
smelt velouté soup *à la dieppoise* 136
soupe oursinade 256

spinach
brill *à la florentine* 29–30
eel *au vert* 44–5
pike quenelles *à la florentine* 83
plaice *à la florentine* 88
salmon cutlets *à la florentine* 100–1
salt cod *à la florentine* 117
scallop broth with spinach 230–1
spinach in cream 272
sprats *à la vinaigrette* 159
squid 233–5
caldeirada 240–1
fried or sautéed squid 233
paella 249–50
sautéed squid *à la basquaise* 234
squid *à l'andalouse* 234
stuffed squid 234–5
stuffed squid *à la marseillaise* 235
stews
Angevin bouilleture 42
bouillabaisse 239–40
Caribbean bouillabaisse 241
eel matelote 46–7
fish waterzooï 245–6
Marseille bouillabaisse 247–8
matelote *à la canotière* 248
pochouse 250–1
salt cod bouillabaisse 119
sardine bouillabaisse 124
stockfish 112–21
chaudrée gaspésienne 113
estofinado 113
stockfish *à la niçoise* 121
stockfish and turnip soufflé 121
stocks 310–14
brown veal stock 310
chicken stock 311
fish fumet 312–13
fish stock 313
light brown stock 313–14
mushroom stock 299
white chicken stock 314
white stock 314
sturgeon 159–60
fricandeau of sturgeon *à la hongroise* 159–60
sturgeon *à la brimont* 160
suprême sauce 305
Swedish herring balls 58
sweetbreads
purses of lobster with morels 209–10

T
tapenade 18–19
tarragon
Colbert butter 266
tartare sauce 305–6
tartlets
anchovy barquettes 13
anchovy croustades 13
barquettes *à l'américaine* 239
barquettes of roe 88
bouchée cases 277
croustades *à la marinière* 212
seafood bouchées 251
soft-roe barquettes 90
tarts and flans
flan case, baked blind 279
mussel quiche 215–16
seafood flan 253
tea, tuna fish in 166
terrines
raw sardine terrine 123–4
terrine de l'océan 256–7
terrine of pike with Nantua sauce 85
terrine of salmon 111–12
thyme, sole with 157–8
timbale case 281–2
tomatoes
Andalusian sauce 287

baked red mullet *à la livournaise* 73
grilled red mullet *à la niçoise* 76
grilled sole *à la niçoise* 148
grouper with Corcellet sauce 50
lobster gazpacho 203–4
monkfish *à l'américaine* 71
Portuguese sauce 302
Provençal sauce 302–3
red mullet *à l'orientale* 76
salmon fillets Orly with tomato sauce 103
salt cod *à la créole* 116–17
salt cod *à la provençale* 118–19
sardines gratinées 125
sautéed squid *à la basquaise* 234
scorpion fish *à l'antillaise* 126
shad *à la portugaise* 130
shad *à la provençale* 130–1
sole *à l'arlésienne* 150
sole meunière Mont-Bry 156–7
steamed fillets of sole in tomato sauce 158
stockfish *à la niçoise* 121
stuffed squid 234–5
tomato fondue 306
tomato sauce 306
tongue, cod's
chaudrée gaspésienne 113
tongues of salt cod in pistou 121
trout 160–5
fried trout 160
medallions of trout with chive butter 161
trout *à la bourguignonne* 163
trout *à la nage Jean Giono* 163–4
trout *au bleu* 164
trout with almonds 164
trout with leeks 165
truffles
bouchées *à la bénédictine* 112
crayfish tails *au gratin à la façon de maître la planche* 187–8
crayfish timbale *à l'ancienne* 188
croûtes cardinal 198–9
diplomat sauce 294
fillets of sole *à la Walewska* 139
lobster cardinal 202
salmon trout Berchoux 161–2
scallop shells of salmon Victoria 109–10
sole bagatelle 154–5
turnovers *à la Cussy* 174
tuna 165–7
attereaux *à la niçoise* 165
grilled tuna 165
tapenade 18–19
tuna en daube *à la provençale* 166
tuna fish in tea 166
tuna omelette 166–7
tuna rouelle with spices and carrots 167
turbot 167–70
escalopes of turbot with buttered leeks 167–8
fillets of turbot with leek fondue and beef marrow 168
steamed turbot steaks 168
terrine de l'océan 256–7
turbot *en papillote* with crispy vegetables and champagne sauce 169
turbot with leeks 169–70
turbot with morels 170
turnips
stockfish and turnip soufflé 121

V
veal stock 310
vegetables
brill *à la fermière* 29
cold salmon cutlets *à la parisienne* 93
crayfish *à la nage* 186
fillets of sea bream with vegetable julienne 127
glazed salmon *à la parisienne* 95
glazed salmon cutlets with a vegetable macédoine 95
John Dory steaks in whisky velouté sauce with vegetable julienne 61
langouste *à la parisienne* 191–2
lobster gazpacho 203–4
mackerel *à la nage* 65
matignon mixture 274–5
mirepoix with meat 275
nage of scallops with lemon thyme 228
ratatouille niçoise 275–6
red mullet poached *à la nage* with basil 78–9
sole *à la ménagère* 151–2
sole *à la paysanne* 153
turbot *en papillote* with crispy vegetables and champagne sauce 169
vegetable macédoine 276–7
vegetable mirepoix 277
see also individual types of vegetable
velouté sauce 306–7
Vénitienne sauce 307
verjuice, soft roes of herring with 91
vermouth, fillets of sole with 147
Véron sauce 307
Victoria sauce fo fish 308
villageoise sauce 307
Villeroi sauce 308
Vincent sauce 308
vinegar
pike in vinegar 82
ravigote sauce 303
skate liver with cider vinegar 134
sprats *à la vinaigrette* 159
vinaigrette 270–1
vinegar court-bouillon 313
vol-au-vent case 282–3

W
walnuts, scampi with 197
waterfisch sauce 308–9
waterzooi, fish 245–6
weever, grilled 170–1
whisky
John Dory steaks in whisky velouté sauce with vegetable julienne 61
queen scallops and oysters sautéed in Canadian whisky 229
shrimps sautéed in whisky 227
white chicken stock 314
white roux 309
white sauce 309
white stock 314
white wine sauce 310
whiting 171–5
fish cream forcemeat 273
fried whiting *en colère* 171
fried whiting *en lorgnette* 171–2
Moscow piroshki 172
paupiettes of sole 148–9
paupiettes of whiting 172–3
poached whiting with melted butter 173
stuffed shad *à la mode de Cocherel* 131–2
stuffed whiting with cider 173
turnovers *à la Cussy* 174

whiting *à l'anglaise* 174
whiting *à l'espagnole* 174
whiting hermitage 174
whiting in white wine 174–5
wine
Angevin bouilleture 42
bass braised in red Graves wine 21
court-bouillon with wine 311–12
eel matelote 46–7
escalope of salmon with Gigondas 93–4
fillets of mackerel in white wine 64
fillets of monkfish braised in white wine 68–9
fillets of sole *à la bordelaise* 137
fillets of sole with Chambertin 146
fricassée of sea fish with Bellet zabaglione 246
glazed salmon cutlets with Chambertin 95
grape harvest bream 25–6
meurette of fish 248–9
salmon cooked in champagne 99
salmon cutlets with white wine 102
salmon with champagne 109
stuffed sardines with white wine 126
trout *à la bourguignonne* 163
turbot *en papillote* with crispy vegetables and champagne sauce 169
white wine sauce 310
whiting in white wine 174–5
winkles, oysters with cider and 222
wrasse with potatoes 175

Z

zabaglione
fricassée of sea fish with Bellet zabaglione 246

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Contents

Useful information *8*

Introduction *9*

Meat *10*
- Beef *13*
- Veal *61*
- Pork & ham *92*
- Lamb & mutton *121*

Offal (variety meats) *162*
- Amourettes *165*
- Brains *166*
- Cheek *168*
- Head *169*
- Heart *175*
- Kidneys *177*
- Liver *184*
- Sweetbreads *188*
- Tails & feet *196*
- Tongue *201*
- Tripe & intestines *207*

Poultry *212*
- Chicken *215*
- Duck *282*
- Goose *305*
- Turkey *316*

Game *324*
- Grouse *327*
- Guinea fowl *328*
- Hare *332*
- Partridge *343*
- Pheasant *351*
- Pigeon *361*
- Quail *365*
- Rabbit *372*
- Snipe *378*
- Venison *379*
- Wild boar *388*
- Wild duck *391*
- Woodcock *394*

Frogs & snails *400*
- Frogs *403*
- Snails *406*

Basic recipes & classic additions *410*
- Batters *413*
- Butters *415*
- Condiments & seasonings *417*
- Forcemeats, panadas, sausagemeats & stuffings *421*
- Garnishes & accompaniments *429*
- Pastry & doughs *446*
- Sauces, dressings & marinades *455*
- Stocks, consommés, aspics & glazes *480*
- Purées & vegetable flavouring mixtures *486*

Index *490*

Acknowledgements *535*

Useful information

How to use this book

The recipes are divided into five main chapters: Meat, Offal (variety meats), Poultry, Game, and Frogs & snails. Within these chapters, entries are grouped by main ingredient in A–Z order. The last chapter, Basic recipes & classic additions, has recipes for the marinades, sauces, stocks, pastry, garnishes, accompaniments and so on referred to in the first five chapters.

When an entry refers to another recipe, it may be found by first referring to the relevant section and then to the food or dish type. A comprehensive index of entries lists the entire contents.

Weights & measures

Metric, imperial and American measures are used in this book. As a general rule, it is advisable to follow only one set of measures and not to mix metric, imperial and/or cup quantities in any one recipe.

Spoon measures

Spoon measures refer to standard measuring utensils. Serving spoons and table cutlery are not suitable for measuring as they are not standard in capacity.

¼ teaspoon = 1.5 ml
½ teaspoon = 2.5 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml

Oven temperatures

Below are the standard settings for domestic ovens. However, ovens vary widely and manufacturer's instructions should be consulted. Individual ovens also perform differently and experience of using a particular appliance is invaluable for adjusting temperatures and cooking times to give the best results. Those working with commercial cooking appliances will be accustomed to using the higher temperatures attained. Many chefs' recipes refer to glazing or cooking in a hot oven for a short period: as a rule, the hottest setting for a domestic appliance should be used as the equivalent.

Temperatures and timings in the recipes refer to preheated ovens.

If using a fan-assisted oven, follow the manufacturer's instructions for adjusting timing and temperature.

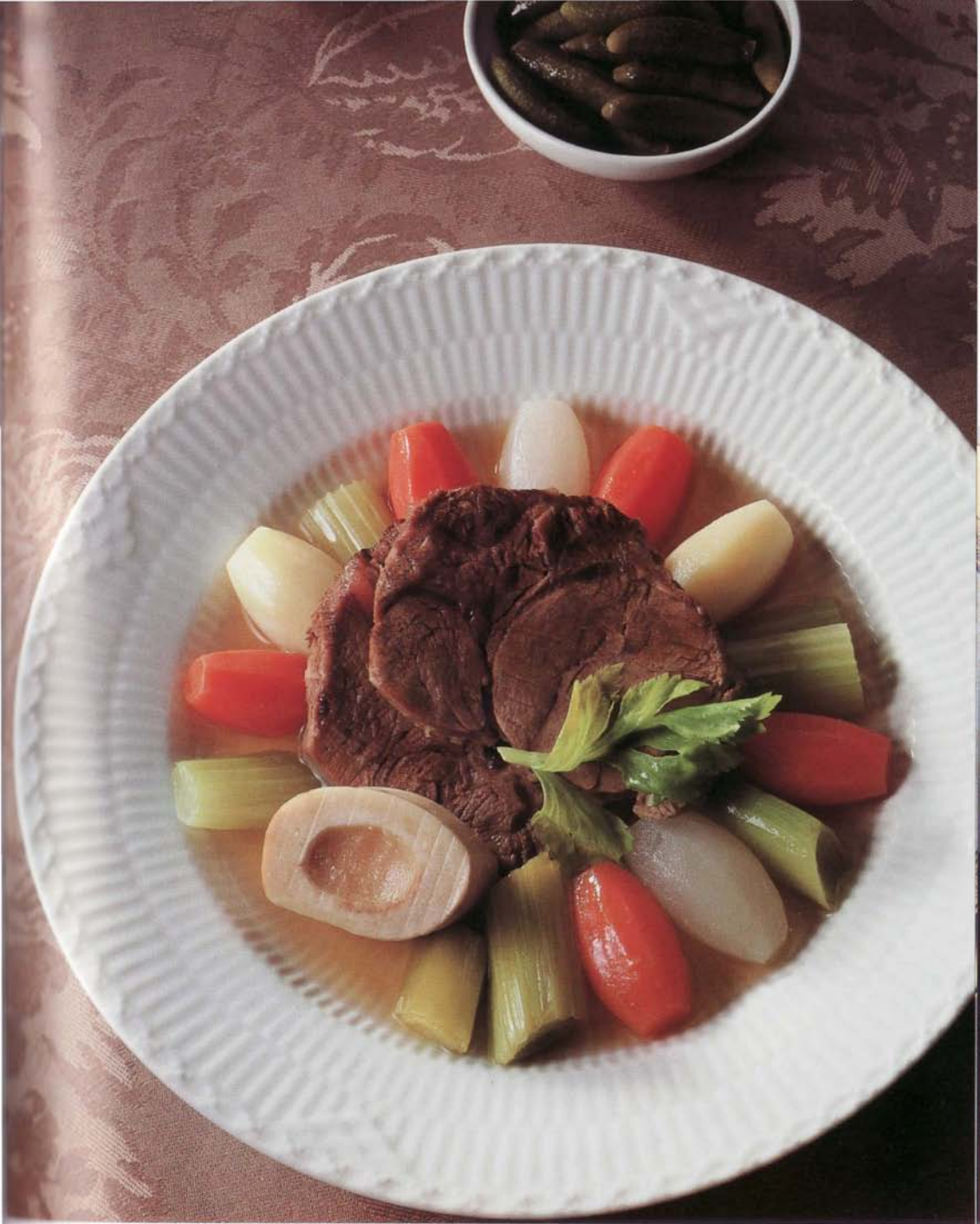
Centigrade	Fahrenheit	Gas mark
110°C	225°F	gas ¼
120°C	250°F	gas ½
140°C	275°F	gas 1
150°C	300°F	gas 2
160°C	325°F	gas 3
180°C	350°F	gas 4
190°C	375°F	gas 5
200°C	400°F	gas 6
220°C	425°F	gas 7
230°C	450°F	gas 8
240°C	475°F	gas 9

Introduction

Larousse Gastronomique is the world's most famous culinary reference book. It was the vision of Prosper Montagné, a French chef who was responsible for the first edition published in Paris in 1938. His aims were to provide an overview of 20th-century gastronomy and its history, as well as a source of reference on the more practical aspects of cookery. Twenty-three years later the first English edition was published and it immediately became the culinary bible of chefs, cooks and food aficionados.

A new English edition of this monumental work was published in 2001. Completely revised and updated, it reflected the social and cultural changes, together with advances in science and technology, that have dramatically influenced our ideas about food, the way we cook and how we eat.

Distilled from the latest edition, in one convenient volume, is this collection of over 800 meat, game and poultry recipes, together with over 180 basic and complementary recipes. Whether your particular interest is in the great traditions of French cuisine or in the wide spectrum of food as the international subject it has become, the recipes reflect the diversity of the world of cooking in the 21st century.



Pot-au-feu
Recipe on page 48



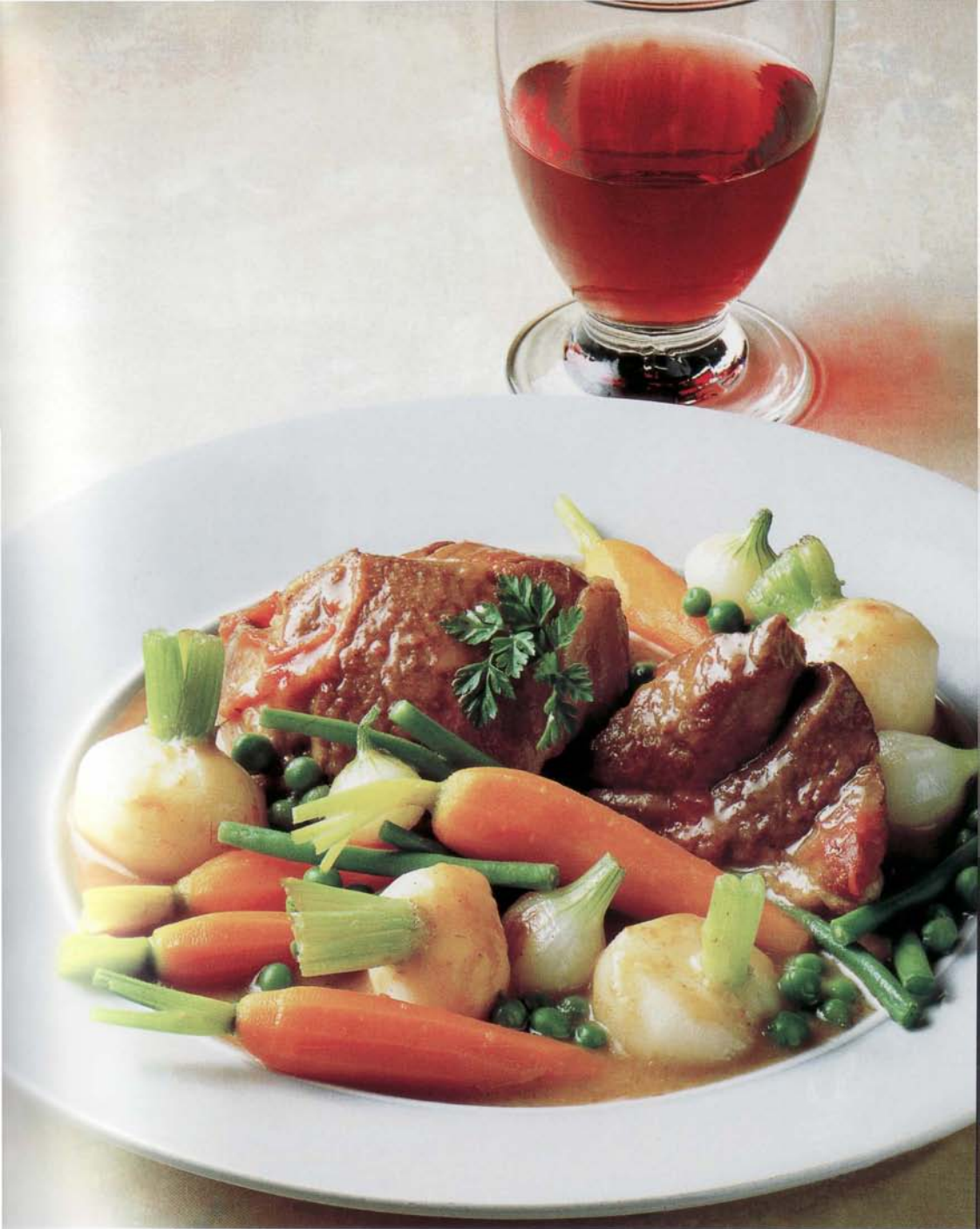
Terrine of veal with spring vegetables
Recipe on page 82



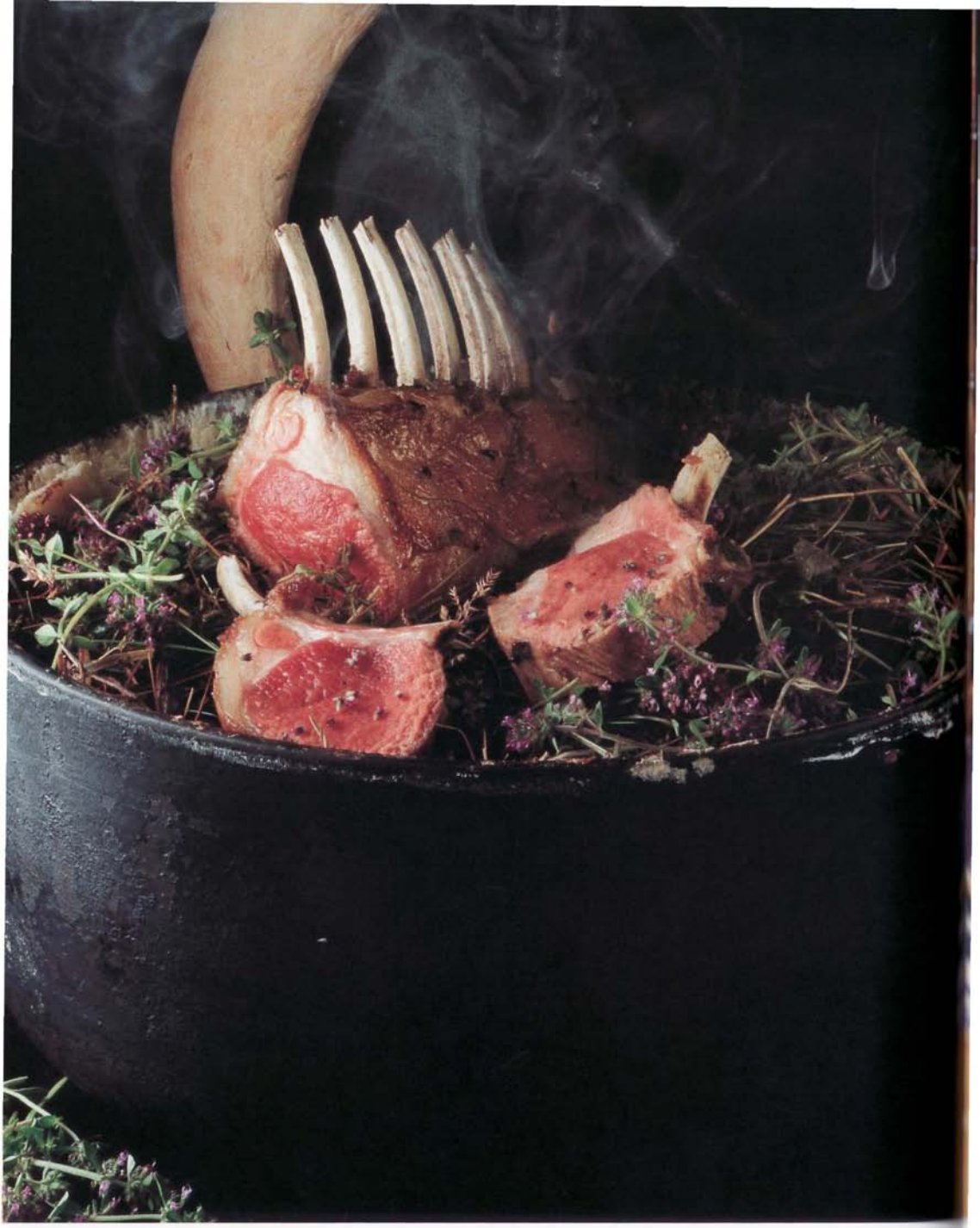
Veal grenadins with salsify
Recipe on page 87



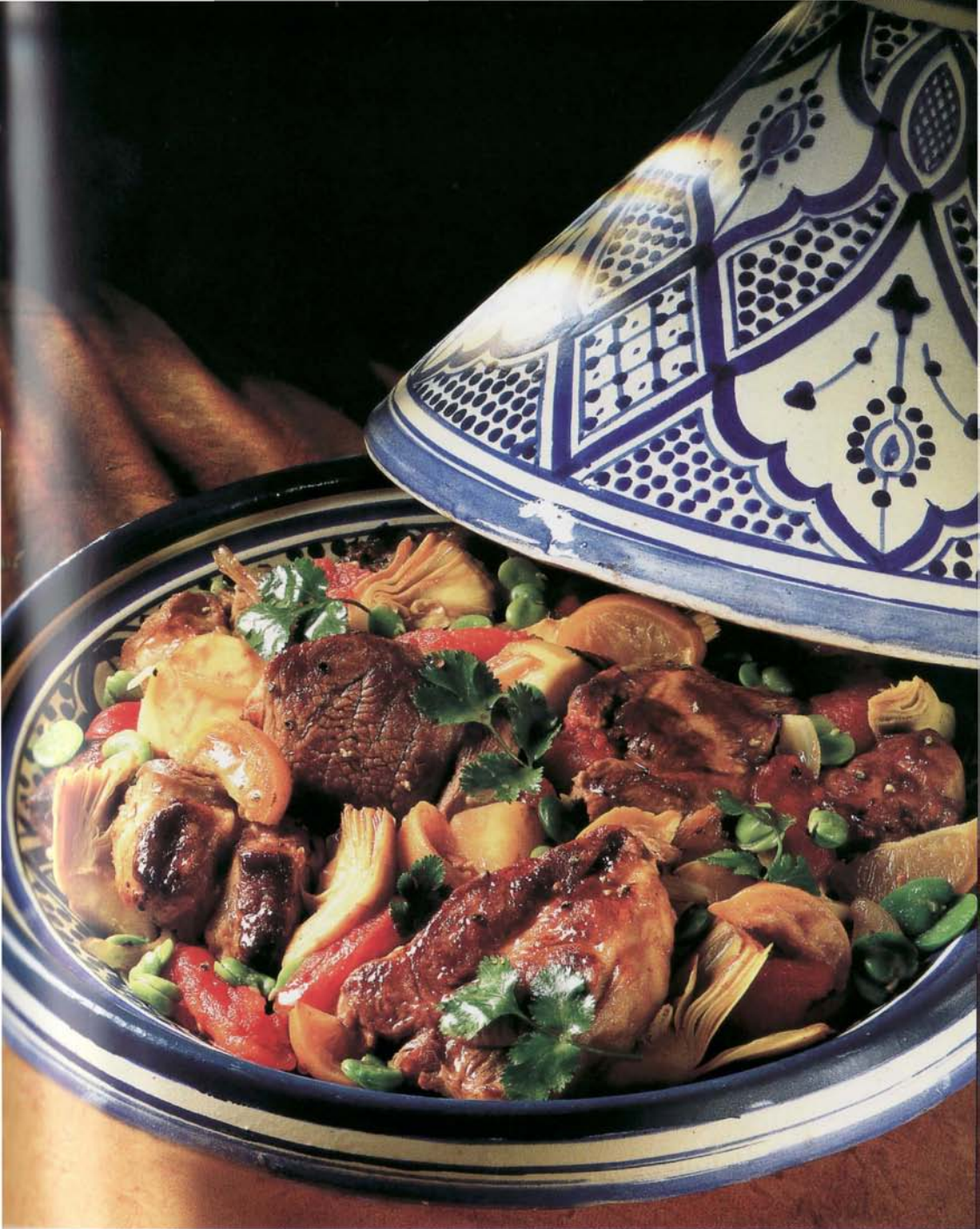
Cassoulet (2)
Recipe on page 96



Navarin of lamb
Recipe on page 142



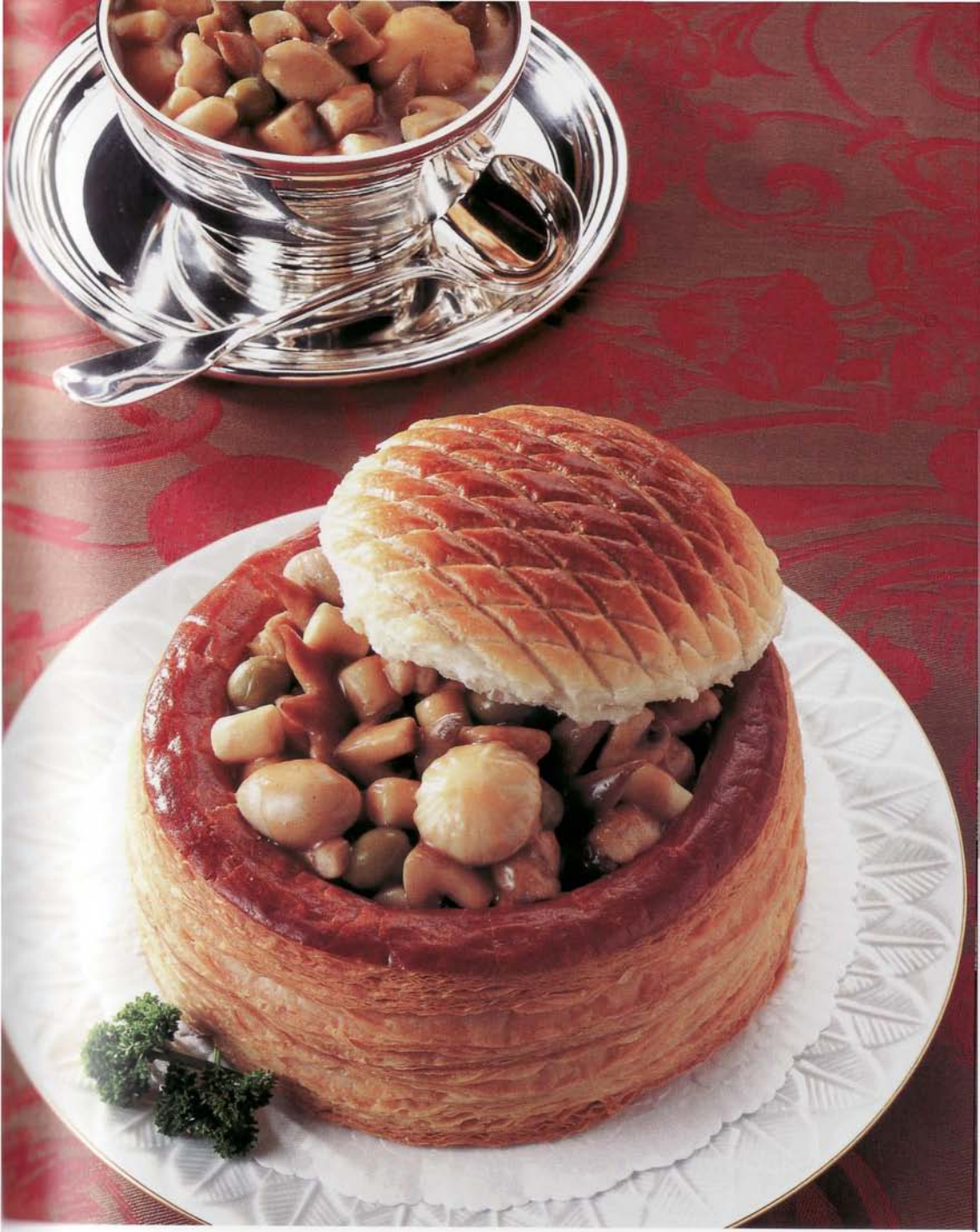
Rack of lamb with thyme
Recipe on page 146



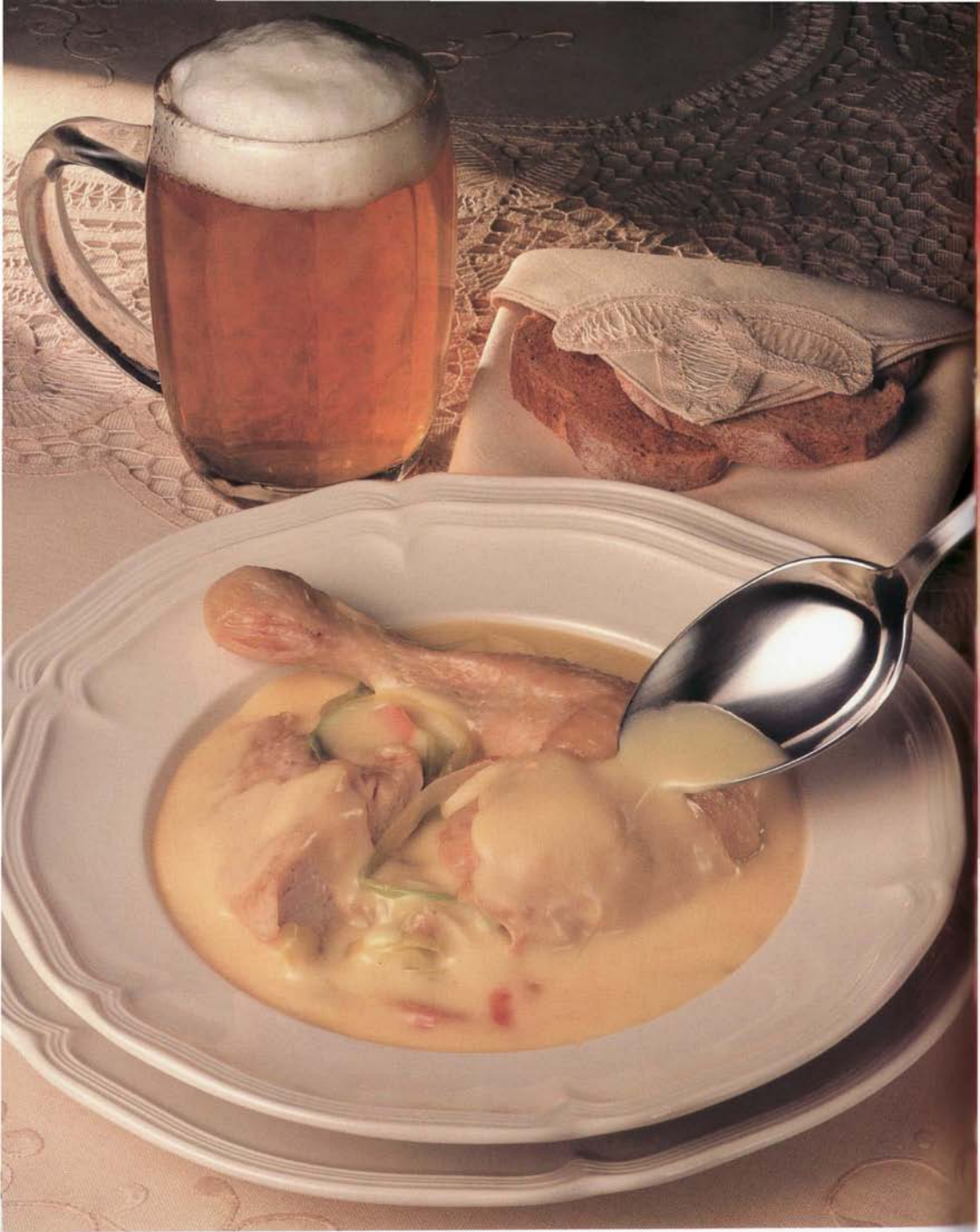
Tajine of spring lamb
Recipe on page 159



Sautéed calf's kidney with wholegrain mustard
Recipe on page 182



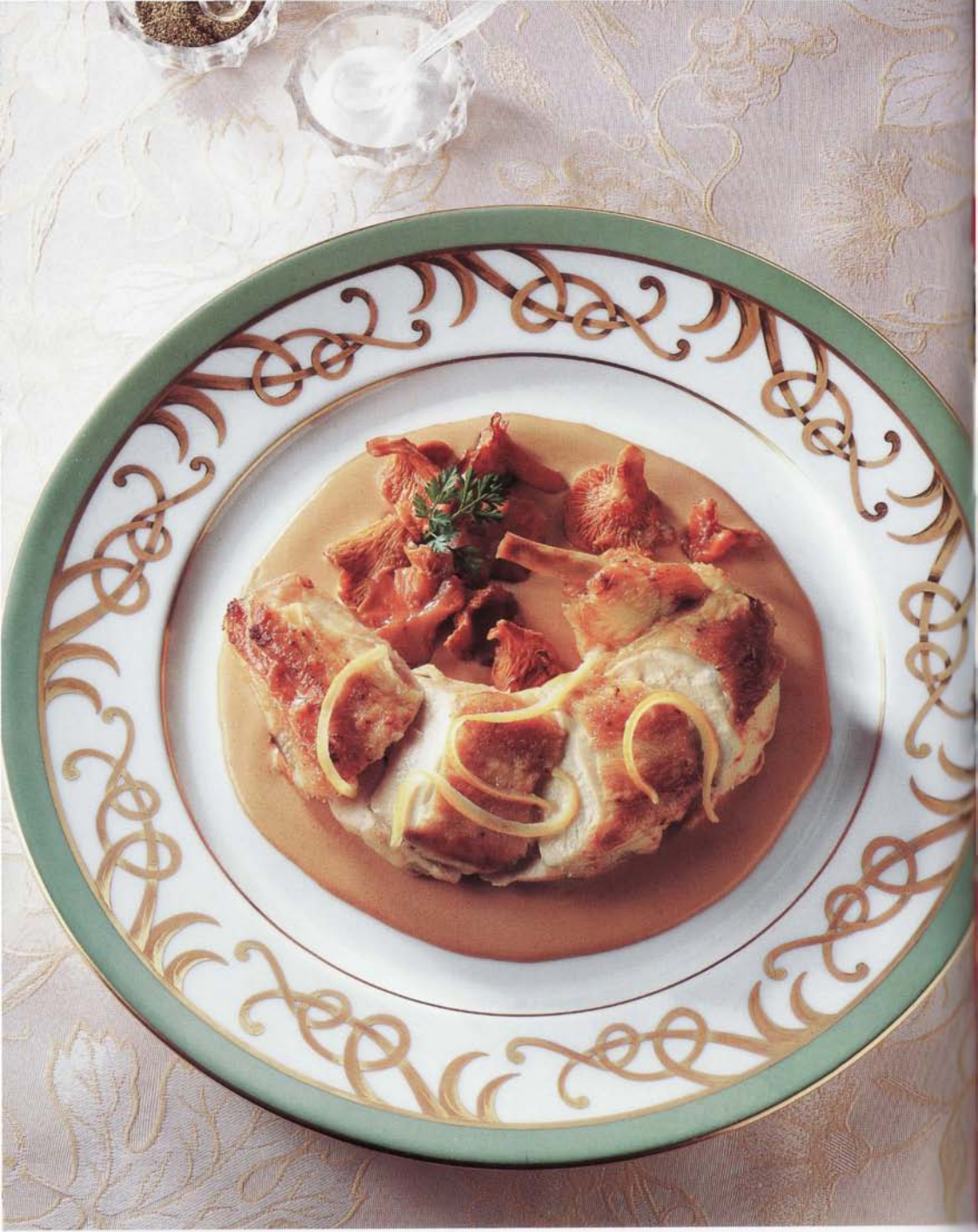
Vol-au-vent financière
Recipe on page 195



Chicken waterzooï
Recipe on page 246



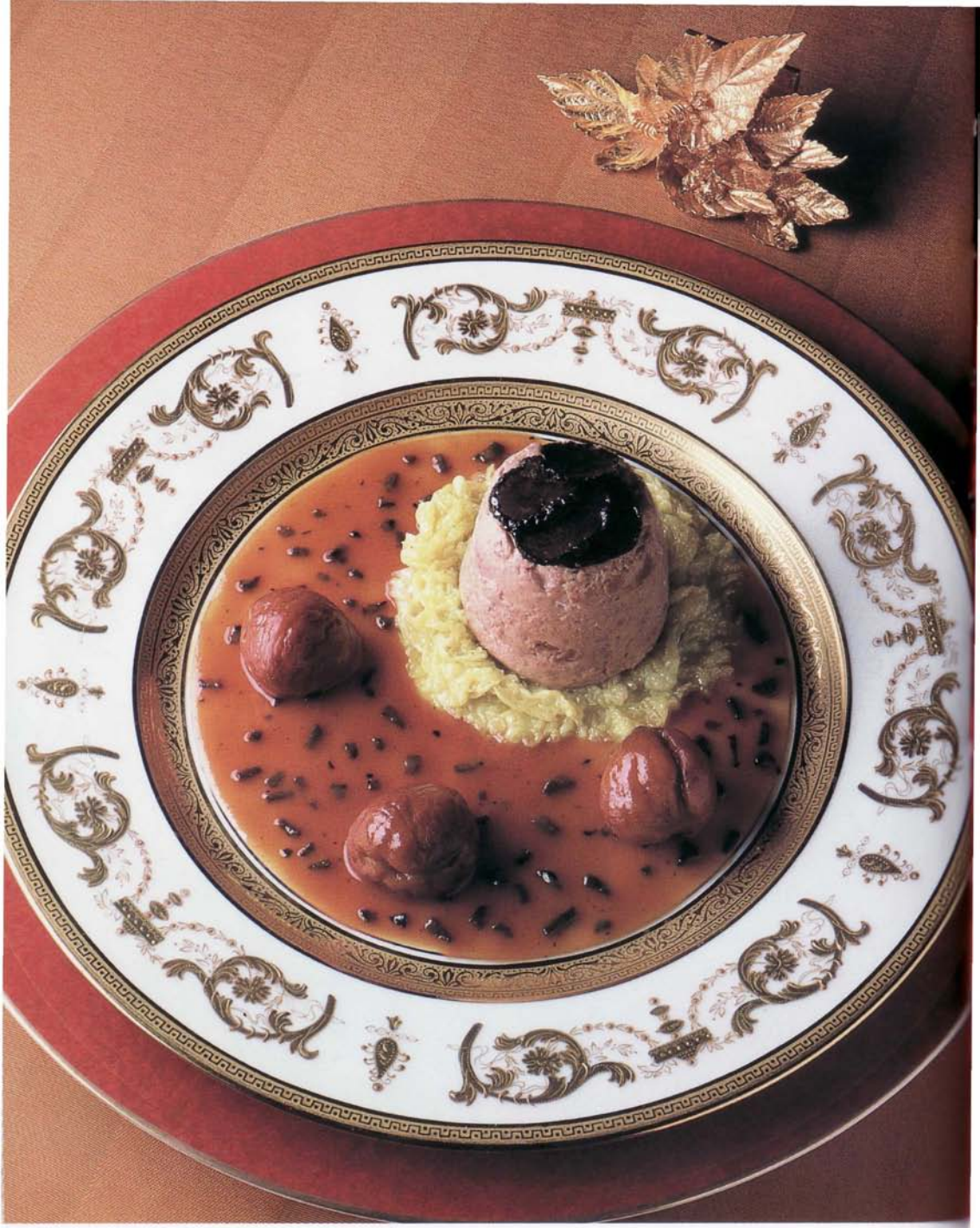
Roasted poached capon with pumpkin gratin
Recipe on page 268



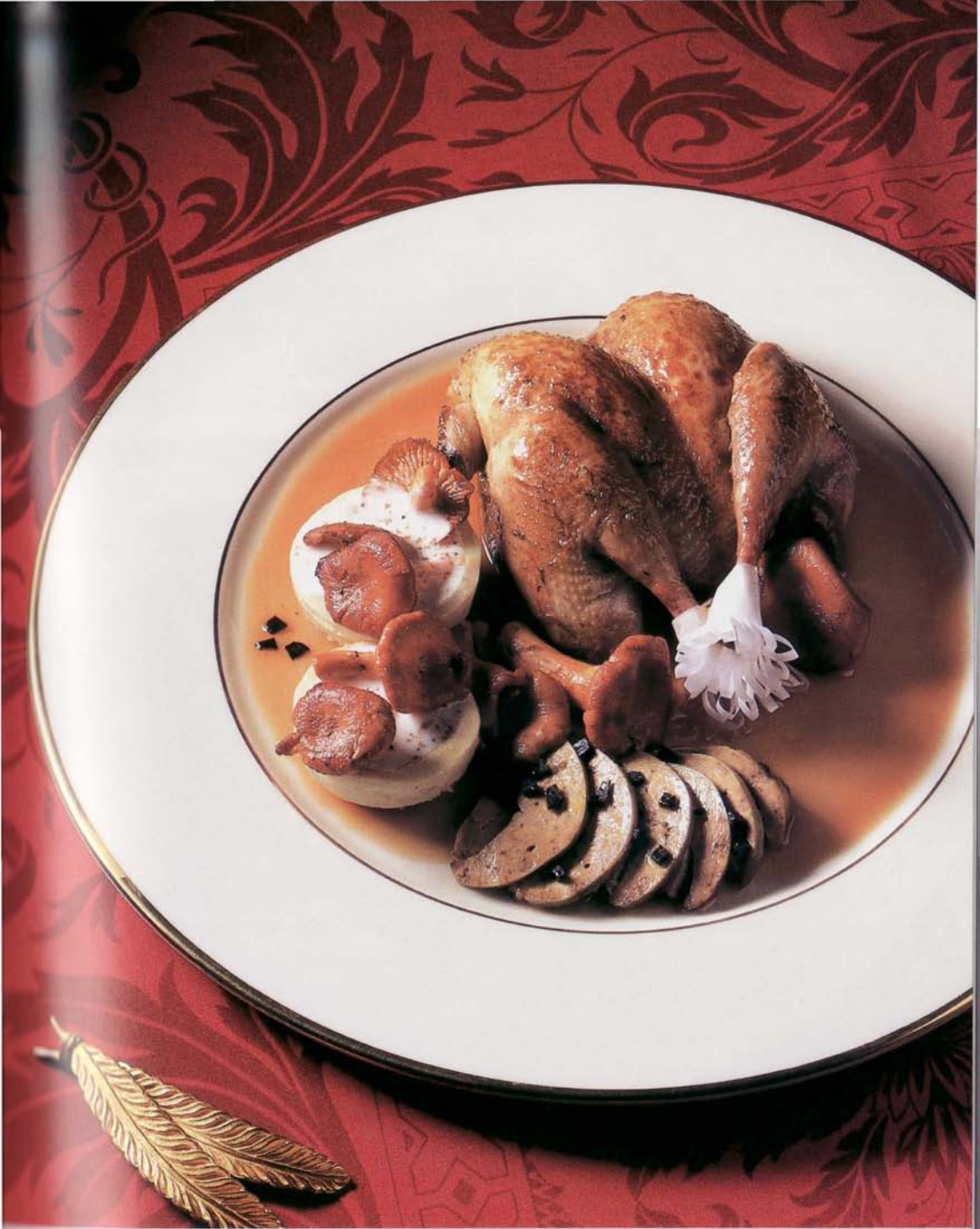
Suprême of chicken with Sauternes and preserved lemon
Recipe on page 277



Jellied fillets of Rouen duck à l'orange
Recipe on page 297



Hare mousse with chestnuts
Recipe on page 338



Partridge Monselet
Recipe on page 347



Quails in vine leaves
Recipe on page 369

MEAT

Beef

Beef Brandenburg

Cut 1 kg (2¼ lb) top ribs of beef (chuck steak) into large dice and season. Heat 40 g (1½ oz, 1½ tablespoons) lard in a heavy based saucepan and brown the meat lightly on all sides. Remove the meat, and fry 800 g (1¾ lb) thinly sliced onions until soft but not brown. Add a bay leaf, 2 crushed cloves, and 600 ml (1 pint, 2½ cups) cold water. Bring to the boil, return the meat to the pan and leave to simmer, covered, for 1½ hours. Drain the meat and keep it warm in a covered serving dish. Blend 2 slices crumbled stale gingerbread, 1 tablespoon drained capers, the juice and zest of 1 lemon, and some ground pepper with the cooking liquor. Simmer, uncovered, for 5 minutes. Pour the sauce over the meat and serve piping hot with a celery purée.

Beef croquettes

Cut some boiled beef and some lean ham into very small dice. Make a well-reduced béchamel sauce with 50 g (2 oz, ¼ cup) butter, 50 g (2 oz, ½ cup) plain (all-purpose) flour, 500 ml (17 fl oz, 2 cups) milk, grated nutmeg, and salt and pepper; beat in 1 egg yolk. Bind the beef and ham with the béchamel sauce and leave to cool.

Divide the cold mixture into portions of 50–75 g (2–3 oz). Roll these out on a floured flat surface and shape them into corks, balls, eggs or rectangles. Dip them in a mixture of egg and oil beaten together and then cover them completely with fine breadcrumbs.

Place the croquettes in a frying basket, plunge into oil heated to 175–180°C (347–350°F), and deep-fry until they are crisp and golden. Drain on paper towels and arrange on a napkin in a pyramid or turban shape. Garnish with parsley and serve with a well-seasoned tomato sauce.

The béchamel may be replaced by rice, using two-thirds salpicon to one-third rice cooked in meat stock.

Beef émincés with bordelaise sauce

Make some bordelaise sauce. Poach some slices of beef bone marrow in stock. Arrange thin slices of boiled beef on a lightly buttered ovenproof dish and garnish with the hot slices of bone marrow. Generously coat with bordelaise sauce and heat through gently in the oven.

Beef émincés with mushrooms

Arrange some thin slices of boiled beef in a long ovenproof dish. Prepare some Madeira sauce. Trim and slice some mushrooms and heat them in butter. Place the mushrooms on the meat and cover generously with hot Madeira sauce; heat through gently in the oven.

Beef hash à l'italienne

Sauté 3 tablespoons chopped onion in 3 tablespoons olive oil until slightly brown, sprinkle with 1 tablespoon flour and mix well. Then add 200 ml (7 fl oz, ¾ cup) water or stock, 3 tablespoons tomato purée (paste) diluted with 6 tablespoons stock, a bouquet garni and a crushed garlic clove. Cook

gently for about 30 minutes. Remove the bouquet garni and allow to cool. Add some of this sauce to some finely chopped braised or boiled beef and reheat gently. Serve with tagliatelle and the remainder of the sauce.

Beef hash with aubergines au gratin

Prepare and cook the sauce as for beef hash *à l'italienne*, then add the finely chopped beef together with 1 tablespoon chopped parsley. Slice some aubergines (eggplants) into rounds, sauté them in oil and arrange them in a buttered gratin dish. Pour in the beef in its sauce, smooth the surface, sprinkle with a mixture of grated Parmesan cheese and breadcrumbs, pour over a little olive oil and brown in a preheated oven at 230°C (450°F, gas 8).

Beef miroton

Cook about 10 tablespoons finely sliced onions in 125 g (4½ oz, generous ½ cup) butter in a covered pan. Sprinkle with 1 tablespoon flour. Brown slightly, stirring continously, then add 2 tablespoons vinegar and an equal amount of stock or white wine. Bring to the boil, then remove from the heat. Pour half the sauce into a long ovenproof dish. Cut 500 g (18 oz) cold boiled beef into thin slices and arrange them in the dish on top of the sauce. Pour the rest of the sauce over the top, sprinkle generously with breadcrumbs and pour on some melted butter (or dripping). Brown in a preheated oven at 220°C (425°F, gas 7) without allowing the sauce to boil. Sprinkle with chopped parsley and serve piping hot.

Beef on a string

Place 2 kg (4½ lb) veal bones in a roasting tin (pan) with 2 large onions, unpeeled and cut in half, and 1 large glass of water; sprinkle a little caster (superfine) sugar on top. Brown in a hot oven. Then put all the ingredients in

a large flameproof casserole with 6 litres (10 pints, 6½ quarts) water. Carefully deglaze the juices in the roasting tin and pour into the casserole with 4 large, peeled carrots, the green tops of 8 leeks, 1 head garlic, peeled and crushed, the stalks of 1 bunch of parsley, 1 thyme sprig, 2 bay leaves, 4 cloves, 10 peppercorns, 2 tarragon sprigs, 1 celery stick and 4 tomatoes (or a small can of tomato purée). Cook, skimming frequently, until only 2 litres (3½ pints, 9 cups) of stock remain. Drain the vegetables and bones thoroughly, then filter the stock.

Put the bouillon back on the heat, skim, degrease, season with salt and add a bunch of 8 small turnips, 8 small carrots with their leaves, the whites of the 8 leeks, 1 small cauliflower and 8 small new potatoes and cook, making sure that the vegetables, except for the potatoes, remain crunchy. Remove the vegetables and set aside in a warm place. Poach 4 marrow bones in the stock for a few minutes over a low heat so that they do not lose their content and put aside. Skim and degrease the stock one final time.

Put an 800 g (1¾ lb) unbarded, loosely tied, seamless piece of beef (in France cut lengthways from rump steak, more conveniently a trimmed beef fillet), in the stock, and cook for 10 minutes. Remove the beef and allow to rest for 10 minutes so that the heat distributes itself evenly inside while the vegetables and marrow bones are reheated. Then slice the rare meat into very thin slices and garnish with the vegetables, surrounding it with marrow bones. Pour some boiling stock over the meat and sprinkle with finely chopped flat-leafed parsley.

Beef patties à l'andalouse

Soften 50 g (2 oz) chopped onion and a chopped garlic clove in butter. Add salt and pepper. Mix with 400 g (14 oz, 2 cups) minced (ground) beef and form into 4 rounds. Coat these with flour and fry in oil. Sauté 4 large tomato

halves in oil and place a cooked patty on each. Arrange them on a plate with a rice pilaf in the centre. Deglaze the cooking juices of the patties with 2–3 tablespoons sherry. Reduce, add some butter, and pour over the patties.

Beef Stroganov

Cut 800 g (1¾ lb) fillet of beef into fine strips 2.5 cm (1 in) long. Sprinkle with salt and pepper and place in a small ovenproof dish with 4 sliced onions, 3 chopped shallots, 1 large carrot cut into slices, 1 crushed bay leaf and a small sprig of crumbled fresh thyme. Add just enough white wine to cover the meat and leave to marinate in a cool place, covered, for 12 hours. Drain and dry the meat; reduce the marinade by half and set it aside.

Sauté 2 thinly sliced onions in a shallow frying pan in 25 g (1 oz, 2 tablespoons) butter until soft and lightly brown; set aside. Lightly brown 200 g (7 oz, 2⅓ cups) thinly sliced mushrooms in the same pan with 25 g (1 oz, 2 tablespoons) butter, then add them to the onions. Wipe the pan and melt 50 g (2 oz, ¼ cup) butter in it; when hot, add the meat and sauté over a brisk heat, turning it frequently. When the meat is well browned (about 5 minutes), sprinkle it with 3 tablespoons warmed brandy and flame it. Keep warm in a serving dish.

Tip the onions and mushrooms into the frying pan together with the reduced and strained marinade and 150 ml (¼ pint, ⅔ cup) double (heavy) cream; stir over a brisk heat until the sauce thickens. Taste and adjust the seasoning and coat the meat with the sauce. Sprinkle with chopped parsley and serve piping hot.

Bitoke

A *bitoke* is a French meat cake, moulded into a flat, oval or round shape. To make a single *bitoke*, finely mince (grind) 125 g (4½ oz, ½ cup) lean beef and

add 25 g (1 oz, 2 tablespoons) butter, salt, pepper and a little grated nutmeg. Shape the mixture into a flattened ball, coat in flour and sauté in clarified butter. Add 1 tablespoon cream and 1 teaspoon lemon juice to the cooking liquor to make a sauce. Coat the *bitoke* with the sauce and garnish with fried onion. Serve with sauté potatoes. Alternatively, the minced beef may also be coated with egg and breadcrumbs before cooking.

Boeuf à la mode

Cut about 250 g (9 oz) fat bacon into thick strips and marinate for 5–6 hours in 100 ml (4 fl oz, 7 tablespoons) Cognac. Use the strips to lard a piece of rump weighing about 2 kg (4½ lb). Season with salt and pepper and marinate for 5–6 hours (turning the meat several times) in the Cognac used to marinate the bacon mixed with at least 1 litre (1¾ pints, 4⅓ cups) good red wine, 100 ml (4 fl oz, 7 tablespoons) olive oil, 250 g (9 oz, 2¼ cups) chopped onions, 1 kg (2¼ lb) sliced carrots, 2–3 garlic cloves, a bouquet garni and a few peppercorns.

Blanch a boned calf's foot and some bacon rind from which some of the fat has been removed. Drain the meat and dry it on paper towels, and then drain the other ingredients of the marinade. Brown the meat on all sides in olive oil in a frying pan, then place in a large casserole. Add the drained ingredients from the marinade followed by the bacon rinds and the calf's foot. Moisten with the marinade and about 750 ml (1¼ pints, 3¼ cups) stock and season with salt.

Place the covered casserole in a preheated oven at 200°C (400°F, gas 6) and cook for about 2½ hours, until tender. When the beef is cooked, slice it evenly and serve surrounded with the carrots and the diced meat of the calf's foot. Strain the braising stock over the meat. Small glazed onions may be added to garnish.

Boeuf à la mode de Beaucaire

This is the traditional dish of the Beaucaire fair. It is delicious but takes a long time to prepare. Take 1.2 kg (2½ lb) thin slices of beef cut from the thigh or shoulder blade allowing about 200 g (7 oz) per person. Bard the meat with fat which has been rolled in salt and pepper and moistened with brandy. Then marinate for 24 hours in 4 tablespoons vinegar, 1 chopped onion, a bouquet garni, 4 tablespoons brandy and 4–5 teaspoons olive oil.

Cover the bottom of an earthenware cooking pot with 225 g (8 oz) bacon, cut in thick rashers (slices). Chop 4 onions and 2 garlic cloves and place on top of the bacon. Add the slices of beef, season with salt and pepper, then pour the marinade over the meat. Cover and cook in a preheated oven at 120°C (250°F, gas ½) for 2 hours. Then slowly (so as not to overcool the contents) add 1 litre (1¾ pints, 4⅓ cups) red wine, a bouquet garni, 1 tablespoon capers and an onion stuck with 3 cloves. Cover and cook gently for a further 2 hours.

Just before serving, thicken the sauce with a generous 1 tablespoon flour and add 3 pounded anchovy fillets. When the dish is ready, pour 3 tablespoons olive oil over and serve.

Boeuf bourguignon

Cut 1 kg (2¼ lb) braising steak (rump) into cubes and coat with flour. Cut 150 g (5 oz) belly pork into thin strips and fry in a flameproof casserole or heavy based saucepan. Add the steak, a chopped shallot and 2 sliced onions and continue to fry. If desired, add a small glass of brandy and set alight. Add 500 ml (17 fl oz, 2 cups) red wine and a generous glass of stock. Season with salt and pepper and add a bouquet garni and a crushed clove of garlic. Cover and simmer gently for at least 2 hours. A dozen small onions lightly fried in butter may be added 20 minutes before cooking ends. Just before serving, bind the sauce with 1 tablespoon beurre manié.

Boiled beef

For 6 servings, place about 800 g (1¾ lb) beef or veal bones in a large saucepan with 2.5 litres (4¼ pints, 11 cups) water, and bring to the boil. Skim the surface of the liquid and remove the foam deposited on the sides of the pan. Boil for about 1 hour, then remove the bones. Add 1.25–2 kg (2¾–4½ lb) beef, depending on the cut and the proportion of bone to meat: silverside (bottom round), cheek, shoulder, chuck, flank or oxtail may be used. Bring back to the boil and skim. Then add the following vegetables: 6 carrots, 3 medium turnips, 6 small leeks (tied together), 2 celery sticks (cut into short lengths and tied together), a piece of parsnip, 2 onions (one stuck with 2 cloves), a bouquet garni and, if desired, 1–2 garlic cloves. Season with salt and pepper, cover to bring back to the boil, and simmer for about 3 hours. Drain the meat, cut into even-sized pieces, and serve with the drained vegetables. Serve with coarse salt, pickled onions, gherkins and mustard.

If a marrow bone is available, wrap this in muslin (cheesecloth) and add it to the pan not more than 15 minutes before serving. The bone may be served with the dish or the marrow can be removed and spread on toasted croûtons. To make the dish look more attractive, select vegetables of a similar size, cut the leeks and celery to the same length and form into neat bunches, and serve the onions slightly browned.

Boiled beef hash

Chop very finely (by hand or in a food processor) 500 g (18 oz) boiled beef. Cook 2 large finely chopped onions in 15 g (½ oz, 1 tablespoon) butter until tender. Sprinkle with 1 tablespoon flour and cook until golden brown. Add 200 ml (7 fl oz, ¾ cup) stock, season with salt and pepper, and bring to the boil, stirring constantly. Simmer for 15 minutes. Cool, add the boiled beef, and cook, covered, in a preheated oven at 200°C (400°F, gas 6) for 25 minutes.

Bollito misto

Put 500 g (18 oz) flank of beef, 500 g (18 oz) oxtail and 500 g (18 oz) bladebone of beef (or silverside) into a braising pan and fill with water. Bring to the boil, skimming often and removing the foam deposited on the sides of the pan. Add 2 onions, 3 celery sticks, 3 peeled garlic cloves, 5 sprigs flat-leaf parsley, 1 rosemary sprig, 10 peppercorns and a little sea salt. Cover and cook for 1½ hours. Remove the pieces of meat gradually as and when they become tender. Meanwhile, cook 1 split calf's head and 1 split calf's foot in water flavoured with 1 onion and 1 celery stick. In another braising pan, cook 1 calf's tongue then skin it very carefully and set aside. Prick a *cotechino* (Italian sausage) and cook it in a little stock. Arrange the meats on a serving dish and serve very hot. Traditional accompaniments to this celebrated Italian stew from Piedmont include a green herb sauce or tomato sauce, spring onions (scallions), gherkins, capers, Verona mustard (a type of mustard with apple purée) and Cremona mustard (made from several kinds of fruit, cooked in a very hot mustard syrup).

Braised beef

Brown a joint of beef in a large saucepan. Remove the joint and set aside and then brown a large mirepoix of carrots and onions in the fat from the meat. Brown some small pieces of bone from a loin of veal and some chicken bones in butter. Put them into a braising pan with the skimmed mirepoix, the joint of beef, a blanched pig's foot and some crushed tomatoes. Season with salt and pepper, add 250 ml (8 fl oz, 1 cup) white wine and simmer steadily on the hob (stove top) until all the liquid has evaporated. Then add a bouquet garni and sufficient red wine and stock (1 part wine to 2 parts stock) to cover three-quarters of the beef. Cover the pan and cook gently for 3 hours, turning the meat occasionally.

Braised beef à l'ancienne

Trim and tie a piece of rump and braise until almost cooked, but still slightly firm. Drain and untie the meat and place it either under a press or on a plate under a weight until cool. Trim the sides of the cooled meat. Cut away the central portion, leaving a thickness of about 2 cm (¾ in) of meat on the sides and bottom. Brush with beaten egg and cover with a mixture of soft breadcrumbs and grated Parmesan cheese (3 parts breadcrumbs to 1 part cheese). Ensure that the breadcrumb mixture covers the meat completely. Place the hollow meat case on a plate, sprinkle with melted butter and brown in the oven.

Meanwhile, slice the remaining portion of meat very thinly. Place the slices in a sauté dish, add some thin slices of tongue and some sliced mushrooms, which have been gently fried in butter, and moisten with a few tablespoons of the reduced, strained, braising stock (from which the fat has been removed). Add 2½ tablespoons Madeira and simmer without boiling. To serve, place the hollow piece of beef on a large serving dish and arrange the sautéed meat slices inside it. Serve any extra sauce in a sauceboat.

Braised beef à la bourgeoise

Marinate a rump cut of beef in white wine and then braise it in the wine, in a saucepan with a calf's foot. When the meat is half cooked, transfer it to a casserole with the calf's foot and cooking liquor. Add some sliced carrots and small glazed onions. Complete the cooking in the casserole, in a preheated oven at 180°C (350°F, gas 4).

Braised beef à la créole

Cut 1 kg (2¼ lb) braising steak (top round or rump) into cubes and thread a large piece of larding bacon into each cube. Marinate in a mixture of spices

(especially cayenne) and Cognac for 5–6 hours. Heat some lard and oil in a heavy frying pan, then add 3 large sliced onions and the drained pieces of beef. Sauté together for several minutes, then turn into a casserole. Add 2 tablespoons tomato purée (paste), 1 crushed garlic clove, a sprig of thyme, a small bunch of parsley and a pinch of saffron powder. Season with salt and pepper, cover and cook very gently in a low oven for 3 hours. During the cooking period, add a few tablespoons of either boiling water or, even better, stock. Adjust the seasoning.

Braised beef à la gardiane

Ask the butcher to lard and tie a piece of topside (beef round) weighing about 1.25 kg (2¾ lb). Peel and slice 800g (1¾ lb) onions. Heat some olive oil in a flameproof casserole and brown the meat in the oil. Add the sliced onions, 5–6 peeled garlic cloves, 2 cloves, a pinch of nutmeg and the same amount of basil, bay, rosemary, savory and thyme. Cover and cook very gently for at least 2½ hours. Serve the meat sliced and coated with the cooking liquor.

Braised beef à la mode

This is prepared as for beef à la bourgeoise, using red instead of white wine (opposite).

Braised beef porte-maillot

Cut 100 g (4 oz) fat (slab) bacon into thin strips and marinate for 12 hours in a mixture of oil and brandy (one-third brandy, two-thirds oil), mixed herbs, chopped garlic, and salt and pepper. Interlard 1.5 kg (3¼ lb) trimmed beef aiguillettes (thin strips of meat) with the bacon strips. Braise the meat in a flameproof casserole with 200 ml (7 fl oz, ¾ cup) white wine, the same amount of stock and the ingredients of the marinade.

Glaze 250 g (9 oz) small (pearl) onions, 250 g (9 oz) small turnips and 500 g (18 oz) new carrots. Cook the beef for at least 2¾ hours; 10 minutes before the end of the cooking time add the onions, carrots and turnips and finish cooking. Steam some green beans until just tender and drain. Arrange the meat on a long serving dish (platter) and surround with the vegetables in separate piles. Keep warm.

Skim the fat off the cooking juices, then strain and boil rapidly until reduced. Sprinkle the meat with chopped flat-leaf parsley and serve the sauce separately in a sauceboat.

Braised paupiettes of beef

Flatten some thin slices of beef fillet, sirloin or chuck steak, season with salt and pepper, and spread with a layer of well-seasoned sausagemeat. Roll them up, wrap in thin rashers (slices) of fat bacon and tie with string. Braise the paupiettes in white wine or Madeira, drain them, untie the string, remove the bacon and arrange them on a heated dish. Coat with the cooking juices (reduced and strained).

All the accompaniments for small cuts of braised meat are suitable for these paupiettes: noisette potatoes, braised vegetables, vegetable purée, stuffed artichoke hearts, risotto, rice pilaf. Some garnishes (bourgeoise or chipolata) can be added to the casserole halfway through the braising time.

Paupiettes of beef can also be braised in red wine. In this case, the accompaniments (baby onions, bacon and mushrooms) can also be added while the paupiettes are cooking.

Braised rib of beef

The cooking method is the same as for braised rump of beef. Ask the butcher to cut a large rib weighing 2–3 kg (4½–6½ lb).

Braised rump of beef

Cut 200 g (7 oz) fat pork or bacon into larding strips. Season with spices, soak in Cognac and use them to lard a piece of beef (cut from the rump) weighing 3 kg (6½ lb). Season the meat with salt, pepper and spices, and tie into a neat shape with string. Marinate for 5 hours in either red or white wine with thyme, bay, parsley and 2 crushed garlic cloves. Blanch, cool and tie 2 boned calf's feet. Peel and slice 2 large onions and 2 carrots and heat gently in butter. Crush into small pieces a mixture of 1.5 kg (3¼ lb) beef bones and veal knuckle bones together with the bones from the calf's feet. Brown in the oven. Place the browned bones and the vegetables in a flameproof casserole or a braising pan. Add the beef, a bouquet garni and the marinade. Cover and simmer gently until the liquid has almost completely reduced. Add 3 tablespoons tomato purée (paste) and enough veal stock to cover the meat. Place the covered casserole in a preheated oven at 180°C (350°F, gas 4) and cook for about 4 hours until tender. To serve, drain the meat, untie it and glaze in the oven, basting it with the strained cooking liquor. Arrange the meat on a large serving dish and surround with the chosen garnish. Keep warm. Remove the fat from the braising pan, reduce the cooking liquid and pour over the meat.

Braised sirloin

Ask the butcher to prepare a piece of sirloin weighing about 2–3 kg (4½–6½ lb), cut along the grain of the meat. Lard the joint with lardons of bacon that have been marinated for at least 1 hour with a little brandy, pepper, spices, chopped parsley, sliced carrot and sliced onion. Tie up the sirloin, brown it on all sides in hot fat, then place it in a large braising pan on a mirepoix of vegetables. Add a bouquet garni and pour over about 600 ml (1 pint, 2½ cups) stock. Cover the pan and braise the joint in a preheated oven

at 150°C (300°F, gas 2) for about 4 hours, or until the meat is very tender. After braising, the meat may be sliced and served with the cooking liquid, deglazed, reduced and strained.

Brochettes of marinated fillet of beef

Prepare a marinade using 150 ml (¼ pint, ⅔ cup) olive oil, salt, pepper and chopped herbs. Cut up 500 g (18 oz) fillet of beef into 2.5 cm (1 in) cubes and cut 150–200 g (5–7 oz) smoked belly pork or bacon into strips; marinate these for 30 minutes. Remove the seeds from a green (bell) pepper and cut the flesh into 2.5 cm (1 in) squares. Cut off the stalks from 8 large button mushrooms, sprinkle with lemon juice and sauté briskly in oil with the pieces of pepper; drain as soon as the pepper is slightly softened. Thread the ingredients on to skewers, adding 2 whole baby onions to each skewer, one at each end. Grill (broil) under a very high heat for 7–8 minutes.

Broufado

Cut 900 g (2 lb) stewing beef into 5 cm (2 in) cubes. Marinate in a cool place for 24 hours in a mixture of 5 tablespoons red wine vinegar, 3 tablespoons olive oil, a large bouquet garni, a large sliced onion and some pepper. Desalt 6 anchovies by soaking in milk. Drain the meat and heat in a flameproof casserole with 2 tablespoons olive oil. Add a large chopped onion, then the marinade and 175 ml (6 fl oz, ¾ cup) red or white wine. Bring to the boil, then cover and cook in a preheated oven at 200°C (400°F, gas 6) for 2 hours. Add a few small pickled onions and 3–4 sliced gherkins (sweet dill pickles). Cook for a further 15 minutes. Wash the desalted anchovies, remove the fillets and cut them into small pieces, mix with 2 teaspoons beurre manié and add to the casserole. Stir the broufado well for 2 minutes and serve piping hot with jacket potatoes.

Carbonade à la flamande

Slice 250 g (9 oz, 1½ cups) onions. Cut 800 g (1¾ lb) beef flank or chuck steak into pieces or thin slices, and brown over a high heat in a frying pan in 40 g (1½ oz, 3 tablespoons) lard (shortening). Remove the meat and set aside. Fry the onions until golden in the same fat. Arrange the meat and onions in a flameproof casserole in alternate layers, seasoning each layer with salt and a grinding of pepper. Add a bouquet garni. Deglaze the frying pan with 600 ml (1 pint, 2½ cups) beer and 3 tablespoons beef stock (fresh or made with concentrate). Make a brown roux with 25 g (1 oz, 2 tablespoons) butter and 25 g (1 oz, ¼ cup) plain (all-purpose) flour, and add the beer mixture, then ½ teaspoon brown sugar. Adjust the seasoning. Pour the mixture into the casserole, cover and leave to cook very gently for 2½ hours. Serve the carbonade in the casserole.

Carpaccio

Remove the fat, nerves and gristle from a piece of very tender sirloin weighing 1.25 kg (2¾ lb) so as to obtain a neat cylinder. Put in the freezer. When it has hardened sufficiently, cut into very thin slices using a very sharp knife. Arrange these slices on plates, season lightly with salt and put back in the refrigerator for at least 15 minutes. Mix 200 ml (7 fl oz, ¾ cup) mayonnaise with 1 or 2 teaspoons Worcestershire sauce and 1 teaspoon lemon juice. Season with salt and white pepper. Pour a little of this sauce over the slices of meat, making a few decorative motifs with it.

Cold fillet of beef à la niçoise

Garnish the cold roasted fillet with small tomatoes that have been marinated in olive oil and stuffed with a salpicon of truffles, small artichoke hearts filled with a salad of asparagus tips, large olives, anchovies and pieces of aspic jelly.

Cold fillet of beef à la russe

Surround the cold roasted fillet with halves of shelled hard-boiled (hard-cooked) eggs and artichoke hearts stuffed *à la russe*, with a macédoine of vegetables bound with mayonnaise, and covered with aspic jelly, and chopped aspic.

Cold fillet of beef in aspic

Cold roasted fillet either whole, or cut into thin slices, may be covered with aspic jelly. If the piece is big enough to be served whole, place it on a rack and coat with several layers of aspic jelly, which may be flavoured with Madeira, port or sherry. (It must be placed in the refrigerator between each coating.) Then arrange it on a serving dish and garnish with chopped aspic or with croûtons and watercress. Slices of fillet are either coated separately or placed in a row on the serving dish and coated with aspic. They are garnished in the same way.

Serve with a cold sauce, such as mayonnaise or tartare sauce, and cold vegetable barquettes or a salad.

Consommé croûte au pot

Use beef consommé. Dry some hollowed-out bread crusts in the oven. Sprinkle each one with a little stockpot fat and brown lightly or garnish with chopped stockpot vegetables. Serve with the consommé.

Consommé Florette

Use beef consommé. Cook 150 g (5 oz, ¾ cup) shredded leek lightly in butter, moisten with consommé and reduce. Cook 1½ tablespoons rice in consommé and add the leek. Serve with double (heavy) cream and grated Parmesan cheese.

Consommé Léopold

Use beef consommé. Cook 2 tablespoons shredded sorrel in butter. Cook 4 teaspoons semolina in the consommé, then add the sorrel and some chervil.

Consommé Monte-Carlo

Use beef consommé. Cut some very thin slices of bread into circles; butter, sprinkle with Parmesan and toast lightly. Serve with the consommé.

Consommé Princess Alice

Use beef consommé. Separately cook shredded artichoke hearts (enough for 2 tablespoons) and finely shredded lettuce (enough for 1 heaped tablespoon) in butter. Cook 2 tablespoons fine vermicelli in the consommé, add the artichoke and lettuce garnishes, and finally some chervil leaves.

Consommé with profiteroles

Use beef, chicken or game consommé. Prepare 20 small profiteroles filled with a purée of meat, game, vegetables or chicken. Thicken the consommé with tapioca and sprinkle with chervil leaves. Place the profiteroles in an hors d'oeuvre dish and serve with the consommé.

Consommé with rice

Use beef, fish or game consommé. Cook 65–75 g (2½–3 oz, ½ cup) rice in simple beef consommé. Add it to the consommé chosen for a base and cook for about 20 minutes. Serve with grated cheese.

Consommé with wine

Use beef consommé. Strain the consommé and when nearly cold add 150 ml (¼ pint, ⅔ cup) Madeira, Marsala, port or sherry.

Daube of beef à la béarnaise

Cut 2 kg (4½ lb) top rump or chuck beef into 5 cm (2 in) cubes. Lard each cube crossways with a small piece of pork streaky (slab) bacon rolled in chopped parsley and garlic seasoned with some crushed thyme and bay leaf. Marinate these beef cubes for at least 2 hours in a bowl with 1 bottle red wine and 4 tablespoons brandy with 1 large sliced onion, 2 sliced carrots and a bouquet garni of parsley, thyme and bay leaves. Drain the beef, reserving the marinade, then pat the meat dry and roll it in flour. Brown the meat and vegetables separately.

Line the bottom of a flameproof casserole with slices of Bayonne ham, then add alternate layers of the meat cubes and vegetables. Add the bouquet garni, 2–3 crushed garlic cloves to the reserved marinade and a few spoonfuls of stock; then boil for 30 minutes. Strain and pour over the meat. Cover the casserole and seal on the lid with a flour-and-water paste. Bring to the boil on the hob (stove top), then cook in a preheated oven at 120°C (250°F, gas ½) for 4–5 hours.

Serve the daube from the casserole after skimming off some of the fat. In Béarn this daube is served with a cornmeal (maize) porridge, which is eaten cold and sliced as an alternative to bread.

Daube of beef à la provençale

Cut 1.5 kg (3¼ lb) lean chuck or silverside (bottom round) into 6 cm (2½ in) cubes. Lard each cube crossways with a piece of fat bacon rolled in chopped parsley and garlic. Put the meat into an earthenware dish or casserole with a calf's foot, if available, and cover with 600 ml (1 pint, 2½ cups) white wine mixed with 2 tablespoons olive oil, 1 tablespoon brandy, salt and pepper. Marinate for 24 hours; reserve the marinade. Mix together 150 g (5 oz, 1⅔ cups) mushrooms, 75 g (3 oz, ⅔ cup) chopped raw onion, 2 crushed

tomatoes, 150 g (5 oz, 1 cup) diced and blanched thick streaky (slab) bacon and 100 g (4 oz, 1 cup) black olives.

Remove the fat from some bacon rinds, blanch, wipe and use the rinds to line the bottom of an earthenware casserole just large enough to contain the meat and its garnishes. Add 2 sliced carrots, then add alternating layers of meat cubes and the vegetable and bacon mixture. In the centre of the meat place a large bouquet garni consisting of parsley stalks, thyme, a bay leaf and a small piece of dried orange peel. Add the white wine mixture from the marinade plus an equal volume of beef stock so that it just covers the meat.

Cover the casserole, seal the lid with a flour-and-water paste, and cook in a preheated oven at 120°C (250°F, gas ½) for 6 hours. Remove the bouquet garni, allow to cool, then skim off the fat. Serve the daube cold in slices, like a terrine, or hot (reheated in the oven).

Devilled beef

Cut some cold boiled beef into fairly thick slices. Coat each slice with mustard, sprinkle with oil or melted butter, coat with fresh breadcrumbs and grill (broil) under a low heat until each side is golden brown. Serve with devilled sauce.

Empanada

Cut 500 g (18 oz) lean beef into small cubes and cook gently in a little oil with 100 g (4 oz, ⅔ cup) chopped onion, ½ seeded and diced sweet (bell) green pepper and leaf pimento (*ignara*), 1 teaspoon ground cumin and 1 crushed garlic clove. When the meat is cooked, add 2 tablespoons raisins, previously soaked, and 1 chopped hard-boiled (hard-cooked) egg. Put a layer of this mixture on pieces of pastry and make little pasties. Bake in a preheated oven at 180°C (350°F, gas 4) for 30 minutes and serve very hot.

Entrecôte à la ménagère

Gently cook 250 g (9 oz) small carrots, 150 g (5 oz) small onions and 150 g (5 oz, 1½ cups) mushrooms in butter. Season the steak with salt and pepper and brown it in butter in a frying pan over a brisk heat. Add the vegetables and fry for a further 3–4 minutes. Arrange the entrecôte and the vegetables on a serving dish and keep hot. Make a sauce in the frying pan by adding 5 tablespoons white wine and 3 tablespoons stock. Boil down to reduce and pour it over the entrecôte.

Entrecôte Bercy

Grill (broil) a steak and garnish with Bercy butter.

Entrecôte grand-mère

Prepare 12 small glazed onions, 12 blanched mushroom caps and 50 g (2 oz, ⅓ cup) diced blanched salt pork or bacon. Sauté the steak in butter, browning both sides, then add the vegetables and bacon to the pan and cook all together. Meanwhile, prepare and fry some small new potatoes until browned. Arrange the steak on the serving dish surrounded by the garnishes and keep hot. Dilute the pan juices with a little stock, bring to the boil and pour over the steak. Sprinkle with parsley and serve with the potatoes.

Entrecôte marchand de vin

Grill (broil) an entrecôte steak under a high heat. Season with salt and pepper and garnish with rounds of marchand de vin butter.

Entrecôtes mirabeau

Stone (pit) about 15 green olives and blanch them in boiling water. Prepare 2 tablespoons anchovy butter. Blanch a few tarragon leaves. Grill (broil)

2 thin sirloin steaks. Garnish with strips of anchovy fillets arranged in a criss-cross pattern, the tarragon leaves and olives, and anchovy butter, which may be piped into shell shapes.

Estouffade of beef

Dice and blanch 300 g (11 oz, 15 slices) lean bacon. Brown the bacon in butter in a flameproof casserole, drain and set aside. Cut 1.5 kg (3¼ lb) beef – half chuck steak, half rib – into cubes of about 100 g (4 oz) and brown in the same pan. Cut 3 onions into quarters, add them to the beef and brown. Season with salt, pepper, thyme, a bay leaf and a crushed garlic clove. Then stir in 2 tablespoons flour and add 1 litre (1¾ pints, 4⅓ cups) red wine with an equal quantity of stock. Add a bouquet garni and bring to the boil. Cover and cook in a preheated oven at 160°C (325°F, gas 3) for 2½–3 hours.

Drain the ragoût in a sieve placed over an earthenware dish. Place the pieces of beef and the strips of bacon in a pan and add 300 g (11 oz, 3½ cups) sautéed sliced mushrooms. Skim the fat from the cooking liquid, strain and reduce. Pour it over the meat and mushrooms and simmer gently, covered, for about 25 minutes. Serve in a deep dish.

Faux-filet braised à la bourgeoise

The faux-filet is also known as *contre-filet*. Part of the beef sirloin located on either side of the backbone above the loins. It is fattier and less tender than the fillet but has more flavour; when boned and trimmed, it can be roasted or braised. Unlike fillet, it is not essential to bard the meat, unless it is to be braised. Slices of faux-filet can be grilled (broiled) or fried.

Marinate some lardons of bacon in brandy for about 30 minutes. Season with salt, pepper and ground allspice. Insert the lardons into the faux-filet (tenderloin). Season and marinate the meat for 12 hours in red or white wine

flavoured with thyme, bay leaf, chopped parsley and 1 crushed garlic clove. Drain the meat and brown it in either butter or oil. Fry 2 large sliced onions and 2 large diced carrots in butter, and brown a few crushed veal bones in the oven. Place the vegetables in the bottom of a braising pan and lay the faux-filet on top. Add the browned bones, 1 or 2 blanched boned calves' feet, the marinade, 2–3 tablespoons tomato purée (paste) and enough stock just to cover the meat. Then add a bouquet garni and season with salt and pepper. Cover, bring to the boil on the hob (stove top) and then transfer to a preheated oven at 150°C (300°F, gas 2) for about 2½ hours. Add some wedges of carrot and continue cooking for another hour. Prepare some small glazed onions. When the meat is cooked, drain it, and keep it warm in a deep dish. Skim the fat off the cooking liquid, boil to reduce and add a knob of softened butter. Dice the meat from the calves' feet and arrange it around the meat together with the carrots and small onions. Coat with the cooking liquid.

Filets mignons of beef en chevreuil

Prepare an *en chevreuil* marinade. Cut the filets mignons into triangles, flatten them slightly and lard with fat bacon. Marinate them for between 36 hours (in summer) and 3 days (in winter), turning them frequently in the marinade. Drain, wipe and sauté briskly in oil or clarified butter. They may be served with a purée (of celeriac, lentils, chestnuts or onions) and a sauce (for example chasseur, hongroise, poivrade or romaine).

Fillet of beef à la Frascati

Prepare a demi-glace sauce flavoured with port. Sauté some very large mushrooms in butter or bake them in the oven. Cook some very short green asparagus tips in butter and quickly sauté some small slices of foie gras (preferably duck) in butter. Keep all these ingredients hot. Roast a fillet of beef

and place it on a serving dish. Fill two-thirds of the mushroom caps with the asparagus tips and the remainder with a salpicon of truffles braised in Madeira. Arrange the mushrooms and the slices of foie gras around the meat. Pour the demi-glace over the top.

Fillet of beef à la matignon

Stud a fillet of beef with strips of pickled ox (beef) tongue and truffle (optional). Cover with a matignon mixture and wrap in very thin slices of bacon. Secure with string. Put into a braising pan and add enough Maderia to cover one-third of it. Cover and braise in a preheated oven at 160°C (325°F, gas 3) until the meat is tender. Drain the fillet and remove the bacon and matignon. Skim the fat from the cooking liquid, strain it, pour a few tablespoons over the fillet, and put it into the oven to glaze. Serve surrounded with a matignon garnish and a little of the sauce. Serve the remainder of the sauce separately.

Fillet of beef à la périgourdine

Trim the fillet of beef, stud it with truffles, cover it with bacon rashers (slices), tie it with string and braise in Madeira-flavoured stock. Drain, remove the bacon, glaze in the oven and arrange it on the serving dish. Surround it with small slices of foie gras that have been studded with truffles and sautéed in clarified butter. Reduce the stock by half, strain it and pour it over the fillet.

Fillet of beef en brioche

Prepare some brioche dough without sugar, using 500 g (1 lb 2 oz, 4½ cups) plain (all-purpose) flour, 20 g (¾ oz) fresh yeast (1½ cakes compressed yeast), 100 ml (4 fl oz, 7 tablespoons) water, 2 teaspoons salt, 6 medium-sized eggs, and 250 g (9 oz, 1 cup) butter. Melt 25 g (1 oz, 2 tablespoons) butter and

3 tablespoons oil in a pan and lightly brown a piece of fillet of beef weighing about 1.5 kg (3¼ lb), tied with string to maintain its shape. Then place the pan, uncovered, in a preheated oven at 240°C (475°F, gas 9) and cook for 10 minutes, basting the meat 2 or 3 times. Drain it, season with salt and pepper and leave to cool completely.

Lower the temperature of the oven to about 220°C (425°F, gas 7). Roll out the brioche dough into a fairly large rectangle. Remove the string from the beef and place it in the centre of the dough lengthways. Brush the meat with beaten egg and fold one of the sides of the dough over it. Brush the other side of the rectangle with beaten egg and wrap the fillet completely in the dough, tucking in the edges. Trim and cut both ends of the dough just beyond the meat and seal the edges with beaten egg. Brush the top with beaten egg. Garnish the top with the remaining pieces of dough. Brush with beaten egg. Place on a floured baking sheet and bake in a preheated oven at 220°C (425°F, gas 7) for about 30 minutes. Fillet of beef *en brioche* is traditionally served with a Périgueux sauce.

Fillet of beef Prince Albert

Marinate a raw goose foie gras studded with truffle in a little Cognac with salt and pepper for 24 hours in a cool place. Lard a piece of beef cut from the middle of the fillet with fine strips of bacon. Slice the meat along its length without separating the 2 halves completely. Drain the foie gras, place it in the meat and tie together firmly to keep the liver in place. Fry the meat in butter in a braising pan over a brisk heat until it is well browned on all sides, then cover it with a layer of matignon mixture, wrap in very thin rashers (slices) of bacon and secure with string.

Prepare a braising stock with a calf's foot and aromatic herbs, adding the liver marinade; pour into the braising pan and add the beef. Pour on a little

port, cover, bring to the boil, then transfer to a preheated oven at 200°C (400°F, gas 6) and cook for 1 hour. Untie the fillet, remove the bacon and the matignon mixture, but leave the string holding the foie gras in place. Strain the braising stock, pour some over the meat and glaze quickly in a very hot oven. Untie the meat, place it on a serving dish and garnish with whole truffles, stewed in butter or poached in Madeira. Serve the braising stock, skimmed of fat and strained, in a sauceboat.

Flank with shallots

Flank steaks come from the abdominal muscles of beef, which form a second-category joint. Thick flank steaks cut on the perpendicular from the internal muscles are lean, tasty, coarse-grained and slightly tough (they must therefore be hung); they are eaten grilled (broiled) or sautéed. Thin flank is similar but slightly tougher. Cuts taken from the two external muscles give fibrous, rather tough meat, suitable for broths and stews.

Chop some shallots, allowing 1 level tablespoon chopped shallots for each steak. Fry the flank steaks quickly in butter, add the chopped shallots to the frying pan (skillet) and brown. Season with salt and pepper. Remove the steaks and deglaze the meat juices with vinegar (1 tablespoon per steak) and a little stock, then reduce. Pour the shallots and juice over the steaks.

Fried entrecôte

Season the steak with salt and pepper. Melt some butter in a frying pan. When it bubbles, add the steak and brown both sides over a high heat. Then drain, arrange on the serving dish, and garnish with a knob of butter (plain butter, maître d'hôtel butter or *marchand de vin* butter). Alternatively, serve with a red wine sauce or sprinkle with the cooking butter plus a few drops of lemon juice and some chopped parsley.

Fried entrecôte à la bourguignonne

Fry a 400–500 g (14–18 oz) steak in butter, drain and keep hot on the serving dish. Pour 100 ml (4 fl oz, 7 tablespoons) each of red wine and demi-glace into the frying pan and heat until reduced, then coat the steak with this sauce.

The demi-glace can be replaced by the same amount of well-reduced consommé bound with 1 teaspoon beurre manié.

Fried entrecôte à la fermière

Prepare about 450 g (1 lb) vegetable fondue. Fry a 450 g (1 lb) steak in butter, place in a serving dish and keep hot. Surround with the vegetable fondue. Deglaze the pan with 100 ml (4 fl oz, 7 tablespoons) white wine and the same amount of beef consommé, reduce and bind with 1 teaspoon beurre manié. Pour this sauce over the steak.

Fried entrecôte à la hongroise

Season a 450 g (1 lb) steak, then fry it in butter. When it is three-quarters cooked, add 1 tablespoon chopped onion. Drain the steak, place it on a serving dish and keep hot. Finish cooking the onions, add a little paprika and adjust the seasoning. Deglaze the frying pan with 100 ml (4 fl oz, 7 tablespoons) white wine and the same amount of velouté. Reheat and pour over the steak. Serve with boiled potatoes.

Fried entrecôte à la lyonnaise

Thinly slice 2 large onions and fry them gently in butter. Fry a 450 g (1 lb) steak in butter; when it is three-quarters cooked, add the fried onions to the pan. When cooked, drain the steak and onion, place in a serving dish and keep hot. Deglaze the frying pan with 2 tablespoons vinegar and 100 ml (4 fl oz, 7 tablespoons) demi-glace. Reduce, stir in 1 tablespoon chopped parsley and

pour over the steak. (If you wish, the demi-glace can be replaced with reduced consommé bound with 1 teaspoon beurre manié.)

Fried entrecôte with mushrooms

Fry a 450 g (1 lb) steak in butter. When three-quarters cooked, add 8–10 mushroom caps to the frying pan. Place the steak in a serving dish and keep hot. Finish cooking the mushrooms, then arrange them around the steak. Deglaze the frying pan with 100 ml (4 fl oz, 7 tablespoons) each of white wine and demi-glace, and reduce. Sieve, add 1 tablespoon fresh butter, stir and pour the sauce over the steak.

Instead of demi-glace, the same quantity of well-reduced consommé bound with 1 teaspoon beurre manié can be used.

Fried fillet steaks

Cut the fillet into thick 125–150 g (4–5 oz) steaks. Slightly flatten the steaks, then seal in very hot butter. Season with salt and pepper. Remove the steaks and keep them hot. Make a sauce with the pan juices mixed with a little Madeira; reduce and coat the steaks.

Fried onglet with shallots

The onglet is a French cut of beef consisting of two small muscles joined by an elastic membrane (the supporting muscles of the diaphragm). The butcher splits it open, trims it and removes all the skin and membrane. Onglet must be well hung; the meat is then tender and juicy. In the past it was not a popular cut, but it is now generally accepted that it makes a prime steak. Whether fried or grilled (broiled), it should be eaten rare, otherwise it becomes tough.

Make shallow criss-cross incisions on both sides of the meat. Peel and

chop 3–4 shallots. Heat about 25 g (1 oz, 2 tablespoons) butter in a frying pan; when it is very hot, put in the meat and brown it quickly on both sides. Season with salt and pepper, drain it and keep it hot. Cook the shallots in the frying pan until golden. Add 2–3 tablespoons vinegar to the pan and reduce the liquid by half. Pour this gravy over the meat.

Grilled beef fillet steaks

Cut the trimmed fillet into thick steaks, each weighing 125–150 g (4–5 oz). Slightly flatten each steak with a meat mallet, sprinkle with pepper, brush with oil and season with herbes de Provence (or mixed dried herbs). Cook the steak under a hot grill (broiler) or over glowing embers, so that the outside is sealed while the inside remains pink or rare. Top each steak with a pat of maître d'hôtel butter.

Grilled Chateaubriand

Brush the chateaubriand with oil, sprinkle with pepper and cook under a grill (broiler) under a brisk heat. Sprinkle with salt and serve very hot. A very hot grill is perfect for cooking chateaubriand to a turn, so that it is sealed on the outside and underdone inside.

Grilled entrecôte

Lightly brush the steak with oil or melted butter, season with salt and pepper and cook over very hot wood charcoal or grill (broil) in a vertical grill, under the grill (broiler) of the cooker (stove), or over an iron grill. The surface of the steak must be sealed so that the juices will not escape. (Some cooks advise against seasoning with salt before cooking because this draws out the blood.) Serve with château potatoes, bunches of cress and béarnaise sauce (separately), if liked.

Grilled entrecôte à la bordelaise

In the authentic recipe, the steak is simply grilled (broiled) over vine-shoot embers, seasoned, then served with a knob of butter. However, in certain gastronomic circles, the steak is grilled, garnished with slices of beef bone marrow poached for a few minutes in stock and sprinkled with chopped parsley. It is served with bordelaise sauce.

Grilled filets mignons

Slightly flatten some filets mignons of beef, each weighing about 125–150 g (4–5 oz). Season with salt and pepper, dip in melted butter and coat with fresh breadcrumbs. Moisten them with clarified butter and cook under a low grill (broiler). Serve with maître d'hôtel butter, Choron sauce, lemon butter or tarragon-flavoured tomato sauce mixed with white wine.

Grilled flank

Brush some flank steaks with oil, sprinkle with chopped thyme and parsley and grill (broil) quickly for 7–8 minutes then season with salt and pepper.

Grilled onglet

Onglet is a French cut of beef made up of two small muscles connected by an elastic membrane (the supporting muscles of the diaphragm). It is split open by the butcher who removes all the skin and membrane. This is a cut which must be well hung; the meat is then tender and juicy. In the past, it was not popular, but it is now regarded as a prime steak. Whether fried or grilled (broiled), onglet should be eaten rare, otherwise it becomes tough.

Make shallow criss-cross incisions on both sides of the meat and rub it with a little oil and pepper. Cook under a very hot grill (broiler), seasoning with salt halfway through cooking, and serve rare.

Hachis Parmentier

Dice or coarsely chop 500 g (18 oz, 4½ cups) boiled or braised beef. Melt 25 g (1 oz, 2 tablespoons) butter in a shallow frying pan and cook 3 chopped onions in it until they are golden. Sprinkle with 1 tablespoon flour, cook until lightly brown, and then moisten with 200 ml (7 fl oz, ¾ cup) beef stock (or braising stock with water added to it). Cook for about 15 minutes, leave to cool, then add the beef and mix well. Place the beef and onions in a buttered gratin dish, cover with a layer of potato purée, sprinkle with breadcrumbs and moisten with melted butter. Brown in a preheated oven at 230°C (450°C, gas 8) for about 15 minutes.

Although it is not traditional, a small cup of very reduced tomato sauce can be added to the chopped meat and a little grated cheese may be mixed with the breadcrumbs.

Hamburgers

Mix 400 g (14 oz) best-quality minced (ground) beef with 50 g (2 oz, ⅓ cup) chopped onion, 2 beaten eggs, salt, pepper and 1 tablespoon chopped parsley if liked. Shape the mixture into 4 thick flat round patties, and fry in very hot clarified butter or grill (broil). They are cooked when droplets of blood appear on the surface. Fry 100 g (4 oz, ⅔ cup) chopped onion in the same butter to garnish the hamburgers. Serve very hot in a round bun.

Hungarian goulash

Peel 250 g (9 oz) onions and slice them into rings. Cut 1.5 kg (3¼ lb) braising steak (chuck beef) into pieces of about 75 g (3 oz). Melt 100 g (4 oz, ½ cup) lard in a casserole. When it is hot, put in the meat and onions and brown them. Add 500 g (18 oz) tomatoes, peeled, seeded and cut into quarters, then 1 crushed garlic clove, a bouquet garni, salt, pepper and finally 1 tablespoon

mild Hungarian paprika. Add enough stock to cover the meat, bring to the boil, then reduce the heat, cover and cook very gently for 2 hours. Add 600 ml (1 pint, 2½ cups) boiling water and 800 g (1¾ lb) potatoes, peeled and cut into quarters. Again bring to the boil and continue boiling until the potatoes are cooked. Adjust the seasoning. Serve very hot.

Jellied beef aiguillettes

Aiguillette is the French name for a long narrow fillet, taken from either side of the breastbone of poultry (mainly duck) and game birds. This separates easily from the underside of the breast meat and is a popular chef's item for small dishes. An aiguillette can also be a thin strip of any meat. In France the tip of a rump of beef is called *aiguillette baronne*.

Put 1 calf's foot and some veal bones into a saucepan, cover with cold water and bring slowly to the boil. Drain, then cool and wipe dry. Slice 575 g (1¼ lb) new carrots and 1 large onion, quarter 2 tomatoes and peel 2 small garlic cloves.

Heat 2 tablespoons oil in a flameproof casserole and brown 1.25 kg (2¾ lb) slivers of beef aiguillettes which, if possible, have been larded by the butcher. Add the sliced carrot and onion, the calf's foot and the veal bones; continue to cook until the onions are coloured. Remove any excess oil with a small ladle, then add the tomato quarters, a bouquet garni, a small piece of orange zest, a pinch of salt, pepper (a few turns of the pepper mill), a dash of cayenne pepper, 250 ml (8 fl oz, 1 cup) dry white wine and 500 ml (17 fl oz, 2 cups) water. Cover and slowly bring to the boil, then place the casserole in a preheated oven at 180°C (350°F, gas 4). Cook for about 2½ hours or until the meat is tender, stirring the meat from time to time.

In a large uncovered pan, simmer 30 small peeled button onions with 25 g (1 oz, 2 tablespoons) butter, 2 teaspoons caster (superfine) sugar, a pinch of

salt and just enough water to cover them. Cook until the onions are tender and the liquid has evaporated. Toss the onions in the caramel which has formed. Drain the aiguillettes (reserving the cooking liquid) and arrange them in a deep dish or terrine with the sliced carrots and the small onions. Set aside until cold, then refrigerate.

Remove the bones from the calf's foot and cut the flesh into cubes. Strain the cooking liquid back into a saucepan, add the calf's foot cubes and boil for about 10 minutes, then strain. Dissolve 15 g (½ oz, 2 envelopes) powdered gelatine in the minimum of water, then add the strained cooking liquid and 100 ml (4 fl oz, ½ cup) Madeira; check seasoning, then leave to cool until syrupy. Coat the aiguillettes with the setting liquid, then refrigerate until set and ready to serve.

Kromeskies à la bonne femme

A kromesky is a type of rissole or fritter, often served as a hot hors d'oeuvre and originating in Poland, but also traditional in Russia. It is made by binding the ingredients in a thick sauce and using as a filling for thin pancakes. The filled pancakes are coated in breadcrumbs and fried. Alternatively the mixture may be coated in batter or breadcrumbs.

Boil 500 g (18 oz) beef and retain the cooking stock. Soften 2 tablespoons chopped onion in 15 g (½ oz, 1 tablespoon) butter or lard and add 1 tablespoon flour. Brown lightly and then add 200 ml (7 fl oz, ¾ cup) very reduced beef stock. Stir well, then cook over a very gentle heat for about 15 minutes. Dice the beef very finely and mix it with the sauce. Reheat and then cool completely. Divide the mixture into portions weighing about 65 g (2½ oz), shaping them into cork shapes. Roll them in flour, dip them in batter and fry in very hot fat.

The beef may be replaced by pieces of cooked chicken or game.

Oven-roast rib of beef

Place the rib in a roasting tin (pan), brush with butter or dripping, and roast uncovered in a preheated oven at 240°C (450°F, gas 9) for 15–18 minutes per 450 g (1 lb) plus 15 minutes. To ensure that it is cooked through completely, treat as for spit-roast rib of beef.

To ensure the meat is cooked through, remove from the spit just before completely cooked, wrap in foil and leave in a hot oven that has been turned off or in a very low oven for 30 minutes.

Paleron ménagère

Cut 1 kg (2¼ lb) chuck steak into large dice and season with salt and pepper. Brown in hot oil in a saucepan for 5 minutes. Then pour off the oil, add a large, finely diced onion and cook until brown. Sprinkle with 1 tablespoon flour, stirring well to coat the meat and the onion, then moisten with 500 ml (17 fl oz, 2 cups) dry white wine. Add 2 whole tomatoes, 2 chopped garlic cloves and a bouquet garni. Cover with a mixture of half water and half stock, add 1 tablespoon coarse salt and cook gently with the lid on for 1 hour, stirring from time to time. Add 400 g (14 oz, 3 cups) carrots and 200 g (7 oz, 1½ cups) turnips cut into small sticks. Leave to simmer for 10 minutes. Finally add 20 button (pearl) onions, which have been cooked in salted water, and adjust the seasoning. Sprinkle with roughly chopped parsley and serve.

Pâté en croûte 'pavé du roy'

Cut 300 g (11 oz) lean fillet of veal and 300 g (11 oz) lean fillet of pork into small cubes and marinate for 12 hours in 175 ml (6 fl oz, ¾ cup) white wine and 175 ml (6 fl oz, ¾ cup) Cognac, salt, pepper and a pinch of allspice. Mince (grind) 500 g (18 oz) lean boneless pork and season. Add 100 g (4 oz, ¾ cup) foie gras to the marinated meat.

Make an extra-rich butter pastry with 500 g (18 oz, 4½ cups) plain (all-purpose) flour, 300 g (11 oz, 1⅓ cups) butter and 2 eggs and use to line a pâté mould, reserving enough for the lid. Cover the bottom with bacon and add half the meat mixture. Cover with a thin layer of bacon and use the remaining pastry for the lid. Make two holes in the lid and brush with beaten egg.

Cook in a preheated oven at 220°C (425°F, gas 7) for 15 minutes, then reduce the temperature to 180°C (350°F, gas 4) and continue to bake for 1¼ hours. If necessary, cover the top of the pâté en croûte loosely with foil to prevent the crust from becoming too brown. Leave to cool and pour some cold aspic jelly through the holes in the lid to top up the filling. Place in the refrigerator for 12 hours.

Paupiettes of beef à la hongroise

Flatten some thin slices of beef fillet, sirloin or chuck steak, season with salt and pepper, and spread with veal forcemeat mixed with chopped onion fried in butter, then wrap in thin slices of bacon, place in a pan on a bed of more fried onion and season with salt and paprika. Cover the pan and simmer for 10 minutes. Moisten with dry white wine, allowing 200 ml (7 fl oz, ¾ cup) for 10 paupiettes. Boil down, then add about 400 ml (14 fl oz, 1¾ cups) light velouté sauce. Put a bouquet garni in the middle of the dish. Bring to the boil, cover the pan and cook in a preheated oven at 220°C (425°F, gas 7) for 25 minutes, basting frequently.

When the paupiettes are nearly ready, drain them, remove the barding, put back into the pan and add 20 small mushrooms lightly tossed in butter. Add some double (heavy) cream to the sauce, boil down a little, strain and pour over the paupiettes. Cook until they are done.

Serve on croûtes fried in butter, covering them with the sauce and mushrooms.

Paupiettes of beef Sainte-Menehould

Flatten some thin slices of beef fillet, sirloin or chuck steak, season with salt and pepper, and spread with a layer of well-seasoned sausagemeat. Roll them up, wrap in thin rashers (slices) of fat bacon and tie with string. Braise the paupiettes in white wine or Madeira, drain them, untie the string, remove the bacon and arrange them on a heated dish. Coat with the cooking juices (reduced and strained).

All the accompaniments for small cuts of braised meat are suitable for these paupiettes: noisette potatoes, braised vegetables, vegetable purée, stuffed artichoke hearts, risotto, rice pilaf. Some garnishes (bourgeoise or chipolata) can be added to the casserole halfway through the braising time.

When three-quarters cooked, remove from the heat and leave to cool in their strained cooking juices, then drain, pat dry and spread with French mustard mixed with a little cayenne. Moisten with melted butter, roll in fresh breadcrumbs and gently grill (broil) them. Arrange the paupiettes on a serving dish garnished with watercress. Reheat the cooking juices and serve, strained, in a sauceboat.

Petite marmite à la parisienne

Pour 2.5 litres (4½ pints, 11 cups) cold consommé into a pan. Add 500 g (18 oz) rump roast (standing rump) and 250 g (9 oz) short rib of beef. Bring to the boil and skim. Then add 100 g (4 oz, ¾ cup) chopped carrots, 75 g (3 oz, ⅔ cup) chopped turnips, 75 g (3 oz) leeks (white part only, cut into chunks), 2 baby (pearl) onions browned in a dry frying pan, 50 g (2 oz) celery hearts (cut into small pieces and blanched) and 100 g (4 oz) cabbage (blanched in salted water, cooled and rolled into tight balls). Simmer these ingredients for 3 hours, occasionally adding a little consommé to compensate for the evaporation.

Lightly brown 2 sets of chicken giblets in a preheated oven at 200°C (400°F, gas 6), add them to the pan and cook for a further 50 minutes. Finally, add a large marrow bone wrapped in muslin (cheesecloth) and simmer for another 10 minutes. Skim off the surplus fat, unwrap the marrow bone and replace it in the pan. Serve the soup hot with small slices from a long thin French loaf that have been crisped in the oven and sprinkled with a little fat from the stew. Spread some of the bread with bone marrow and season with freshly ground pepper.

Poached rump of beef

Lard the meat or not, as preferred. Tie the meat into a neat shape with string and cook in a large pan using the same method as for a pot-au-feu and the same vegetables. Bring to the boil, skim and season. Simmer gently for 4–5 hours, but do not cover the pan completely. To serve, drain and untie the meat and place it on a large serving dish with the garnish. Serve with the strained cooking liquor, grated horseradish and coarse salt. Cooked in this way, rump provides both a soup and a main course. To provide additional flavour to the soup, add small pieces of fleshy beef bones to the liquid.

Pot-au-feu

Place 800 g (1¾ lb) flank (flank or short plate) in a large stockpot and pour in 3 litres (5 pints, 13 cups) cold water. Heat until just simmering, then skim the water, cover and continue to simmer for 1 hour. Stud 1 onion with 4 cloves and add it to the pan with 4 coarsely crushed or chopped garlic cloves, a bouquet garni, 1 teaspoon salt and pepper. Add 800 g (1¾ lb) each of sirloin and chuck steak. Bring back to simmering point, skim the soup, then cover and simmer gently for 2 hours.

Cut 6 carrots, 6 turnips and 3 parsnips into large even-sized pieces,

turning them into neat ovals if liked. Cut the white parts of 3 leeks and 3 celery sticks into similar lengths. When the pot-au-feu has cooked for 3 hours, add the celery and leeks, then simmer for 10 minutes before adding the carrots, turnips and parsnips. Continue to cook for a further 1 hour.

Towards the end of the cooking time, poach 4 sections of marrow bone in lightly salted water for 20 minutes. Drain the meats and vegetables, and place on a large serving platter. Drain the marrow bone and add to the platter. Skim the fat off the broth and spoon a little over the meat and vegetables. Serve at once, with coarse salt, gherkins, mustard and toasted French bread on which to spread the marrow.

Pressed beef

Take 3 kg (6½ lb) lightly larded brisket. Prick with a large larding needle and soak the meat in brine for 8–10 days (brine penetrates the meat more quickly in summer). The meat must be completely submerged and it is advisable to use a weighted board to achieve this. Just before cooking, wash the meat in cold water. If more than one mould is used, then cut the meat into pieces to fit them. Cook in water until tender with some carrots, cut into pieces. Place the meat in square moulds, each covered with a weighted board. When the meat is quite cold, turn it out of the moulds and coat with several layers of meat aspic, coloured reddish brown by adding caramel and red food colouring. This provides the meat with a strong protective coating that retards deterioration. To serve, cut into very thin slices and garnish with fresh parsley.

Roast faux-filet

Also known as *contre-filet*, this cut is part of the beef sirloin located on either side of the backbone above the loins. It is fattier and less tender than the fillet but has more flavour; when boned and trimmed, it can be roasted or braised.

Bone and trim the meat. Bard it on top and underneath, shape into a square and tie. Cook in a preheated oven at 240°C (475°F, gas 9) so that the outside is sealed but the inside remains pink or rare, allowing 10 minutes per 450 g (1 lb). The meat can be untied and debarded to brown the outside thoroughly 5 minutes before the end of the cooking time. Season with salt and pepper.

Roast fillet of beef

Trim the fillet, bard it top and bottom (or brush with melted butter) and tie with string. Cook it in a preheated oven at 240°C (475°F, gas 9), allowing 10–12 minutes per 450 g (1 lb) and basting it several times with the meat juices, to which a very small amount of water has been added. Drain the meat, remove the barding strips and keep it hot on a serving dish. Make a sauce with the pan juices mixed with stock or reduced veal gravy. Reduce and serve.

Roast rib of beef à la bouquetière

A *bouquetière* is a French garnish composed of vegetables that are arranged in bouquets of different colours around large meat roasts, fried chicken or tournedos (filet mignon) steaks.

Season a thick (two-bone) slice of rib of beef with salt and pepper, brush with melted butter. Roast in a preheated oven at 240°C (475°F, gas 9) for about 16–18 minutes per 1 kg (2½ lb) or until cooked as required.

To prepare the garnish, cook some small carrots, pod-shaped pieces of turnip, small green (French) beans, artichoke hearts and small cauliflower florets in salted water. Drain the vegetables and warm them in clarified butter. Cook some peas and use them to stuff the artichoke hearts. Fry some small new potatoes in butter.

Drain the fat from the meat juices and place the meat on a serving dish

surrounded by the vegetables arranged in bouquets. Deglaze the dish in which the meat was cooked with a mixture of Madeira and stock. Reduce and pour the meat juices over the rib of beef.

Roast sirloin

This very large joint is not normally cooked in one piece except by professional chefs. They trim off the top a little to give the joint a more regular shape, then cut the ligament that runs along the chine into regular sections and remove part of the fat that surrounds the fillet. The joint is then seasoned with salt and pepper and generally roasted in the oven or on a spit – allowing 10–12 minutes per 1 kg (5–6 minutes per 1 lb); it should be pink on the inside. It is served surrounded with sprigs of watercress or with a bouquetière or printanière garnish.

Salt (corned) beef

This method is mostly used for preparing brisket, but may also be used for flank and chuck. The meat is soaked in brine for 6–8 days in summer and 8–10 days in winter. It is then rinsed to desalt, and cooked in water for 30 minutes per 1 kg (2¼ lb). Salt beef is served hot with vegetables that are traditionally associated with it, such as braised red or green cabbage and sauerkraut. It is also used for pot roasting.

Sautéed Chateaubriand

Sauté the chateaubriand briskly in butter: the outside must be sealed, the inside underdone. Use the butter in which the steak was cooked to make a chasseur sauce and coat the steaks, or keep the meat hot and surround it with boiled vegetables mixed with the butter. Alternatively, remove the cooking butter and serve with a pat of maître d'hôtel or marchand de vin butter.

Sautéed filet mignons

Slightly flatten some filets mignons of beef, season with salt and pepper and sauté them quickly in very hot clarified butter. Garnish as for tournedos.

Sautéed or grilled tournedos

Sauté the tournedos very rapidly in butter, oil or a mixture of both, so that the interior remains pink. They can also be grilled (broiled). Depending on the choice of garnish, or to prevent the garnish from masking the tournedos, the steaks are sometimes arranged on fried or grilled croûtons, potato cakes, artichoke hearts or rice. The following are a few suggestions for garnishes and sauces.

- *à la béarnaise* Grill and garnish with château potatoes; serve béarnaise sauce separately.
- *à la d'abrantès* Season with paprika, sauté in oil, then arrange on a grilled slice of aubergine (eggplant); add to the cooking juices some lightly fried onion, a salpicon of sweet (bell) pepper and tomato sauce.
- *à la périgourdine* Sauté in butter; place on a fried croûton; garnish with slices of truffle tossed in butter; pour over a sauce made from the pan juices mixed with Madeira.
- *archiduc* Sauté in butter and arrange on a potato cake; garnish with croquettes of calves' brains and slivers of truffle; cover with the pan juices deglazed with a little sherry, diluted with crème fraîche and veal stock, and flavoured with paprika.
- *Clamart* Sauté in butter and garnish with artichoke hearts filled with peas or fresh pea purée; pour over a sauce made from the pan juices mixed with white wine and veal stock.
- *Saint-Germain* Sauté in butter, place on a fried croûton and garnish with thick pea purée.

- *with anchovies* Sauté in butter and arrange on a slice of fried bread; pour over a sauce made from the pan juices mixed with thickened veal stock, white wine and a little anchovy butter; garnish with half fillets of anchovies in oil, placed in a crisscross pattern on the tournedos.
- *with mushrooms* Sauté in butter; pour over a sauce made from the pan juices mixed with thickened veal stock and Madeira; garnish with mushrooms sautéed in butter.

Sirloin à la d'Albufera

Aloyau à la d'Albufera (from Carême's recipe) Braise a sirloin joint. Make some tortue sauce, add a little butter and some of the beef juice, then stir in a plateful of sliced and sautéed calves' sweetbreads, a plateful of sliced pickled ox (beef) tongue and some mushrooms. Spoon some of this ragoût round the beef and then cook to reheat. Garnish the dish with slices of young rabbit fillet *à la d'Orly* (egged, crumbed and deep-fried) and 10 skewers laid on the beef, each assembled as follows: first a fine double cockscomb, a slice of young rabbit *à la d'Orly*, a cockscomb, a large glazed truffle, a cockscomb, and finally a glazed black truffle. Serve more ragoût in two sauceboats.

Sliced meat à l'italienne

Prepare some Italian sauce and keep it very hot. Cut thin slices of boiled or braised beef, mutton or veal. Pour some of the sauce into a flameproof dish and put the meat on top. Cover with the remaining sauce and sprinkle with grated Parmesan cheese. Reheat on the stove without letting the sauce boil.

Soupe albigeoise

Fill a large flameproof casserole with salted water and boil some beef flank (flank steak), calf's foot, salt pork and cooking sausage, together with

vegetables such as cabbage, carrots, turnips, leeks and potatoes. Add 1 whole head of garlic per 6 servings. Brown some thin slices of goose confit in butter and garnish the soup with them.

Spit-roasted fillet of beef

Trim the fillet, put it on the spit, season with salt and pepper and coat with melted butter. Roast, allowing about 10–12 minutes per 450 g (1 lb). Remove from the spit and leave the meat to rest for a few minutes. Cut it into even slices and serve with the reserved meat juices.

Spit-roast rib of beef

Trim the boned rib and tie firmly to hold in shape, covering the exposed meat with thin rashers (slices) of fat bacon. Pierce evenly on to a spit and brush with butter or oil. Cook rapidly at first and then at a moderate heat, allowing 15–18 minutes per 1 kg (2¼ lb). Remove from the spit, untie, trim, season with salt and serve with the desired garnish. To ensure the meat is cooked through, remove from the spit just before it is completely cooked, wrap in foil and leave in a hot oven that has been turned off or in a very low oven for about 30 minutes.

Steak and kidney pie

Make some puff pastry, using 225 g (8 oz, 2 cups) plain (all-purpose) flour and 225 g (8 oz, 1 cup) butter. (Traditionally, steak and kidney pie can also be made with flaky or shortcrust pastry.)

Cut 675 g (1½ lb) stewing steak into cubes. Clean an ox (beef) kidney and cut it into small pieces. Season 25 g (1 oz, ¼ cup) plain flour with salt and pepper to taste and coat the steak and kidney with the mixture. Finely chop 1 onion. Melt 50 g (2 oz, ¼ cup) butter in a saucepan, add the meats and

onion and fry until golden. Stir in 600 ml (1 pint, 2½ cups) beef stock. Continue to stir until the mixture boils and thickens, then cover the pan, reduce the heat and simmer for 1½ hours, until the meat is almost tender.

Spoon the mixture into a 1.15 litre (2 pint, 5 cup) pie dish, reserving excess liquid for gravy. Wet the rim of the pie dish and put a strip of pastry around it; brush with water, then cover the dish with pastry. Trim, knock up and flute the edges with the back of a knife and brush with beaten egg. Make a small hole in the centre of the pie crust to allow steam to escape, and bake in a preheated oven at 190°C (375°F, gas 5) for about 45 minutes. Cover the pastry with foil if overbrowning. Serve piping hot in the pie dish.

Steak à cheval

Season a steak with salt and pepper and sauté in butter. Arrange it on a plate, place a fried egg on top and sprinkle with the cooking butter.

Steak au poivre

Generously sprinkle a thick steak (preferably rump steak) with coarsely ground black pepper. Seal the steak in hot clarified butter or oil in a sauté pan; when half-cooked, season with salt. When it has finished cooking, remove from the pan and keep hot. Skim the fat from the sauté pan and dilute the cooking juices with white wine and brandy. Boil down a little, then add 2 tablespoons demi-glace sauce or thick veal stock. Reduce further until the sauce becomes thick and glossy. Finish off with fresh butter and adjust the seasoning with salt.

Serve the steak coated with the sauce. Some cooks flame the steak with Cognac, Armagnac, whisky or liqueur brandy, and it is standard practice to finish the sauce with cream. It has also become common practice to prepare this dish using whole green peppercorns.

Steak Dumas

Poach 12 rounds of beef marrow in some court-bouillon. Sauté 4 sirloin steaks in butter in a frying pan, season with salt and pepper and garnish with the marrow slices; remove from the frying pan and keep warm. Add 100 ml (4 fl oz, 7 tablespoons) dry white wine and 2 tablespoons chopped shallots to the frying pan and reduce by three-quarters. Add 100 ml (4 fl oz, 7 tablespoons) stock and bring to the boil. Stir in 100 g (4 oz, ½ cup) butter and season with salt and pepper. Coat the steaks with the sauce and sprinkle with chopped parsley.

Steak tartare

Mince (grind) 150–200 g (5–7 oz) lean beef (rump steak, sirloin or top rump). Season with salt and pepper, a little cayenne and a few drops of Worcestershire sauce or Tabasco. Shape the meat into a ball, place it on a plate, hollow out the centre and put a raw egg yolk in the hollow. Around the meat arrange 1 tablespoon each of chopped onion, chopped parsley and chopped shallots and 1 teaspoon drained capers. Serve with tomato ketchup, olive oil and Worcestershire sauce.

Steak with oysters

Open 8 oysters. Slice through a piece of beef fillet (sirloin) weighing about 300 g (11 oz), without separating the 2 halves. Flatten it slightly, season with salt and pepper, brush the inside surfaces with a mild mustard and then sear it rapidly in a mixture of equal quantities of oil and butter. Flame it with brandy and keep hot. In another pan put the strained water from 4 oysters, 1 chopped garlic clove, 1 finely chopped shallot, a knob of butter, 3 tablespoons double (heavy) cream and 1 teaspoon brandy. Add pepper and reduce. Slip the oysters into the steak, press it closed and secure it with 1 or

2 cocktail sticks (toothpicks). In a small saucepan put the juices which have run from the meat, the reduced sauce, a few drops of Worcestershire sauce, pepper and 1 tablespoon brandy; reduce once more. To serve, cover the steak with this sauce, arrange the last 4 oysters on top of the meat and sprinkle with chopped parsley.

Sukiyaki

Before proceeding with the cooking, which is done in the course of the meal, prepare the ingredients: 450 g (1 lb) lean beef (fillet or sirloin), cut into very fine strips; 250 g (9 oz) shirataki (vermicelli made with starch), dipped in boiling water and drained (this may be replaced by fresh small noodles); 100 g (4 oz, 1⅓ cups) thinly sliced mushrooms; 150 g (5 oz, 1 cup) canned bamboo shoots, drained and finely sliced; 4 large leeks, thinly sliced; 150 g (5 oz, ¾ cup) bean curd cut into small dice; 100 g (4 oz, 1½ cups) blanched shredded Chinese cabbage; and a few coarsely-shredded spinach leaves.

Heat a large heavy-based pan on a table hotplate, over a brisk flame, and grease it lightly with a piece of beef fat, which should be removed before cooking begins. Place one-third of the strips of meat in the pan, heat them through, then add 60 ml (2 fl oz, ¼ cup) soy sauce and 2 tablespoons sugar; turn over the meat, cook for 1–2 minutes, then push towards the edge of the pan. Next, add one-third of the vegetables, together with some shirataki and bean curd, and sprinkle with 60 ml (2 fl oz, ¼ cup) sake; leave to cook for 4–5 minutes. Distribute the vegetables and meat between the plates (the proportions given here are for four), and repeat the operation until all the ingredients have been used up.

Sukiyaki is eaten with chopsticks: each mouthful is dipped in raw beaten egg before being eaten; each guest breaks an egg into a small bowl for this purpose. Sukiyaki is served with plain boiled rice.

Tajine of beef with cardoons

Pour 60 ml (2 fl oz, ¼ cup) olive oil into a tajine and brown 1 kg (2¼ lb) cubed beef, 2 sliced onions, 2 chopped garlic cloves, ½ teaspoon cumin, ½ teaspoon ginger, 2 pinches saffron strands, ½ teaspoon grey pepper (mixed ground black and white peppers) and 1 teaspoon salt. Cover with water and simmer gently for 1 hour. Peel 1.5 kg (3¼ lb) cardoons, cut into strips, placing them in water and lemon juice to prevent discoloration. Add to the tajine and cook for 30 minutes, then add the juice of 1 lemon and cook for 10 minutes.

Tournedos (filet mignons) à la bordelaise

Poach some slices of bone marrow in salt water, drain and keep warm. Grill the steaks over very hot charcoal. Place a slice of bone marrow on each steak and sprinkle with chopped parsley. Serve with bordelaise sauce.

Tournedos à la portugaise

The term *à la portugaise* describes various dishes (eggs, fish, kidneys, small pieces of meat and poultry) in which tomatoes predominate.

Prepare very small stuffed tomatoes, for example filling them with a cooked forcemeat bound with breadcrumbs, and browning them with some château potatoes. Fry the steaks in a mixture of butter and oil, drain and keep warm. Deglaze the cooking juices with white wine and thick tomato sauce and thicken with a little beurre manié. Arrange the tournedos on the serving dish with the tomatoes and the potatoes. Serve the sauce separately.

Tournedos au lissé fermier

Cut off the base of the stalks of 800 g (1¾ lb) button mushrooms. Wash, sprinkle with lemon juice, slice thinly and brown gently in a frying pan with 50 g (2 oz, ¼ cup) butter. Set aside.

In another frying pan, melt 40 g (1½ oz, 3 tablespoons) butter with 2 tablespoons oil. As soon as it starts to boil, put in six 175 g (6 oz) tournedos and seal on both sides. Season with salt and pepper and cook for 5–8 minutes, according to the thickness of the meat. Drain, place in a hot serving dish, surround with the mushrooms and keep warm.

Stir into the second pan 250 g (9 oz) smooth cream cheese and reduce for 1 minute. Heat 100 ml (4 fl oz, 7 tablespoons) Calvados in a frying pan, reduce and add to the cheese. Add 1 tablespoon crème fraîche and reduce by half. Adjust the seasoning and pour over the tournedos. Sprinkle with chopped chives and serve immediately.

Tournedos Brillat-Savarin

Wash 250 g (9 oz) fresh morels, cut off the stems and make small cuts in the caps. Simmer them in a little water for 15 minutes, then drain thoroughly. Brown a chopped shallot in butter in a frying pan. Add the morels to the pan with a little mustard and a few tablespoons of double (heavy) cream then finish cooking over a low heat. Taste and adjust the seasoning then set the morels aside and keep warm.

Gently fry the tournedos in butter. Remove and keep warm on a serving dish. Stir into the pan 175 ml (6 fl oz, ¾ cup) port and 5 tablespoons gravy and heat. Remove from the heat and thicken the sauce with butter. Adjust the seasoning. Arrange the morels around the tournedos and pour over the strained sauce.

Tournedos chasseur

Sauté some tournedos steaks (filets mignons) in butter and then drain them. Use the butter in which they were cooked to prepare a chasseur sauce, and coat the steaks with it.

Tournedos Helder

Prepare a béarnaise sauce and a very thick tomato fondue. Also prepare noisette potatoes. Brown the steaks in butter, drain them and keep warm. Deglaze the pan with white wine and consommé, and boil down to reduce to a thick syrupy consistency. Put a ribbon of béarnaise sauce on each steak with a little tomato fondue in the centre. Garnish with the noisette potatoes. Pour the reduced pan juices over the steaks.

Tournedos marigny

Gently cook some artichoke hearts in butter. Prepare some buttered sweetcorn and some noisette potatoes. Sauté the steaks in butter and keep them warm. Deglaze the pan with a little white wine and reduce; complete the sauce by adding thickened veal stock. Surround the steaks with artichoke hearts stuffed with sweetcorn and noisette potatoes. Serve with the sauce.

Tournedos masséna

Gently cook some artichoke hearts in butter and poach some slices of bone marrow (2–3 per steak) in a court-bouillon. Prepare a thin Périgueux sauce. Sauté the steaks in butter and arrange them on a dish with the artichoke hearts. Garnish each steak with 2–3 slices of bone marrow and pour a little of the Périgueux sauce over the artichokes. Serve the remaining sauce separately.

Tournedos Rossini

Sauté 1 slice of foie gras and 2 slices of truffle per steak in butter. Fry some slices of bread trimmed to the shape of the steaks. Fry the fillet steaks (filets mignons) in butter and place each steak on a croûton. Arrange the foie gras and truffle slices on top. Deglaze the pan in which the steak was cooked with Madeira and pour the sauce over the meat.

West Indian ragoût

Cut 800 g (1¾ lb) shoulder of beef or neck of mutton into small pieces. Chop 3 onions and slice 3 carrots, 6 potatoes and 3 ripe tomatoes. Brown the meat in oil or butter in a flameproof casserole, add the vegetables and mix together. Then pour in 175 ml (6 fl oz, ¾ cup) water and simmer over a low heat, stirring occasionally. When the ragoût has been cooking for 45 minutes, take out the vegetables, drain them and keep warm.

Add 1 small chopped chilli, salt and pepper, 3 tablespoons vinegar and 1 tablespoon peanut butter to the casserole.

Bone a herring and grill (broil) it gently, turning once, until cooked through. Mash the flesh and mix it into the sauce, adding a little hot water if necessary. Cover the casserole and simmer for a further 1 hour. Transfer the vegetables and the meat to a deep dish, pour the sauce over and serve very hot with rice *à la créole*.

Veal

Ballotine of veal

Prepare using boned shoulder or breast of veal, in the same way as for ballotine of lamb.

Blanquette of veal

This is prepared with shoulder, breast and flank, either on or off the bone. Cut the meat into about 5 cm (2 in) cubes. Seal by frying the cubes in butter

without browning. Cover with bouillon, season, quickly bring to the boil and skim. Add 2 onions (one stuck with a clove), 2 medium-sized carrots cut into quarters and a bouquet garni. Simmer gently for 1¼ hours. Drain the pieces of meat and place in a sauté pan with 200 g (7 oz) baby onions and 200 g (7 oz) mushrooms (preferably wild) that have been cooked *au blanc*, in a thin white sauce. Heat gently and, just before serving, bind the sauce with 50 g (2 oz, 1 cup) butter and 50 g (2 oz, ¼ cup) plain (all-purpose) flour for the roux, then 3 egg yolks, 150 ml (¼ pint, ⅔ cup) double (heavy) cream, the juice of ½ lemon, and a pinch of grated nutmeg. Place in a deep serving dish, sprinkle with parsley and garnish with heart-shaped croûtons fried in butter.

Braised breast of veal à l'alsacienne

Open a breast of veal and remove the bones without piercing the flesh. Make a forcemeat by mixing 500 g (18 oz, 2¼ cups) fine sausagemeat, 250 g (9 oz, 2¼ cups) dry breadcrumbs (soaked in milk and well drained), a bunch of chopped parsley, 1 crushed garlic clove, 125 g (4½ oz, ⅔ cup) chopped onions and 125 g (4½ oz, 1½ cups) sliced mushrooms fried gently in butter, salt, pepper and a little grated nutmeg or mixed spice. Stir the mixture well until it is smooth. Stuff the veal with this forcemeat and sew up. Line the bottom and halfway up the sides of a lightly buttered casserole with pork rind from which most of the fat has been remove

Prepare some sauerkraut *à l'alsacienne*. Add the stuffed partly cooked breast of veal 1 hour before the sauerkraut has finished cooking. Remove the string from the veal and serve piping hot with the meat cut in slices.

Braised stuffed breast of veal

Open a breast of veal and remove the bones without piercing the flesh. Season inside and out with salt and pepper. Prepare the forcemeat as follows: soak

400 g (14 oz, 3½ cups) dry breadcrumbs in milk and squeeze, then mix with 2 chopped garlic cloves, a chopped bunch of parsley, 250 g (9 oz) mushroom duxelles, 2 egg yolks, 100 g (4 oz, 1 cup) chopped onions and 2 chopped shallots fried gently in butter, salt, pepper and a little cayenne pepper. Stuff the breast and sew up the opening.

Line the bottom and halfway up the sides of a lightly buttered casserole with pork rind from which most of the fat has been removed. Finely dice a carrot, the white part of 1 leek, 3 celery sticks and 1 onion. Sweat them together in 25 g (1 oz, 2 tablespoons) butter in a covered pan for about 10 minutes and then spread them over the rind in the casserole. Brown the stuffed breast on both sides in 25 g (1 oz, 2 tablespoons) butter and place it in the casserole. Add half a boned calf's foot and 2 tablespoons tomato purée (paste) diluted with 200 ml (7 fl oz, ¾ cup) dry white wine and an equal quantity of stock.

Cover the casserole and bring to the boil. Then cook in a preheated oven at 200°C (400°F, gas 6) for 1¾ hours. Drain the meat. Skim the fat from the cooking stock, strain it, then reduce by one-third. Pour it over the meat. Spinach in butter or braised artichoke hearts may be served as a garnish.

Braised tendrons of veal à la bourgeoise

A tendron is a piece of beef or veal cut from the extremities of the ribs, from the point at which the chops are generally cut, to the sternum.

Braise 4 tendrons of veal; when half-cooked, add 12 small glazed onions, 12 shaped and glazed carrots, and 50 g (2 oz, ¼ cup) diced streaky (slab) bacon (blanched and fried). Finish the cooking, drain the tendrons and arrange them on an ovenproof serving dish. Sprinkle them with a little of the cooking juices and glaze in a preheated oven at 230°C (450°F, gas 8). Serve piping hot, garnished with the vegetables and the diced bacon.

Braised veal chops à la custine

(from Carême's recipe) Braise some veal chops; coat them first with 1 generous tablespoon duxelles, then with breadcrumbs, then dip in beaten egg and finish with another coating of breadcrumbs. Fry in well-browned butter and serve with a light tomato sauce.

Braised veal grenadins

A grenadin is a small slice of fillet of veal, about 2 cm (¾ in) thick and 6–7 cm (2½–3 in) long, cut from the loin, the fillet or the chump end of the loin.

Trim four 100 g (4 oz) grenadins and interlard with bacon fat. Butter a casserole and line it with unsmoked bacon rinds or pork skin with the fat removed. Peel and finely slice a large carrot and a medium-sized onion and brown them in butter, with any trimmings of meat from the grenadins. Put the vegetables on top of the bacon rinds, arrange the grenadins on top, cover and cook gently for 15 minutes. Add 200 ml (7 fl oz, ¾ cup) white wine and boil down almost completely. Then add a little stock, bring to the boil, cover the casserole and cook in a preheated oven at 220°C (425°F, gas 7) for about 40 minutes, basting the meat several times. Arrange the grenadins on an ovenproof dish, coat with a little of the strained cooking liquid and glaze in the oven. Dilute the cooking juices in the casserole with consommé, strain and remove the fat. Pour the sauce over the grenadins and serve with spinach.

Breaded veal chops à la milanaise

Flatten the chops and season with salt and pepper. Dip in beaten egg and coat in a mixture of half breadcrumbs and half grated Parmesan cheese. Cook gently in clarified butter in a sauté pan, then arrange on a serving dish garnished with cannelled lemon slices and sprinkled with noisette butter. Serve macaroni *à la milanaise* separately.

Casserole of veal chops à la Parmentier

Season 2 fairly thick veal chops with salt and pepper and brown them on both sides in 25–40 g (1–1½ oz, 2–3 tablespoons) butter in a flameproof casserole. Place the casserole in a preheated oven at 200°C (400°F, gas 6) and cook for about 1 hour. Drain the meat and the potatoes and keep them hot in the serving dish. Deglaze the casserole with 4 tablespoons white wine and the same amount of stock (traditionally veal stock); reduce. Pour this sauce over the chops and sprinkle with chopped parsley.

Casserole of veal chops à la paysanne

Prepare a vegetable fondue with 4 carrots, 2 onions, 2 leeks (white part), a turnip and 4 celery sticks, all diced and softened in 25 g (1 oz, 2 tablespoons) butter. Add 1 tablespoon chopped parsley and season with salt and pepper. Fry 2 firm diced potatoes in a mixture of 20 g (¾ oz, 1½ tablespoons) butter and 2 tablespoons oil. Brown 200 g (7 oz) diced smoked streaky (slab) bacon in butter. Mix all these ingredients together. Fry 4 veal chops in butter, place them with the other ingredients in a casserole, season with salt and pepper, reheat thoroughly and serve.

Casseroled veal chops

Season some veal chops with salt and pepper and cook gently in 20 g (¾ oz, 1½ tablespoons) butter or 2 tablespoons oil per chop, at first uncovered, then covered, until they are browned. Deglaze the pan with 2 tablespoons each of veal stock and white wine per chop, reduce by half and pour over the chops.

Alternatively, half-cook the chops, remove them from the pan, put in the chosen accompanying vegetable (also half-cooked), replace the chops in the pan and complete the cooking. The accompanying vegetables could include: diced aubergine (eggplant) sautéed in butter or oil; glazed carrots, turnips or

small (pearl) onions; mushrooms sautéed in butter; celeriac, cucumber or artichoke hearts cut into quarters and cooked in butter; or green beans.

Alternatively, the chops may be completely cooked and garnished with vegetables cooked separately, either by braising, sautéeing or steaming.

Other vegetables that may be used are chicory, Brussels sprouts, cauliflower, endive, spinach, hop shoots, beans, lettuce, chestnuts, sorrel, peas or tomatoes. Buttered noodles or rice can also be served.

Casseroled veal chops à la bonne femme

Sauté the chops in butter or oil in a flameproof casserole until they are half cooked. Add the *bonne femme* garnish, consisting, for each chop, of 4 small pieces of bacon, 5 small onions and 6 small new potatoes, all well browned. Cover the casserole and complete the cooking in a preheated oven at 220°C (425°F, gas 7).

Casseroled veal chops à la dreux

Choose thick veal chops and stud them with strips of pickled tongue and truffle, so that the studding shows. Fry gently in butter on both sides until completely cooked. Arrange on a serving plate and surround with a financière garnish; keep warm. Deglaze the pan with Madeira and veal stock and reduce; use this sauce to coat the chops.

Cold best end of neck of veal

Trim a shortened best end of neck (rib) of veal and season it with salt and pepper. Cook in a preheated oven at 220°C (425°F, gas 7), allowing 30–40 minutes cooking time per 1 kg (2¼ lb). Allow to cool completely, then glaze with aspic jelly. Chill until ready to serve. Garnish with watercress and artichoke hearts stuffed with asparagus tips, glazed with aspic if desired.

Cold veal à l'italienne

Cook some small white (pearl) onions in olive oil in a flameproof casserole and set aside. Using the same pan, brown a noix of veal; then add to the casserole 300 g (11 oz) canned tuna in oil, 100 g (4 oz) desalted anchovy fillets, 2 peeled and diced lemons, salt, pepper and a bouquet garni. Replace the onions in the casserole. Moisten with an equal mixture of white wine and veal stock, cook for 1½ hours, then allow to cool in the casserole. Remove the veal and purée the rest of the contents of the casserole in a blender. Prepare a mayonnaise, add the strained sauce to it and serve with the veal.

Dagh kebab

Cut boneless veal into even-sized cubes. Also cut very firm small tomatoes into quarters and seed them. Cut some onions into quarters. Marinate these ingredients in a little oil flavoured with aromatic herbs. Thread the meat on to skewers alternating with the tomatoes and onion. Season, sprinkle with crumbled thyme and grill (broil) under a medium to high heat.

Escalopes à l'anversoise

Cut some round slices of bread, 1 cm (½ in) thick, and fry them in butter. Lightly fry some very small new potatoes in butter. Prepare some hop shoots in cream: drop them into salted boiling water and remove them while they are still firm. Drain, braise in butter in a covered pan, then add 200 ml (7 fl oz, ¾ cup) double (heavy) cream per 350 g (12 oz) hop shoots. Flatten some round veal escalopes (scallops), sprinkle with salt and pepper, and sauté in a frying pan with clarified butter. Drain and arrange on the fried bread slices. Add to the frying pan a little white wine or beer and some very concentrated consommé. Reduce to a sauce and pour over the escalopes. Serve hot with the potatoes and the hop shoots.

Escalopes à la mandelieu

Flatten some veal escalopes (scallops), sprinkle them with salt and pepper, and sauté in clarified butter until golden. Then flame in Cognac, using 1 tablespoon Cognac for 4 escalopes. Cover each with a thin slice of Gruyère or Comté cheese and sprinkle with a few dried breadcrumbs. Moisten with melted butter and brown in a preheated oven at 240°C (475°F, gas 9). Prepare 250 g (9 oz, 3 cups) mushrooms and sauté them in the butter in which the escalopes were cooked. Add 2 tablespoons tomato purée (paste) and 250 ml (8 fl oz, 1 cup) reduced consommé; cook for about 5 minutes. Adjust the seasoning and serve this sauce with the escalopes.

Escalopes à la viennoise

Flatten 4 veal escalopes (scallops) well and sprinkle with salt on both sides. Put 4 tablespoons flour with a little salt on one plate, 175 g (6 oz, 2 cups) dried breadcrumbs on another and 2 beaten eggs on a third. Melt 100 g (4 oz, ½ cup) lard (shortening) in a large frying pan. Dip the escalopes into the flour so that they are completely covered with a very fine coating, then in the beaten egg and finally in the breadcrumbs, coating them evenly on both sides. Place in the lard when it is on the point of smoking and cook gently for 8 minutes on each side. Serve well browned.

Escalopes casimir

Slowly cook in butter as many artichoke hearts as there are veal escalopes (scallops). Stew 4 tablespoons julienne of carrots in butter and, separately, a little julienne of truffles. Cut some escalopes from the fillet, flatten them, season with salt, pepper and paprika, then sauté in clarified butter; halfway through cooking, add 1 tablespoon chopped onion. Arrange the artichoke hearts in the serving dish, place an escalope on each one and garnish with the

julienne of carrots. Add some cream to the pan juices from the escalopes and reduce. Coat the escalopes with this sauce and garnish with the truffles.

Escalopes with aubergines and courgettes

Slice, without peeling, 2 medium-sized courgettes (zucchini) and a choice aubergine (eggplant). Sauté them in seasoned olive oil in a frying pan. Cut veal escalopes (scallops), flatten them, sprinkle with salt and pepper, and sauté in clarified butter. Arrange them in a serving dish, garnish with the aubergine and courgettes, and keep hot. Add to the pan juices 5 tablespoons white wine and 2–3 tablespoons meat juices; reduce by half. Add a small chopped garlic clove and reduce further. Pour the sauce over the escalopes and sprinkle with chopped parsley.

Feuilleton of veal à l'ancienne

A feuilleton consists of thin slices of veal or pork beaten flat, spread with layers of forcemeat, and laid one on top of the other. The layers are then wrapped in strips of bacon or caul and tied with string. A feuilleton may also be made with a single piece of meat that is cut into parallel slices but not completely through, leaving them attached at one end.

For a feuilleton weighing 2 kg (4½ lb), cut 10 thin slices from a noix or sous-noix (loin) of veal and flatten them into rectangles with a mallet. Season with salt, pepper and a pinch of mixed spice. Prepare a fine pork forcemeat and add one-third of its weight of *à gratin* forcemeat and an equal amount of dry duxelles. Bind the forcemeat with egg. Cut a thin slice of pork fat slightly larger than the slices of veal and spread it with a layer of forcemeat. Top with a piece of veal and spread it with some forcemeat. Continue to build up the feuilleton in this way, ending with a layer of forcemeat. Coat the sides of the feuilleton with the remaining forcemeat and cover with a second strip of pork

fat that is also larger than the slices of veal. Fold the edges of the bottom slice of pork fat upwards and the edges of the top piece of pork fat downwards so that the feuilleton is covered.

Tie the feuilleton into a neat shape. Put it in a buttered casserole lined with bacon rinds, sliced onions and carrots. Add a bouquet garni. Cover and simmer for 20 minutes. Moisten with 250 ml (8 fl oz, 1 cup) white wine and boil to reduce by half. Add 250 ml (8 fl oz, 1 cup) veal stock and boil to reduce to a concentrated glaze. Moisten with 500 ml (17 fl oz, 2 cups) good stock. Cover and cook in a preheated oven at 190°C (375°F, gas 5) for 1¾ hours, basting frequently. Drain the feuilleton, untie and arrange it on an ovenproof serving dish. Pour over a few tablespoons of braising stock and glaze in the oven, basting frequently.

Feuilleton of veal l'Echelle

Season a boned fillet of veal and brown it quickly in very hot butter to seal. Leave it to cool. Cut it into slices lengthways, but do not cut completely through the joint. Prepare a forcemeat with a mixture of dry mushroom duxelles, chopped lean ham, diced truffles, and a vegetable mirepoix, bound with a beaten egg. Spread each of the slices with some of the forcemeat and reshape the fillet.

Cover the feuilleton with mirepoix and wrap it in a pig's caul (caul fat). Braise the feuilleton for 2–3 hours in butter, very slowly, then place it in an ovenproof dish. Garnish it with lettuce and potatoes that have been braised in butter. Pour over a little of the pan juices and return it to the oven to glaze. Make a sauce with the remainder of the juices in the pan by adding some Madeira and some veal stock.

This feuilleton may be served cold in aspic. In this case, a boned calf's foot is cooked in the stock.

Filets mignons of veal with lemon

Pare the zest of ½ lemon and cut into fine strips. Put into a saucepan with 6 tablespoons cold water and bring to the boil, then drain and rinse in cold water. Put the lemon strips back into a saucepan with 1 tablespoon water and 1½ teaspoons sugar; cook until the water has evaporated, then set aside.

Heat 20 g (¾ oz, 1½ tablespoons) butter in a frying pan. When it starts to sizzle, add 4 veal filets mignons, each weighing 75 g (3 oz), sprinkled with salt and pepper on both sides. Brown them for 5 minutes on each side, then set aside and keep hot on a plate.

Pour off the butter from the pan and deglaze with 4 tablespoons dry white wine, reducing to 1 tablespoon liquid. Mix in 40 g (1½ oz, 3 tablespoons) butter, then 1 tablespoon chopped parsley.

Transfer the filets mignons to hot serving plates. Pour any meat juices into the sauce and coat the fillets with the sauce. Garnish each fillet with a peeled slice of lemon and a little of the shredded zest cooked in sugar.

Fried grenadins in cream

A grenadin is a small slice of fillet of veal, about 2 cm (¾ in) thick and 6–7 cm (2½–3 in) long, cut from the loin, the fillet or the chump end of the loin.

Season four 100 g (4 oz) grenadins with salt and pepper and sauté them in oil until brown on both sides. Reduce the heat, cover and cook gently for about 15 minutes until tender. Drain the grenadins and keep them hot in a serving dish. Remove the cooking oil from the pan and add 200 ml (7 fl oz, ¾ cup) white wine or cider. Scrape the pan with a spatula, add a small sprig of tarragon and boil down to reduce the liquid by half. Remove the tarragon, add 200 ml (7 fl oz, ¾ cup) single (light) cream, and boil down, stirring continuously. Taste and adjust the seasoning then pour the sauce over the grenadins and serve.

Grilled veal chops

Flatten the chops and season with salt and pepper; coat with tarragon-flavoured oil and leave to marinate for 30 minutes. Grill (broil) gently until the meat is cooked through (about 15 minutes), turning over once. Serve the chops with a green salad, a mixed salad or green beans, steamed and served with green butter.

Grilled veal chops en portefeuille

Soak a pig's caul (caul fat) in cold water for 2 hours. Take thick veal chops from the loin, cut open the lean meat and season the pocket with salt and pepper; fill with mushroom duxelles or with a salpicon of pressed tongue and mushrooms cooked slowly in butter, bound with a thick béchamel sauce. Wrap each chop in a piece of caul and grill (broil) gently.

Knuckle of veal à la provençale

Cut about 800 g (1¾ lb) veal knuckle (shank) into slices 4 cm (1½ in) thick and season with salt and pepper. Brown in a sauté pan in 3 tablespoons very hot olive oil. Chop150 g (5 oz) onions finely and fry until golden in the sauté pan; add 575 g (1¼ lb) peeled, seeded and coarsely chopped tomatoes – or 500 g (18 oz) tomatoes and 1 tablespoon tomato purée (paste) – together with 150 ml (¼ pint, ⅔ cup) dry white wine and a bouquet garni. Stir well, then add 100 ml (4 fl oz, 7 tablespoons) stock or consommé and 2 crushed garlic cloves. Cover the pan and cook gently for about 1¼ hours, then remove the lid and reduce the liquid for 10 minutes. Adjust the seasoning.

Knuckle of veal braised in cider

Melt 25 g (1 oz, 2 tablespoons) butter in a large saucepan and in it lightly brown a knuckle of veal weighing about 1.7 kg (3¾ lb), having cut 3 cm

(1¼ in) off the end. Peel and chop 6 shallots, add three-quarters of them to the pan, leave to colour and flame with Calvados. Then pour in ½ bottle of dry sparkling cider, add salt and pepper, cover and cook for 2½ hours over a gentle heat. Turn the knuckle over once or twice during cooking.

Meanwhile, peel about 30 small white (pearl) onions and cook them gently in a covered saucepan with 50 g (2 oz, ¼ cup) butter until they are soft. Add salt and pepper. Peel and core 3 dessert (eating) apples and cut them into slices, about 3 mm (⅛ in) thick. Brown lightly in a frying pan with 25 g (1 oz, 2 tablespoons) butter. Keep them hot.

When the knuckle is nearly ready, sauté 200 g (7 oz) fresh chanterelle mushrooms in butter, along with the remaining chopped shallots; cover. The knuckle is cooked when the flesh comes away from the bone by itself. Remove the pieces of skin and the gelatine that surround the meat, cut the meat into pieces and arrange in a warmed serving dish.

Lightly brown the apple slices under the grill (broiler). Mix 1 egg yolk with 1 tablespoon double (heavy) cream, add it to the veal cooking liquor, then strain everything. Beat this sauce with a whisk and adjust the seasoning. Arrange the onions and mushrooms around the knuckle. Coat the knuckle with the sauce, putting a little on the garnish too. Sprinkle with chopped parsley and serve the apple slices separately.

Medallions of veal Alexandre

Sauté the medallions of veal in butter in a sauté pan. Arrange them on a hot dish, place a sliver of truffle on each if wished, and keep warm. Cook some fresh artichoke hearts in white stock, brown them in butter, garnish with morels in cream, and arrange them in a circle around the medallions. Deglaze the sauté pan with 1 tablespoon brandy and 1 tablespoon Marsala, boil to reduce and pour the sauce over the medallions.

Minute sauté of veal

Cut 800 g (1¾ lb) shoulder of veal into small pieces and sauté in butter or oil over a brisk heat for 15 minutes. Season with salt and pepper. When serving, keep the meat hot in a serving dish and deglaze the pan with 175 ml (6 fl oz, ¾ cup) white wine. Reduce, add the juice of ½ lemon and whisk in 25 g (1 oz, 2 tablespoons) butter. Pour the sauce over the meat and sprinkle with chopped parsley.

Mousseline forcemeat

Pound 1 kg (2¼ lb) boned veal, poultry or game in a mortar (or reduce to a purée in a food processor). Then press through a fine sieve. Whisk 4 egg whites lightly with a fork and add them to the meat purée a little at a time. Season with 4 teaspoons salt and a generous pinch of ground white pepper. Press through the sieve a second time, place in a terrine, and then chill for 2 hours. Remove the terrine from the refrigerator and place in a bowl of crushed ice. Then work in 1.5 litres (2¾ pints, 6½ cups) double (heavy) cream using a wooden spoon. (It is essential to keep the cream and the pâté as cold as possible to prevent them from curdling.) This forcemeat is used for fine quenelles, mousses and mousselines.

Noix of veal Brillat-Savarin

Bone a whole noix of veal. Flatten it, then sew the cut parts together to reform the noix. Chop 3 shallots. Cook 100 g (4 oz) black morels in cream. Spread a 1 cm (½ in) layer of *à gratin* forcemeat mixed with the shallots over the veal. Sprinkle on some of the cooked morels, then place a piece of duck foie gras weighing about 200 g (7 oz) in the centre. Roll up the noix and tie it securely. Bard with strips of fat pork, brown the veal in butter, then place in a flameproof casserole on a bed of mirepoix. Moisten with equal quantities of

dry white wine and beef stock. Add some peeled, seeded, roughly chopped tomatoes and a bouquet garni. Cover the pan and cook slowly for 2 hours.

Take out the meat, then reduce and strain the cooking liquid. Serve the veal sliced, with a little of the sauce poured over, accompanied by leaf spinach and the remaining morels. Serve the rest of the sauce separately.

Osso bucco à la milanaise

An Italian dish, originally from Milan, whose name means literally 'bone with a hole'. It consists of a stew of pieces of veal shin braised in white wine with onion and tomato. It is generally served with pasta or rice. The variation called *alla gremolata* is prepared with the addition of a mixture of chopped garlic, orange and lemon peel, and grated nutmeg.

Season 8 veal shins, weighing about 1.6 kg (3½ lb), with salt and pepper, sprinkle with flour, then brown them in olive oil in a large flameproof casserole. Chop enough onions to give 5 level tablespoons; add these to the casserole and cook until golden. Moisten with 200 ml (7 fl oz, ¾ cup) white wine, reduce this, then add 4 large tomatoes, skinned, seeded and coarsely chopped. Pour in 250 ml (8 fl oz, 1 cup) stock. Finally add 1 large crushed garlic clove and a bouquet garni. Cover the casserole and cook in a preheated oven at 200°C (400°F, gas 6) for 1½ hours. Arrange the pieces of knuckle in a deep dish and cover them with the reduced cooking liquid. Squeeze on a little lemon juice and sprinkle with chopped parsley.

Paupiettes of veal braised à brun

Coat some flattened veal escalopes (scallops) with a pork forcemeat mixed with dry mushroom duxelles and chopped parsley and bound with egg. Roll them up, bard them with thin rashers (slices) of fat bacon and tie with string. Arrange them in a buttered flameproof casserole lined with pieces of pork

skin or bacon rinds and sliced onions and carrots browned in butter. Place a bouquet garni in the middle and season with salt and pepper. Cover and cook over a gentle heat for 10 minutes.

Add some dry white wine or (depending on the accompaniments) Madeira – 200 ml (7 fl oz, ¾ cup) per 10 paupiettes. Reduce almost completely, then pour in some thickened veal stock to cover the paupiettes by two-thirds. Cover and braise in a preheated oven at 200°C (400°F, gas 6), basting frequently, for 45–60 minutes. Drain the paupiettes and remove the barding, then glaze in the oven. Arrange in a serving dish and coat with the braising liquor, reduced and strained. Serve with braised buttered vegetables.

Roast noix of veal

The fleshy upper part of the fillet end of a leg of veal, cut lengthways. The meat is lean and tender, but tends to be rather dry. It can be sliced into escalopes (scallops) or grenadins, or it can be roasted. Various garnishes may be used to accompany it; for example, bouquetière, bourgeoise, Clamart, milanaise, or piémontaise. It can also be served with mushrooms, braised chicory (endive), buttered spinach, mixed vegetables or a risotto. The noix can also be braised, which enhances its tenderness.

The lean plump 'eye' of a veal cutlet (chop) is also known as the noix.

Heat some butter in a flameproof casserole. Lard a noix of veal with thin pieces of bacon and brown it on all sides in the butter. Sprinkle with salt and pepper, then cook in a preheated oven at 200°C (400°F, gas 6), allowing 16 minutes per 450 g (1 lb).

Sausage rolls

Mince (grind) together 2 peeled shallots, 100 g (4 oz) mushrooms, 200 g (7 oz) veal, 200 g (7 oz) smoked pork and a bunch of parsley (a food

processor may be used). Add 1 tablespoon cream and season with salt and pepper. Mix together well. Dust the work surface with flour and roll out 500 g (1 lb 2 oz) puff pastry to a thickness of about 3 mm (⅛ in); cut into 6 rectangles of equal size. Divide the filling into 6 portions and roll into sausage shapes the same length as the width of the pastry rectangles. Put a 'sausage' at one end of each rectangle and roll it up. Score the top with the point of a knife and glaze with beaten egg. Bake in a preheated oven at 220°C (425°F, gas 7) for about 30 minutes.

The filling can also be made with fine sausagemeat mixed with chopped onion, parsley, salt and pepper.

Sauté of veal clamart

Cut 1 kg (2¼ lb) shoulder of veal into uniform pieces. Season with salt and pepper and brown in a heavy-based saucepan with 25 g (1 oz, 2 tablespoons) butter or 3 tablespoons oil. Drain the meat, pour the fat out of the pan, deglaze the pan with 175 ml (6 fl oz, ¾ cup) white wine, then replace the meat and add 300 ml (½ pint, 1¼ cups) stock. Bring to the boil over a brisk heat, then reduce, cover and leave to cook for about 1 hour. Add 1 kg (2¼ lb, 7 cups) shelled peas and 12 baby (pearl) onions. Bring back to the boil and continue cooking for another 30 minutes. Adjust the seasoning, pour into a hot dish and sprinkle with chopped parsley.

Sauté of veal with red wine

Cut 1 kg (2¼ lb) shoulder of veal into 50 g (2 oz) pieces and brown in 25 g (1 oz, 2 tablespoons) butter. Add 1 large sliced onion and season with salt and pepper. Then add 300 ml (½ pint, 1¼ cups) red wine, 150 ml (¼ pint, ⅔ cup) stock, 1 bouquet garni and 1 crushed garlic clove. Cover and leave to cook gently for 1¼–1½ hours. In the meantime, glaze 20 baby (pearl) onions until

brown and fry 150 g (5 oz, 1¾ cups) sliced mushrooms in butter. Drain the pieces of meat, strain the sauce and thicken it with 1 tablespoon beurre manié. Return the meat to the sauté pan and add the onions, mushrooms and sauce. Reheat gently for 10–15 minutes.

Sautéed veal à la lyonnaise

Take 4 loin chops or 4 escalopes (scallops) of veal and sauté in butter. When they are almost done, add 4 tablespoons sliced onions gently cooked in butter. Complete the cooking. Keep the meat warm on a serving dish. Add to the sauté pan 60 ml (2 fl oz, ¼ cup) wine vinegar, 1 tablespoon chopped parsley and 2 tablespoons meat stock. Reduce and pour over the meat.

Sautéed veal chops à la crème

Brown some veal chops, seasoned with salt and pepper, in a frying pan using 1 tablespoon oil per chop; cover and finish cooking over a low heat (about 15 minutes). Strain off the oil from the pan and add 1 chopped shallot per chop; cook, uncovered, until browned. Remove the chops and shallots and keep hot. Add to the pan 2–3 tablespoons cider or white wine and 1 tablespoon double (heavy) cream per chop; boil over a brisk heat until the sauce is reduced and smooth. Adjust the seasoning and coat the chops with the sauce.

Sautéed veal chops à la duxelles

Prepare 4 tablespoons mushroom duxelles. Sauté 4 veal chops in butter. When the chops are almost cooked, add the duxelles to the pan and complete the cooking over a low heat. Drain the chops and arrange on a serving dish; keep hot. Add 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream and ½ glass of white wine or 2 tablespoons Madeira to the duxelles in the pan and reduce until the mixture thickens. Coat the chops with this sauce.

Sautéed veal chops en portefeuille

Soak a pig's caul (caul fat) in cold water for 2 hours. Take thick veal chops from the loin, cut open the lean meat and season the pocket with salt and pepper; fill with mushroom duxelles or with a salpicon of pressed tongue and mushrooms cooked slowly in butter, bound with a thick béchamel sauce. Wrap each chop in a piece of caul, then cook in butter in a frying pan. Arrange the chops on a round dish with small braised carrots. Keep warm. Deglaze the cooking juices with white wine and stock, bind with beurre manié and pour over the chops.

Sautéed veal chops à la provençale

First prepare a garlic-flavoured tomato sauce and then some small round tomatoes stuffed with mushroom duxelles and browned in the oven. Quickly brown some veal chops in olive oil in a frying pan. Season with salt and pepper, cover, reduce the heat and leave to complete cooking for about 15 minutes. Drain the chops and arrange them in the serving dish surrounded by the stuffed tomatoes. Keep hot in the oven with the door ajar.

Pour the oil out of the frying pan, add the tomato sauce and 3–4 tablespoons white wine, stir well and reduce by half over a brisk heat. Pour the sauce over the chops, sprinkle with chopped parsley or basil and serve.

Sautéed veal Marengo

Cut 1 kg (2¼ lb) shoulder of veal into large even-sized cubes and sauté in 25 g (1 oz, 2 tablespoons) butter and 2 tablespoons oil in a flameproof casserole until lightly browned. Add 2 chopped onions and brown them, sprinkle with 1 tablespoon flour and cook until golden brown. Add 1 glass of white wine, scraping the bottom of the casserole to incorporate all the residue, then 500 g (18 oz) seeded chopped tomatoes, a bouquet garni, a crushed garlic clove,

and salt and pepper. Add enough hot water just to cover the ingredients, bring to the boil, cover and simmer for 1 hour.

Meanwhile, glaze 24 small (pearl) onions in 1 tablespoon granulated sugar, 25 g (1 oz, 2 tablespoons) butter, salt and pepper. Keep hot. Sauté 150 g (5 oz, 1½ cups) finely sliced mushrooms in 20 g (¾ oz, 3 tablespoons) butter. Cut 2 slices of bread into croûtons and fry in 3 tablespoons oil until golden brown. Five minutes before the meat is cooked, add the mushrooms and complete the cooking.

Pour the sautéed veal into a deep warmed dish, sprinkle with chopped parsley and garnish with the glazed onions and the croûtons.

Stuffed shoulder of veal

Bone a shoulder of veal weighing about 1.5 kg (3¼ lb), flatten it out carefully, then season it with salt and pepper. Mix 450 g (1 lb) fine sausagemeat with 200 g (7 oz) mushrooms, 1 garlic clove and some chopped herbs and season with salt and pepper. Cover the meat with this stuffing, roll it up and tie with string. Crush the bones and brown them in butter with the trimmings. Trim the fat off some pork rind and line a braising pan with the rind. Peel and finely slice 2 carrots and 1 onion, cook in butter for 10 minutes, then add to the braising pan. Put the shoulder in the braising pan and season with salt and pepper. Add 150 ml (¼ pint, ⅔ cup) white wine and reduce. Add 250 ml (8 fl oz, 1 cup) unthickened gravy, 100 ml (4 fl oz, 7 tablespoons) tomato purée, 1 bouquet garni and the bones and trimmings. Cover and cook in a preheated oven at 220°C (425°F, gas 7) for about 1–1½ hours, depending on the size of the joint. The juices should run clear when the meat is pricked. Remove and drain the meat and untie.

Reduce the cooking juices, strain and pour over the joint. Glaze the joint in a very hot oven, then arrange on a serving dish and pour more juice over it.

Serve the rest of the cooking juices in a sauceboat. Aubergines (eggplants) fried in oil or glazed carrots, turnips or onions make an ideal garnish.

Stuffed shoulder of veal à l'anglaise

Bone a shoulder of veal weighing about 1.5 kg (3¼ lb). Prepare a stuffing consisting of one-third chopped calf's or ox kidney, one-third chopped breast of veal or veal fat and one-third breadcrumbs soaked in milk, then squeezed. Season well and bind using 1 egg per 450 g (1 lb) stuffing. Season the veal with salt and pepper and cover it evenly with the stuffing; roll it up and tie with string. Braise or roast, as preferred. Serve with the reduced cooking juices and garnish with slices of boiled bacon, cabbage and boiled potatoes.

Tendrons of veal chasseur

Tendron is a piece of beef or veal cut from the extremities of the ribs, from the point at which the chops are generally cut, to the sternum. Tendrons of veal, which contain a few small cartilages, are streaked with fat and very smooth. They are used for blanquette, braised or sautéed veal, or veal Marengo.

Cook 4 tendrons in a frying pan with 25 g (1 oz, 2 tablespoons) butter for10 minutes on each side. Drain them and keep them hot on a serving dish. Add 200 g (7 oz, 2⅓ cups) finely sliced mushrooms to the pan, brown them, and then add 3 tablespoons each of stock, white wine and tomato sauce. Add 2 chopped shallots, then boil down by at least half. Pour the mushrooms and sauce over the tendrons, sprinkle with chopped herbs and serve hot.

Tendrons of veal with spinach or sorrel

Braise some tendrons of veal and some spinach (or sorrel) in butter in separate pans. Drain the tendrons, arrange them on a hot dish and sprinkle with the cooking juices. Garnish with the drained and buttered vegetables.

Terrine de Body

Cut 575 g (1¼ lb) veal escalopes and 400 g (14 oz) smoked belly of pork into fine strips. Finely chop 16 shallots and a bunch of parsley and season with 2 teaspoons ground black pepper. Arrange the ingredients in a terrine as follows: first a layer of pork belly, then a layer of veal, then a layer of shallots and parsley, continuing this way until the ingredients are used up, finishing with a layer of pork. Moisten each layer with a little dry white wine and press down hard.

Cover the terrine and place it in a bain marie. Bring to the boil on the hob (stove top), then cook in a preheated oven at 180°C (350°F, gas 4) for 1 hour. Place a small board with a weight on the terrine before allowing it to cool. Chill for at least 24 hours before serving.

Terrine of veal with spring vegetables

Poach 500 g (18 oz) lean, boneless loin, fillet or leg of veal in a well-seasoned court-bouillon until very tender. Allow to cool in the stock. Cut half of the meat into neat, even, rather thick strips or cubes. Prepare a jelly with the clarified cooking stock.

Shell 40 g (1½ oz) petits pois and cook in salted boiling water until tender. Drain and refresh in cold water; drain well. Thinly slice 250 g (9 oz) baby carrots and cook in boiling salted water until just tender. Drain, refresh and drain well. Blanch and drain 4 sliced courgettes (zucchini).

Line the bottom of a terrine or mould with plenty of dill. Add layers of the vegetables, alternating them with the meat until the terrine or mould is almost full, seasoning each layer with pepper and sprinkling it with a few dill leaves. Press to settle the contents. Pour in the cooled, but not set, jelly. Allow to set in the refrigerator for a few hours, or preferably overnight, then unmould and serve chilled.

Tourte of veal with Parmesan cheese

Make 400 g (14 oz) shortcrust pastry (basic pie dough). Soak a pig's caul (fat) in cold water. Cut into strips 250 g (9 oz) noix of veal, a large slice of smoked ham and 200 g (7 oz) bacon fat; marinate in a bowl with 100 ml (4 fl oz, 7 tablespoons) white wine, 2 tablespoons Cognac, thyme, salt and pepper.

Meanwhile, chop 200 g (7 oz) breast of veal, a large slice of smoked ham, 200 g (7 oz) bacon fat, 300 g (11 oz) calf's liver and 3–4 shallots. Add 100 g (4 oz, 1 cup) grated Parmesan cheese and mix with 2 beaten eggs, salt and pepper.

Roll out two-thirds of the pastry and line a buttered *tourtière* or deep flan dish with it. Lay the caul inside, letting the edges overhang. Spread half of the forcemeat on top; add the strips of meat, then the remaining forcemeat. Fold over the edges of the caul. Roll out the remaining pastry and place it on top of the dish, sealing the edges by moistening and pinching them. Make a small hole in the middle and slide a funnel made of foil inside to let the steam escape. Brush the top of the tourte with beaten egg and bake in a preheated oven at 220°C (425°F, gas 7) for 1½ hours. Cover loosely with foil during cooking once the pastry is brown to prevent it from becoming too dark.

Veal and ham pâté

Remove the sinews from 300 g (11 oz) noix of veal and cut into matchsticks about 10 cm (4 in) long. Prepare 300 g (11 oz) lean pork and 200 g (7 oz) ham in the same way. Put all these meats into a terrine, sprinkle with 1 tablespoon spiced salt, add 100 ml (4 fl oz, 7 tablespoons) Madeira and leave to marinate for 6–12 hours (some herbs and chopped shallots can also be added to the marinade).

Line a round or oval pâté mould with pastry for pâté en croûte made with butter. Coat the bottom and sides with very thin strips of fatty bacon (200 g,

7 oz) and cover this with a layer of about 250 g (9 oz, 1 cup) fine forcemeat. Fill up with layers of the veal, pork and ham matchsticks, separating them with thin layers of forcemeat. If desired, add 1 or 2 truffles cut into quarters or a few pistachio nuts. Finish with a layer of 200 g (7 oz, ¾ cup) forcemeat. Place a sheet of pastry over the top and pinch all round to seal.

Glaze the top with egg and garnish with shapes cut out from leftover pastry (rolled out thinly). Make a hole in the centre and insert a small smooth metal piping nozzle. Glaze the top again.

Bake the pâté in a preheated oven at 190°C (375°F, gas 5) for about 1¼ hours. Pour a few tablespoons of melted butter, lard (shortening) or aspic in through the 'chimney'. Turn the pâté out of the mould when it has cooled and set completely.

Veal chop cussy en portefeuille

Cut a pocket in a thick veal chop taken from the middle of the loin. Stuff with a salpicon of mushrooms, carrot and lean ham bound with a thick, seasoned béchamel sauce. Secure with a wooden cocktail stick (toothpick). Coat the chop with beaten egg and breadcrumbs and cook in clarified butter until golden on both sides. Prepare a risotto and add cream, grated cheese and a salpicon of truffles. Arrange the chop on a round dish garnished with the truffle risotto. Pour a ring of brown veal gravy, flavoured with tomato, around the dish; sprinkle the chop with noisette butter.

Veal chop Foyot

Make a thick cheese paste with dried breadcrumbs, 25 g (1 oz, ¼ cup) grated Gruyère cheese, and 20 g (¾ oz, 1½ tablespoons) butter. Season and flour a large veal chop, weighing about 250 g (9 oz) and roast it in a preheated oven at 150°C (300°F, gas 2) with 20 g (¾ oz, 1½ tablespoons) butter for 20–30

minutes. When half-cooked, turn it over and cover with the cheese paste. Stuff a small tomato with a mixture of breadcrumbs, parsley and butter and place it in the roasting pan. Finish cooking the chop and baste regularly with the butter. Drain the meat and the tomato and arrange them on a serving dish. Add a peeled and chopped shallot to the cooking juices and deglaze the pan with 4 tablespoons dry white wine and an equal quantity of veal stock. Boil and reduce by half. Add 10 g (1½ teaspoons, ¼ oz) butter and pour the sauce over the veal.

Veal chop Pojarski

Bone a veal chop and keep the bone. Weigh the flesh and chop finely. Add an equal weight of stale breadcrumbs soaked in milk and strained, a quarter of its weight of butter and a little chopped parsley. Season with salt and pepper and add a pinch of grated nutmeg. Stir the mixture thoroughly until smooth. Scrape the chop bone thoroughly and blanch in boiling water for 5 minutes. Cool and wipe dry. Press the meat mixture along the bone and reshape the chop. Leave to dry for 30 minutes, then cover with flour and cook in clarified butter for about 15 minutes until brown on both sides and cooked through. Arrange the chop on a serving dish, garnish with a canelled slice of lemon, sprinkle with a little noisette butter and serve with a selection of vegetables cooked in butter.

Veal chops à la piémontaise

Season 4 veal chops with salt and pepper; dip them in flour, beaten egg and fresh breadcrumbs mixed with grated Parmesan cheese – 40 g (1½ oz, ⅓ cup) Parmesan to 50 g (2 oz, 1 cup) breadcrumbs. Cook gently in 40 g (1½ oz, 3 tablespoons) clarified butter. Serve with risotto *à la piémontaise*, prepared with 200 g (7 oz, 1 cup) rice, and a well-reduced tomato sauce.

Veal chops en papillotes

Sauté some veal chops in butter until they are cooked through and golden. Cut out some squares of greaseproof (wax) paper, big enough to wrap up each chop, and oil them. Place on half of each square of paper 1 slice of ham cut to the dimensions of the chop, 1 veal chop, 1 tablespoon mushroom duxelles and another slice of ham the same size as the first. Fold over the paper and press the edges together. Place the papillotes in a preheated oven at 240°C (475°F, gas 9) until the paper turns golden.

Veal chops with fines herbes

Sauté some veal chops in butter in a frying pan (skillet), drain them and arrange on a hot serving dish. Add some chopped shallots and white wine to the butter and cook for a few minutes to reduce. Then add some chopped parsley, chervil and tarragon, adjust the seasoning, stir and pour the sauce over the chops. Formerly, demi-glace sauce was added to the white wine to make a richer, smoother and creamier sauce.

Veal émincés à blanc

Lightly butter an ovenproof dish. Cut some poached or boiled veal into thin slices and arrange them in the dish. Prepare some Madeira sauce. Trim and slice some mushrooms and heat them in butter. Place the mushrooms on the meat and cover generously with hot Madeira sauce; heat through gently in the oven. Alternatively, the meat can be coated with tomato, Breton, royal or suprême sauce.

Veal fricandeau with sorrel

Lard a slice of noix of veal, about 3–4 cm (1¼–1½ in) thick, with some thin strips of fat bacon that have been marinated for 30 minutes in a mixture of

oil, chopped parsley, salt and pepper. Then brush the veal with melted butter or with oil containing crushed veal bones. Sauté 2 diced carrots and 2 sliced onions in butter until golden brown and put them in a braising pan. Place the veal on top of the vegetables with the crushed bones, a bouquet garni and half a calf's foot that has been boned and blanched. Add enough white or red wine to half-cover the meat; season with salt and pepper. Cover the pan and bring to the boil. Place the pan in a preheated oven at 220°C (425°F, gas 7) and cook, uncovered, for 1 hour. Remove the pan and replace on the top of the cooker.

Mix 1 tablespoon tomato purée (paste) with 500 ml (17 fl oz, 2 cups) stock and add it to the pan so that the veal is now covered. Bring back to the boil, return to the oven and cook for a further 1½ hours. Drain the meat and arrange it on an ovenproof dish. Strain the liquid in the pan, pour some of it over the meat and glaze it in the oven. Serve the fricandeau with a sorrel fondue and the remainder of the sauce in a sauceboat (gravy boat).

Veal grenadins with salsify

Grenadin is the term used for a small slice of veal fillet, about 2 cm (¾ in) thick and 6–7 cm (2½–3 in) long, cut from the loin, the fillet or the chump end of the loin.

Interlard 8–12 grenadins with strips of bacon fat. Cover the base of a flameproof casserole with pork or bacon rind. Finely slice 1 onion and 1 carrot, then brown them together in butter and place in the casserole. Add the veal grenadins, cover the casserole and cook gently for 15 minutes. Pour in 200 ml (7 fl oz, ¾ cup) dry white wine and bring to the boil, then continue cooking until the wine has almost dried up. Pour in enough stock to come a short way up the meat, add seasoning to taste, bring to the boil and cover. Cook in a preheated oven at 220°C (425°F, gas 7) for about 40 minutes, basting the grenadins occasionally.

Meanwhile, cook 675 g (1½ lb) salsify in boiling water for 10 minutes. Allow to cool, then drain, peel and trim. Cut the salsify into fine strips and toss in lemon juice, seasoning and a little melted butter. Cover and set aside.

When the grenadins are cooked, transfer them to a serving dish. Spoon a little of the cooking juices over the meat. Then arrange the strips of buttered salsify around the edge and keep the dish warm in the oven until the meat and salsify are lightly glazed. Sprinkle with chives and serve.

Veal hash à l'italienne

Prepare an allemande sauce and allow to cool. Mix it with finely diced leftover roast or sautéed veal. Pour the mixture into a sauté pan and heat gently but thoroughly. The hash may be served in a flaky pastry case or with fresh pasta.

Veal hash à la Mornay

Finely dice leftover roast or sautéed veal. Prepare a well-seasoned béchamel sauce and add a little crème fraîche. Divide the sauce into 2 equal portions. Add some chopped *fines herbes* to one portion and some grated Gruyère cheese to the other. Mix the sauce containing the herbs with the diced veal and pour into a buttered gratin dish. Smooth the surface and cover with the cheese sauce. Sprinkle with more grated Gruyère, pour melted butter over the top, and brown in a preheated oven at 240°C (475°F, gas 9). Sliced mushrooms, braised in butter with a little lemon juice, can be added.

Veal Orloff

Thinly slice 500 g (18 oz) onions, 1 large carrot and 800 g (1¾ lb) button mushrooms. Melt 50 g (2 oz, ¼ cup) butter in a casserole and brown 150 g (5 oz) bacon rinds, then a boned loin of veal weighing about 1.8 kg (4 lb). Add the carrot, 1 tablespoon sliced onions, a bouquet garni, salt and pepper.

Add enough water to cover the meat, cover and cook gently for 1¼ hours.

Meanwhile, melt 25 g (1 oz, 2 tablespoons) butter in a sauté pan and quickly brown the sliced mushrooms. Chop them, replace in the pan with salt, pepper, 1 tablespoon flour and a pinch of grated nutmeg, and cook for about 10 minutes. Put the rest of the sliced onions through a food processor or vegetable mill and cook in 40 g (1½ oz, 3 tablespoons) butter until golden. Then moisten them with water, cover the pan and cook for 20–25 minutes until puréed. Add the mushrooms and 200 ml (7 fl oz, ¾ cup) double (heavy) cream, then boil the cream down.

Cut the veal into thin even slices, cutting transversely from one long side to the other; spread each slice with a little of the onion and mushroom purée. Put the slices together again and reshape the loin. Tie it, place in a gratin dish and spread it with the rest of the purée. Mask it with Maintenon sauce, sprinkle with grated Parmesan cheese, dot with butter and brown in a hot oven for 10 minutes. Skim the fat from the liquid, strain it and serve separately.

Veal piccata with aubergines and tomatoes

Cut a fillet of veal weighing about 1.4 kg (3 lb) into 12 round slices (*piccatas*). Cut an aubergine (eggplant) into round slices and dust them with flour. Fry the piccatas in a frying pan in 50 g (2 oz, ¼ cup) clarified butter and drain them. Fry the aubergine slices in the same butter. Sauté 2 sliced white onions gently in a covered pan. Cut a sweet red (bell) pepper into strips and fry them in butter for about 15 minutes. Crush 450 g (1 lb) ripe tomatoes.

Arrange the piccatas on an ovenproof serving dish, alternating them with small strips of cooked ham and the aubergine slices. Garnish with the onions, the strips of red pepper and the tomatoes. Cook in a preheated oven at 200–220°C (400–425°F, gas 6–7) for 5 minutes. Sprinkle with noisette butter and garnish with parsley just before serving.

Veal quenelles

Prepare a forcemeat for the quenelles: godiveau with cream. With floured hands, roll the mixture into balls. Press these into large olive shapes, poach them and drain thoroughly and leave to cool. The quenelles can be served in many ways or used in recipes. For example, coat them in a béchamel sauce enriched with crème fraîche. Finish in the oven, with a topping of grated cheese and butter.

For *quenelles à la florentine*, arrange the quenelles on a bed of spinach in cream before coating with the sauce.

Chicken meat can be used to make quenelles in the same way.

Veal sauté à la portugaise

Cut 1 kg (2¼ lb) shoulder of veal into 50 g (2 oz) pieces. Season them with salt and pepper and brown them in 3–4 tablespoons olive oil. Add 1 very large chopped onion and 1 crushed garlic clove. Deglaze the frying pan with 175 ml (6 fl oz, ¾ cup) white wine, then add 300 ml (½ pint, 1¼ cups) veal or chicken stock and 200 ml (7 fl oz, ¾ cup) tomato sauce. Add 1 bouquet garni and leave to simmer for about 1¼ hours. Drain the meat. Strain the sauce and reduce it by half. Return the meat to the sauté pan and add 8 tomatoes, which have been peeled, seeded and fried in oil, 1 tablespoon chopped parsley and the reduced sauce. Cover and simmer for 20 minutes. Arrange in a hot dish.

Veal soup with quenelles

Prepare small veal quenelles. Make a roux with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Pour on to it 1.5 litres (2¾ pints, 6½ cups) well-seasoned veal stock, whisk well and reheat. Pour the soup into a tureen, add the quenelles, garnish with chopped herbs and serve piping hot.

Veal steamed with vegetables

Cut a shoulder of veal into 24 pieces and place in a heavy-based casserole, together with 18 small trimmed carrots, 18 olive-sized turnip pieces, the white part of 18 leeks cut into 2 cm (¾ in) pieces and 18 small young onions. Cover and cook over a very low heat without fat or liquid, shaking the pan occasionally to prevent sticking. After 20 minutes, remove the turnips, season them with salt and keep hot. Ten minutes later, remove and season the leeks; after a further 10 minutes, do the same with the carrots and onions. Continue to cook the veal over a very low heat, so that it does not burn, for a further 20 minutes. Moisten with 120 ml (4½ fl oz, ½ cup) white wine and reduce until almost dry. Then add 500 ml (17 fl oz, 2 cups) whipping cream and leave to cook for 10 minutes. Replace the vegetables in the casserole and bring to a final boil. Serve the veal with its vegetables piled into a dish.

Vitello tonnato

Bone a 2 kg (4¼ lb) loin of veal and tie it neatly with string. Chop the bones into short lengths and set aside. Season the meat with salt and pepper. Brown it on all sides in a sauté pan in 2 tablespoons olive oil, then remove the roast from the pan. Put the bones in the bottom of a large roasting tin (pan), then place the meat on top and dot with 50 g (2 oz, ¼ cup) butter. Cook in a preheated oven at 220–230°C (425–450°F, gas 7–8) for 20 minutes. Add 1 diced carrot, 1 chopped onion and 2 garlic cloves in their skin, then continue cooking for a further 10 minutes. Season the meat and allow to cool. Discard the bones, then degrease the cooking juices in the pan and reduce them by half. Deglaze the pan with 100 ml (4 fl oz, 7 tablespoons) white wine and 200 ml (7 fl oz, ¾ cup) water. Reduce, then strain the juice and set aside.

Purée 150 g (5 oz) cooked or drained canned tuna, with 3 preserved anchovies (desalted and boned), 40 g (1½ oz) drained capers and 2 table-

spoons of the meat cooking juices. Mix with 450 ml (¾ pint, 2 cups) mayonnaise. Add seasoning to taste and, if necessary, thin the sauce with up to 4 tablespoons chicken stock.

Cut the meat into 2–3 cm (¾–1¼ in) thick slices. Arrange on a platter and pour the tuna sauce over. Sprinkle with sprigs of flat-leafed parsley and 25 g (1 oz) capers. Serve with quartered radicchio hearts, dressed with olive oil and lemon juice.

Pork & ham

Aspic of ham and veal (or chicken)

Prepare an aspic jelly flavoured with herbs, and coat the mould with it. Garnish the mould with some diced cooked ham and some casseroled veal (or chicken) cut into even-sized slices. Fill the centre with a layer of ham mousse, then a layer of Russian salad, finishing with a layer of aspic jelly. Place in the refrigerator to set. Unmould before serving.

Boiled salt pork with pease pudding

Boil a piece of salted belly pork with some carrots, turnips, celery, leeks, onions and parsnips. Meanwhile, prepare a very smooth purée of split peas (preferably yellow) using 500 g (18 oz, 2¼ cups) cooked split peas, 100 g (4 oz, ½ cup) butter, 3 eggs, grated nutmeg, salt and pepper. Butter a pudding basin (mould) and pour the mixture into it. Place the basin in a roasting tin (pan) containing 2.5 cm (1 in) boiling water and cook in a preheated oven at

190°C (375°F, gas 5) for 40 minutes. Drain the cooked pork, place in a serving dish and surround with the well-drained vegetables. Turn out the pease pudding and serve separately.

Braised ham

A few hours before cooking a fresh ham (or a corner or middle gammon), rub it with salt mixed with powdered thyme and bay leaf. When ready to cook, wipe the ham dry, then brown it lightly in 50 g (2 oz, ¼ cup) butter. Prepare a meatless matignon with 250 g (9 oz, 1½ cups) peeled, finely diced and cored carrots, 100 g (4 oz) celery sticks with the strings removed, and 50 g (2 oz, ⅓ cup) coarsely chopped onions. Cook these vegetables gently in 50 g (2 oz, ¼ cup) butter, in a covered pan, with a bay leaf, a sprig of thyme, salt, pepper and a pinch of sugar, for about 30 minutes. Then add 200 ml (7 fl oz, ¾ cup) Madeira or 200 ml (7 fl oz, ¾ cup) Meursault or Riesling and let it reduce with the lid off until the vegetables are soft and all the liquid has been used up.

Put the ham in a roasting tin (pan), coat it with the matignon and sprinkle it with melted butter, then cover with buttered greaseproof (wax) paper. Cook in a preheated oven at 200°C (400°F, gas 6), allowing 20–25 minutes per 450 g (1 lb), basting frequently with the cooking butter (if this seems to be getting too brown, add a few tablespoons of stock). When the ham is cooked, remove the greaseproof paper and the matignon and place the ham on a hot serving dish. Deglaze the roasting tin with a mixture of one-third Madeira and two-thirds stock, and reduce by half. Put the matignon and the cooking juices through a blender and pour this sauce over the ham.

Braised ham à la bayonnaise

Soak a Bayonne ham in cold water for at least 6 hours to remove the salt, then poach it in salted water until it is three-quarters cooked (the meat should still

resist a trussing needle stuck into it). Drain and skin it by removing the rind and excess fat, leaving about 1 cm (½ in) of fat on the ham. Complete the cooking as for braised ham. When it is cooked, put it on an ovenproof dish, with a little of the strained cooking juices poured over, and glaze in the oven.

Meanwhile, prepare a well-seasoned rice pilaf, adding chopped tomatoes (use slightly less water to cook the rice, as tomatoes are very watery). Sprinkle some cleaned button mushrooms with lemon juice and cook them gently in butter. Fry some very thin chipolata sausages in butter. Mix the rice and the mushrooms, and arrange this garnish around the ham, with the chipolatas around the edge of the dish. Serve the rest of the cooking juices separately in a sauceboat.

Braised ham à la crème

Cover a fresh ham with water and cook until three-quarters done (the meat should still resist a trussing needle stuck into it). Remove the rind and surplus fat, leaving about 1 cm (½ in) of fat on the ham. Prepare a mirepoix with 200 g (8 oz) peeled and cored carrots, 125 g (4½ oz) onions, 75 g (3 oz) celery sticks and 125 g (4 oz) raw ham or blanched belly pork. Melt 50 g (2 oz, ¼ cup) butter in a saucepan and add the mirepoix with a sprig of thyme and a few sprigs of chopped parsley; cook very gently with the lid on until the vegetables are quite soft.

Spread the mirepoix in a roasting tin (pan) and place the skinned ham on top; pour over 6 tablespoons stock, 50 g (2 oz, ¼ cup) melted butter and 200 ml (7 fl oz, ¾ cup) Madeira. Cover the ham with buttered greaseproof (wax) paper and cook in a preheated oven at 200°C (400°F, gas 6) for about 1½ hours, basting frequently with the cooking juices and adding a little stock if necessary to keep it moist. When cooked, drain the ham and place it on a hot serving dish.

Reduce the cooking liquid a little, then add 500 ml (17 fl oz, 2 cups) crème fraîche and reduce by one third. Put this sauce through a blender and serve it with the ham.

Braised ham porte-maillot

Braise, drain and dress the ham. Place it in a small braising pan, pour over 500 ml (17 fl oz, 2 cups) Madeira, cover and simmer gently for 30 minutes. Prepare a garnish of glazed carrots and onions, green (French) beans cooked in salted water and braised lettuce. When the ham is cooked, glaze it in the oven. Arrange on a long serving dish (platter), surrounded by the vegetables in separate piles and keep warm. Skim the fat off the cooking juices, strain and serve separately.

Braised ham with Madeira

Braise the ham and cut it into slices. Remove the fat from the meat juices, reduce them and add Madeira. Strain and then thicken with arrowroot or cornflour (cornstarch). Arrange the slices of ham in an ovenproof dish and cover with the Madeira-flavoured stock. Cover and heat through in the oven without boiling.

Braised ham with pineapple

Put a fresh ham weighing about 5 kg (11 lb) into cold water, bring to the boil, and simmer very gently for 2 hours. Drain the ham and leave until cold, then remove the rind, leaving a 1 cm (½ in) layer of fat on the ham. Stud the ham with cloves and sprinkle with 125 g (4½ oz, ½ cup) caster (superfine) sugar. Place in a roasting tin (pan) and bake in a preheated oven at 220°C (425°F, gas 7) for 1½ hours.

Heat about 12 canned pineapple slices in their syrup. Put 250 ml (8 fl oz,

1 cup) wine vinegar and 20 peppercorns into a saucepan, bring to the boil, and then add 500 ml (17 fl oz, 2 cups) stock. Prepare a pale caramel with 125 g (4½ oz, ½ cup) caster (superfine) sugar and strain the flavoured stock on to the caramel. Add 2 glasses of sherry and reduce until syrupy; pour into a sauceboat. Put the ham on a hot dish and surround it with the drained slices of pineapple; serve the sauce separately.

Cassoulet (1)

(from a recipe given by a gourmet from Castelnaudary) Use a glazed earthenware pot, known as a *toupin*, to cook white haricot (navy) beans – those from Pamiers and Cazères are best – with seasoning, plus the usual meat – pork (loin, ham, leg, sausages and fresh rinds) with perhaps a piece of preserved goose – vegetables, garlic and herbs. When the beans are well cooked but still whole, put them in a special cooking pot (of Issel earthenware), the sides of which have been lined with fresh bacon rinds (these are cooked with the beans). Add the pork hock, fat, sausage and a leg of preserved goose. Sprinkle the top with coarse breadcrumbs and then with goose fat. Place in a baker's oven (ideally fuelled by mountain gorse) and cook gently for several hours. When a beautiful golden crust has formed, break it with a wooden spoon; repeat this essential operation two or three times. Then you will have a fine cassoulet that can be served with either a fine red Aquitaine wine or an old Minervois wine.

Cassoulet (2)

(from a recipe by Prosper Montagné) For 8 people, soak 1 litre (1¾ pints, 4⅓ cups) white haricot (navy) beans in cold water for a few hours (but do not allow them to ferment). Drain, then add to them 300 g (11 oz) pork fat, 200 g (7 oz) fresh pork rind tied in a bundle, a carrot, an onion studded with cloves

and a bouquet garni containing 3 garlic cloves. Season carefully, using very little salt as the fat contains salt. Add enough water to allow the beans to 'swim' well. Simmer gently so that the beans are cooked but intact.

Place some dripping or goose fat in a separate pan and brown 800 g (1¾ lb) pork sparerib or bladebone and 500 g (18 oz) boned shoulder of mutton, well seasoned with salt and pepper. When the meats are well browned, put them in a large frying pan containing 200 g (7 oz, 1¾ cups) cooked chopped onion, a bouquet garni and 2 crushed garlic cloves. Cover and cook. Moisten from time to time with good meat juice or stock from the stockpot. If desired, add some spoonfuls of tomato purée or 3 peeled, seeded and crushed tomatoes.

When the beans are almost cooked, remove the vegetables and bouquet garni and add the pork, mutton and onions, together with some garlic sausage, a leg of preserved goose or duck, and, if desired, a piece of home-made sausage. Simmer gently for a further hour. Remove all the meat from the beans and drain. Cut the mutton, pork and goose (or duck) into equal pieces and cut the rind into rectangles, the sausage into slices (removing the skin) and the fresh sausage into small rings.

Line a large earthenware dish or individual dishes with the rind, then add a layer of beans, a layer of the various meats (moistened with their sauce) and another layer of beans, seasoning each layer with pepper. Top the final layer with the pieces of fat, the remaining rind and some sliced sausage. Sprinkle with white breadcrumbs and melted goose fat. Cook gently in the oven (preferably a baker's oven) for about 1½ hours. Serve in the cooking dish.

Cold ham mousse

Mince (grind) 500 g (18 oz) cooked lean ham, adding 200 ml (7 fl oz, ¾ cup) cold thick velouté sauce. Purée in a blender, then put it into a bowl and stand

it on ice; season and stir with a spatula for a few minutes, adding 150 ml (¼ pint, ⅔ cup) liquid aspic, a little at a time. Finally, gently fold in 400 ml (14 fl oz, 1¾ cups) double (heavy) cream whipped until fairly stiff. Pour into a mould lined with aspic, and chill until set. Turn out on to the serving dish and garnish with chopped aspic.

Croûtes à la diable

Fill some croûtes with a salpicon of York ham and mushrooms which have been cooked slowly in butter, bound with well-reduced demi-glace and seasoned with a pinch of cayenne. Sprinkle the croûtes with breadcrumbs fried in butter, and brown in a preheated oven at 220°C (425°F, gas 7).

Enchaud

This speciality from Périgord consists of a piece of boned pork fillet (tenderloin) rolled up, tied with string and cooked in the oven in a casserole. Bone a piece of pork fillet (tenderloin) weighing about 1.5 kg (3¼ lb), and keep the bone. Spread out the fillet on the work surface. Season with salt and pepper, sprinkle lightly with crushed thyme and insert small pieces of garlic. Roll up the meat tightly, tie it up with string and keep it cool.

The next day, heat 2 tablespoons lard (shortening) in a flameproof casserole and brown the enchaud on all sides. Add a small glass of warm water, a sprig of thyme and the pork bone. Season with salt and pepper. Cover and seal the lid with a flour and water paste. Cook in a preheated oven at 180°C (350°F, gas 4) for about 2 hours. When the enchaud is cooked, drain it and keep it hot on the serving dish. Remove the bone and the thyme from the casserole and skim as much fat as possible from the cooking juices; add 4 tablespoons stock and reduce. Serve the enchaud with this sauce, accompanied by potatoes sautéed with garlic.

The garlic can be replaced by small sticks of truffle. In this case, the pork is stuffed with about 400 g (14 oz, 1¾ cups) well-seasoned fine forcemeat, to which 1 teaspoon brandy and some truffle peel have been added. Roll up and cook the enchaud as in the previous method and serve cold, with a salad dressed with walnut oil.

Farci

This speciality of Périgord consists of forcemeat wrapped in cabbage leaves. It is traditionally cooked inside a boiling fowl in meat or vegetable stock; however, it is now more usually made by wrapping the stuffed cabbage leaves in muslin (cheesecloth).

Crumble 350 g (12 oz, 12 slices) stale crustless bread and soak it in fatty stock or in milk. In a bowl, mix together 350 g (12 oz, 2 cups) chopped gammon (ham or bacon, 2 chopped garlic cloves, 2 chopped shallots (or 1 chopped onion), a bunch of chopped parsley, tarragon or other herbs. If liked, add some chopped chicken liver. Squeeze out the bread and mix it with the chopped ingredients. Season with salt, pepper and a generous pinch of mixed spice and bind with 2 or 3 egg yolks. Mix well until smooth, and keep in a cool place.

Blanch some large cabbage leaves in a saucepan of boiling water for 5 minutes. Cool quickly under cold running water then pat them dry on paper towels and arrange them like flower petals on a flat surface. Shape the forcemeat into a ball, place it on the cabbage leaves and fold them over. Secure the cabbage leaves with string to keep the shape, or wrap the package in muslin (cheesecloth), and cook in vegetable or meat stock for about 1¾ hours. Remove the muslin or string. Cut the farci into slices and serve very hot with the stock or with a chicken, depending on the recipe. (Farci can also be served cold.)

Fresh figs with Parma ham

Choose some very fresh green or purple figs that are ripe but still slightly firm. Split them into four without completely separating the quarters (these should be held together by the stalk). Gently loosen the skin near the stalk. Roll some very thin slices of Parma or Bayonne ham into cornets. Arrange the figs and ham in a dish and serve cold.

Glazed ham

Soak a medium-sized ham in cold water for at least 6 hours, then scrub it and bone it at the loin end. Put it in a large saucepan with plenty of cold water but no seasoning. As soon as the water boils, reduce the heat and let it simmer very gently, allowing no more than 20 minutes per 450 g (1 lb). After draining and skinning the ham, put it in a roasting tin (pan), sprinkle with icing (confectioner's) sugar and glaze in a preheated oven at 180°C (350°F, gas 4) for about 30 minutes. As it caramelizes, the sugar turns into a sort of golden lacquer, enhancing the appearance and flavour of the ham.

Glazed ham reine pédauque

Poach a middle or corner gammon in Meursault for 20 minutes per 450 g (1 lb). Cut it into thin slices and leave until cold. Spread each slice with a layer of foie gras mixed with diced truffle, and put the slices together to re-form the original shape. Coat with a port-flavoured chaud-froid sauce. Garnish with slices of truffle and glaze with port-flavoured aspic. Place the glazed ham on a long serving dish and surround it with little squares of aspic.

Glazed spare ribs

Prepare a marinade with 1 tablespoon sugar, 1 teaspoon salt, a pinch of ground ginger, 60 ml (2 fl oz, ¼ cup) soy sauce and the same quantity of

ketchup, 1 chopped garlic clove and some black pepper. Marinate the spare ribs for at least 30 minutes, then drain and grill (broil) briskly on one side. Baste with a little marinade and grill the other side. Baste once more and grill the ribs until they are stickily glazed on both sides. The ribs may also be baked in a preheated oven, and require basting occasionally.

Grilled andouillette

This sausage made from pork intestines (*chaudins*), often with the addition of pork stomach and calf's mesentery, precooked in stock or milk and packed into a skin may be cooked simply by grilling. Prick the andouillette and grill (broil) it slowly, preferably over charcoal, so that it warms right through.

Grilled pork chops

Season the chops with salt and pepper, brush with melted butter or oil and grill (broil) under a moderate heat, turning once. Arrange on a serving dish and garnish with watercress. Serve with lemon wedges.

Ham à la chablisienne

Remove the stalks from 1.5 kg (3¼ lb) spinach, wash the leaves and cook them briskly in salted boiling water until wilted. Cool them down in iced water, then squeeze out all the water. Finely chop 1 small shallot and sweat in a saucepan in 10 g (¼ oz, 1½ teaspoons) butter, without letting it brown. Add 200 ml (7 fl oz, ¾ cup) Chablis and reduce to 4 teaspoons. Add 200 ml (7 fl oz, ¾ cup) chicken stock and reduce by half. Pour in 200 ml (7 fl oz, ¾ cup) double (heavy) cream and cook until it thickens slightly. Season with salt and pepper. In another saucepan, heat 50 g (2 oz, ¼ cup) butter until it turns brown. Add the spinach and stir with a fork spiked with a peeled garlic clove. Adjust the seasoning. Place the spinach in an ovenproof dish. On top arrange

4 thick slices of ham previously warmed in stock and then drained. Pour the sauce on top and put in a preheated oven at 180°C (350°F, gas 4) to heat through for a few minutes.

Ham cornets with foie gras mousse

Roll up some small but fairly thick slices of ham into cornets. Fill them with a duck or goose foie gras mousse (using a piping bag). Arrange on a bed of lettuce or on a dish garnished with cubes of port-flavoured aspic jelly.

Ham crêpes

Prepare 12 savoury crêpes. Prepare separately a béchamel sauce with 40 g (1½ oz, 3 tablespoons) butter, 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour, 500 ml (17 fl oz, 2 cups) milk, nutmeg, salt and pepper. Add 150 g (5 oz, ⅔ cup) diced Paris or York ham and 50 g (2 oz, ½ cup) grated cheese to the sauce. Cool and fill each crêpe with one-twelfth of this mixture. Roll up the crêpes and arrange them in a buttered ovenproof dish. Sprinkle with 50 g (2 oz, ½ cup) grated cheese and 25 g (1 oz, 2 tablespoons) melted butter and brown in a preheated oven at 230°C (450°F, gas 8).

Ham saupiquet

Cut 8 thick slices of boned ham, which has been thoroughly desalted, and fry them in lard over a brisk heat. Make a roux with 25 g (1 oz, ¼ cup) plain (all-purpose) flour and 25 g (1 oz, 2 tablespoons) butter, then add 200 ml (7 fl oz, ¾ cup) white wine and 200 ml (7 fl oz, ¾ cup) ham, chicken or veal stock. Add the ham trimmings, 7 or 8 juniper berries and some chopped tarragon and reduce for 15 minutes. Reduce some wine vinegar seasoned with 10 crushed peppercorns. Pour the sauce over this and simmer for another 15 minutes. Thicken with 200 ml (7 fl oz, ¾ cup) crème fraîche, then

rub through a very fine sieve. Drain the slices of ham, arrange them on a hot serving dish and pour the sauce over them.

Ham soufflé

Make a béchamel sauce using 40 g (1½ oz, 3 tablespoons) butter, 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour and 200 ml (7 fl oz, ¾ cup) cold milk. Season with salt, pepper, nutmeg, 75–90 g (3–3½ oz, ¾ cup) grated Gruyère cheese or 50 g (2 oz, ½ cup) grated Parmesan cheese and 150 g (5 oz, 1 cup) ham that has been chopped and processed or finely minced twice. Then add 4–5 egg yolks (use fairly large eggs) and fold in 4–5 egg whites which have been whisked to stiff peaks. Preheat the oven for 15 minutes at 220°C (425°F, gas 7). Butter a 20 cm (8 in) soufflé mould and coat with flour. Pour in the mixture and bake in the preheated oven at 200°C (400°F, gas 6) for 30 minutes, without opening the door during cooking, until well risen and a deep golden-brown on top.

Home-salted pork

Choose fairly even-sized pieces of belly pork, knuckles of ham, spare rib or shoulder chops, and trimmed rind. Rub them with fine salt and place in a salting tub, putting the largest pieces at the bottom: start with the pieces of belly pork, pressing them down well. Cover with cooking salt, making sure that there are as few air pockets as possible. A few garlic cloves, peppercorns and a bay leaf may be added, but not to excess. Then pile on the knuckles of ham, filling up the holes with the spare rib or shoulder chops. Cover each layer with salt, pressing down well, and finish with the pork rinds. Preservation time is 2–3 weeks for spare rib chops, 1 month for knuckles of ham, and much longer for belly of pork. Knuckle, brushed and wiped, can be stored hung up in a cool, airy place.

Home-salted pork: rolled belly

Choose a piece of streaky belly pork that is not too fatty. Trim it, cut into a rectangle and slash the inside. Rub with salt mixed with chopped garlic, then sprinkle with chopped thyme. Roll up the belly and tie tightly. Rub the outside – the rind side – with fine salt for some time, so that it penetrates thoroughly. Cut the belly into 2 or 3 pieces, according to the size of the salting tub. Layer in the tub as above.

Landes ham with honey

Cook 450 g (1 lb, 2 cups) rice in salted water and drain. Coat 4 slices of slightly salted raw ham on both sides with a little clear chestnut honey. Butter an ovenproof dish, line it with the rice, add the slices of ham and sprinkle with cinnamon. Grill (broil) for 10 minutes. Season with pepper and serve hot.

Loin of pork à l'alsacienne

Salt and pepper a loin of pork and cook in a preheated oven at 200°C (400°F, gas 6), allowing 50 minutes per 1 kg (22 minutes per 1 lb) and turning it over halfway through the cooking time. Prepare a braised sauerkraut with a garnish of bacon and sausages. Drain the loin, place in the centre of the sauerkraut and continue cooking for a further 15 minutes. To serve, cut the bacon into slices and separate the loin chops. Arrange on the sauerkraut with the sausages and boiled potatoes.

Loin of pork à la languedocienne

Stick the loin with garlic cloves cut into sticks, sprinkle with salt and pepper, brush with oil and leave to stand for 12 hours. Roast it in a preheated oven at 220°C (425°F, gas 7) for 1 hour per 1 kg (25–30 minutes per 1 lb), or on a spit, and serve with its cooking juices accompanied by sautéed potatoes.

Loin of pork bonne femme

Salt and pepper a loin of pork. Heat 15 g (½ oz, 1 tablespoon) butter or lard per 1 kg (2¼ lb) meat in a flameproof casserole. Brown the meat on all sides, then place it in the casserole in a preheated oven at 200°C (400°F, gas 6) and cook according to the weight of the meat, allowing 50 minutes per 1 kg (22 minutes per lb). About 25 minutes before the end of the cooking time, add 500 g (18 oz) peeled potatoes per 1 kg (2¼ lb) meat and 20 small (pearl) onions fried in butter to the casserole. Season with salt and pepper, cover and finish cooking. Separate the loin chops and serve very hot, sprinkled with chopped parsley.

Loin of pork with pineapple

Brown a loin of pork in a flameproof casserole with a little butter and oil. Season with salt and pepper, cover the casserole and cook gently for about 1½ hours, either on the top of the stove or in a preheated oven at 200°C (400°F, gas 6). Brown some pineapple slices and apple quarters in butter and add them to the casserole 5 minutes before the end of the cooking time. Arrange the pork on a warm serving plate with the apples and pineapple and keep hot. Deglaze the casserole with a little hot water or rum and serve this separately as a sauce.

Loin of pork with pistachios

Marinate a loin of pork – or unsmoked (fresh) ham – for 24 hours in white Bordeaux wine. Soak 800 g (1¾ lb) prunes in warm white Bordeaux. Stud the pork joint with garlic and pistachios. Place it in a flameproof casserole, add 500 ml (17 fl oz, 2 cups) of the marinade, cover and cook for 3 hours over a moderate heat. Then add the strained prunes, cook for a further 45 minutes and serve very hot.

Loin of pork with red cabbage

Prepare a braised red cabbage while roasting a loin of pork. Arrange the pork on a hot serving dish; surround with red cabbage and boiled potatoes or braised chestnuts. Serve very hot.

Melon with Parma ham

Arrange seeded and peeled, fine slices of melon on individual plates, allowing 3–4 per portion. Add 3–4 fine slices Parma ham, loosely folded to one side of the melon. The ham and melon are eaten together as a simple starter.

Mother's cretons

In a heavy-based saucepan place 500 g (18 oz, 2¼ cups) minced (ground) shoulder of pork, 1 chopped onion, 2 crushed garlic cloves, 1 cup bread-crumbs, 1 cup milk, 1 cup chopped parsley, salt, pepper and cinnamon. Mix thoroughly, cover and cook for 2 hours over a gentle heat, stirring frequently. Leave to cool, then process in a food processor or blender for 2 minutes. Pour into a buttered terrine and refrigerate until firm.

Neck of pork with broad beans

Soak 1 kg (2¼ lb) smoked neck of pork for 12 hours in fresh water, changing the water two or three times if the meat seems too salty. Place the pork in a braising pan and cover with cold water. Bring to the boil and skim. Add 1 leek, 1 carrot, 1 onion, 1 celery stick, 1 bay leaf, 6 peppercorns, 3 cloves and 200 ml (7 fl oz, ¾ cup) Rivaner or Riesling. Cover and cook for 2–3 hours. Prepare a roux with 50 g (2 oz, ¼ cup) butter and 2 tablespoons plain (all-purpose) flour. Dilute with stock from the braising pan to make a sauce. Cook 1 kg (2¼ lb) broad (fava) beans with a few sprigs of summer savory. Serve the meat, sliced, with the beans and boiled potatoes.

Palette of pork with haricot beans

Soak a salted blade or butt of pork in cold water to remove the salt, changing the water once. Stud the meat with pieces of garlic and place it in a saucepan. Cover it generously with cold water, add a bouquet garni and leave to simmer for about 2 hours. Cook separately some dried or fresh white haricot (navy) beans or lentils. When the beans are half-cooked, add the meat (drained), adjust the seasoning and complete the cooking gently with the lid on. Alternatively, the cooked shoulder may be lightly fried in lard (shortening) before being added to the beans.

Palette of pork with sauerkraut

Soak a salted blade or butt of pork in cold water to remove the salt, changing the water once. Prepare some sauerkraut, place the drained shoulder in it and cook for about 2 hours over a very low heat or in a preheated oven at 180°C (350°F, gas 4). The sauerkraut may be garnished with a few vegetables (potatoes, carrots, turnips and small onions) added 45 minutes before the end of the cooking time.

Pigs' trotter sausages

Soak a large pig's caul (caul fat) in cold water. Cook the trotters (feet) in stock until really tender and bone them completely. Dice the flesh and mix it with an equal quantity of fine pork forcemeat (diced truffle may be added if wished). Add salt, pepper, a pinch of mixed spice and a dash of Cognac. Divide the mixture into 4 portions of about 100 g (4 oz). Shape into little flat sausages (*crépinettes*) and top with a slice of truffle if wished. Wipe the caul, spread it out on the work surface and cut it into pieces. Wrap each *crépinette* in a piece of caul, coat with melted butter, roll in fresh breadcrumbs and cook gently under the grill (broiler).

Poached ham in pastry à l'ancienne

Poach a York ham in water until it is two-thirds cooked, then drain. Remove the skin and glaze on one side with caramel, then let it get cold. Prepare 575 g (1¼ lb) lining pastry, about 225 g (8 oz) vegetable mirepoix and 3 tablespoons mushroom duxelles. Mix the mirepoix and the duxelles together, adding 1 chopped truffle.

Roll out the pastry to a thickness of about 4 mm (¼ in) and spread the vegetable mixture over an area in the centre about the same size as the ham. Place the ham on the vegetables, glazed side down, wrap it in the pastry and seal the edges. Put it in a buttered roasting tin (pan), sealed side down. Brush the top of the pastry with beaten egg yolk and garnish with shapes cut from the pastry trimmings. Make a hole in the top for the steam to escape and cook in a preheated oven at 180–200°C (350–400°F, gas 4–6) for about 1 hour. Place the ham on a serving dish. If liked, a few spoonfuls of Périgueux sauce can be poured in through the opening.

Pork brochettes with prunes

Remove the stones (pits) from the prunes. Wrap each prune in a short piece of smoked streaky bacon. Cut some pork loin into cubes. Marinate these ingredients for 30 minutes in a mixture of groundnut (peanut) oil, salt and pepper with a little grated nutmeg and cayenne pepper. Drain the pork and the bacon-wrapped prunes, thread on to skewers and grill (broil) under a medium heat for about 10 minutes.

Pork chops à la bayonnaise

Stud the chops with slivers of garlic. Season with salt, pepper, powdered thyme and bay leaf and sprinkle with oil and a dash of vinegar. Leave to marinate for 1 hour, then sauté briskly in lard. When the chops are browned

on both sides, surround them with small new potatoes tossed in goose fat and cep mushrooms fried in oil. Cook in a preheated oven at 200°C (400°F, gas 6) for 20 minutes. Arrange on a hot dish and sprinkle with chopped parsley.

Pork chops à la gasconne

Marinate the chops as for pork chops *à la bayonnaise*. Fry quickly in butter or goose fat. Place in a pan with 6 peeled and slightly blanched garlic cloves per chop and cook over a gentle heat for 20 minutes. When the chops are almost cooked add 8 stoned (pitted) blanched green olives per chop. Arrange the chops in a crown and put the garnish in the centre. Deglaze the pan with 4 tablespoons white wine, add a few tablespoons of meat juice (or stock) if required and reduce. Pour the sauce over the chops and sprinkle with parsley.

Pork chops à l'alsacienne

Salt and pepper the pork chops and either sauté in a little butter or lard or braise them. Arrange in a turban on a heated serving dish and garnish as for loin of pork *à l'alsacienne*. Coat the chops with their deglazed cooking juices or, if braised, with the strained braising juices.

Pork chops charcutière

This dish is found ready-cooked in some French pork butchers' shops, prepared as follows. Sauté the pork chops (they may be coated with breadcrumbs) in lard, then simmer in charcutière sauce with thinly sliced gherkins.

In restaurants the preparation is as follows. Flatten the chops slightly, season, coat with melted butter and breadcrumbs and gently grill (broil). Arrange them in a crown and fill the centre of the dish with mashed potato. Serve separately, in a sauceboat, a charcutière sauce to which chopped gherkins have been added at the last minute.

Pork chops pilleverjus

Trim and slightly flatten 4 pork chops, season with salt and pepper, and fry in lard until both sides are golden. Place 4 tablespoons finely chopped onions, lightly cooked in butter, in the frying pan. Add a bouquet garni, cover and cook gently for about 30 minutes. Meanwhile, shred a spring cabbage heart and cook in butter. Moisten with a few tablespoons of boiling cream, then stir. Arrange the cabbage julienne in a dish, place the chops on top and garnish with boiled potatoes if required. Deglaze the pan juices with 1 tablespoon vinegar and 4 tablespoons meat glaze and pour over the chops.

Pork chops with kiwi fruit

Fry 4 pork chops in butter. Meanwhile peel 8 kiwi fruit, cut them into thick slices or quarters, and sprinkle with a little lemon juice. Drain the chops and keep them hot in the serving dish. Add the fruit to the frying pan, cover the pan and heat in the pan juices. Arrange the fruit around the chops. Deglaze the pan with 100 ml (4 fl oz, 7 tablespoons) pineapple juice and an equal quantity of stock. Boil down to reduce the sauce to a thick syrup. Add a generous pinch of pepper and pour over the chops.

Pork chops with Robert sauce

Season the chops with salt and pepper, grill (broil) gently and serve with Robert sauce and mashed potatoes or haricot (navy) beans.

Alternatively, sauté the chops in butter or lard; when half-cooked, add 100 g (4 oz, ⅔ cup) finely chopped white onions (for 4 chops). Drain the chops, arrange on a serving dish and keep warm. Deglaze the pan juices with 200 ml (7 fl oz, ¾ cup) white wine and reduce almost completely. Moisten with 300 ml (½ pint, 1¼ cups) demi-glace sauce or 200 ml (7 fl oz, ¾ cup) stock and boil for 5 minutes. Add 1 tablespoon concentrated tomato purée

(paste) and thicken with 1 tablespoon beurre manié. Remove from the heat and add a pinch of caster (superfine) sugar and 1 tablespoon mustard to the sauce. Pour the sauce over the chops and serve very hot.

Pork crépinettes

A crepinette is a small flat sausage, generally made of sausagemeat mixed with chopped parsley and wrapped in caul (*crépine*). Crépinettes may also be made with lamb, veal or poultry, prepared with a salpicon of meat and mushrooms, sometimes garnished with truffles and bound with white or brown stock.

Prepare some small flat sausages using either fine pork forcemeat or sausagemeat flavoured with chopped herbs and Cognac (a few diced truffles may also be added to the mixture). Divide the forcemeat into portions of about 100 g (4 oz, ½ cup) and wrap each one in a rectangular piece of previously soaked and dried pig's caul. Coat each crépinette in egg and breadcrumbs, brush with melted butter and grill (broil) under a moderate heat. (The crépinettes may be grilled or fried without a coating of breadcrumbs.) The classic garnish is a purée of potatoes or of haricot (navy) beans, but they may also be served with buttered green vegetables.

Pork crépinettes Sainte-Menehould

Prepare some pork crépinettes with a salpicon of pig's trotters mixed with diced truffles, bound with a very reduced demi-glace and sandwiched between 2 layers of fine well-seasoned pork forcemeat. Dip in egg and coat with breadcrumbs and fry in butter over a gentle heat.

Pork pâté à la hongroise (hot)

Cut 300 g (11 oz, 1½ cups) pork loin into strips and leave in a cold marinade for ingredients of pâtés and terrines for 5–6 hours. Peel and dice 150 g (5 oz,

¾ cup) onions, wash and slice 200 g (7 oz, 2½ cups) mushrooms, then sweat both vegetables in butter with salt, pepper and paprika. Bind with 2–3 tablespoons velouté sauce.

Line a pâté mould with pastry for pâté en croûte 'pavé du roy'. Coat the bottom with 200 g (7 oz, 1 cup) mousseline forcemeat containing chopped chives and paprika. Add the mushrooms and onions and press down gently. Drain the strips of pork, stiffen them slightly in hot butter, then put them on top of the vegetables. Cover with 200 g (7 oz, 1 cup) forcemeat and then with pastry (which can be pastry for pâté en croûte, shortcrust or puff pastry). Seal and glaze the pastry, cutting a vent for steam to escape and bake in a preheated oven at 180°C (350°F, gas 4) for 1½ hours. Pour some Hungarian sauce into the pâté through the chimney.

Potjevfleisch

Trim and bone 200 g (7 oz) loin of pork, 200 g (7 oz) rabbit meat, 200 g (7 oz) chicken meat and 200 g (7 oz) leg of veal. Cut into pieces 5 × 2 cm (2 × ¾ in). Peel and blanch 5 large garlic cloves. Place in a bowl, then add 1 diced celery stick, 3 sprigs of thyme, ¼ bay leaf, 2 tablespoons juniper berries and 750 ml (1¼ pints, 3¼ cups) light beer. Add the pieces of meat, cover and leave to marinate for 24 hours in a cool place.

Soften 3 sheets of leaf gelatine in cold water. In a medium-sized terrine arrange the drained meat in three layers, each one covered with a sheet of gelatine. Strain the marinade and pour it on top of the meats. Cover the terrine and seal the lid with flour and water paste. Cook in a preheated oven at 150°C (300°F, gas 2) for 3 hours. Leave the terrine to cool and rest at room temperature then chill in the refrigerator until set. Arrange a slice of *potjevfleisch* on each plate and garnish with *fines herbes*. Serve with onion or rhubarb chutney or a herb salad.

Prunes with bacon

Stone (pit) some semi-dried Agen prunes by splitting them lengthways. Insert a shelled pistachio in place of the stone, then roll up each prune in half a thin rasher (slice) of bacon. Secure the bacon around the stuffed prunes by means of a wooden cocktail stick (toothpick). Arrange the prunes in an ovenproof dish, and place in a preheated oven at 230°C (450°F, gas 8) until the bacon is crispy (about 8–9 minutes). Serve piping hot as a cocktail snack.

Quiche lorraine

Make some lining pastry with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 125 g (4½ oz, ½ cup) butter, a generous pinch of salt, 1 egg and 3 tablespoons very cold water. Roll it into a ball and chill in the refrigerator for a few hours. Then roll it out to a thickness of 5 mm (¼ in) and line a buttered and floured tart tin (pan), 23 cm (9 in) in diameter, bringing the edges of the pastry up to extend slightly beyond the tin edge. Prick it all over and cook blind in a preheated oven at 200°C (400°F, gas 6) for 12–14 minutes. Leave to cool.

Cut 250 g (9 oz) slightly salted pork belly into flat strips and blanch for 5 minutes in boiling water. Refresh and pat dry, then brown very lightly in butter. Spread the pork strips over the pastry case. Beat 4 eggs lightly and mix in 300 ml (½ pint, 1¼ cups) double (heavy) cream; add salt, pepper and nutmeg, then pour the mixture into the pastry case. Cook for about 30 minutes in a preheated oven at 200°C (400°F, gas 6). Serve very hot.

Red kidney beans with red wine and bacon

Cook the beans with 500 g (18 oz) lean bacon in one piece for each 1 kg (2¼ lb) beans and a bouquet garni, 1 onion studded with cloves, garlic and carrot. Use a mixture of half water and half red wine. Part-drain them, leaving enough cooking liquor to lightly coat the beans, and put them into a sauté

pan. Cut the bacon into dice, fry it in butter and add it to the beans. Finally, thicken the sauce with a knob of beurre manié.

Rillettes de Tours

Rillettes is a preparation of pork, rabbit, goose or poultry meat cooked in lard, then pounded to a smooth paste and potted. It is served as a cold hors d'oeuvre.

Select some pieces of fat and lean pork from various cuts, such as blade, neck, belly and leg. Separate the fat from the lean meat and remove any bones. Chop the bones, cut the lean meat into strips and coarsely chop the fat.

Put the fat into a large saucepan, arrange the chopped bones on top, then add the strips of lean meat. Tie 4 or 5 cloves and about 12 black peppercorns in a small piece of muslin (cheesecloth) and place it in the pan, then add salt, using 5 teaspoons per 1 kg (2¼ lb) meat. Cover the saucepan, bring to the boil, and simmer gently for 4 hours.

Remove the lid, turn up the heat and remove the bones, stripping off any adhering meat and returning it to the pan to continue cooking. Stir constantly until all the liquid has evaporated. Remove the bag of spices.

Pour the rillettes into stoneware pots, which have previously been scalded, stirring well so as to mix the fat and lean; leave to cool. The fat will rise to the top so there is no need to add lard. Cover with greaseproof (wax) paper and then foil and store in the refrigerator.

Rillons

Rillons are a speciality of Touraine, made from pieces of belly or shoulder of pork. Cut some pieces of fat belly of pork into 6 cm (2½ in) cubes, without removing the rind. Sprinkle with salt – 1½ tablespoons salt per 1 kg (2¼ lb) meat – and leave for 12 hours.

Put one-third as much lard (shortening) as there is meat into a saucepan, heat and then brown the pieces of pork. Lower the heat and simmer gently for 2 hours. Finally, add 2 tablespoons caramel per 1 kg (2¼ lb) meat, heat through quickly and drain. The rillons may be served either very hot or thoroughly chilled.

Roast loin of pork with various garnishes

Season a loin of pork with salt and pepper 2 hours before cooking. In an ovenproof dish heat a maximum of 15 g (½ oz, 1 tablespoon) lard (shortening) per 1 kg (2¼ lb) meat. Brown the meat on all sides, place the dish in a preheated oven at 200°C (400°F, gas 6) and cook for about 50 minutes per 1 kg (22 minutes per 1 lb). Baste the loin with its cooking juices and turn it several times during cooking.

Serve with the cooking juices, skimmed of fat, and any of the following garnishes: potatoes (*boulangère, dauphinoise,* or puréed), a vegetable purée (celery, turnips, lentils or chick peas), braised vegetables (celery, endive, cabbage, Brussels sprouts, chicory, artichoke hearts or lettuce) or fruit (apples, pears or pineapple). The skimmed cooking juices can also be used to make various sauces, such as *charcutière, piquante*, Robert or tomato.

Roast pork with Jerusalem artichokes

Peel 800 g (1¾ lb) Jerusalem artichokes per 1 kg (2¼ lb) meat. Trim them into large bulb shapes and blanch for 5 minutes in boiling salted water. Rinse in cold water and drain. Melt 20 g (¾ oz, 1½ tablespoons) lard (shortening) in a pan and brown the piece of pork gently. Cook in a preheated oven at 200°C (400°F, gas 6) allowing 50 minutes per 1 kg (22 minutes per 1 lb). About 30 minutes before the end of the cooking time, add the artichokes and season with salt and pepper.

Serve the roast pork surrounded by the artichokes; the deglazed cooking juices should be served separately.

Roast pork with lime sorbet and mint

To make the sorbet, dissolve 575 g (1¼ lb, 2½ cups) sugar in 200 ml (7 fl oz, ¾ cup) water, heat just sufficiently to dissolve the sugar completely and leave to cool. Squeeze enough limes to collect 500 ml (17 fl oz, 2 cups) strained juice. Add it to the syrup. Pour into ice trays and place in the freezer. After about 1 hour, whisk and leave for at least 1 further hour before whisking again. Continue until set completely.

Roast a 1 kg (2¼ lb) fillet of pork (pork tenderloin) for 70 minutes in a preheated oven at 220°C (425°F, gas 7) and leave to cool completely.

Slice the roast thinly and arrange on a serving dish; garnish with sprigs of fresh mint. Prepare a lettuce salad and sprinkle it with chopped mint. Serve the sorbet in small sundae glasses alongside the cold roast meat and the salad.

Roast sucking pig

Clean out the sucking pig through an incision in the belly without boning it. Sew it up and tie up the trotters. Season the inside with *quatre epices* or four spices and sprinkle with brandy, oil, sliced carrots and onions, crushed garlic cloves, chopped parsley, thyme, bay leaf and pepper. Leave the pig to marinate in this mixture for 24 hours. Cook the pig on a spit over a high heat for about 1¾ hours: the skin should be golden and crisp. Baste the pig with a little of the marinade during cooking. Serve on a dish garnished with watercress.

Salt pork with lentils

Soak 500 g (18 oz) slightly salted spare ribs, 1 slice slightly salted knuckle end of ham, 400 g (14 oz) slightly salted loin and 200 g (7 oz) slightly salted belly

of pork streaked with fat in cold water for at least 2 hours. Rinse all the pieces of meat, place them in plenty of cold water and bring to the boil, then skim thoroughly and simmer for 1 hour. Wash and drain 500 g (18 oz, 2½ cups) Puy lentils, then cook for 15 minutes in plenty of water. Drain again and add to the meat with 1 large onion stuck with 2 cloves and 2 carrots, 2 leeks, a bouquet garni and a few black peppercorns. Simmer for 45 minutes, skimming from time to time. Add 1 cooking sausage and continue cooking for another 40 minutes. Remove all the meat and set aside in a warm place. Discard the bouquet garni and drain the lentils. Place on a large serving dish and arrange the meat on top.

Sausages à la catalane

In a frying pan, fry 1 kg (2¼ lb) thick sausages in dripping until they are golden, then remove them and set aside. Add 2 tablespoons flour to the pan and stir until it is coloured, then add 1 teaspoon tomato purée (paste), 120 ml (4½ fl oz, ½ cup) white wine, and 120 ml (4½ fl oz, ½ cup) stock. Stir well, cook for 10 minutes, then press through a sieve. Blanch 24 peeled garlic cloves. Return the sausages to the frying pan, add the garlic, a bouquet garni and a piece of dried orange peel. Pour the sieved sauce on to the sausages, cover and cook gently for 30 minutes. Fresh breadcrumbs may be used instead of flour, if liked.

Sautéed pork chops

Trim and flatten 4 pork chops and season with salt and pepper. Heat 25 g (1 oz, 2 tablespoons) butter or lard (shortening) in a frying pan and brown the chops on both sides. Cover the pan and cook for about 15 minutes. Remove the chops and arrange on a hot dish. Coat with the deglazed cooking juices and serve with any of the garnishes suggested for roast loin of pork.

Shoulder of pork with five spices

In a mortar crush 2 garlic cloves and 2 shallots with 2 teaspoons sugar and the same amount of nuoc-mâm (a Vietnamese fish sauce) and soy sauce, ½ teaspoon Chinese five spice powder and a little black pepper. Fry the shoulder of pork, with its rind, on all sides, then add the spice mixture. Cover and cook for 30 minutes over a moderate heat, turning the meat halfway through the cooking time. Remove the lid and reduce, turn the meat in its cooking juices, then remove and slice; arrange the slices on a plate and pour over the reduced juices. Serve with plain boiled rice.

Small ham and cheese quiches

Make some lining pastry (see short pastry) with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 125 g (4½ oz, ½ cup) butter, a generous pinch of salt, 1 egg and 3 tablespoons very cold water. Roll it into a ball and chill in the refrigerator for a few hours. Then roll it out to a thickness of 5 mm (¼ in). Line 6 tartlet moulds, 10 cm (4 in) in diameter, with the pastry. Cut 150 g (5 oz, ⅔ cup) cooked ham into strips and spread over the pastry cases with 100 g (4 oz, ¼ cup) grated Gruyère cheese. Beat 4 eggs lightly and mix in 300 ml (½ pint, 1¼ cups) double (heavy) cream; add salt, pepper and nutmeg, then pour the mixture into the pastry case. Bake in a preheated oven at 180°C (350°F, gas 4) for about 18 minutes.

Stuffed sucking pig à l'occitane

Clean out the sucking pig through an incision in the belly. Bone it, leaving only the leg bones. Season the inside with salt and *quatre épices* or four spices, sprinkle with brandy and leave for several hours.

Prepare a forcemeat: slice the pig's liver and an equal amount of calves' or lambs' liver, season and brown briskly in very hot butter. Drain and set aside.

In the same butter, still over a high heat, lightly brown the pig's heart and kidneys and 150 g (5 oz) calves' sweetbreads (trimmed, blanched, rinsed in cold water and sliced). Drain these ingredients and add to the liver. Add 40 g (1½ oz, 3 tablespoons) butter to the same pan and brown 200 g (7 oz, 1½ cups) finely chopped onions, then add 2 tablespoons chopped shallots and 75 g (3 oz, 1 cup) shredded mushrooms and cook for a few moments. Add a pinch of powdered garlic, cover with dry white wine and reduce, then add 400 ml (14 fl oz, 1¾ cups) stock and boil. Add 150 g (5 oz) fresh bacon rinds, cooked and cut into small pieces, and 100 g (4 oz, ¾ cup) blanched pitted green olives. Cook for a few minutes, then add the reserved liver mixture and heat without boiling. Mix well and leave to cool. Then add an equal amount of fine sausagemeat and bind with 4 eggs. Add chopped parsley and 60 ml (2 fl oz, ¼ cup) brandy, mix well and adjust the seasoning.

The day before the sucking pig is to be cooked, stuff it with this mixture. Sew it up, truss and marinate in a mixture of oil, brandy, sliced carrots and onions, crushed garlic cloves, chopped parsley, thyme, bay leaf and pepper.

On the day of cooking, lay the pig out in a large braising pan lined with bacon rinds and sliced carrots and onions (those from the marinade, with others if necessary). Do not hesitate to add plenty of vegetables, as they will be used as a garnish; small carrots and onions may be used whole. Brush the sucking pig with melted lard, cover and cook on the hob (stove top) until the vegetables begin to fry. Moisten with 300 ml (½ pint, 1¼ cups) dry white wine, reduce, then add a few tablespoons stock and a bouquet garni. Finish cooking in a preheated oven at 200°C (400°F, gas 6). The total cooking time should be about 2½ hours, when the skin will be slightly crisp.

Drain and untruss the sucking pig and lay out on a serving dish. Garnish with pork crépinettes with mixed herbs and small black puddings (blood sausages) cooked in butter. Add the sliced onions and carrots from the

braising pan and pour over the strained cooking juices. Serve with a celery purée or mashed potatoes.

Zampone

An Italian speciality from Modena, consisting of a boned and stuffed pig's trotter (foot), sold ready to cook or precooked and served hot or cold. It is stuffed with a forcemeat of pork, green (unsmoked) bacon, truffles and seasoning, and then cured, smoked, boiled and often served with lentils.

The word comes from *zampa* (paw): a large trotter is called a *zampone*; a small one a *zampino*.

Soak a ready-to-cook zampone in cold water for 3 hours; scrape the skin well and prick it all over with a barding needle. Wrap it in a thin cloth, tie at each end and in the centre, then put it into a flameproof casserole and cover with cold water. Bring to the boil and poach for 3 hours. Serve either hot, with mashed potatoes or lentil purée and braised spinach or cabbage; or cold, sliced like a sausage, with parsley.

Lamb & mutton

Algerian lamb with prunes, tea and almonds

Bone 1 kg (2¼ lb) shoulder of lamb, remove the fat and cut the meat into large dice. Sprinkle with finely ground salt and cook it in a casserole with butter until golden brown. Drain. Add to the butter in the casserole 250 ml (8 fl oz, 1 cup) water, 1 cinnamon stick chopped into pieces, 50 g (2 oz, ½ cup) blanched almonds, 200 g (7 oz, 1 cup) caster (superfine) sugar and 2 tablespoons orange-flower water. Bring this mixture rapidly to the boil, stirring continuously. Replace the meat, cover the pan and allow to simmer over a low heat for 45 minutes. Meanwhile, soak 350 g (12 oz, 2 cups) stoned (pitted) prunes in very strong green tea. Add the prunes and tea to the casserole and cook for a further 10 minutes.

Baekenofe

This dish, which is also known as *backenoff*, is an Alsatian stew made with an assortment of meats.

Cut 450 g (1 lb) shoulder of mutton, 450 g (1 lb) shoulder of pork and 450 g (1 lb) beef into large cubes and marinate overnight in 500 ml (17 fl oz, 2 cups) Alsace wine, 1 large finely chopped onion, 1 onion stuck with 2–3 cloves, 2 crushed garlic cloves, a bouquet garni and salt and pepper. The next day, peel and slice 2 kg (4½ lb) potatoes and 225 g (8 oz) onions. Grease a large casserole with lard, then fill with layers of the ingredients, as follows: a layer of potatoes, a layer of meat and a layer of onions. Repeat until all the ingredients have been used, ending with a layer of potatoes. Remove the bouquet garni and the onion stuck with cloves from the marinade and pour

the liquid into the casserole. The liquid should just reach the top layer; if necessary, top up with water. Cover and cook in a preheated oven at about 160°C (325°F, gas 3) for 4 hours.

Ballotine of lamb in aspic

Make a stuffing with a salpicon of pickled tongue, ham and stoned (pitted) black olives. Spread this mixture on a boned flattened shoulder of lamb, roll it up, wrap it in a piece of muslin (cheesecloth) and fasten with string. Cook the lamb in a casserole on a bed of vegetables with bacon and stock for about 1¾ hours, as in the recipe for braised ballotine of lamb. Drain and unwrap the ballotine (straining and reserving the cooking liquor), squeeze out the muslin and use it to wrap up the ballotine again. Fasten securely at both ends and in the middle and allow to cool for 12 hours under a weight. Unwrap and place in a dish. Warm the liquor and pour it over the ballotine, adding more warmed jellied stock, if necessary, to cover. Chill for at least 24 hours until firmly set before serving.

Baron of lamb à la périgourdine

The baron is the cut of mutton or lamb that includes the saddle (loin) and both hind legs. Cook and shell 1 kg (2¼ lb) chestnuts. Cover the baron with a light even coat of butter and season with salt and pepper. Roast in a preheated oven at 200°C (400°F, gas 6) for 18–20 minutes per 450 g (1 lb). While the meat is cooking, fry some small tomatoes (preferably in goose fat) and keep warm. Repeat the process with the chestnuts. Arrange the baron on a warm plate surrounded with alternating tomatoes and chestnuts. Deglaze the dripping with boiling water and reduce until richly flavoured. Serve the meat juice in a sauce boat. The baron can also be served with potatoes lightly fried and enriched with truffle peelings.

Blanquette of lamb à l'ancienne

This is prepared with shoulder, breast and best end (rib chops) of lamb. The stock for 1.8 kg (4 lb) lamb is made with 2 carrots cut into quarters, 2 medium onions (one stuck with a clove) and a vegetable bouquet garni consisting of 2 celery sticks and 2 small leeks (white part only). Cut the meat into 5 cm (2 in) cubes. Seal by frying the cubes in butter without browning. Cover with white stock or bouillon, season, quickly bring to the boil and skim. Simmer gently for 1½ hours. The garnish is made with 200 g (7 oz) baby onions, 200 g (7 oz) mushrooms (preferably wild) cooked in a thin white sauce, and 8 croûtons fried in butter.

Drain the meat and place in a sauté pan with the onions and mushrooms in sauce. Heat gently and, just before serving, bind the sauce with 50 g (2 oz, ¼ cup) butter and 50 g (2 oz, ½ cup) plain (all-purpose) flour for the roux, then 3 egg yolks, 150 ml (¼ pint, ⅔ cup) double (heavy) cream, the juice of ½ lemon, and a pinch of grated nutmeg. Placé in a deep dish, sprinkle with parsley and garnish with the croûtons.

Blanquette of lamb with beans and lamb's feet

Cut the meat from a shoulder of lamb into large cubes. Cover with iced water and keep for 12 hours in the refrigerator, changing the water once or twice. Soak 350 g (12 oz, 2 cups) dried white haricot (navy) beans for about 12 hours in cold water with an onion stuck with a clove, 4–5 whole carrots, a leek and a bouquet garni.

Rub 3 lamb's feet with lemon juice, blanch for 10 minutes in boiling water, refresh with cold water and trim. Make a paste of 1 tablespoon flour, lemon juice and water in a pan. Add the feet, together with 2 carrots, an onion, a bouquet garni and some peppercorns, and simmer for about 2 hours. When the feet are cooked, drain, skin and dice the flesh.

Cook the beans with the flavouring ingredients for about 1½ hours, skimming frequently at first, and add salt after 15 minutes.

Drain the pieces of lamb shoulder. Start cooking them in cold water and add a lamb stock (bouillon) cube, 2 carrots, an onion, a bouquet garni, peppercorns and a little salt. Simmer for about 1½ hours. When cooked, drain the pieces of lamb and arrange them in a large dish. Reduce the cooking liquor to 1 litre (1¾ pints, 4⅓ cups). In a separate pan, mix together 300 ml (½ pint, 1¼ cups) double (heavy) cream, 3 tablespoons Dijon mustard and 4 egg yolks. Pour the sieved reduced cooking liquor on to the mixture and heat gently, stirring constantly. Season with salt and pepper. As soon as the mixture approaches boiling, strain it over the pieces of lamb. Drain the beans and mix them and the diced feet with the blanquette.

Boiled leg of lamb with caper sauce

This classic British dish was traditionally prepared with mutton. The meat must be cooked gently so that it becomes tender and succulent. Season a trimmed leg of lamb, wrap in a buttered and lightly floured muslin cloth (cheesecloth) and tie up with string. Put it into a pan of boiling salted water, together with 2 carrots cut into quarters, 2 onions (one studded with a clove), a bouquet garni and a garlic clove. Simmer gently but steadily, allowing 30 minutes per 1 kg (15 minutes per 1 lb) or until tender and cooked through. Drain, unwrap and place on a long serving dish.

For the sauce, prepare a roux with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Gradually stir in 300 ml (½ pint, 1¼ cups) milk and 300 ml (½ pint, 1¼ cups) cooking stock from the lamb. Bring to the boil, then simmer for 3 minutes. Stir in 4 tablespoons capers and seasoning to taste. This dish may be accompanied by a purée of turnips or celeriac (celery root), cooked with the leg of mutton, potatoes or

white haricot (navy) beans. Broad beans are also a delicious accompaniment.

In Provence, leg of lamb is boiled in a reduced stock. The meat is served pink with the pot vegetables and aïoli. In Normandy, near Yvetot, leg of lamb is cooked in a vegetable stock flavoured with a tablespoon of Calvados. It is served with pot vegetables and a white sauce with capers.

Braised ballotine of lamb

Ask the butcher to bone a shoulder of lamb. To prepare the stuffing, first finely chop 3 onions, and cook in 20 g (¾ oz, 1½ tablespoons) butter until soft. Mince together a bunch of parsley and 2 garlic cloves. Combine this mixture with the onions, 450 g (1 lb) sausagemeat and salt and pepper and work together by hand or in a food processor. Open out the boned shoulder, spread with the stuffing, then roll up and tie with string.

Dice 100 g (4 oz) carrots, 3 onions, 1 celery stick and 100 g (4 oz) bacon. Melt 25 g (1 oz, 2 tablespoons) butter in a large flameproof casserole and brown the stuffed lamb. Remove and set aside. Cook the vegetable mixture in the butter remaining in the pan until soft. Add a small sprig of thyme, then replace the vegetables. Add 200 ml (7 fl oz, ¾ cup) dry white wine, 200 ml (7 fl oz, ¾ cup) stock or meat juices, a bouquet garni, salt and pepper. Bring to the boil and cook, uncovered, for 5 minutes. Turn the shoulder over in the vegetables, cover the casserole and continue cooking in a preheated oven at 200°C (400°F, gas 6) for 1½ hours. Remove the bouquet garni. Untie the ballotine and serve very hot, either on its own or with spinach, mixed vegetables, noodles, pilaf or risotto.

Braised leg of lamb à la bordelaise

Cook a leg of lamb in a mixture of butter and oil in a covered casserole in a preheated oven at 180°C (350°F, gas 4), allowing 40 minutes per 1 kg or

20 minutes per 1 lb, plus an additional 40 or 20 minutes. When the lamb is one-third done, add 575 g (1¼ lb) tiny potato balls and 250 g (9 oz) fresh cep or button mushrooms, lightly tossed in oil and season with salt and pepper. When the leg and garnish are cooked, sprinkle with noisette butter in which 4 tablespoons breadcrumbs and 1 tablespoon chopped parsley and garlic have been fried.

Braised leg of lamb with spring onions

Calculate the cooking time for a leg of lamb at 40 minutes per 1 kg, 20 minutes per 1 lb, plus an additional 40 or 20 minutes. Cook the lamb in a covered flameproof casserole in a preheated oven at 200°C (400°F, gas 6) for 25 minutes, then drain. Melt some butter in the casserole. Lightly coat 1 kg (2¼ lb) spring onions (scallions) in sugar, then fry them in the butter. Place the leg of lamb on the onions and put the casserole back in the oven. When the onions have softened, add 2 tomatoes, peeled and cut into 8 pieces, and 500 ml (17 fl oz, 2 cups) white wine. Complete the cooking process, turning the leg to make sure it is browned all over and basting it as required with reduced beef stock.

Remove the leg of lamb from the casserole, draining off all the cooking liquor. Drain the spring onions. Cover both and keep hot. Thicken the cooking juices with beurre manié. Carve the lamb. Arrange the spring onions on plates and coat with the sauce. Arrange the lamb on the plates and serve.

Braised mutton cutlets

Trim some thick cutlets and season with salt and pepper. Butter a shallow frying pan, line it with bacon rinds from which all the fat has been removed and add some thinly sliced carrot and onion. Arrange the cutlets in the pan, cover and cook gently for 10 minutes. Add enough white wine just to cover,

then reduce with the lid removed. Moisten with a few spoonfuls of brown gravy or stock, add a bouquet garni and cook with the lid on for about 45 minutes. Drain the cutlets and keep them hot on the serving dish. Surround with boiled Brussels sprouts (the garnish may also consist of chestnuts, sautéed potatoes or a vegetable purée). Reduce the braising stock, strain it, and pour it over the cutlets.

Braised shoulder of lamb

Bone a shoulder of lamb, trim it, season with salt and pepper, roll it up and tie with string. Crush the bones and brown them in butter with the trimmings. Trim the fat off some pork rind and line a braising pan with the rind. Peel and finely slice 2 carrots and 1 onion, cook in butter for 10 minutes, then add to the braising pan. Put the shoulder in the braising pan and season with salt and pepper. Add 150 ml (¼ pint, ⅔ cup) white wine and reduce. Add 250 ml (8 fl oz, 1 cup) thickened gravy, 100 ml (4 fl oz, 7 tablespoons) tomato purée, 1 bouquet garni and the bones and trimmings. Cover and cook in a preheated oven at 220°C (425°F, gas 7) for about 1–1½ hours, depending on the size of the joint. Drain it, glaze in the oven, then arrange it on a serving dish.

The usual garnish consists of green or white haricot (navy) beans, vegetable purées, artichoke hearts or haricot bean purée *à la bretonne*. It can also be served with mushrooms *à la bordelaise*, together with the cooking juices deglazed with red wine and demi-glace and flavoured with shallot, thyme and bay leaf.

Breaded lamb cutlets

Season the cutlets (rib chops) with salt and pepper and coat them with a beaten egg, then with breadcrumbs. Sauté on both sides in clarified butter, then arrange in a crown in a serving dish and sprinkle with noisette butter.

Chump end of lamb Belle Otéro

Bone a chump end of lamb weighing 2.25 kg (5 lb). Make a stock with 250 g (9 oz, 1½ cups) finely diced trimmings browned in butter with the bones, 1 carrot and 1 medium-sized onion (cut up into small pieces), and season with salt and pepper. After browning, add 100 ml (4 fl oz, 7 tablespoons) white wine. Reduce, then add 300 ml (½ pint, 1¼ cups) stock; simmer for 1 hour, then pass through a fine sieve.

Prepare the forcemeat. Finely dice 1 onion, 1 celery stick and 1 carrot, and cook gently in a knob of butter. Add 100 g (4 oz) whole truffles, and then 100 ml (4 fl oz, 7 tablespoons) port and 200 ml (7 fl oz, ¾ cup) of the strained stock. Season with salt and freshly ground pepper. Cook for 15 minutes. Take the truffles out and reduce the liquid. Prepare a duxelles with 500 g (18 oz, 6 cups) button mushrooms (cleaned and finely chopped, then wrung out in a cloth to extract all their juice) cooked for 10 minutes in butter with 4 chopped shallots, salt, pepper and nutmeg. To the duxelles, add 50 g (2 oz, ⅔ cup) cooked diced truffles and 65 g (2½ oz) foie gras cut into matchsticks. Bind with a little of the truffle cooking liquid and season with salt and pepper.

Stuff the lamb with this forcemeat, then arrange the remaining truffles on top, together with another 65 g (2½ oz) foie gras matchsticks. Roll and tie up the meat, wrap it in barding, then tie it up again. Roast for 50 minutes in a preheated oven at 220°C (425°F, gas 7). Serve the meat juices mixed with the truffle juices in a sauceboat. Untie the string, remove the barding and garnish the meat with bunches of buttered asparagus tips or braised artichoke hearts.

Chump end of lamb Callas

Bone a chump end of lamb weighing about 2.75 kg (6 lb), trim the excess fat and season with salt and pepper. Prepare a mushroom julienne, cook it in butter and leave it to cool. Also prepare a julienne of fresh truffles. Put the

truffle julienne down the centre of the meat with the mushroom julienne on each side. Roll and tie up the joint. Roast in a preheated oven at 220°C (425°F, gas 7), allowing 12 minutes per 450 g (1 lb). Deglaze the roasting pan with a little veal stock and sherry. Serve with buttered asparagus tips.

Epigrammes

A dish consisting of two cuts of lamb, both cooked dry. These two pieces are a slice of breast and a cutlet or chop, dipped in egg and breadcrumbs and grilled (broiled) or fried.

Braise a breast of lamb, or poach it in a small quantity of light stock. Drain and bone the meat, and cool it in a press. Cut it into equal portions and coat with egg and breadcrumbs. Coat the same number of lamb cutlets with egg and breadcrumbs. Grill (broil) the cutlets and breast portions or fry them in butter and oil, and arrange in a round dish. Garnish the cutlet bones with paper frills, then put a few spoonfuls of reduced and sieved braising stock around the épigrammes. Garnish with glazed vegetables (carrots, turnips and baby onions), mushrooms, tomatoes fried in oil, or aubergine (eggplant) fritters, arranged in the centre of the dish.

Falettes

Bone and season 2 breasts of mutton. Make a stuffing with 300 g (11 oz, 4 cups) chopped Swiss chard leaves, 200 g (7 oz, 2½ cups) spinach, 50 g (2 oz, 1 cup) fresh parsley, 2 garlic cloves and 1 large onion. Mix the ingredients with 100 g (4 oz, 4 slices) crustless bread soaked in milk and 100 g (4 oz, 2 cup) sausagemeat. Season with salt and pepper.

Flatten out the boned breasts on top of some bacon rashers (slices). Spread the stuffing along the length of each breast and roll up, including the bacon, then tie. Brown the falettes in a flameproof casserole with 200 g (7 oz,

1½ cups) sliced onions and 100 g (4 oz, 1 cup) sliced carrots. Deglaze the casserole with some white wine and add a generous quantity of mutton stock. Add ½ garlic clove and a bouquet garni, and cook, covered, in a preheated oven at 180°C (350°F, gas 4) for 2½ hours.

Meanwhile, soak 500 g (1 lb 2 oz, 2½ cups) haricot (navy) beans in cold water for 2 hours. Drain and boil in fresh water for 10 minutes. Drain and cool quickly by rinsing under the cold tap.

Sauté 100 g (4 oz, ¾ cup) sliced onions, 100 g (4 oz, ¾ cup) chopped Auvergne ham and 100 g (4 oz, ¾ cup) chopped tomatoes in a large saucepan until soft. Add the beans, a bouquet garni and enough mutton stock to cover the beans generously. Bring to the boil, reduce the heat and cover the pan. Then simmer gently for about 1½ hours.

Remove the falettes from the casserole and leave to cool briefly; then untie them, remove the bacon and cut them into slices. Strain and reduce the cooking liquid and pour it over the sliced falettes. Serve the beans separately.

Grilled lamb cutlets

Season the cutlets (rib chops) with salt and pepper, brush them with melted butter or groundnut (peanut) oil, and cook either over a barbecue or under the grill (broiler). Arrange on a serving dish: the protruding 'handle' bone may be covered with a white paper frill. Garnish with watercress or with a green vegetable, which may be steamed (and tossed in butter or cream if desired), braised, puréed or sautéed. Serve with noisette potatoes.

Grilled lamb cutlets à la paloise

Prepare some noisette potatoes and some French (green) beans in cream and keep hot. Season some lamb cutlets (chops) that have the bone end exposed with salt and pepper, coat them very lightly with olive oil and grill (broil)

them quickly on both sides. Garnish the bone ends with white paper frills and arrange the cutlets in a crown on a large round serving dish. Place the beans in the centre and arrange the potatoes in clusters between the cutlets.

Grilled loin of lamb

Trim the bones of a loin of lamb and lightly score its skin in a criss-cross pattern. Season with salt and pepper and brush with melted butter. Cook very slowly on both sides, either under the grill (broiler) or over a barbecue well away from the source of heat, until the meat is cooked through. Garnish with watercress or young vegetables and serve with maître d'hôtel butter.

Grilled shoulder of lamb

Trim the bone, make incisions in the flesh on both sides, brush with melted butter or oil, and grill (broil) the lamb under a medium heat for 20–25 minutes. Sprinkle with breadcrumbs and melted butter and brown under the grill. Garnish with bunches of watercress.

Halicot of mutton

Cut about 800 g (1¾ lb) neck or breast of mutton into pieces. Season and put into a casserole with 4 tablespoons oil. Add a large sliced onion, 1 teaspoon granulated sugar and 3 level tablespoons plain (all-purpose) flour. Stir thoroughly. Then add 3 tablespoons tomato purée (paste) diluted with a little stock. Completely cover the meat with more stock, stir well, add a small crushed garlic clove and a bouquet garni, and cook for 45 minutes. Skim the fat from the sauce and add 500 g (18 oz) potatoes cut into quarters or neat oval shapes, 400 g (14 oz) small turnips and 200 g (7 oz) small peeled onions. Add sufficient stock to cover the vegetables and continue to cook for about 40 minutes until the meat is tender.

Kurdish milk lamb

Ask your butcher to dress a whole baby lamb ready for stuffing and spit-roasting. Finely slice the liver, heart, sweetbreads and kidneys, and fry quickly in butter, seasoning with salt and pepper. Add these to half-cooked rice pilaf with some cooked and chopped dried apricots and loosely stuff the lamb cavity with the mixture. Sew up the openings and truss the animal by tying the legs and shoulders close to the body to give it a regular shape. Pierce the lamb evenly with the spit, season with salt and pepper, and cook over a high heat (20 minutes per 1 kg, 15 minutes per 1 lb). Place a pan under the lamb to catch the juices. When the lamb is cooked, blend sufficient stock into the pan juices to make a gravy and keep it hot. Remove the lamb from the spit, untruss it and place it on a long serving dish. Garnish with watercress and lemon quarters and serve the gravy separately.

Lamb brochettes

Cut some well-trimmed fillet or leg of lamb into 5 mm (¼ in) thick pieces. Thread the pieces of meat on to skewers, alternating with blanched bacon strips and sliced wild mushrooms (optional) tossed in butter. Season with salt and pepper. Brush the brochettes with melted butter, roll in white breadcrumbs, sprinkle again with butter, then grill (broil) under a high heat.

Lamb (or mutton) chops Maintenon

Maintenon is the name given to a savoury dish made with mushrooms, onions and béchamel sauce, sometimes containing truffles, tongue and chicken breasts.

To make the Maintenon mixture, clean and slice 150 g (5 oz, 2 cups) mushrooms and sweat in 15 g (½ oz, 1 tablespoon) butter. Prepare a Soubise purée by puréeing 500 g (18 oz, 4½ cups) sliced onions, blanched and

sweated in butter, and 500 ml (17 fl oz, 2 cups) thick béchamel sauce. Season with salt and pepper, and a little grated nutmeg. Add the mushrooms to the purée and bind with 2 egg yolks. Check the seasoning.

Quickly brown the chops in butter on one side only. Coat the cooked side of each chop with 1 tablespoon Maintenon mixture, shape into a dome, and coat with breadcrumbs. Lavishly butter a baking dish and arrange the chops on it. Sprinkle with melted butter and cook in a preheated oven at 240°C (475°F, gas 9) until golden. Serve with Périgueux sauce.

Lamb curry

Mix 1 tablespoon grated fresh root ginger (or 1 teaspoon ground ginger), a pinch of saffron, 3 tablespoons oil, a large pinch of cayenne, salt and pepper. In this mixture, roll 1.5 kg (3¼ lb) neck or shoulder of lamb cut up into pieces, and leave to marinate for 1 hour. Peel and crush 3 large tomatoes. Brown the pieces of meat in a large saucepan containing 25 g (1 oz, 2 tablespoons) lard (shortening), then remove from the pan.

In the same fat, fry 4 large sliced onions until golden, then add the crushed tomatoes, the ginger mixture, 3 finely chopped garlic cloves and a bouquet garni. Leave to brown for 5 minutes. Peel and grate an acid apple, add to the pan and stir for 2–3 minutes. Replace the meat in the pan, stir, add a small cup of coconut milk or semi-skimmed milk, cover and leave to finish cooking gently for about 40 minutes. Adjust the seasoning.

Serve this curry very hot with boiled rice, cashew nuts, raisins, and pineapple and banana dice tossed in lemon juice, all in separate dishes.

Lamb cutlets à la maréchale

In classic cuisine, *à la maréchale* describes small cuts of meat (such as lamb chops or noisettes, veal escalopes (scallops) or cutlets, calves' sweetbreads, or

poultry suprêmes) that are coated with breadcrumbs and sautéed. They are garnished with bundles of asparagus tips and a slice of truffle on each item and served in a ring of thickened chateaubriand sauce or veal gravy.

Braise some asparagus tips in butter. Cut a truffle into thin strips and braise in butter for 2 minutes. Prepare a liquid maître d'hôtel butter. Season the cutlets with salt and pepper, coat them with breadcrumbs, and sauté them in clarified butter. Arrange the cutlets in a crown, garnish each one with a strip of truffle, and place the asparagus tips between the cutlets. Serve with the maître d'hôtel butter in a sauceboat. Very finely chopped truffle parings may be added to the breadcrumb coating.

Lamb cutlets Du Barry

Boil or steam small florets of cauliflower until just tender. Prepare some Mornay sauce. Butter a gratin dish and arrange the florets, well separated, in it. Coat each floret with Mornay sauce, sprinkle with grated Parmesan cheese and pour over a little melted butter. Brown the cauliflower quickly in a preheated oven at 220°C (425°F, gas 7). Grill (broil) or sauté the cutlets (rib chops) until cooked through, then arrange in the dish with the cauliflower.

Lamb cutlets Pompadour

Braise the cutlets, which should come from the fillet end and be trimmed of fat, and allow to cool. Mask with a well-reduced Soubise purée and leave until cold. Coat with fine breadcrumbs and then beaten egg. Lightly brown the cutlets in clarified butter and serve with lemon quarters.

Lamb cutlets with figs and honey

Wash and wipe 1 kg (2¼ lb) fresh figs, but do not peel. Place them, stalks upwards, in a generously buttered ovenproof dish. Cover with a glass of water,

add some pepper and a little ground cinnamon and grated nutmeg, and cook in a preheated oven at 200°C (400°F, gas 6) for 30–35 minutes. About 10 minutes before the end of the cooking time, melt 40 g (1½ oz, 3 tablespoons) butter in a frying pan and fry 4–8 lamb cutlets (depending on their size) for 3–4 minutes per side. Season with salt and pepper and arrange the cutlets in a warmed serving dish. Keep hot. Melt 2 tablespoons honey in a little hot water and add the pan juices from the cutlets to make a sauce. Adjust the seasoning. Arrange the figs around the meat. Coat the cutlets and the figs with honey sauce. Serve immediately.

Lamb cutlets with hop shoots

Sauté some lamb cutlets in butter. Meanwhile, prepare hop shoots in cream by dropping the hop shoots into salted boiling water. Remove them while they are still firm. Drain, braise in butter in a covered pan, then add (200 ml (7 fl oz, ¾ cup) double (heavy) cream per 350 (12 oz) hop shoots. Arrange the lamb cutlets in a ring on a round dish, alternating with triangular croûtons fried in butter. Place the hops in the centre. Deglaze the cooking juices in the sauté pan with a little dry white wine and pour over the cutlets.

Lamb fricassée

Fry some pieces of lamb (fillet, lean leg or shoulder) in butter without browning and season with salt and pepper. Sprinkle with 2 tablespoons flour and stir over the heat. Add some white stock or consommé and a bouquet garni, and bring to the boil. Simmer with the lid on for 45–60 minutes. Fry some mushrooms in butter and glaze some button onions. Remove the lamb from the pan and keep warm, and stir the onions and mushrooms into the pan juices. Take off the heat and add an egg yolk to thicken. Pour the sauce into a large heated dish, add the lamb and sprinkle with chopped parsley. Serve hot.

Lamb noisettes à la turque

Prepare some rice pilaf and sauté some diced aubergine (eggplant) flesh in oil. Fry the lamb noisettes in butter and arrange in a serving dish; garnish with the aubergine and the rice pilaf moulded in darioles. Keep hot. Dilute the pan juices with tomato-flavoured veal stock and pour over the noisettes.

Lamb noisettes Melba

Stuff 8 small tomatoes with a salpicon of chicken and mushrooms bound with velouté sauce. Brown in the oven or under the grill (broiler) and keep warm. Fry 8 croûtons cut the same size as the noisettes. Sauté the noisettes in butter and arrange them on the croûtons on a serving dish. Keep warm.

Deglaze the sauté pan with 350 ml (12 fl oz, 1½ cups) stock and boil down to reduce by three-quarters. Blend 1 tablespoon arrowroot with 175 ml (6 fl oz, ¾ cup) Madeira, pour the mixture into the sauté pan and whisk until the sauce thickens. Add 20 g (¾ oz, 4½ teaspoons) butter, cut into small pieces, and continue whisking. Pour the sauce over the noisettes and arrange the stuffed tomatoes in a circle around them.

Léa's roast leg of lamb

Crush 4 anchovy fillets in 4 tablespoons olive oil mixed with 2 level tablespoons mustard, sage, basil, rosemary and crushed garlic. Rub the meat with this mixture and marinate for 2 hours, turning from time to time. Calculate the cooking time for the lamb at 30–40 minutes per 1 kg, 15–20 minutes per 1 lb, plus an additional 30–40 or 15–20 minutes, according to how well cooked you require the meat to be when served. Drain and roast in a preheated oven at 200°C (400°F, gas 6).

Meanwhile, boil down the marinade with some butter, slowly adding half a bottle of champagne. Strain and thicken with softened butter.

Leg of mutton en chevreuil

Prepare an en chevreuil marinade. Bone a fine leg of mutton and lard it with thin strips of bacon. Marinate the mutton for between 36 hours (in summer) and 3 days (in winter), turning it over several times. Wipe, then roast in a preheated oven at 200°C (400°F, gas 6). Serve with roebuck or poivrade sauce.

Loin of lamb à la bonne femme

Lightly brown a dozen button onions in melted butter and set aside. Cut 250 g (9 oz) potatoes into large olive-shaped pieces. Coarsely chop 50 g (2 oz) unsalted streaky (slab) bacon. Blanch the bacon for 1 minute in boiling water, then drain, pat dry and lightly fry in butter with the potatoes. Shorten and trim the bones of a 1 kg (2¼ lb) loin of lamb. Brown the meat on all sides in butter over a fairly high heat, then place it in a large casserole, season with salt and pepper, and add the onions, bacon pieces and potatoes. Spoon 1–2 tablespoons melted butter over the meat, cover the casserole and cook in a preheated oven at 180°C (350°F, gas 4) for about 1 hour until the lamb is cooked. Serve the lamb in slices with the casserole vegetables and juices spooned round.

Loin of lamb à la bordelaise

Cut 250 g (9 oz) potatoes into large olive-shaped pieces. Slice 225 g (8 oz) mushrooms (preferably cep mushrooms) and fry them quickly in a little oil. Shorten and trim the bones of a 1 kg (2¼ lb) loin of lamb, then brown on all sides in equal quantities of melted butter and oil. Place the meat in a large casserole with the mushrooms and potatoes, and season. Cover and cook the meat in a preheated oven at 180°C (350°F, gas 4) for about 1 hour, then add a small, crushed garlic clove mixed with several tablespoons stock and a little tomato purée (paste). Continue to cook until the lamb is tender.

Loin of lamb Clamart

Shorten and trim the bones of a 1 kg (2¼ lb) loin of lamb, then brown the loin in butter in a flameproof casserole. Season with salt and pepper, then spoon over a little melted butter, cover and cook in a preheated oven at 180°C (350°F, gas 4) for about 1 hour. When the meat is cooked, add to the casserole 350 g (12 oz, 2½ cups) fresh garden peas cooked *à la française* and simmer for about 5 minutes.

Loin of lamb en crépine

Soak a pig's caul (caul fat) in cold water. Braise a trimmed 1 kg (2¼ lb) loin of lamb in a preheated oven at 180°C (350°F, gas 4) for about 1 hour until just cooked. Leave until cold, then thinly coat it on both sides with finely minced (ground) pork stuffing to which diced truffles have been added. Roughly dry the caul, spread it out, place the loin on it, wrap it up and brush with melted butter. Slowly grill (broil) the wrapped meat on all sides to cook the stuffing.

Loin of lamb La Varenne

Trim and completely bone a loin of sucking lamb. Flatten it slightly and season with salt and pepper. Dip it in beaten egg and cover with finely crumbled fresh breadcrumbs (press the breadcrumbs well in to make them stick). Cook the loin in clarified butter, allowing it to turn golden on both sides. Prepare a salpicon of mushrooms bound lightly with cream and coat the serving dish with it; place the loin on top. Moisten with noisette butter and serve piping hot.

Loin of lamb Parmentier

Brown a trimmed loin of lamb in 25–40 g (1–1½ oz, 2–3 tablespoons) butter in a flameproof casserole. Add 400 g (14 oz, 2 cups) peeled, diced potatoes,

3 tablespoons melted butter and season with salt and pepper. Place the casserole in a preheated oven at 220°C (425°F, gas 7) and cook for about 45 minutes. Drain the meat and the potatoes and keep them hot in the serving dish. Deglaze the casserole with 4 tablespoons white wine and the same amount of stock (traditionally veal stock); reduce. Pour this sauce over the lamb and sprinkle with chopped parsley.

Mignonettes of milk lamb

Season 8 noisettes of lamb with salt and pepper, sprinkle them with a little thyme and rosemary, and marinate them for 24 hours in grapeseed oil. Drain them and coat lightly with strong mustard. Add 1 tablespoon chopped shallot to 5 tablespoons white wine vinegar mixed with 5 tablespoons white wine and an equal quantity of beef stock. Boil down over a brisk heat until almost dry, add 575 ml (19 fl oz, 2½ cups) double (heavy) cream, and season with salt and pepper. Grill (broil) the noisettes briskly for about 2 minutes on each side. Put them in the sauce and cook, uncovered, until reduced.

Minute sauté of lamb

Cut 800 g (1¾ lb) shoulder of lamb into small pieces and sauté in butter or oil over a brisk heat for 8 minutes. Season with salt and pepper. When the meat is well browned, add the juice of ½ lemon, turn into a hot dish and sprinkle with chopped parsley.

Moussaka

Fry 1 large chopped onion, 2 crushed garlic cloves and 1 bay leaf in olive oil for about 15 minutes, until tender, but not browned. Add 450 g (1 lb) minced (ground) lamb and cook, stirring, until the lamb has browned. Add 1 teaspoon dried oregano, 1 teaspoon ground cinnamon and salt and pepper.

Peel and chop 450 g (1 lb) tomatoes and add to the meat mixture with 250 ml (8 fl oz, 1 cup) lamb or beef stock. Bring to the boil, then reduce the heat and cover the pan. Simmer gently for about 30 minutes.

Meanwhile, slice 2 large aubergines (eggplants). Lightly fry the aubergine slices in olive oil until lightly browned on both sides. Do this in batches, setting aside the slices on a plate as they are cooked. Layer the aubergine slices and minced meat mixture in a large ovenproof dish, ending with a layer of aubergines. Beat 2 eggs with 2 tablespoons flour, salt, pepper and a little grated nutmeg. Stir in 600 ml (1 pint, 2½ cups) yogurt. Pour this mixture over the top of the moussaka. Bake in a preheated oven at 180°C (350°F, gas 4) for about 1 hour, until the topping is set and golden brown. Allow to stand for 15 minutes before serving to give the layers time to settle.

Mutton broth

Finely dice 1 carrot, 1 turnip, the white part of 2 leeks, 1 celery stick and 1 onion. Soften this brunoise in butter, then add 2 litres (3½ pints, 9 cups) white consommé. Add 300 g (11 oz) breast and collar of mutton and 100 g (4 oz, ½ cup) pearl barley blanched for 8 minutes in boiling water. Cover and cook gently for 1½ hours. Remove and dice the meat and put back in the soup. Sprinkle with chopped parsley just before serving.

Mutton cutlets à la fermière

Season 6 thick cutlets with salt and pepper. Fry them lightly in butter in a shallow flameproof serving dish. Add 300 ml (½ pint, 1¼ cups) vegetable fondue, 6 tablespoons fresh green peas and 150 ml (¼ pint, ⅔ cup) white wine. Reduce, then add a bouquet garni and 200 ml (7 fl oz, ¾ cup) brown stock and cook covered for 20 minutes. Add 20 small potatoes and continue cooking with the lid on for a further 35 minutes. Serve in the cooking dish.

Mutton cutlets à la Villeroi

Braise the cutlets and leave them to cool in their stock. Remove them with a slotted spoon and pat dry then coat them in Villeroi sauce and dip them in beaten egg and breadcrumbs. Fry until golden in clarified butter and serve with a Périgueux or a tomato sauce.

Mutton cutlets champvallon

Peel 800 g (1¾ lb) potatoes and cut them into round slices. Peel and chop 125 g (4½ oz, ¾ cup) onions and 1 garlic clove. Brown 6 trimmed mutton cutlets (rib chops) in 20 g (¾ oz, 1½ tablespoons) butter, drain them and then soften the onions in the same butter with the lid on the pan. Place the onions in a buttered dish and arrange the chops on top. Sprinkle a little thyme, salt and pepper over the chops. Cover with 100 ml (4 fl oz, 7 tablespoons) stock and a further 20 g (¾ oz, 1½ tablespoons) melted butter. Place in a preheated oven at 240°C (475°F, gas 9) and cook for 20–25 minutes. Then arrange the potatoes over the chops, season with salt and pepper, and add the same amount of stock and melted butter as before. Return to the oven and cook for about 25 minutes.

Mutton cutlets chasseur

Sauté 6 cutlets in butter in a shallow frying pan, then remove them with a slotted spoon and keep them hot. Place 1 tablespoon chopped shallots and 6 large thinly sliced mushrooms in the frying pan and stir for a few moments over a brisk heat. Sprinkle with 150 ml (¼ pint, ⅔ cup) white wine and reduce until almost dry. Pour in 250 ml (8 fl oz, 1 cup) thickened brown stock and 1 tablespoon tomato sauce, boil for a few moments, then add 15 g (½ oz, 1 tablespoon butter) and ½ teaspoon chopped chervil and tarragon. Place the cutlets on a serving dish and coat with this sauce.

Mutton fillets in red wine

Cut the mutton fillets into small squares. Season with salt and pepper, then cook quickly in very hot butter, keeping them slightly pink inside. Drain them and set aside. In the same butter quickly cook (for 6 fillets) 125 g (4½ oz, 1½ cups) thinly sliced mushrooms and add them to the meat. Make a sauce by adding 300 ml (½ pint, 1¼ cups) red wine to the pan juices, reduce, then add several spoonfuls of brown veal gravy. Reduce once again, add some butter and strain. Mix the meat and the mushrooms with this sauce and serve hot.

Navarin of lamb

Cut 800 g (1¾ lb) shoulder of lamb into 6 pieces and 800 g (1¾ lb) neck of lamb into 6 slices. Heat 2 tablespoons oil in a large flamepoof casserole. Brown the pieces and slices of lamb in it. Take out, drain and remove two-thirds of the fat. Put the meat back in the casserole and sprinkle with 1 teaspoon sugar. Stir well, sprinkle in 1 tablespoon flour and cook for 3 minutes while stirring all the time. Add 200 ml (7 fl oz, ¾ cup) white wine and season with salt, pepper and nutmeg. Cook over a moderate heat.

Peel, seed and crush 2 tomatoes. Peel and chop 2 garlic cloves. Add these ingredients to the casserole with a bouquet garni and enough water to cover the meat. As soon as it starts boiling, cover the casserole, reduce the heat and simmer for 45 minutes.

Peel and scrape 300 g (11 oz) new carrots and 200 g (7 oz) new turnips. Peel 100 g (4 oz) small white onions. Brown all these vegetables in 25 g (1 oz, 2 tablespoons) butter in sauté pan. Cut 300 g (11 oz) French (green) beans into short lengths and steam for 10–12 minutes. Add the carrots, turnips, onions and 300 g (11 oz, 2 cups) shelled petits pois to the casserole. Stir and cover again. Continue cooking for 20–25 minutes. Add the French (green) beans 5 minutes before serving and stir in very gently. Serve very hot.

Noisettes Beauharnais

Braise some small artichoke hearts in butter. In another pan, sauté some lamb noisettes in butter, arrange them on fried croûtons then set aside and keep hot. Prepare some noisette potatoes and a béarnaise sauce, and pour the sauce over the artichoke hearts. Deglaze the meat pan with Madeira, boil down to reduce and add some chopped mushrooms. Arrange the noisettes on a serving dish with the artichoke hearts and the noisette potatoes and cover with the sauce.

Noisettes chasseur

Sauté 8 lamb noisettes in a mixture of oil and butter, then drain. Add 100 g (4 oz, 1⅓ cups) finely sliced mushrooms and 1 tablespoon chopped shallots to the pan, deglaze with white wine and moisten with veal stock to which a little tomato sauce has been added. Arrange the meat on a hot dish, garnish with the mushrooms and pour the sauce over.

Noisettes of the Tour d'Argent

Sauté some lamb noisettes in clarified butter and arrange them on a hot dish. Deglaze the cooking pan with a mixture comprising equal quantities of vermouth, sherry and veal stock. Thicken with butter. Put 1 teaspoon Soubise purée on each noisette and grill (broil) for a few seconds. Serve the sauce separately.

Noisettes Rivoli

Prepare some pommes Anna and arrange them on a serving dish. Sauté some lamb noisettes in butter and place them on top of the potatoes. Deglaze the meat pan with Madeira and (if possible) with some demi-glace sauce, then add some finely diced mushrooms. Pour this sauce over the lamb.

Oiseaux sans tête

Bone a shoulder of mutton or lamb and cut it into 8 slices. Beat them, trim the edges and season with salt and pepper. Make a stuffing from breadcrumbs (soaked in milk and squeezed dry) and plenty of finely chopped parsley, chives, chervil and tarragon and a raw egg. Put some of this stuffing in the centre of each slice of meat and roll it up. Put a small sprig of rosemary on top of each roll and wrap it in a piece of caul fat, preferably lamb's. Fry 250 g (9 oz, 3 cups) chopped mushrooms in a mixture of butter and oil, drain them and spread them over the bottom of an ovenproof dish. Arrange the rolls side by side on top of the onions. Cover with buttered greaseproof (wax) paper and cook in a preheated oven at 220°C (425°F, gas 7) for 25 minutes.

Just before serving, mix ½ teaspoon curry powder with a little crème fraiche. Pour this sauce over the rolls and serve.

Pascaline

This method of preparing lamb was formerly traditional on Easter Day.

Truss a 6-month-old lamb to give a neat shape. Stuff with a forcemeat made of pounded lamb's flesh, yolks of hard-boiled (hard-cooked) eggs, stale breadcrumbs and chopped herbs, seasoned with *quatre epices* or four spices. Cover the lamb with thin strips of bacon, roast it over a brisk fire and serve it whole as a main dish following the soup, either with a green sauce or on a ragoût of truffles with ham coulis.

Paupiettes of lamb à la créole

Cut 6 even slices from a leg of lamb. Flatten them well and season with salt and pepper. Peel and chop 6 large onions. Seed, then chop 1 large green (bell) pepper into very small dice. Gently cook half the onions and all the pepper in 25 g (1 oz, 2 tablespoons) butter. Add 350 g (12 oz, 1¾ cups) fine pork

forcemeat and season with salt and pepper. Spread the forcemeat evenly over the slices of lamb, roll them up and tie with string. Brown the paupiettes in a casserole with 25 g (1 oz, 2 tablespoons) butter and the remaining onions, cook until brown, then add 3 peeled tomatoes (seeded and chopped), some chopped parsley, 1 small crushed garlic clove, 1 piece of lemon rind, some salt and pepper and a little cayenne. Cover and cook in a preheated oven at 200°C (400°F, gas 6) for 45 minutes.

Drain the paupiettes, arrange them in a circle on a serving dish and keep warm. Reduce the pan juices until thickened, add 1 tablespoon rum, strain and use to coat the paupiettes. Fill the centre of the dish with rice *à la créole*.

Rack of lamb à la languedocienne

Lightly brown a rack of lamb, trimmed and bones shortened, in goose fat. Add 12 small onions tossed in butter with 12 small pieces of raw smoked ham, 6 blanched garlic cloves and 200 g (7 oz) ceps or small mushrooms sautéed in oil. Season with salt and pepper. Arrange the meat and its garnish in a flameproof dish and cook in a preheated oven at 150°C (300°F, gas 2) for about 45 minutes, basting frequently. If necessary, cover with foil towards the end of the cooking time. Sprinkle with chopped parsley and serve.

Rack of lamb à la niçoise

Trim a rack of lamb and calculate the cooking time at 15 minutes per 450 g (1 lb). Brown the lamb lightly in butter in a flameproof casserole. Add a coarsely diced, peeled courgette (zucchini) fried quickly in olive oil, a large, peeled, seeded, chopped tomato fried in olive oil, and 20 or so small peeled and parboiled new potatoes tossed in olive oil. Season with salt and pepper and cook in a preheated oven at 230°C (450°F, gas 8) for the calculated time. Serve sprinkled with chopped parsley.

Rack of lamb with thyme

Sweat 100 g (4 oz) lean bacon in a sauté pan. Add 3 racks of lamb (6–8 chops), trimmed but with the bone still attached to the fillet. Seal for 4–5 minutes, then season with salt and pepper. Remove the lamb and bacon from the pan. Pour away the fat. Deglaze with 550 ml (18 fl oz, 2¼ cups) vegetable stock. Reduce to a quarter. Place the lamb in a cast-iron braising pan, then cover with a large bunch of thyme, and bacon cut into small pieces to baste the meat. Cover. Make a long sausage with 200 g (7 oz) flour-and-water dough and put round the edge of the braising pan to seal it. Cook for 10 minutes in a preheated oven at 240°C (475°F, gas 9). Strain the juice and check the seasoning. Open the braising pan in front of the guests before cutting up the lamb. Serve the strained cooking juice with the lamb.

Ragoût of mutton à la bonne femme

Cut 800 g (1¾ lb) mutton into cubes, season with salt and pepper, and fry quickly in oil with a chopped onion. Skim off some of the oil in which the meat was cooked, dust the meat with a pinch of caster (superfine) sugar and 2 tablespoons flour and mix. Then add a small crushed garlic clove and moisten with 1 litre (1¾ pints, 4⅓ cups) water or stock. Add 3 tablespoons tomato purée (paste) or 100 g (4 oz, ½ cup) fresh tomatoes, peeled and crushed, and a bouquet garni. Cook, covered, in a preheated oven at 220°C (425°F, gas 7) for 1 hour. Drain the meat and reserve the cooking stock (strained and skimmed).

Return the meat to the pan and add 400 g (14 oz, 2½ cups) potatoes cut into olive shapes, 24 glazed baby (pearl) onions, and 125 g (4½ oz, ½ cup) streaky (slab) bacon (diced, blanched and lightly fried). Pour the cooking stock over the ragoût. Bring to the boil, cover and finish cooking in the oven for 1 hour. Arrange in a timbale or in a round dish.

This ragoût may also be prepared with celeriac (cut into small pieces and blanched), kohlrabi, haricot (navy) beans, or chick peas. Alternatively it may be served with a macédoine of vegetables, a ratatouille or boiled rice.

Ragoût of mutton with chick peas

Soak some chick peas in cold water for at least 12 hours, changing the water several times. Then place in a large pan of cold water allowing 2 litres (3½ pints, 9 cups) for every 500 g (18 oz, 3 cups) chick peas. Bring to the boil, skim, add some salt and simmer gently for about 2½ hours. Drain.

Prepare a mutton ragoût *à la bonne femme*, but add the chick peas (instead of potatoes) with the bacon. Cook for a further 30 minutes.

Roast leg of lamb

Stud the leg near the projecting bones with 2–3 garlic cloves. Cook it on a spit or in a roasting tin (pan) in a preheated oven at 220°C (425°F, gas 7), allowing 20–22 minutes per 1 kg (9–10 minutes per 1 lb). Transfer it to a long serving dish and serve with a sauce made from the cooking juices, kept quite fatty, garnished with slices of lemon and chopped watercress. Roast leg of lamb is accompanied by French (green) beans in butter, white haricot (navy) beans, mixed vegetables or a vegetable purée.

This is the French method for roasting lamb, and the flesh will be pink. For fully cooked meat, reduce the oven temperature to 190°C (375°F, gas 5) when placing the joint in the oven and allow 45 minutes per 1 kg (20 minutes per 1 lb) and add 20 minutes to the total time.

Roast leg of lamb à la boulangère

Season a 2.5 kg (5½ lb) leg of lamb with salt, pepper and garlic, and rub with butter. Roast in a preheated oven at 220°C (425°F, gas 7) for 40 minutes. Slice

675–800 g (1½–1¾ lb) potatoes and 300 g (11 oz) onions. Arrange them around the joint, baste with the meat juices and about 50 g (2 oz, ¼ cup) melted butter, and season with salt and pepper. Reduce the oven temperature to 200°C (400°F, gas 6) and cook the meat for a further 40–50 minutes, basting it four or five times. Finally, remove the lamb from the oven, cover the dish with foil and set it aside for a good 15 minutes for the meat to relax before carving.

Roast leg of lamb en chevreuil

Prepare an en chevreuil marinade. Completely skin a very fresh leg of lamb and lard with lardons. Put it in the marinade. Leave it to steep for some time, depending on the tenderness of the meat and the temperature (2 days in summer, 3–4 days in winter). Dry the leg with a cloth, then roast. Serve a roebuck sauce or a poivrade sauce separately.

Roast leg of lamb with 40 cloves of garlic

Desalt some anchovy fillets. Trim a leg of lamb as necessary. Stud it with slivers of garlic (2–3 cloves) and the anchovy fillets cut into fragments. Brush with a mixture of oil, thyme, powdered rosemary and pepper. Roast on a spit or in the oven as for roast leg of lamb, basting occasionally with a little of the herbs and oil. As the meat starts to cook, put 250 g (9 oz) unpeeled garlic cloves into a saucepan of boiling water. Boil for 5 minutes, then drain the garlic and put it into a saucepan with 200 ml (7 fl oz, ¾ cup) stock. Simmer for 20 minutes. Add a small cup of this liquor to the meat juices and pour over the meat. While completing the cooking, wash some watercress thoroughly in running water and chop coarsely. Arrange the leg on a serving dish, surrounded by the cloves of garlic and chopped watercress. Serve the meat juices in a sauceboat.

Roast loin of lamb

Shorten and trim the bones of a loin of lamb. Brown it on all sides in butter, then place in a roasting tin (pan) and season with salt and pepper. Add a little more melted butter, then roast in a preheated oven at 220°C (425°F, gas 7), allowing 25 minutes per 1 kg (11 minutes per 1 lb). When cooked, place the lamb on a serving dish and keep hot. Add 150 ml (¼ pint, ⅔ cup) white wine to the meat juices and boil vigorously to reduce; add 2–3 tablespoons jellied stock to make a gravy. Sprinkle the meat with chopped parsley to serve.

Note: the loin may also be spit-roasted, allowing the same time. Cooked by either method, the meat will be rare.

Roast milk lamb

Ask the butcher to dress a whole baby lamb ready for stuffing and spit-roasting. Truss the animal by tying the legs and shoulders close to the body to give it a regular shape. Pierce the lamb evenly with the spit, season with salt and pepper, and cook over a high heat (20 minutes per 1 kg, 15 minutes per 1 lb), basting with melted butter and meat juices during cooking. Place a pan under the lamb to catch the juices; blend sufficient stock into the pan juices to make a gravy and keep it hot. Remove the lamb from the spit, untruss it and place it on a long serving dish. Instead of using a spit, the lamb may be roasted in a preheated oven at 180°C (350°F, gas 4); allow 20 minutes per 450 g (1 lb) plus 20 minutes to the total time. Garnish with watercress and lemon quarters or surround with young vegetables and serve the gravy separately.

Roast shoulder of lamb en ballotine

Bone a shoulder of lamb and lay it out flat. Season with salt and pepper, insert small pieces of garlic, if desired, then roll it up into a ballotine and fasten with string. Place the lamb in a roasting tin (pan) or on a spit, and roast in a

preheated oven at 240°C (475°F, gas 9) for about 50 minutes. The skin should be crisp and the centre pink. Remove the string and serve the meat with the cooking juices in a sauceboat.

Saddle of suckling lamb prepared as carpaccio

Carpaccio is an Italian antipasto (appetizer) consisting of very thin slices of raw beef served with a creamy vinaigrette. This dish of briefly roasted baby lamb is presented in a similiar style with very thin slices of meat and served with a pistou sauce.

Remove the fat from a saddle of suckling lamb and season with salt and pepper. Put the lamb in a roasting tin (pan) with 1 chopped shallot, 2–3 thyme sprigs, a little oil and some butter. Cook in a preheated oven at 220°C (425°F, gas 7) for 8–10 minutes, basting from time to time.

To prepare the pistou sauce, remove the leaves from 1 bunch of basil and crush them in a mortar with 3 peeled garlic cloves. Gradually work in 200 ml (7 fl oz, ¾ cup) olive oil.

Take the saddle out of the oven, still pink, and set aside to allow the meat to rest. Bone the fillets and cut them into long, thin slices.

Crush the bones finely and return them to the tin, then deglaze it with 120 ml (4½ fl oz, ½ cup) dry white wine and a little water. Reduce and add 2 teaspoons black and 2 teaspoons white coarsely ground peppercorns, 1 chopped tomato, 3 chopped garlic cloves, and half of the pistou sauce. Strain this syrupy juice and adjust the seasoning. Arrange the thin slices of lamb on large plates and coat with this sauce. Meanwhile, cook 200 g (7 oz) fresh noodles, drain, and then mix with 1½ teaspoons salted butter, 60 ml (2 fl oz, ¼ cup) double (heavy) cream and the remaining pistou sauce.

Reheat the plates of lamb in the oven. Place a pile of noodles in the centre of each plate and sprinkle the edge with grated Parmesan cheese.

Sauté of lamb chasseur

Cut 800 g (1¾ lb) shoulder of lamb into 50 g (2 oz) pieces and brown in a mixture of 20 g (¾ oz, 1½ tablespoons) butter and 2 tablespoons oil. Add 2 peeled chopped shallots, some 200 ml (7 fl oz, ¾ cup) stock and 2 tablespoons tomato sauce. You could also add 175 ml (6 fl oz, ¾ cup) dry white wine to the stock if liked. Season with salt and pepper, add a bouquet garni, cover, then leave to simmer for 50 minutes. When the meat is cooked, add 250 g (9 oz, 3 cups) sliced mushrooms fried in oil. Heat all the ingredients through, put into a serving dish and sprinkle with chopped herbs.

This dish could also be made with veal: increase the stock to 300 ml (½ pint, 1¼ cups) and simmer for 1¼ hours.

Sauté of lamb with artichokes

Sauté 800 g (1¾ lb) best end of neck (rack) of lamb or boned shoulder of lamb, cut into pieces. Season with salt and pepper, then lower the heat, cover the pan and continue cooking until tender. Put the meat in a dish and keep hot. Blanch 4 artichoke hearts, cut into large dice or thin slices and sauté in butter or oil. Add to the meat in the dish. Deglaze the cooking pan with 100 ml (4 fl oz, 7 tablespoons) white wine, reduce by half, then add 200 ml (7 fl oz, ¾ cup) gravy. Stir well and pour over the meat and artichokes. Sprinkle with chopped parsley. This dish could also be made with boned shoulder of veal.

Sauté of lamb with aubergines

Cut 1.5 kg (3¼ lb) best end of neck (rack) of lamb into pieces. Season with salt and pepper and brown in a saucepan with a mixture of half butter and half oil. When the meat is cooked, arrange it on a dish and garnish with 3 aubergines (eggplants), peeled, cut into small dice and fried in oil. Deglaze

the pan with white wine, then mix with brown gravy and tomato purée (paste) flavoured with a little garlic. Reduce, strain and pour over the meat and vegetables. Sprinkle with chopped parsley. This dish can also be made with shoulder of veal.

Sauté of lamb with cep mushrooms

Cut 1.5 kg (3¼ lb) best end of neck (rack) of lamb into pieces. Season with salt and pepper and brown in a saucepan with half butter, half oil. When the meat is cooked, arrange it in a dish and garnish with 300 g (11 oz, 3½ cups) cep or morel mushrooms, which have been fried in butter or oil. Deglaze the pan juices with white wine, then mix with brown gravy and tomato purée (paste) flavoured with a little garlic. Reduce, strain and pour over the meat and mushrooms. Sprinkle with chopped parsley. This dish could also be made with shoulder of veal.

Sauté of lamb with paprika

Cut 1.5 kg (3¼ lb) lamb cutlets (chops) or boned shoulder into cubes and sauté them in butter. When they are browned, add 150 g (5 oz, ⅔ cup) chopped onions to the frying pan. Season with salt and sprinkle with 2 tablespoons flour. Stir for a few minutes, then blend in 1 teaspoon paprika away from the heat. Moisten with 200 ml (7 fl oz, ¾ cup) white wine, reduce by half, then add 300 ml (½ pint, 1¼ cups) stock and 2 tablespoons tomato purée (paste). Add a bouquet garni and cook, covered, for 30 minutes. Remove the pieces of lamb with a slotted spoon and put them into a sauté dish with 250 g (9 oz, 3 cups) mushrooms, thinly sliced and quickly fried in butter. Add 200 ml (7 fl oz, ¾ cup) crème fraîche and 1 teaspoon paprika to the sauce, then reduce and strain and pour it over the lamb. Simmer gently with the lid on for 25 minutes.

Sauté of lamb with tomatoes

Proceed as for sauté of lamb with artichokes, but replace the artichokes with 8 small tomatoes, which have been peeled, seeded and fried in olive oil. A little finely chopped garlic may be added. This dish could also be made with veal.

Sautéed lamb cutlets

Season the cutlets (rib chops) with salt and pepper, then sauté on both sides in clarified butter, goose fat or olive oil. The sautéed cutlets may be served with any of the following garnishes: *à la financière, à la française, à la portugaise, à la romaine.*

Shish kebab

Cut some shoulder or leg of mutton into cubes. Marinate the meat for 30 minutes in a mixture of olive oil and lemon juice seasoned with pepper and salt, thyme, powdered bay leaf and a little finely chopped garlic. Cut an equal quantity of belly of pork (fat pork) into cubes and blanch them. Thread the mutton and pork alternately on to skewers and grill (broil) them under a very high heat, or, preferably, over charcoal. Serve with quarters of lemon and either a green salad or saffron rice.

Shoulder of lamb à l'albigeoise

Bone the shoulder and fill the bone cavity with a stuffing of half sausagemeat and half chopped pig's liver, seasoned with garlic, chopped parsley, salt and pepper. Roll up the shoulder into a ballotine and tie to secure. Weigh the stuffed joint. Brown the rolled shoulder in very hot fat, then place it in a roasting dish; surround with quartered potatoes (or whole small new potatoes) and 12 blanched garlic cloves, season with salt and pepper and sprinkle with a little melted fat. Cook the lamb in a preheated oven at about

200°C (400°F, gas 6), allowing 20 minutes per 450 g (1 lb), plus 20 minutes more. Sprinkle with chopped parsley to serve. This dish is traditionally cooked and served in an ovenproof earthenware dish.

Shoulder of lamb à la boulangère

Bone a shoulder of lamb (or ask the butcher to do it for you) and season the inside with salt and pepper. Roll and tie the meat, then season the outside with salt and pepper. Complete the preparation and cook as for roast leg of lamb, allowing 25–30 minutes per 1 kg (2¼ lb). Add the garnish of potatoes and onions 30 minutes before cooking is complete.

Shoulder of mutton en ballon

Bone a shoulder of mutton and season with salt and pepper, then spread it out flat. Prepare a stuffing with 200 g (7 oz) fine sausagemeat, 150 g (5 oz, 1⅔ cups) cep mushrooms chopped up with a small bunch of parsley, 1 shallot, 2 garlic cloves, 1 beaten egg, a little crushed thyme and salt and pepper. Make this stuffing into a ball and place it in the centre of the meat. Fold the meat into a ball around the stuffing and tie it neatly in shape with string.

Heat 3 tablespoons olive oil in a flameproof casserole, add the meat and brown all over. Then add 175 ml (6 fl oz, ¾ cup) white wine and the same amount of strong stock. Cover and cook in a preheated oven at 200°C (400°F, gas 6) for about 1¾ hours. Remove the string and cut the meat into segments, rather like a melon. Skim the fat off the cooking juices, then add 4 tablespoons thick tomato fondue; reduce if necessary. Sieve and serve with the meat.

Shoulder of mutton en pistache

Roll up and tie a boned shoulder of mutton and place it in a flameproof casserole lined with a large slice of raw unsmoked gammon or ham, 1 sliced

onion and 1 sliced carrot. Add salt, pepper and 2 tablespoons goose fat or lard. Cook over a very gentle heat for 20–25 minutes. Remove the mutton and ham and add 2 tablespoons flour to the casserole. Stir and cook for a few minutes, then add 200 ml (7 fl oz, ¾ cup) white wine and the same amount of stock. Mix thoroughly, strain and set aside.

Dice the ham and return to the casserole, together with the mutton. Add 50 garlic cloves (blanched and peeled), a bouquet garni and a piece of dried orange peel. Add the strained cooking liquid, cover the casserole and cook in a preheated oven at 220°C (425°F, gas 7) for about 1 hour. Remove and drain the shoulder, untie it and arrange on a warm plate. Cover with the sauce (bound with breadcrumbs if necessary) and serve with the garlic cloves.

Shoulder of mutton with garlic

Bone a shoulder of mutton, roll it into a ballotine and tie neatly. Put it in a flameproof casserole with a slice of unsmoked ham, 1 chopped onion and 1 diced carrot. Season and add 3 tablespoons goose fat or lard (shortening). Cover the casserole and sweat for 20–25 minutes, basting occasionally.

Remove the mutton and the ham and set aside. Stir in 2 tablespoons plain (all-purpose) flour and cook for a few minutes then stir in 200 ml (7 fl oz, ¾ cup) white wine and 400 ml (14 fl oz, 1¾ cups) stock. Bring to the boil, then remove from the heat. Sieve the sauce and set aside.

Replace the mutton ballotine in the casserole. Dice the ham and sprinkle it over the mutton. Peel and blanch 50 garlic cloves, then add them to the casserole with a bouquet garni and a piece of dried orange peel. Pour in the sieved sauce and cover. Cook in a preheated oven at 220°C (425°F, gas 7) for 1 hour. Serve the ballotine sliced and arranged on a platter or plates, coated with the sauce and garnished with the garlic cloves. Serve a potato cake or gratin of potatoes with the mutton.

Spelt broth

Place 1 kg (2¼ lb) shoulder or leg of mutton (on the bone) in a saucepan with 3 litres (5 pints, 3 quarts) water. Bring to the boil, then skim. Add 1 onion studded with 2 cloves and 2 carrots, 1 turnip, 1 leek, 1 stick celery, 1 garlic clove and 1 bouquet garni. Season with salt, add 4 small handfuls of spelt, then simmer for 3 hours. When ready, remove the meat and vegetables and serve together. The remaining swollen spelt makes a smooth, creamy broth.

Spit-roast leg of lamb with parsley

Spit-roast a leg of lamb, placing a pan under the meat to catch the juices. Just before cooking is completed, cover it evenly with a layer of fresh breadcrumbs mixed with chopped parsley and chopped garlic. The lamb is ready when the surface turns golden. Put it on a long serving dish and garnish with chopped watercress and halved lemons. Serve the juices separately.

Stuffed breast of mutton à l'ariégeoise

Make a cavity in a breast of mutton, season with salt and pepper, and fill with a fairly firm stuffing made with breadcrumbs soaked in stock and squeezed, fat and lean unsmoked bacon, chopped parsley and garlic, bound together with eggs and well seasoned. Sew up the opening in the breast. Put the meat in a buttered braising pan, lined with fresh pork rinds and sliced onions and carrots. Add a bouquet garni, cover and cook gently for 15 minutes. Moisten with 150 ml (¼ pint, ⅔ cup) dry white wine and reduce. Add 3 teaspoons tomato purée (paste) and 300 ml (½ pint, 1¼ cups) thickened brown gravy. Keep covered and cook in the oven for a further 45–60 minutes. Drain the mutton breast and arrange it on a long dish. Surround with a garnish consisting of balls of stuffed cabbage and potatoes cooked in stock and butter. Strain the cooking juices, skim off the fat, reduce and pour over the meat.

Stuffed breasts of lamb

Open 2 breasts of lamb or mutton and remove all the rib bones without piercing the meat. Rub the flesh with garlic, and season both the inside and outside with salt and pepper. Prepare a forcemeat by mixing 300 g (11 oz, 2¾ cups) dry breadcrumbs (soaked in milk and well strained) with 2 beaten eggs, 150 g (5 oz, ⅔ cup) finely diced gammon or raw ham, 150 g (5 oz, 1⅔ cups) diced mushrooms, some chopped parsley and garlic, and salt and pepper. Spread the stuffing on one piece of meat and cover with the second one, with the skin sides outwards. Sew up all round the edge.

Line a lightly buttered casserole with pork rind from which the fat has been removed, then add 2 sliced onions and 2 sliced carrots. Place the meat in the casserole, add a bouquet garni, cover and cook gently on the top of the stove for about 20 minutes. Add 200 ml (7 fl oz, ¾ cup) dry white wine and boil down to reduce. Then add 100 ml (4 fl oz, 7 tablespoons) tomato sauce seasoned with garlic and diluted with 200 ml (7 fl oz, ¾ cup) stock. Cover and cook in a preheated oven at 220°C (425°F, gas 7) for about 45 minutes.

When the meat is cooked, remove the string, slice and arrange on the serving dish. Keep warm. Skim the fat from the cooking liquid, reduce if necessary to blend and thicken it, and pour over the meat. Serve piping hot.

Stuffed milk lamb

Ask the butcher to dress a whole baby lamb ready for stuffing and spit-roasting. Finely slice the liver, heart, sweetbreads and kidneys, and fry quickly in butter, seasoning with salt and pepper. Add these to half-cooked rice pilaf and loosely stuff the lamb cavity with the mixture. Sew up the openings and truss the animal by tying the legs and shoulders close to the body to give it a regular shape. Pierce the lamb evenly with the spit, season with salt and pepper, and cook over a high heat (20 minutes per 1 kg, 15 minutes per 1 lb).

Place a pan under the lamb to catch the juices; blend sufficient stock into the pan juices to make a gravy and keep it hot. Remove the lamb from the spit, untruss it and place it on a long serving dish. Garnish with watercress and lemon quarters and serve the gravy separately.

Stuffed shoulder of lamb à la gasconne

Bone a shoulder of lamb and season with salt and pepper. Soak 4 slices of bread in some milk. Chop up 3–4 slices of raw ham, 1–2 onions, 2–3 garlic cloves and a small bunch of parsley. Squeeze the bread and add to this mixture, together with 1 egg and some salt and pepper. Mix well and spread it over the meat. Roll up the shoulder into a ballotine and tie with string, then place in a roasting tin (pan). Brush with 1 tablespoon goose fat and brown quickly in a preheated oven at 240°C (475°F, gas 9).

Scald about 800 g (1¾ lb) green cabbage, cool in cold water and squeeze dry. Peel and dice 2 carrots; peel 1 onion and stick it with cloves. Transfer the joint to a braising dish, add the cabbage, diced carrots, onion and 1 bouquet garni, then half-cover the shoulder with stock (do not skim the fat off first). Cover and cook in a preheated oven at 190°C (375°F, gas 5) for 45 minutes. Then add 800 g (1¾ lb) peeled potatoes cut into quarters, or small whole potatoes, and cook for a further 20–25 minutes. Remove the onion and bouquet garni before serving.

Stuffed shoulder of lamb à l'albigeoise

Bone a shoulder of lamb and season with salt and pepper. To make the stuffing, mix 350 g (12 oz) sausagemeat with 350 g (12 oz) chopped pig's liver, 2–3 garlic cloves, a small bunch of parsley (chopped) and some salt and pepper. Cover the shoulder with this stuffing, roll it up and tie it into a ballotine. Peel 800 g (1¾ lb) potatoes and cut into quarters. Peel 12 garlic

cloves and scald for 1 minute in boiling water. Heat 2 tablespoons goose fat in a flameproof casserole, add the ballotine and brown all over, then add the potatoes and garlic, coating them well with the fat. Season with salt and pepper and cook in a preheated oven at 230°C (450°F gas 8) for at least 50 minutes (longer for a large shoulder). When the joint is cooked, sprinkle with chopped parsley and serve from the casserole.

Tajine of mutton with prunes and honey

In a tajine (or saucepan) put 1 kg (2¼ lb) mutton cut into pieces, 5 tablespoons olive oil, a pinch of salt, 1 finely sliced onion, a pinch of ginger, a bouquet of coriander (cilantro), a pinch of saffron powder and 1 cinnamon stick. Cover with water, put on the lid and simmer over a very low heat for 2 hours (using a heat diffuser). When the meat is cooked, take off the lid and allow the sauce to reduce and thicken. Remove the coriander, meat and cinnamon. Add 450 g (1 lb) prunes to the sauce and cook for 20 minutes. Then pour in 5 tablespoons honey and simmer for a further 10 minutes. In a frying pan, brown 1 tablespoon sesame seeds. Return the meat to the tajine along with 1 teaspoon orange-flower water. Replace the lid, reheat and serve very hot. Just before serving, sprinkle with the fried sesame seeds.

Tajine of spring lamb

Cut a boned shoulder of lamb into pieces. Chop 200 g (7 oz) onions and 3 garlic cloves. Heat 6 tablespoons olive oil in a tajine. Add the pieces of meat and onion and brown them. Cut 4 tomatoes into quarters. Peel 6 potatoes and cut into large cubes. Add to the tajine with the tomatoes, 1 teaspoon cinnamon and 1 teaspoon ground cumin. Season with salt and pepper and add 200 ml (7 fl oz, ¾ cup) water. Cover and simmer for 1 hour.

Shell and skin 250 g (9 oz) broad (fava) beans. Cut 4 preserved lemons

into quarters, discarding their seeds. Add the beans and lemons to the tajine with 4 artichoke hearts, cut in half. Continue cooking for 30 minutes. Wash and remove the tough stalks from 1 bunch coriander (cilantro). Chop the leaves and sprinkle on the tajine just before serving.

Yalanci dolmas (stuffed vine leaves)

Choose large sound vine leaves. Blanch for a maximum of 2 minutes, cool under running water and wipe dry. For about 50 dolmas, half-cook 125 g (4½ oz, ⅔ cup) long-grain or pilaf rice in meat stock. Peel and coarsely chop 400 g (14 oz) onions and cook gently in olive oil until soft but not brown. Mince (grind) 250 g (9 oz, 1 cup) mutton or lamb and gently brown it. Finally chop 1 tablespoon mint. Mix all these ingredients together. Place a small ball of stuffing on each vine leaf, fold up the tip and base of the leaf, roll into a cylinder and tie with kitchen thread.

Oil a sauté pan and place the dolmas in it, packing them closely together. Sprinkle with 4 tablespoons olive oil, the juice of 2 lemons and about 175 ml (6 fl oz, ¾ cup) stock flavoured with 1 tablespoon coriander seeds. Cover and simmer gently for about 30 minutes. Allow the dolmas to cool completely before removing the thread.

OFFAL
(VARIETY MEATS)

Amourettes

Amourettes, to prepare

Amourette is the French term for the delicately flavoured spinal bone marrow of beef, mutton or veal. Amourettes may be prepared and dressed like calves' brains; they can also be cut into small pieces and used in fillings for croûtes, timbales, tarts and vol-au-vent or used as an ingredient for salads.

Clean the amourettes in cold water, remove the membranes, poach for a few minutes in a court-bouillon and allow them to cool.

Amourettes au gratin

Line a buttered gratin dish with mushroom duxelles then add the cold cooked amourettes. Sprinkle with lemon juice. Cover with duxelles sauce and scatter with golden breadcrumbs. Pour over melted butter and brown in the oven.

Amourette fritters

Marinate the amourettes in a mixture of olive oil and lemon juice seasoned with chopped parsley, salt and pepper for about 30 minutes. Drain, coat with fritter batter and cook in boiling hot oil until crisp and golden. Drain, then salt the fritters and serve hot with a well-seasoned tomato sauce.

Brains

Brain forcemeat

Cook a calf's brain in a court-bouillon. Drain, pat dry and press through a sieve. Add an equal volume of béchamel sauce. This forcemeat is used to fill barquettes, vol-au-vent, tartlets or hollowed-out croûtes.

Calves' brain crépinettes

Crépinette is the term for a small flat sausage, generally made of sausagemeat mixed with chopped parsley and wrapped in caul (*crépine*). Crépinette may be made with lamb, veal, poultry or offal.

Soak a pig's caul in cold water for a few hours. Clean 2 calves' brains in cold water with a little vinegar then simmer in 1 litre (1¾ pints, 4⅓ cups) court-bouillon for about 10 minutes. Drain, wipe dry and allow to cool. Fry 400 g (14 oz, 4½ cups) chopped mushrooms, 1 chopped shallot, 1 chopped garlic clove and some parsley in a tablespoon of oil in a frying pan. Season with salt and pepper. Wipe the caul, stretch it gently so as not to tear it, and cut it into 5 pieces. Cut each brain into 5 slices. Put each slice in the middle of a piece of caul, cover with mushrooms and place a second slice of brain on top. Wrap in the caul. Roll the crépinettes in 40 g (1½ oz, 3 tablespoons) melted butter, then in some white breadcrumbs, and fry lightly in butter until brown.

Calves' brains à l'allemande

Poach the brains in a court-bouillon, drain them and cut each into 4 slices. Coat these with flour and cook gently in butter. Arrange the slices on top of croûtons fried in butter and coat with allemande sauce.

Calves' brains à la poulette

Soak 2 calves' brains in cold water with a little vinegar added, then clean them and poach for 6–7 minutes in a court-bouillon. Drain and leave to cool. Cut into thick slices and heat them very gently in some poulette sauce. Sprinkle with chopped parsley and serve very hot.

Lambs' brains, cut in half, are prepared in the same way.

Ring of calves' brains à la piémontaise

Soak 2 calves' brains in cold water with a little vinegar added, then clean them and poach for 6–7 minutes in a court-bouillon. Drain and leave to cool. Cut into thick slices and heat very gently in some poulette sauce. Sprinkle with chopped parsley. Add some chopped mushrooms which have been cooked in butter. Butter a ring or savarin mould, fill with risotto, and press in lightly. Heat through in a preheated oven at 180°C (350°F, gas 4). Turn the ring out on to a warmed plate and arrange the mixture of brains and mushrooms in the centre. Garnish with slices of white truffle, if desired.

Veal forcemeat ring with calves' marrow or brains

Prepare a veal forcemeat. Generously butter a ring or savarin mould and press the forcemeat into it. Poach gently in a bain marie in a preheated oven at 180°C (350°F, gas 4) for about 25 minutes, then cover and leave for about 30 minutes in the oven with the door open to set properly.

Meanwhile, lightly poach some calves' marrow or prepare calves' brains *à la poulette* and, separately, some lightly fried mushrooms cooked *au blanc*. Turn the veal ring out on to a heated serving dish. Pour the marrow or brains *à la poulette* into the centre of the ring and sprinkle with chopped flat-leaf parsley. Garnish the ring with the fried mushrooms and cover with more poulette sauce.

Cheek

Braised ox cheek

The day before they are required, clean 2–4 ox cheeks, removing all the gristle and fat. Cut the meat into large pieces and put them into an earthenware bowl with a marinade consisting of salt and pepper, 3 tablespoons olive oil, 175 ml (6 fl oz, ¾ cup) white wine, thyme and bay leaves; cover and leave overnight in a cool place.

Cut 4 carrots into small cubes. Cut 300 g (11 oz) salted belly pork (salt pork) into strips, blanch for 3 minutes, then refresh them. Blanch 300 g (11 oz, 2 cups) stoned (pitted) green olives for 3 minutes in boiling water. Melt 50 g (2 oz, ¼ cup) butter in a flameproof casserole and brown the drained meat, the strips of pork, the carrots and the olives. Pour in the marinade, then add a bottle of white wine, 4 crushed garlic cloves and 6 onions, peeled and quartered. Bring to the boil and cook for about 15 minutes, then cover the casserole and cook for a further 3 hours over a very low heat or in a preheated oven at 150°C (300°F, gas 2).

Head

Boiled pigs' ears

Singe 4 pigs' ears and clean the insides thoroughly; cook them in boiling salted water, using 1 teaspoon salt per 1 litre (1¾ pints, 4⅓ cups) water with 2 carrots, 1 onion studded with 2 cloves, and a bouquet garni. Simmer for about 50 minutes, then drain.

Boiled pigs' ears can be used in several ways. They can be chopped, dipped in batter and deep-fried; or spread with butter, dipped in fresh breadcrumbs and grilled (broiled), to be served with mustard or horseradish sauce and mashed potatoes or purée of celeriac (celery root). Pigs' ears *à la lyonnaise* are cut into large strips and sautéed in butter with sliced onion. They can also be served cold with vinaigrette, or browned in the oven with a white sauce.

Braised pigs' ears

Singe 4 pigs' ears and clean the insides thoroughly. Blanch them for 5 minutes in boiling water, drain them and cut them in half lengthways. Grease a flameproof casserole, cover the bottom with pieces of pork rind, add 1 sliced onion and 1 sliced carrot, and arrange the pieces of ear on top in a flat layer; put a bouquet garni in the middle.

Cover the casserole and cook over a medium heat for 10 minutes, then add 200 ml (7 fl oz, ¾ cup) white wine and reduce until syrupy. Add 400 ml (14 fl oz, 1¾ cups) thickened veal juices or stock and cook, covered, in a preheated oven at 180°C (350°F, gas 4) for 50 minutes. Drain the ears and arrange them on a serving dish. Garnish with braised celery hearts or steamed cauliflower. Pour over the strained and reduced braising liquid.

Calf's head à l'occitane

Cut half a well-soaked calf's head into 8 uniform pieces. Prepare a white court-bouillon: mix 3 tablespoons flour with 3 litres (5 pints, 13 cups) water in a saucepan. Season with salt and pepper, then add the juice of ½ lemon, an onion studded with 2 cloves, and a bouquet garni. Bring to the boil and immerse the head wrapped in muslin (cheesecloth) in this court-bouillon. Cook the tongue with the head. Simmer very gently for about 2 hours. Poach the brain separately in a highly flavoured court-bouillon.

Put 4 tablespoons chopped onion, lightly fried in butter, into a shallow ovenproof dish and add a small quantity of grated garlic towards the end of cooking. Arrange the pieces of calf's head on top with the sliced tongue and brain. Garnish with black olives, 2 peeled, seeded tomatoes crushed and tossed in oil, and 2 hard-boiled (hard-cooked) eggs cut into fairly thick slices. Season with salt and pepper. Pour 6 tablespoons olive oil and the juice of ½ lemon over the calf's head and sprinkle with chopped parsley. Heat in a bain marie, keeping the dish covered. Just before serving, baste the garnished head with the sauce in which it was cooked.

Calf's head à la lyonnaise

Blanch some pieces of calf's head. Line an ovenproof dish with a layer of sliced onions softened in butter, plus some chopped parsley, then arrange the pieces of meat on top. Cover with lyonnaise sauce. Sprinkle with bread-crumbs, moisten with clarified butter and cook au gratin.

Calf's head en tortue

Prepare a white court-bouillon and cook the calf's head and, separately, the tongue and sweetbreads. Cut all this offal (variety meat) into pieces and keep warm in their stock.

Make some tortue sauce. Cook in butter, without browning, 250 g (9 oz, 3 cups) diced mushrooms. Stone (pit) 150 g (5 oz, 1¼ cups) green olives, blanch for 3–4 minutes in boiling water and dice them. Also dice 7–8 gherkins. Strain the sauce and add the gherkins, olives and mushrooms. Heat thoroughly and adjust the seasoning by adding a pinch of cayenne.

Drain the pieces of offal and cover them with the sauce. Garnish the dish with small quenelles of veal forcemeat and croûtons fried in butter.

Calf's head in a poupeton

Cook a whole calf's head in a court-bouillon, drain it and flatten it out on a large piece of pig's caul (caul fat). Remove part of the lean meat, as well as the ears and tongue, cut them into small dice and mix with a stuffing made from equal quantities of *à gratin* forcemeat and veal forcemeat; also add 150 g (5 oz, 1⅓ cups) chopped mushrooms. Season with salt and pepper and sprinkle with mixed spice, then add 2 liqueur glasses of brandy. Mix until all the ingredients are combined.

Spread the stuffing over the calf's head, then roll it up into a ballotine; wrap in the caul and tie up. Cook gently in a preheated oven at 180°C (350°F, gas 4) in some braising stock (made with Madeira, Bayonne ham, knuckle of veal, carrots, onions and a bouquet garni) until firm and cooked through. Drain and untie the *poupeton*. Slice and arrange the slices on a large serving dish. Pour over a few tablespoons of braising stock and glaze in the oven.

Surround with a garnish made up of braised lambs' sweetbreads or slices of calves' sweetbreads, cockscombs and kidneys stewed in Madeira, calf's-brain fritters and stuffed olives, blanched and dipped in Madeira demi-glace. Arrange 12 trussed crayfish, cooked in a court-bouillon with white wine, in rows on either side of the dish. Pour over a few tablespoons of braising stock, strained and reduced. Serve the rest of the sauce separately.

Calf's head in crépinettes

Cut 500 g (18 oz) calf's head cooked in a white court-bouillon into medium-sized dice. Add one-third of its weight in diced mushrooms, lightly fried in butter, and 5 tablespoons diced truffles. Blend with concentrated Madeira sauce flavoured with truffle essence and allow to cool.

Divide the mixture into 50 g (2 oz) portions and enclose each of these in 100 g (4 oz, ½ cup) finely minced (ground) sausagemeat. Wrap each of these in a piece of pig's caul (caul fat), previously soaked in cold water, and roll into the shape of a flat sausage. Brush the crépinettes with clarified butter or melted lard, roll them in fine fresh breadcrumbs and sprinkle again with fat. Grill (broil) the crépinettes on both sides under a low heat and serve with Périgeux sauce.

Calves' ears braised à la mirepoix

Clean the insides of 4 calves' ears thoroughly and blanch them for 8 minutes; refresh them, then drain, scrape and dry them. Put into a casserole and cover with 200 ml (7 fl oz, ¾ cup) vegetable mirepoix; add a bouquet garni, salt, pepper and 100 ml (4 fl oz, 7 tablespoons) white wine. Reduce the liquid completely, then pour in 300 ml (½ pint, 1¼ cups) brown veal stock, cover the dish, and cook in a preheated oven at 180°C (350°F, gas 4) for 1½ hours. Drain the ears. Remove the skin which covers the inside and the outside of the thin part of the ears; pull this part down and trim it. Arrange the ears in a round serving dish, possibly on slices of bread fried in butter. Skim the fat from the braising liquid and sprinkle over the ears.

Mock turtle soup

Boil a boned calf's head in a white court-bouillon for 1½ hours, with carrots, an onion studded with cloves, celery, a bouquet garni, salt and pepper. Drain

the head and discard the ears; trim the rest of the meat and put it under a press between 2 plates. When it is quite cold, cut it into small round or square pieces and reheat in a little of the stock.

While the calf's head is cooking, make a clear brown gravy in a stewpan, by adding some stock to slices of salt leg of pork, veal knuckle and a half-roasted chicken. When these meats are almost cooked and the gravy reduced, add the calf's head cooking juices and vegetables and continue to simmer gently for about 2 hours.

Strain, thicken with a little arrowroot diluted with cold stock, then add an aromatic infusion of basil, spring onion (scallion), marjoram, thyme and bay leaf in Madeira or port.

Strain the soup and pour it into a soup tureen; garnish with pieces of calf's head and, if desired, small quenelles made from sausagemeat mixed with mashed hard-boiled (hard-cooked) egg yolks.

Pistachio brawn

Clean and scrape a pig's head; remove the tongue, brains and the fat portion of the throat. Cut off the ears at their base. Put the head, ears, tongue and 2 calves' tongues to soak in brine for 3–4 days. Drain. Wrap the head in a cloth, put it in a flameproof casserole together with the ears, also wrapped, and braise gently for 4–5 hours. After 2 hours, add the tongues.

Remove the best part of the skin and spread it on a linen cloth or napkin. Cut the flesh of the head into strips as thick and as long as possible, leaving out the parts tinged with blood. Sprinkle all the meats with *quatre épices* (four spices) and add about 10 chopped shallots. While still hot, arrange the meats and shallots on the skin, mixing the various meats and interspersing them with pistachios. Strips of raw truffle may also be added. Fold the skin over the contents, wrap it in the napkin and tie with string.

Return it to the cooking liquid, bring to the boil and simmer for 1 hour. Drain, remove the string and place the galantine in a brawn (headcheese) mould. Cool, putting a weight on top so it is well pressed. Chill before serving.

Stuffed and fried pigs' ears

Braise the ears whole. Meanwhile, make a chicken forcemeat and some Villeroi sauce. Allow the ears to cool, then slit them and stuff with the chicken forcemeat. Dip them into the Villeroi sauce and leave for 30 minutes. Roll the ears in egg, then breadcrumbs, and fry them in very hot oil. Drain, arrange on the serving dish and serve with tomato sauce.

Stuffed calves' ears du Bugey

Blanch, refresh, then carefully clean 1 calf's ear per guest. Rub the ears with lemon and sew each one into the shape of a cornet. Put them into a pan with 1.5 litres (2¾ pints, 6½ cups) well-flavoured beef stock, 1 litre (1¾ pints, 4⅓ cups) dry white wine, a bouquet garni, 1 sliced onion, 2 sliced celery sticks and 2 sliced carrots. Add plenty of salt and pepper and cook gently for about 2½ hours. Drain the ears and put them aside, covered with a damp cloth.

Dice 1 calf's sweetbread that has been braised in white wine, the meat from 1 cooked chicken wing and 1 fresh truffle. Fry 100 g (4 oz, 1⅓ cups) coarsely chopped wild mushrooms in butter; add salt and pepper. When they are half-cooked, add the truffle, the sweetbread and the chicken meat; continue to cook over a low heat. Add 200 ml (7 fl oz, ¾ cup) slightly soured cream, then take the pan off the heat and add 2 egg yolks. Blend everything well and leave to cool.

Spoon the cold mixture into the ear 'cornets'. Dip the ears in flour, then beaten egg, then breadcrumbs, and fry in butter, without allowing them to brown. Drain, arrange on a serving dish and sprinkle with fried curly parsley.

Heart

Casserole of calf's heart à la bonne femme

Clean the heart, season with salt and pepper, and brown it in butter in a casserole, traditionally made of earthenware. Add pieces of potato, small glazed onions and strips of streaky bacon that have been lightly fried in butter. Cook over a gentle heat for about 30 minutes.

Grilled calf's heart on skewers

Clean the heart and cut it into large cubes. Clean some small mushrooms and marinate the heart and mushrooms in a mixture of olive oil, lemon juice, chopped garlic, chopped parsley, salt and pepper. Thread the cubes of heart and the mushrooms alternately on skewers, finishing each skewer with a small tomato. Cook under a hot grill (broiler).

Matelote of ox heart

Divide the heart into two and soak the halves in cold water. Remove the blood clots and sinews, wash and wipe. Cut the heart into large dice and marinate for 6 hours in vinegar containing salt, pepper, thyme, cloves and a bay leaf. Drain and lightly brown the diced heart in a casserole with 20 g (¾ oz, 4½ teaspoons) butter and 100 g (4 oz, ½ cup) streaky bacon, cut into small pieces. Add 15 small onions and cook until golden brown. Stir in 1 tablespoon flour. Cover the contents of the pan with good red wine and add salt, pepper, a bouquet garni and 1 garlic clove. Cook gently for 3 hours. Half an hour before the end of cooking, add a few strips of bacon and about 15 mushrooms. Remove the bouquet garni and serve very hot.

Roast calf's heart

Clean the heart, season with salt and pepper, cover with oil and 1 tablespoon lemon juice, and marinate for 1 hour. Drain and remove the heart, cut it into large slices and wrap each slice in a piece of pig's caul (caul fat). Put the slices on a spit or skewers and roast for 30–35 minutes. Make a sauce from the juices in the grill (broiler) pan mixed with a little white wine. Reduce and pour over the pieces of heart.

Stuffed calf's heart

Clean the heart, season with salt and pepper, and stuff with forcemeat (fine or mushroom). Wrap it in a piece of pig's caul (caul fat) and tie with string. Brown the heart in butter in a casserole, traditionally made of earthenware. Add pieces of potato, small glazed onions and strips of streaky bacon that have been lightly fried in butter. Cook over a gentle heat for about 1 hour. Keep the heart hot on the serving dish and make a sauce with the pan juices and white wine. Reduce, then thicken with 15 g (½ oz, 1 tablespoon) beurre manié. Pour the sauce over the heart and serve with vegetables such as carrots, turnips and glazed onions, or a printanière of vegetables.

Sautéed lambs' hearts

Clean the hearts, cut them into slices and sauté them briskly in butter or olive oil. Add parsley sauce and 1 tablespoon wine vinegar for each heart.

Kidneys

Calf's kidney à la bonne femme

Fry 50 g (2 oz, ⅓ cup) coarsely diced streaky (slab) bacon and 4 small onions in butter in a small flameproof casserole. Remove the bacon and onions from the casserole, and in the same butter toss a whole calf's kidney with most of the outer fat removed, just to stiffen it. Fry 12 small new potatoes in butter until they are three-quarters cooked, then add the diced bacon, the onions and the kidney, and season with salt and pepper. Continue the cooking in a preheated oven at 240°C (475°F, gas 9) for about 15 minutes. Just before serving, sprinkle with 3 tablespoons veal stock. Serve the kidney in the casserole. It may be garnished with mushrooms tossed in butter if desired.

Calves' kidneys à la Bercy

Cut cleaned calves' kidneys crossways into slices 1 cm (½ in) thick and brush with melted butter. Season with salt and pepper and dip in white breadcrumbs. Grill (broil) quickly and serve with Bercy butter.

Calves' kidneys Ali-baba

Remove most of the surrounding fat from 4 small calves' kidneys, season with salt and pepper, and coat them with strong mustard. Arrange in a lightly buttered ovenproof dish and cook in a preheated oven at 220°C (425°F, gas 7) for 7–8 minutes.

Meanwhile, put 500 ml (17 fl oz, 2 cups) double (heavy) cream into a saucepan, together with some grated lemon rind and ½ teaspoon ground pepper. Bring to the boil, add the kidneys and cook very gently for a further

8 minutes. Drain the kidneys, put on a plate, cut each into 8 pieces and arrange in a hot serving dish. Pour the juices that have collected on the plate into the sauce and put the pan over a high heat. Finish the sauce with a few drops of brandy and finally beat in 75 g (3 oz, 6 tablespoons) butter, cut into small pieces. Adjust the seasoning and pour the sauce over the kidneys.

Calves' kidneys Collioure

Braise 4 calves' kidneys in a covered sauté pan on a bed of vegetables. When they are half-cooked, remove them from the pan and trim off the fat. Continue to cook the vegetables until they begin to brown, then deglaze the pan with 60 ml (2 fl oz, ¼ cup) white wine and boil down to reduce the cooking liquid by half. Put the kidneys into a small pan with 40 g (1½ oz, 3 tablespoons) butter, some chopped shallots and 12 well-pounded anchovy fillets. Simmer until cooked. Strain the cooking juices over the kidneys and heat through for a few moments. Serve sprinkled with chopped parsley.

Calves' kidneys with chicken livers

Skin 4 calves' kidneys and remove the fat. Halve them and chop into small pieces. Slice 12 chicken livers. Using a tinned copper saucepan or a stainless steel saucepan with a copper base, fry the kidneys and the chicken livers in a knob of butter for about 5 minutes, taking care not to let them brown. While they are still pink, flame them with 5 tablespoons Armagnac and set aside, keeping them hot. Pour 150 ml (¼ pint, ⅔ cup) port and 500 ml (17 fl oz, 2 cups) red Gigondas wine into the cooking liquor. Boil down to reduce, then thicken with 15 g (½ oz, 1 tablespoon) beurre manié. When the sauce is ready (about 15 minutes), strain it. Arrange the kidneys and chicken livers in a warm serving dish, then coat with the sauce, adjust the seasoning and sprinkle with chopped parsley.

Grilled calf's kidney

Remove some of the fat from a calf's kidney, slit it lengthways without cutting it through completely, and keep it open and flat by threading it on to 2 small metal skewers. Season with salt and pepper, brush lightly with oil and cook rapidly under a hot grill (broiler). Serve with Bercy butter, maître d'hôtel butter or anchovy butter.

Lambs' kidneys à l'anglaise

Remove the skin of the kidneys and cut them in half without separating the halves completely. Remove the white central core and tubes. Thread the kidneys on skewers, pushing the skewer through each half of the kidney to keep them open. Season with salt and pepper, brush with melted butter and (if desired) roll them in fresh breadcrumbs. Grill (broil) the kidneys under a high heat for about 3 minutes on each side, then arrange in a long dish with grilled rashers (slices) of bacon, small boiled new potatoes and fresh watercress. Put a pat of maître d'hôtel butter on each half kidney.

Lambs' kidneys sautéed with mushrooms

Clean and slice 8 large button mushrooms and sprinkle with lemon juice. Clean 8 kidneys, cut them in half, season with salt and pepper, and sauté them quickly in very hot butter. (Do not overcook; ensure that they remain pink.) Drain and keep hot in a serving dish.

Sauté the sliced mushrooms in the same butter, drain them and arrange around the kidneys. Keep hot. Pour 250 ml (8 fl oz, 1 cup) stock into the pan and boil down to reduce by one-third; add 100 ml (4 fl oz, 7 tablespoons) Madeira, port, champagne or Riesling and again reduce by one-third. Thicken with 1 teaspoon arrowroot, then add 40 g (1½ oz, 3 tablespoons) butter. Pour the sauce over the kidneys and sprinkle with chopped parsley.

Lambs' kidney brochettes

Skin some lambs' kidneys, then cut in half and remove the white core. Brush with oil, season with salt and pepper and thread the kidneys on to skewers. Grill (broil) under a very high heat.

Alternatively, season the kidneys with salt and pepper, brush with melted butter, roll in white breadcrumbs, and thread on to skewers, alternating the kidneys with blanched strips of bacon. Sprinkle with melted butter and grill under a high heat.

Serve the kidneys with maître d'hôtel butter.

Sliced calves' or lambs' sweetbreads, small pieces of beef or lamb, and chicken livers can also be prepared in this way.

Lambs' kidneys Turbigo

Cut the kidneys in half; remove the thin skin that surrounds them and the white central part. Season with salt and pepper and fry briskly in butter. Arrange them in a circle on a round dish, possibly on a bed of croûtons browned in butter, and keep hot.

Cook some small button mushrooms in the butter used to cook the kidneys and grill (broil) as many small chipolatas as there are kidney halves. Arrange the chipolatas between the kidney halves and place the mushrooms in the centre. Mix the cooking juices with white wine and tomato-flavoured demi-glace sauce; reduce and pour over the kidneys.

Ox kidney with lardons

Slit an ox kidney (or preferably a heifer's kidney) in half and take out the central core. Cut the kidney into thin slices. Sprinkle 250 g (9 oz, 3 cups) washed sliced mushrooms with a little lemon juice. Cut 200 g (7 oz) rindless streaky (slab) bacon into thin strips; chop 2 shallots. Melt 25 g (1 oz,

2 tablespoons) butter in a sauté pan, add the sliced kidney and brown quickly over a high heat. Then add the mushrooms, the bacon lardons and the shallots, and cook until all the ingredients are lightly browned. Season with salt and pepper, lower the heat, cover the pan and cook for about 20 minutes. Then add a small glass of Madeira and 150 ml (¼ pint, ⅔ cup) crème fraîche and reduce the sauce over a high heat. Pour the preparation into a serving dish and sprinkle with chopped parsley.

Pigs' kidneys

To reduce the rather strong taste of these kidneys, skin them, cut them open without separating the halves, take out the white central core, wash them under running water, cover them with milk and leave them in a cool place for 3–4 hours. They can then be grilled (broiled) or sautéed (with bacon lardons or mushrooms) in the same way as calves' kidneys.

Roast calf's kidney with mustard

Remove some of the fat from a calf's kidney, season with salt and pepper, and spread with mustard. Place it in a small greased flameproof casserole and roast it in a preheated oven at 240°C (475°F, gas 9) for about 15 minutes. Drain the kidney and keep it hot. Pour the fat from the casserole, add 100 ml (4 fl oz, 7 tablespoons) Madeira and boil down to reduce by half. Off the heat, mix in 1 tablespoon mustard, then heat and whisk vigorously without boiling. Replace the kidney in the casserole and heat through before serving.

Sautéed calf's kidney à la bordelaise

Poach 2 tablespoons diced beef marrow in salt water, drain and keep warm. Trim the calf's kidney, slice thinly, season with salt and pepper, and fry briskly in very hot butter, turning the pieces over as they cook. Drain, retaining the

juice, and keep the kidney warm. Deglaze the frying pan with 100 ml (4 fl oz, ½ cup) white wine; add 1 tablespoon finely chopped shallots and boil off the liquid. Then add 250 ml (8 fl oz, 1 cup) veal stock and the juice from the kidney, and reduce by half. Thicken with a little arrowroot and adjust the seasoning. Replace the kidney in the sauce, add the beef marrow and stir. Arrange in a mound and sprinkle with chopped parsley.

Sautéed calf's kidney with Madeira and three mustards

Remove some of the fat from a calf's kidney, season with salt and pepper, and cook for 10–15 minutes in a small pan with a little oil and butter (this is known as cooking *à la coque*). Drain all the fat away and flame the kidney with a generous liqueur glass of young good quality Armagnac. Drain the kidney and slice it thinly on a plate; keep hot.

Pour 100 ml (4 fl oz, 7 tablespoons) Madeira into the pan and boil to reduce the liquid by half. Pour any kidney juices on the plate into the sauce, boil rapidly for a few minutes, add the kidney and place the pan over a very low heat. Do not let it boil again.

Blend 50 g (2 oz, ¼ cup) butter with a mixture of Dijon, Champagne and Bordeaux mustards. Add this mixture, a little at a time, to the pan, stirring constantly, so that the sauce becomes smooth and creamy. This is the most critical process in the whole preparation and should be carried out away from the heat. Serve the kidney with sautéed potatoes.

Sautéed calf's kidney with wholegrain mustard

Finely chop 1 large shallot and place in a pan with 1 bay leaf and a sprig of thyme. Add 200 ml (7 fl oz, ¾ cup dry white wine) and boil until reduced by half. Add 500 ml (17 fl oz, 2 cups) veal stock and 200 ml (7 fl oz, ¾ cup) double (heavy) cream. Reduce until the sauce has a coating consistency. Stir in

1 teaspoon Dijon mustard and strain the sauce through a fine sieve. Then stir in ½ teaspoon wholegrain Meaux mustard. Taste for seasoning and dot the surface of the sauce with a little butter to prevent a skin from forming, then set aside in a bain marie to keep hot.

Remove the fat from 1 calf's kidney, slice it in half lengthways and trim away any core or remaining fat, then cut the kidney halves crossways into thick slices. Season with salt and pepper. Brown the pieces of kidney in hot oil in a frying pan for 2 minutes on each side, then transfer to a sieve and leave to drain for about 10 minutes so that any blood drips away.

Reheat the kidneys in the sauce without boiling. Serve sprinkled with snipped chives. Serve with a potato galette, gratin dauphinois or tagliatelle and buttered spinach.

Liver

Calf's liver à l'anglaise

Cut some calf's liver into thin slices and fry them quickly on both sides in hot butter over a high heat, allowing 25 g (1 oz, 2 tablespoons) butter to 4 slices of liver. Drain the liver and keep hot in a serving dish. Fry some thin rashers (slices) of bacon in the same pan, and use to garnish the liver. Sprinkle with chopped parsley, a squeeze of lemon juice and the cooking juices. Serve with small potatoes.

Calf's liver à l'espagnole

Season slices of calf's liver with salt and pepper. Coat with flour and sauté them in oil. To serve, arrange the liver slices on tomatoes that have been softened in olive oil with garlic. Garnish with fried onion rings and sprigs of fried curly parsley.

Calf's liver à la bordelaise

Quickly fry slices of Bayonne ham in butter. Season slices of calf's liver with salt and pepper, coat with flour and fry in butter. Arrange on the serving dish, alternating with slices of the ham. Coat with bordelaise sauce.

Calf's liver à la bourgeoise

Mix together in a shallow dish 4–5 tablespoons brandy and 2 tablespoons oil, then add some chopped parsley, salt, pepper and (optional) a small amount of cayenne pepper. Marinate some pieces of bacon fat in this mixture for at least 30 minutes and then use to lard a piece of calf's liver. Tie the liver and

braise it in a mixture of red wine and stock. Sauté some mushrooms in butter and glaze some small onions. When the liver is cooked, remove it to a serving dish with the mushrooms and onions, and keep warm. Skim the fat from the cooking liquid, strain and reduce to make a thick smooth sauce. Pour it over the liver and serve.

Calf's liver à la bourguignonne

Fry some slices of calf's liver in very hot butter over a high heat. Keep hot on a serving dish. Deglaze the pan with red wine and stock (in equal proportions), and reduce. Pour this sauce over the slices of liver and surround with bourguignonne garnish.

Calf's liver à la lyonnaise

Cut the liver into thin slices and season with salt and pepper. Coat the slices with flour and sauté quickly in butter. Keep them warm on a serving dish. Peel and slice some onions and soften in butter. Bind them with a few spoonfuls of meat glaze and place on top of the liver. Moisten the liver with a dash of vinegar heated up in the same frying pan and sprinkle with chopped parsley. Serve with green beans in tomato sauce.

Calf's liver brochettes

Prepare a marinade using 150 ml (¼ pint, ⅔ cup) olive oil, salt, pepper and chopped herbs. Cut the calf's liver into 2.5 cm (1 in) cubes. Seed some red and green (bell) peppers and cut the flesh into 2.5 cm (1 in) squares. Marinate the liver and peppers with some large quartered onions. After marinating, thread these ingredients on to skewers, placing a cube of liver between squares of red and green pepper, followed by an onion quarter, then another square of red pepper. Grill (broil) under a high heat.

Calves' liver à la Bercy

Toss some slices of calves' liver in seasoned flour and grill (broil). Serve with Bercy butter.

Calves' liver à la créole

Cut some fat bacon into very small strips and marinate them in a mixture of oil, lime juice, salt and pepper. Use them to lard some slices of calves' liver and then marinate the liver for 20 minutes in the same mixture. Drain them, coat them with flour and cook them in a frying pan in some lard (shortening). Remove the slices of liver from the pan and keep them warm in a buttered dish. For every 6 slices of liver, flavour the juices in the frying pan with 2 tablespoons chopped onion and 1 tablespoon chopped parsley. Brown the onion and parsley then add 1 tablespoon white breadcrumbs, salt, pepper and 1 tablespoon tomato purée (paste) diluted with 3–4 tablespoons white wine. Heat the sauce, stirring, and taste for seasoning. Coat the liver with the sauce.

Calves' liver with bacon

Season slices of calves' liver with salt and pepper and then coat in flour, shaking them to remove any excess. Fry and then drain two thin slices of rindless bacon for each slice of liver. Cook the liver for about 10 minutes in the same frying pan, arrange on a plate, and garnish with the bacon and slices of lemon. Keep warm. Make a sauce in the frying pan using the meat juices and lemon juice or vinegar. Pour over the liver and sprinkle with parsley.

Fried calf's liver à la florentine

Braise some spinach in butter. Peel some large onions, cut into thick slices and separate into rings. Dip the onion rings in batter and fry in very hot oil until golden brown. Drain and keep hot. Lightly grease a serving dish, cover it with

drained spinach and keep it hot. Quickly fry some very thin slices of calf's liver in very hot butter and arrange on the spinach. Deglaze the pan with white wine, reduce, then pour the juice over the slices. Garnish the liver with the fried onion rings and (if liked) with lemon wedges.

Lamb's liver brochettes

Make a marinade with 150 ml (¼ pint, ⅔ cup) olive oil, salt, pepper and chopped herbs. Cut the lamb's liver into 2.5 cm (1 in) cubes. Seed some red and green (bell) peppers. Cut the flesh into 2.5 cm (1 in) squares. After marinating, thread on to skewers, putting cubes of liver between squares of red pepper and green pepper. Grill (broil) under a high heat.

Lamb's liver with garlic

Peel and chop very finely as many garlic cloves as there are slices of liver. Melt some butter in a frying pan and sauté the liver over a high heat, on both sides. Season with salt and pepper, drain and keep hot. Put the garlic in the frying pan, stirring well so that it does not brown. Immediately deglaze the pan with as many tablespoons of wine vinegar as there are slices of liver, and allow to reduce by half. Coat the liver with this sauce, sprinkle with chopped parsley and serve immediately.

Pig's liver with mustard

Lard a pig's (pork) liver with strips of bacon and brush generously with strong mustard. Sprinkle with chopped parsley, crushed garlic and a little butter, and cook in a covered casserole in a preheated oven at 150°C (300°F, gas 2) for about 45 minutes. Cut and arrange the liver in slices on a hot dish. Deglaze the casserole with 1 tablespoon mustard and 2 tablespoons wine vinegar; coat the liver with this sauce.

Roast calf's liver

Cover the liver with thick rashers (slices) of bacon, season with salt, pepper, a pinch of fennel and some chopped parsley, then moisten with brandy. Soak a pig's caul (caul fat) in cold water, wiping it dry and stretching it before use. Wrap the prepared liver in the caul and tie up with string. Cook on a spit or in a preheated oven at 200°C (400°F, gas 6) for 12–15 minutes per 450 g (1 lb). Dilute the pan juices with white wine or veal stock and pour over the liver.

Sweetbreads

Calves' sweetbreads à la financière

Soak the sweetbreads in cold water until they become white. Poach in salted water, drain and trim, removing skin and membranes. Place between 2 cloths in a meat press. Cut some truffles and some cooked tongue coated with aspic into matchstick shapes and use them to stud the sweetbreads. Braise the sweetbreads in a brown stock. Arrange them in croustades of puff pastry and cover with financière garnish.

Calves' sweetbreads à la périgourdine

Clean some calves' sweetbreads, blanch them in boiling water, then cool and press them in the usual way. Stud them with small pieces of truffle and braise in brown stock. Drain and keep hot. Make a Périgueux sauce with the reduced cooking liquor. Coat the sweetbreads with some of the sauce and serve the remainder separately.

Calves' sweetbreads princesse

Slice some calves' sweetbreads and braise them in white stock; drain and keep warm. Prepare an allemande sauce with the braising stock. In separate pans, cook some green asparagus tips in butter and heat through some slivers of truffle in butter. Arrange the slices of sweetbread in the serving dish and garnish with the slivers of truffle and bunches of asparagus tips. Serve the sauce separately.

Calves' sweetbreads régence

Prepare the sweetbreads, stud them with truffles and braise them in white stock. Meanwhile, make some large chicken quenelles with truffles and sauté some slices of foie gras in butter. Prepare an allemande sauce using the reduced braising liquor from the sweetbreads. Arrange the sweetbreads on a hot dish and surround them with the quenelles and foie gras slices. Garnish with slivers of truffle tossed in butter and coat with the sauce.

Choesels à la bruxelloise

Clean and blanch a choice calf's sweetbread, cool it under a press and cut it into thin slices. Cut an oxtail into pieces. Clean a heifer's kidney and cut it into pieces. Peel and finely slice 100 g (4 oz, 1¼ cups) onions. Heat 100 g (4 oz, ½ cup) clarified beef dripping in a frying pan, add the pieces of oxtail and sweetbread, and brown gently for 45 minutes. Then add 1 kg (2¼ lb) breast of veal cut into even-sized pieces, together with the thinly sliced onions. Brown again, still stirring, for 30 minutes. Add the pieces of kidney. When they have stiffened, add 300 ml (½ pint, 1¼ cups) lambic (Belgian beer), a bouquet garni, salt and a pinch of cayenne pepper. Cook very gently for 30 minutes. Finally, add a bottle of lambic and 500 ml (17 fl oz, 2 cups) mushroom stock and heat through.

Croûtes Brillat-Savarin

Bake some small savoury pastry cases (pie shells) blind. Fill with a salpicon of calves' or lambs' sweetbreads and sautéed mushrooms (the original recipes include some cockscombs and kidneys), all bound with a reduced demi-glace or Madeira sauce.

Feuilletés with calves' sweetbreads

Feuilletés refers to a piece of puff pastry cut into a finger or triangle and filled or garnished with cheese, ham or seafood.

Make the feuilletés with puff pastry and warm them in the oven. Clean the sweetbreads. Braise some calves' sweetbreads in well-seasoned white stock and use to fill the feuilletés. Serve very hot with cream sauce.

Fried sweetbreads

Blanch, cool and press some sweetbreads. Cut each one into 3 or 4 slices and season with salt and pepper. Dip each slice in flour and fry in butter until brown. Alternatively, clean the sweetbreads well and dry them thoroughly. Put them into a sauté pan with some melted butter, add salt and pepper to taste, cover the pan and let them cook gently for 30–35 minutes.

Serve fried sweetbreads sprinkled with chopped parsley on a bed of pommes Anna, with a thick béarnaise sauce served separately.

Grilled sweetbreads

Blanch, cool and press some sweetbreads. Brush them with oil or clarified butter, season with a few twists of the pepper mill and grill (broil) slowly, either whole or sliced, under a moderate heat. Serve with a green salad; with a seasonal vegetable, steamed and tossed in fresh butter; or with a purée of carrots, peas or turnips.

Pâté with calves' sweetbreads (hot)

Braise 2 calves' sweetbreads in a thin white sauce until they are half-cooked. Clean and slice 300 g (11 oz, 3½ cups) mushrooms and lightly fry in butter (with some thin slices of truffle, if desired). Line a shallow oval pâté mould with butter pastry. Coat the bottom and sides with 250 g (9 oz, 1 cup) cream forcemeat. Pour half the mushroom and truffle mixture into the mould, cover with the sweetbreads, then add the remaining mushroom and truffle mixture. Sprinkle with melted butter. Cover the top with pastry and pinch all round to seal the edges.

Glaze the top with egg and garnish with shapes cut out from leftover pastry (rolled out thinly). Make a hole in the centre and insert a small smooth metal piping nozzle. Glaze the top again. Bake in a preheated oven at 190°C (375°F, gas 5) for about 1½ hours.

The same recipe can be followed using 6 lambs' sweetbreads.

Poached sweetbreads

Blanch, cool and press some sweetbreads, put them into a sauté pan, barely cover them with white stock and simmer very gently for 35–40 minutes, according to their thickness. Drain the sweetbreads, set aside and keep them hot. Boil the cooking liquid to reduce it and pour this over the sweetbreads. Serve with buttered green beans, young broad (fava) beans, or a macédoine of spring vegetables.

Roast sweetbreads

Blanch, cool and press some sweetbreads, and lard them if wished. Season with salt and pepper and wrap each one in a small piece of pig's caul (caul fat). Thread them on skewers and roast in a preheated oven at 220°C (425°F, gas 7) for about 30 minutes.

Sauté of lamb à l'ancienne

Clean 250 g (9 oz) calves' sweetbreads, blanch them for 5 minutes in salted boiling water and drain. Cook them gently for about 5 minutes in 40 g (1½ oz, 3 tablespoons) butter in a saucepan without allowing them to brown. Clean 250 g (9 oz, 3 cups) small button mushrooms and add them to the sweetbreads; braise together for 10 minutes.

Remove all the contents of the pan; melt 25 g (1 oz, 2 tablespoons) butter in the same saucepan and brown about 1 kg (2¼ lb) best end of neck cutlets and pieces of boned shoulder of lamb (in equal proportions), seasoned with salt and pepper.

Drain the meat, pour the butter from the pan, then replace the meat together with the braised sweetbreads and mushrooms. Heat them, then sprinkle with 1 teaspoon flour. Mix together, then stir in 200 ml (7 fl oz, ¾ cup) Madeira and 200 ml (7 fl oz, ¾ cup) stock. Add a bouquet garni, cover the pan and cook gently for about 20 minutes. Reduce by half with the lid off, then add 200 ml (7 fl oz, ¾ cup) double (heavy) cream mixed with 2 tablespoons lemon juice, and reduce again until the sauce is creamy. Taste and adjust the seasoning.

Pour into a heated dish, sprinkle with chopped parsley and serve very hot, possibly with small croûtons fried in butter.

In the traditional preparation of this recipe, the quantity of sweetbreads was reduced and cockscombs and kidneys were added.

Sweetbread fritters

Blanch, cool and press some sweetbreads. Cut into slices and dip them first in flour, then in a light fritter batter, and deep-fry at 180°C (350°F) until golden brown on both sides. Drain the fritters on paper towels. Serve with quarters of lemon and a well-reduced tomato fondue or a herb mayonnaise.

Sweetbreads: blanched and pressed

Soak the sweetbreads in cold water until they become white, changing the water from time to time until it remains clear (at least 5 hours). Put them into a saucepan with cold salted water to cover and bring them slowly to the boil. At the first sign of boiling, remove and drain the sweetbreads and refresh them under cold running water. Then drain and wipe dry, remove the skin and fibres and press them between 2 cloths under a board with a weight on top. Leave for 1 hour.

Sweetbreads braised in white stock

Blanch, cool and press some sweetbreads. (They may be larded, studded or left plain, depending on the recipe.) Put some bacon rinds and some finely sliced onions and carrots into a buttered flameproof casserole and lay the sweetbreads on top. Add salt and pepper and a bouquet garni. Cover the casserole and begin the cooking slowly over a gentle heat. Then moisten with a few tablespoons of white stock. Transfer the covered casserole to a preheated oven at 220°C (425°F, gas 7) and continue the cooking for 25–30 minutes, basting frequently with the stock. When the sweetbreads are cooked, they can be glazed very lightly by removing the lid and leaving the casserole in the oven for a further 5–6 minutes, basting with the fat in the stock. Serve with one of the following garnishes: anversoise, Nantua, princesse or Régence.

Sweetbreads in breadcrumbs

Blanch, cool and press some sweetbreads. Cut them into slices, dip in beaten egg and then in breadcrumbs, and sauté them in butter. Alternatively, after dipping them in beaten egg, roll them in a mixture of minced (ground) cooked ham and mushrooms, or in a mirepoix or in grated Parmesan cheese. When cooked, serve with braised chicory (endive) or sweetcorn.

Sweetbreads with grapes

Prepare either 1 large sweetbread or 2 medium ones, and lard them with 100 g (4 oz, ½ cup) strips of pork fat. Heat 50 g (2 oz, ¼ cup) butter in a saucepan and cook the sweetbreads gently until they are golden brown. Add 8 small onions, salt, pepper, 1 bouquet garni and 4 chopped mushrooms. Cover the pan and simmer until the sweetbreads are cooked (about 20 minutes). Arrange them in a dish and keep hot.

Deglaze the pan with 100 ml (4 fl oz, 7 tablespoons) fresh grape juice and add some white Muscat grapes and 4 tablespoons Madeira. Work 1 tablespoon flour with 50 g (2 oz, ¼ cup) butter to a smooth paste or beurre manié and use the mixture to thicken the sauce.

Terrine of sweetbreads

Blanch and cool 4 sweetbreads. Stud them with slices of truffle and press them under a light weight for 24 hours. Brown a finely chopped mirepoix of onions, carrots, shallots and 1 garlic clove in some butter. Season the sweetbreads, then sauté them with the mirepoix, without allowing them to brown. Pour in 175 ml (6 fl oz, ¾ cup) white wine, 175 ml (6 fl oz, ¾ cup) Madeira and 6 tablespoons port. Add a bouquet garni and braise gently for 40 minutes. Take out the sweetbreads and reduce the cooking liquid by a quarter. Strain and set aside.

Prepare a fine forcemeat using 250 g (9 oz, 1 cup, firmly packed) minced (ground) fat pork, an equal quantity of minced noix of veal, 75 g (3 oz, ⅓ cup) minced cooked ham, 100 ml (4 fl oz, 7 tablespoons) crème fraîche, 1 egg, 1 tablespoon foie gras and season with salt and pepper. Line a terrine with thin strips of bacon. Fill the dish with alternate layers of sweetbreads and forcemeat, covering each layer of forcemeat with very thin rindless bacon rashers (slices). Pour a little of the strained reduced cooking liquid on to each

layer. Finish with a layer of forcemeat topped with bacon rashers.

Cover the terrine and cook gently in a bain marie in a preheated oven at 180°C (350°F, gas 4) for 1½ hours. Before it becomes completely cold, cover with port-flavoured aspic jelly. Chill for 1–2 days before serving.

Veal sweetbreads with hop shoots

Braise the sweetbreads in white stock. Strain and reduce the cooking juices to make a sauce. Drop some hop shoots into salted boiling water. Remove them while they are still firm. Drain them, braise in butter in a covered pan, then add (200 ml (7 fl oz, ¾ cup) double (heavy) cream per 350 g (12 oz) hop shoots). Coat the sweetbreads with the sauce and serve surrounded with hop shoots in cream sauce and small potatoes browned in butter.

Vol-au-vent financière

Blanch 50 g (2 oz) sweetbreads, rinse under cold water, then dry. Remove the skin and cut into large chunks. Cut 200 g (7 oz) chicken quenelles into medum-sized cubes. Blanch 12 cockscombs and cook in butter for 2 minutes. Season with salt and pepper. Cut 300 g (11 oz) mushrooms into quarters and sauté in butter in a frying pan and then drain. In the same pan, sauté the sweetbreads, seasoned with salt and pepper, for 2 minutes. Remove and set aside with the mushrooms. Deglaze the pan with 100 ml (4 fl oz, 7 tablespoons) Madeira, reduce a little and return the mushrooms and sweetbreads to the frying pan. Cover and simmer for 3–4 minutes.

Make a golden roux with 40 g (1½ oz, 3 tablespoons) butter, 40 g (1½ oz, 6 tablespoons) flour and 500 ml (17 fl oz, 2 cups) chicken stock. Add salt, pepper, nutmeg, 1 chopped white truffle and 100 ml (4 fl oz, 7 tablespoons) Madeira. Cook gently for 10 minutes.

Place the sweetbreads, mushrooms and their juice, the diced quenelles,

cockerels' kidneys and 12 shelled crayfish in a saucepan. Pour the sauce on top and allow to simmer for 4–5 minutes. Just before serving, remove from the heat and add 1 egg yolk mixed with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Fill the vol-au-vent with the stuffing and place the lids on top.

Tails & feet

Braised oxtail with horseradish croûtes

Cut 2 oxtails into chunks and trim off excess fat. Dust the pieces very lightly with a little well-seasoned flour, then brown them all over in a little butter, lard or oil in a large frying pan. Remove and set aside. Cook 2 large sliced onions, 2 diced celery sticks, 2 diced carrots, 2 bay leaves, 1 chopped garlic clove and 2 diced rindless bacon rashers (slices) in the pan, adding a little extra butter, lard or oil if necessary. When the vegetables are softened slightly remove the pan from the heat.

Layer the oxtail and vegetable mixture in a large deep casserole. Return the frying pan to the heat and deglaze it with a little brandy, stirring to remove all the cooking residue from the pan. Add a little water and bring to the boil, stirring. Pour this over the ingredients in the casserole. Add a bottle of red wine and plenty of salt and pepper. Cover the casserole and cook in a preheated oven at 160°C (325°F, gas 3) for about 3 hours or until the oxtail is completely tender.

Towards the end of the cooking time, beat a little creamed horseradish into softened butter. Cut slices off a baguette and spread them with the

horseradish butter. Place on a baking sheet and bake until crisp and golden.

Taste the casserole for seasoning before serving. Stir in plenty of chopped fresh parsley and serve with the horseradish croûtes.

Calves' feet à la Custine

Soak 2 pigs' cauls (pieces of caul fat) in cold water. Place the calves' feet in a large pan, cover them with cold water and bring to the boil. Boil for 5 minutes, remove the calves' feet, drain and leave to cool. Add 4 tablespoons flour, 4 tablespoons oil, the juice of 2 lemons, 4 litres (7 pints, 4 quarts) cold water, some salt and the calves' feet. Bring to the boil and simmer gently for about 2 hours (the feet must be very tender).

Mix 4 chopped shallots with 800 g (1¾ lb) chopped button mushrooms; season with salt and pepper and sprinkle with the juice of ½ lemon. Cook the resulting duxelles over a brisk heat until the mixture is dry. Add a small glass of Madeira.

Drain the calves' feet, remove the bones and dice the flesh finely. Mix it with the duxelles. Divide the forcemeat into 6 equal portions. Wipe the cauls, spread them out flat on the work surface and cut into 6 equal pieces. Shape the portions of forcemeat into rectangles and wrap each one in a piece of caul. Brown them lightly in hot butter. To serve, sprinkle with the butter in which they have been cooked.

Daube of pigs' trotters

Cut 3 pigs' trotters (feet) in half and place the 6 halves in a stewpan, together with a slightly salted knuckle of veal and 2 slightly salted pigs' tails. Cover with cold water and leave to soak for 3 hours. Drain and rinse the meat, then place in a flameproof casserole. Cover with cold water. Bring to the boil, skim and cook gently for 10 minutes with the lid off. Drain the meat.

Rinse and wipe the pan. Add 3 tablespoons groundnut (peanut) oil and return to the heat. When the oil is hot, add 4 diced carrots, 3 diced onions, and 2 chopped celery sticks. Cook for about 6 minutes until the onions are transparent, stirring occasionally. Then add 3 or 4 crushed garlic cloves, a few chopped sage leaves, 1 tablespoon flour, 1 tablespoon tomato purée (paste) and 4 peeled diced tomatoes. Cook for 2 minutes. Add 3 tablespoons dry white wine, 2 pinches of caster (superfine) sugar and 3 pinches of salt. Bring to the boil. Add a bouquet garni and a pinch of cumin seeds tied in a muslin (cheesecloth) bag. Add the meat and remove from the heat. Cover the casserole with a lid and cook in a preheated oven at 140°C (275°F, gas 1) for at least 3 hours.

Arrange the meat on a heated serving dish, cover it with the sauce and vegetables and sprinkle with chopped parsley.

Grilled oxtail Sainte-Menehould

Cut an oxtail into sections 6–7 cm (2½–3 in) long and cook them in stock prepared as for a pot-au-feu; stop cooking before the meat begins to come away from the bones. Drain the pieces, bone them without breaking them up, and leave them to cool, under a weight, in the stock (from which the fat has been skimmed). Drain and dry the pieces, spread them with mustard, brown them quickly in clarified butter, then roll them in fine fresh breadcrumbs. Grill (broil) gently and serve with any of the following sauces – diable, piquante, mustard, pepper, bordelaise or Robert – and mashed potatoes.

Oxtail hotchpotch

Cut an oxtail into uniform pieces and put them into a casserole with 2 raw quartered pig's trotters (feet) and a raw pig's ear. Cover the meat with water and bring to the boil. Skim, and simmer for 2 hours. Then add a firm round

cabbage (cut into quarters and blanched), 3 diced carrots, 2 diced turnips and 10 small onions. Simmer for a further 2 hours.

Drain the pieces of oxtail and trotters, and arrange them in a large round deep dish with the vegetables. Surround with grilled (broiled) chipolata sausages and the pig's ear cut into strips. Serve a dish of boiled potatoes sprinkled with chopped parsley separately.

Oxtail soup

Put 1.5 kg (3¼ lb) oxtail, cut into small chunks, into a casserole, on a bed of sliced carrots, leeks and onions. Sweat in the oven for 25 minutes. Cover with 2.5 litres (4¼ pints, 11 cups) stock made by cooking 1.5 kg (3¼ lb) gelatinous bones for 7–8 hours in 3.25 litres (5½ pints, 14 cups) water and season with salt and pepper. Simmer gently, so that the boiling is imperceptible, for 3½–4 hours. Strain the soup and skim off the surplus fat. Clarify it by boiling for 1 hour with 500 g (18 oz, 2¼ cups) chopped lean beef and the white part of 2 leeks, finely sliced, first whisking both these ingredients with a raw white of egg. Strain the stock. Garnish with pieces of oxtail and 300 ml (½ pint, 1¼ cups) coarse brunoise of carrots, turnips and celery, sweated in butter and dropped into the stock. Add 1 tablespoon sherry.

Sheep's trotters à la rouennaise

Blanch the trotters (feet) whole and braise them in a good strong stock until really tender. Drain, then remove all the bones.

Fill the boned trotters with sausagemeat mixed with 1 lightly browned chopped onion, chopped parsley and the stock left over from the braising, reduced and strained. Dip the trotters in egg and fresh breadcrumbs and deep-fry in sizzling fat. Alternatively, bake until crisp and golden, turning once. Serve immediately, garnished with fried curly parsley.

Sheep's trotters with pieds-de-mouton mushrooms

Boil 10 trimmed blanched sheep's trotters (feet) gently for 4 hours in a mixture of water, white wine and lemon juice, with an onion studded with cloves, a bouquet garni, 2 garlic cloves, salt, pepper and curry powder. Place 800 g (1¾ lb) sliced mushrooms (use *pieds-de-mouton*, if available) in a strainer and plunge them for 3 minutes in boiling vinegar and water.

Place 300 ml (½ pint, 1¼ cups) boiling water, 6 tablespoons chopped parsley and 1 tablespoon chopped fennel in a saucepan. Cover the pan and boil for 45 minutes to reduce by three-quarters. Strain through muslin (cheesecloth) and twist the muslin to squeeze out the maximum quantity of liquid. Lightly brown 50 g (2 oz, ⅓ cup) chopped onions and 2 tablespoons chopped shallots in butter. Add the sheep's trotters, sauté them for 5 minutes, then add 2 tablespoons skimmed stock and a dash of lemon juice. Add 2 tablespoons chopped parsley, 1 tablespoon chives, 1½ tablespoons chopped fennel, salt and curry powder. Mix and cook for 1¼ hours, uncovered, over a gentle heat. Drain the cooked sheep's trotters, bone them completely and slice the flesh. Keep hot.

Make the sauce as follows: prepare a roux with 25 g (1 oz, 2 tablespoons) butter, 25 g (1 oz, ¼ cup) plain (all-purpose) flour, and 300 ml (½ pint, 1¼ cups) boiling salted water. Whisk and incorporate the reduced cooking liquid together with 1 tablespoon double (heavy) cream. Mix the trotters with the mushrooms, arrange them on a vegetable dish and coat with the sauce.

Terrine of oxtail in tarragon jelly

Trim a 1.5 kg (3¼ lb) oxtail. Cut into three. Marinate for 24 hours with 2 carrots, 1 onion and small bunch of tarragon in 1 litre (1¾ pints, 4⅓ cups) red wine made from the Syrah grape. Put the oxtail, half a calf's foot and the boiled, filtered marinade in a large saucepan. Cover with water, add salt and

bring to the boil. Skim regularly during the first 5 minutes, then add 1 bouquet garni with a few sprigs of tarragon, 1 small celery stick, the white part of 3 leeks, 1 garlic clove, 150 g (5 oz) green beans and 1 bunch of spring onions (scallions). Allow to simmer for 1½ hours, gradually removing the vegetables as they are cooked. Take the oxtail out and remove the bone. Filter the cooking liquid, reduce by half, add 100 ml (4 fl oz, 7 tablespoons) red port and 6 sheets of leaf gelatine, previously soaked in cold water. Filter again. Arrange the vegetables at the bottom of the terrine, pour some jelly on top, then a layer of meat. Repeat the process and finish with a layer of meat and jelly. Sprinkle with a few tarragon sprigs. Chill for 6 hours before serving.

Tongue

Boiled calf's tongue

Calf's tongue prepared in this way is always served with calf's head. Prepare and skin the tongue. Prepare a cooking stock: blend flour with cold water, using 1 tablespoon flour per 1 litre (1¾ pints, 4⅓ cups) water, until smooth. Strain the mixture and pour into a pan. Season with 1 teaspoon salt and add 1 tablespoon vinegar per 1 litre (1¾ pints, 4⅓ cups) water. Bring to the boil, then add 1 large onion stuck with 2 cloves and a bouquet garni. Add the tongue and the calf's head, weighing about 1 kg (2¼ lb), tied with string. Add 200 g (7 oz, 1 cup) chopped veal fat, bring back to the boil. Cook for 2½ hours.

The tongue may be served with a simple vinaigrette or with various other sauces, such as caper, fines herbes, Hungarian, *piquante*, ravigote or Robert.

Braised calf's tongue

Prepare the tongue and brown it in 50 g (2 oz, ¼ cup) butter then drain. Brown 1 kg (2¼ lb) crushed veal knuckle bones in the oven. Blanch 1 boned calf's foot. Dice 2 large onions and 3 carrots; cook them in butter in a flameproof casserole until golden, then remove. Line the casserole with a large piece of pork rind with the fat removed, add the diced onions and carrots, the veal bones, boned calf's foot, the tongue, a bouquet garni and a crushed garlic clove.

Blend 2 tablespoons tomato purée (paste) with 300 ml (½ pint, 1¼ cups) white wine and the same quantity of stock (the wine may be replaced by Madeira, cider or beer); pour over the tongue. Add 2 tablespoons brandy, salt and pepper, cover and bring to the boil. Place in a preheated oven at 200°C (400°F, gas 6) and leave for about 2½ hours to finish cooking.

Drain the tongue and cut it into slices. Cut the flesh of the calf's foot into dice. Take out the bouquet garni, the remainder of the rind and the bones. Purée the stock and vegetables in a blender and spoon over the tongue.

Calf's tongue à l'italienne

Prepare the tongue and brown it in 50 g (2 oz, ¼ cup) butter; drain. Brown 1 kg (2¼ lb) crushed veal knuckle bones in the oven. Blanch 1 boned calf's foot. Dice 2 large onions and 3 carrots, cook them in butter in a pan until golden, then remove. Line the pan with a large piece of pork rind with the fat removed, add the diced onions and carrots, the veal bones, the boned calf's foot, the tongue, a bouquet garni, some crushed tomatoes and a crushed garlic clove. Blend 2 tablespoons tomato purée (paste) with 300 ml (½ pint, 1¼ cups) white wine and the same quantity of stock (the wine may be replaced by Madeira, cider or beer); pour over the tongue. Add 2 tablespoons brandy, season with salt and pepper, cover and bring to the boil. Place the pan

in a preheated oven at 200°C (400°F, gas 6) and leave for about 2½ hours to finish cooking. Blanch 200 g (7 oz, 1½ cups) green olives in boiling water, add them to the puréed braising stock and spoon them over the tongue.

Devilled lambs' or sheep's tongues

Soak the tongues in plenty of cold water for 12 hours, renewing the water 2 or 3 times. Trim them, removing the fat parts, and dip in boiling water. Skin by making an incision in their skin at the base and on the top and pull the skin towards the tip. Wash and wipe the tongues, then sprinkle them with fine salt and leave them in a cool place for 24 hours. Wash them again, then wipe them.

Braise the tongues and leave to cool in their stock. Cut them in half and spread each half with mustard seasoned with cayenne pepper. Baste with butter. Dip in breadcrumbs, pour butter over them and grill (broil) slowly. Serve with devilled sauce.

Devilled tongue

Cut braised or poached cold ox (beef) or calf's tongue crossways into fairly thick slices or cut sheeps' tongues in half lengthways. Spread with mustard, dip in melted butter and fresh breadcrumbs and grill (broil) gently until both sides are brown. Serve with devilled sauce.

Lambs' or sheep's tongue brochettes

Prepare the tongues and brown in 50 g (2 oz, ¼ cup) butter; drain. Brown 1 kg (2¼ lb) crushed veal knuckle bones in the oven. Blanch 1 boned calf's foot. Peel and dice 2 large onions and 3 carrots, cook them in butter in a pan until golden, then take them out. Line this pan with a large piece of pork rind with the fat removed, add the diced onion and carrot, the veal bones, the boned calf's foot, the tongues, a bouquet garni and a crushed garlic clove.

Blend 2 tablespoons tomato purée (paste) with 300 ml (½ pint, 1¼ cups) white wine and the same quantity of stock; pour over the tongues. Add 2 tablespoons brandy, salt and pepper, cover and bring to the boil. Place the pan in a preheated oven at 200°C (400°F, gas 6) and leave for about 2½ hours to finish cooking, taking care that the tongues remain slightly firm. Allow them to cool completely, then cut lengthways into thin tongue-shaped slices. Marinate them for 30 minutes with some mushroom caps in a mixture of olive oil and lemon juice, with a crushed garlic clove. Cut some smoked streaky (slab) bacon into strips. Roll up the tongue slices and thread them on to skewers, alternating with the strips of bacon and the mushrooms. Soak once again in the marinade and grill (broil) slowly.

The marinade may be omitted: in this case, lightly brown the mushrooms and the strips of bacon in butter before skewering them, then baste the skewers with melted butter and coat with breadcrumbs. Sprinkle again with a little melted butter and grill (broil) gently. Serve with a tomato sauce or the puréed cooking mixture from braising the tongues.

Lambs' or sheep's tongues au gratin

Braise the tongues and cut them in half lengthways. Put them in an ovenproof dish and mask with Mornay sauce. Garnish each half tongue with a cooked mushroom. Cover with Mornay sauce, sprinkle with breadcrumbs and pour on melted butter; brown slowly. Sprinkle with chopped parsley.

Lambs' or sheep's tongues en crépinette

Braise the tongues and leave to cool in their stock. Cut them in half, enclose each half in fine pork forcemeat with truffles, then wrap in a piece of pork caul. Baste the crépinettes with melted butter. Dip in breadcrumbs and grill (broil) slowly. Serve with Périgueux sauce.

Ox tongue à la bourgeoise

Prepare the tongue and brown it in 50 g (2 oz, ¼ cup) butter; drain. Brown 1 kg (2¼ lb) crushed veal knuckle bones in the oven. Blanch 1 boned calf's foot. Dice 2 large onions and 3 carrots, cook them in butter in a pan until golden, then remove. Line this pan with a large piece of pork rind with the fat removed, add the diced onion and carrot, the veal bones, the boned calf's foot, the tongue, a bouquet garni and a crushed garlic clove. Blend 2 tablespoons tomato purée (paste) with 300 ml (½ pint, 1¼ cups) white wine and the same quantity of stock; pour over the tongue. Add 2 tablespoons brandy, season with salt and pepper, cover and bring to the boil. Place the pan in a preheated oven at 200°C (400°F, gas 6) and cook for about 2½ hours.

Prepare a bourgeoise garnish with 500 g (18 oz) carrots cut to uniform size and half-cooked, about 20 small onions glazed and half-cooked, and 20 strips of larding bacon (slightly salted belly bacon) blanched and lightly fried in butter. About 15 minutes before the end of cooking, drain the tongue and strain the braising stock. Return the tongue to the braising pan, add the bourgeoise garnish and pour the strained braising stock over everything. Finish cooking in a preheated oven at 180–200°C (350–400°F, gas 4–6).

Ox tongue à l'alsacienne

Prepare the tongue and braise it as for ox tongue à la bourgeoise. Prepare some sauerkraut *à l'alsacienne* with its aromatic garnish and a piece of blanched larding (belly) bacon. Line a braising pan with smoked bacon rinds and add the sauerkraut with its garnish and the bacon. Place the tongue in the middle, cover the pan and poach for 1 hour, or until done. Boil some potatoes; poach some Strasbourg sausages for 10 minutes in boiling water. Arrange the sauerkraut on a hot dish. Slice the tongue and bacon, place them on the sauerkraut and surround them with the potatoes and the sausages.

Pickled ox tongue

Soak a trimmed ox (beef) tongue in cold water for 24 hours, then drain and wipe it. Prick it lightly all over, rubbing the surface with salt mixed with saltpetre. Put the tongue in a stoneware container. Prepare a brine by adding 2.25 kg (5 lb, 6¼ cups) coarse salt, 150 g (5 oz) saltpetre, 300 g (11 oz, 1¾ cups) brown sugar, a sprig of thyme, a bay leaf, 12 juniper berries and 12 peppercorns to 5 litres (9 pints, 5½ quarts) water. Boil for a few minutes, then leave it to become cold. Cover the tongue with this brine, place a wooden board with a weight on top over it, and leave it to steep in a cool place for 6 days in summer, or 8 days in winter.

Drain the tongue and soak it for a few hours in fresh water to draw out the salt, then cook in water without any seasonings or condiments for 2½–3 hours, depending on its size. Drain the tongue, then strip the skin off completely while still hot. Cover it with buttered paper to prevent blackening and leave it to cool. Wrap the tongue in very thin pieces of fat bacon, tie it up and wrap in muslin (cheesecloth), tying it at each end. Poach the tongue in a large quantity of simmering water for about 10 minutes. Drain immediately, remove the muslin and brush the tongue with red food colouring. Hang it up and leave to cool. Prepared in this way, the tongue will keep for several weeks in a cool dry place.

Valenciennes stuffed ox tongue

Trim a smoked tongue and cut it into thin slices. Prepare a mixture consisting of two-thirds foie gras and one-third fine-quality butter; work it with a glass of port, some finely chopped fresh truffles, salt and pepper. Coat the slices of tongue with this preparation and reshape the tongue; wrap it in muslin (cheesecloth) and keep it in a cool place. To serve, unwrap the tongue, glaze it with clear aspic and arrange it on a bed of aspic.

Tripe & intestines

Andouillettes à la lyonnaise

An andouillette is a type of sausage made from pork intestines (*chaudins*), often with the addition of pork stomach and calf's mesentery, precooked in stock or milk and packed into a skin.

Lightly prick the andouillettes. Soften some onion slices in butter without browning. Fry the andouillettes in a pan with a little lard, and add the softened onion 5 minutes before the end of the cooking time. Just before serving, pour some vinegar into the pan (1 tablespoon per 2 portions of andouillette), heat and serve the andouillettes very hot with the juices from the pan. Sprinkle with chopped parsley.

Andouillettes à la tourangelle

Lightly slit 6 andouillettes, pour over some Armagnac and let them steep for 24 hours. Slice 500 g (18 oz, 5–6 cups) button mushrooms and sprinkle with lemon juice. Butter an ovenproof dish, add the mushrooms, season and top with the andouillettes. Pour over a glass of dry Vouvray wine and cook in a preheated oven at 180°C (350°F, gas 4) for 40 minutes, turning and basting the andouillettes several times. Add a little more wine or water if needed.

Boudin antillais

Boudin antillais is a Caribbean sausage, also called *boudin cochon*, that is grilled (broiled), fried in lard or simply heated in very hot (not boiling) water. It is often eaten as an appetizer to accompany punch. The filling is fairly liquid and can be sucked out from one end of the skin.

For 6–8 sausages, add 2 tablespoons vinegar to 1.5 litres (2¾ pints, 6½ cups) fresh pig's blood; this prevents the blood from coagulating. Moisten 250 g (9 oz, 2½ cups) stale white breadcrumbs (without crusts) with 120 ml (4½ fl oz, ½ cup) milk. Turn some clean pig's intestines inside out, wash and dry them, rub with lemon juice, and turn right side out. Finely chop 250 g (9 oz) onions and brown gently for 7–8 minutes in 100 g (4 oz, ½ cup) lard (shortening). In a food processor purée the breadcrumbs and blood, adding the drained onions. Then add 5 large garlic cloves, finely chopped, a small chilli pepper, about 20 chopped chives or the same quantity of spring onions (scallions), salt to season and 1 tablespoon flour. Work together well and adjust the seasoning. The mixture must be highly flavoured.

Knot the end of one of the pieces of intestine and, using a funnel, fill the intestine with the mixture, pushing it with the hand towards the knotted end. When the sausage is about 10 cm (4 in) long, twist the intestine several times to seal it. Repeat for the other sausages.

Place them together in boiling water seasoned with chives, bay leaves, peppers and sandalwood and allow barely to simmer for about 15 minutes, or until no more fat comes out when they are pricked. Drain the sausages and allow to cool completely.

Boudin noir

Add 1 tablespoon wine vinegar to 1 litre (1¾ pints, 4⅓ cups) pig's blood to prevent it from coagulating. Chop 400 g (14 oz) onions and gently cook them in 100 g (4 oz, ½ cup) lard without browning. Dice 800 g–1 kg (1¾–2¼ lb) fresh pork fat and soften in a pan very gently without frying, until it becomes translucent. Add the onions and a bouquet garni and cook for about 20 minutes. Remove from the heat and, stirring constantly, add the blood, 2–3 tablespoons salt, 175 ml (6 fl oz, ¾ cup) white wine, ½ teaspoon freshly

ground pepper and ½ teaspoon allspice. Sieve to remove remaining lumps of fat at this stage, if required, then add 200 ml (7 fl oz, ¾ cup) crème fraîche.

Turn some clean pig's intestines inside out, wash and dry them, rub with lemon juice, and turn right side out. Knot the end of one of the pieces of intestine and, using a funnel, fill the intestine with the mixture, pushing it with the hand towards the knotted end. When the sausage is about 10 cm (4 in) long, twist the intestine several times to seal it. Repeat with the remaining ingredients.

Plunge the boudin into boiling water and poach for about 20 minutes without boiling. As the puddings rise to the surface, prick them with a pin to release the air, which would otherwise burst them. Drain them and leave to cool under a cloth.

Boudin noir à la normande

Chop about 800 g (1¾ lb) dessert (eating) apples for 1 kg (2¼ lb) sausage, sprinkle with lemon juice (if desired) and fry in butter in a large pan. Poach the black pudding, slice into portions and fry in butter in a separate pan. Add the slices to the apple and fry together for a few seconds. Serve piping hot.

Boudin noir bearnais

Gently cook 1 kg (2¼ lb) minced (ground) pig's throat, or fatty pork, for 30 minutes in the bottom of a large stock pot or heavy based saucepan. Peel 1 kg (2¼ lb) onions and 250 g (9 oz) garlic and add to the meat, together with 5 tablespoons chopped thyme and a bunch of chopped parsley. Simmer for 1½ hours. In a large saucepan, boil half a pig's head seasoned with coarse salt, with 1 kg (2¼ lb) leeks, 500 g (18 oz) onions stuck with cloves, 4 red sweet (bell) peppers and 500 g (18 oz) carrots. When the head is cooked, bone it, chop the meat and vegetables, discarding the cloves from the onions, and add

to the stock pot. Adjust the seasoning and add some allspice. Add 5 litres (8½ pints, 5½ quarts) blood. Stir well. Put in containers, cover and sterilize in a pan of boiling water for 2 hours. Serve sliced cold or grilled (broiled).

Tripes à la mode de Caen

Line the bottom of a marmite or flameproof casserole with 500 g (18 oz, 2½ cups) finely sliced onions and 500 g (18 oz, 3 cups) sliced carrots. On top of these put 2 calves' feet, boned and cut into pieces, together with their long bones split in half lengthways. Add a mixture of 2 kg (4½ lb) ox (beef) tripe, consisting of the psalterium (or manyplies), rennet (or reed), reticulum and rumen, cut into 5 cm (2 in) pieces. Insert among the tripe 4 garlic cloves, a large bouquet garni (mostly thyme and bay leaf) and 300 g (11 oz) leeks, tied in a bunch. Season with 3 teaspoons coarse salt, 1 teaspoon freshly ground pepper and a pinch of *quatre epices* or four spices. Cover with a few slices of beef fat, then pour in enough cider, mixed with a few tablespoons of Calvados, to cover.

Begin cooking on the stove without a lid, then cover and seal with a flour-and-water luting paste. Cook in a preheated oven at 140°C (275°F, gas 1) for about 10 hours. Before serving, remove the layer of fat, drain the tripe and take out the bouquet garni, all the bones and the leeks. Put the tripe into a serving dish and pour over the cooking stock, strained and skimmed of fat. Keep as hot as possible until serving. Serve on heated plates or in small earthenware bowls, with steamed potatoes.

Tripe soup à la milanaise

Cut into julienne strips 500 g (18 oz) calf's tripe, which has been blanched, cooled and drained. In a flameproof casserole heat 100 g (4 oz, ½ cup) bacon cut into small cubes, a medium-sized onion and the shredded white part of a

leek. Add the julienne strips of tripe and brown for a few minutes on the stove. Sprinkle with 1 tablespoon flour. Add 2 litres (3½ pints, 9 cups) stock or water and bring to the boil. Cut the heart of a medium- sized cabbage into small pieces, blanch for 6 minutes in boiling water, then drain. Peel and seed 2 tomatoes and crush the pulp. Add to the boiling soup the cabbage, the tomatoes, 5 tablespoons peas and a few small sprigs of broccoli. Season with salt and pepper and cook rapidly for at least 1½ hours.

POULTRY

Chicken

Agnès Sorel tartlets

Fill tartlet cases with a layer of creamed chicken purée, containing chopped truffles if desired. Surround with a border of small rounds of cold cooked chicken breast and pickled ox (beef) tongue. Put a mushroom cap cooked in a white court-bouillon on each tartlet. Warm in a preheated oven at 160°C (325°F, gas 3) for 10 minutes. To serve, pour cream sauce over the mushrooms.

Agnès Sorel timbales

Butter a dozen dariole moulds. Put a very thin layer of chopped truffles in half of them and in the other half a similar layer of chopped cooked pickled ox (beef) tongue. Prepare 500 g (18 oz) mousseline forcemeat made with chicken and flavour it with a few spoonfuls of soubise purée; the mixture should be thick. Cover the base and sides of the moulds with the chicken mousseline. Fill the centre with a salpicon of chicken and truffles, bound with a little reduced Madeira sauce, then cover the tops of the moulds with a final layer of chicken mousseline. Place the moulds in a shallow pan and cook in a bain marie for 12–15 minutes. When ready to serve, turn out of the moulds and arrange on a dish; serve with Madeira sauce separately.

Attereaux of chicken livers à la mirepoix

Attereau is a hot hors d'oeuvre consisting of various raw or cooked ingredients that are threaded on to a skewer, dipped in a reduced sauce, coated with breadcrumbs and fried. The skewer used, also called an *attereau*, is made of wood or metal. The word comes from the Latin *hasta* (spear).

Sauté some chicken livers in butter, drain and allow to cool. Dice some cooked ham and clean some small button mushrooms. Assemble the attereaux with these ingredients, threading the mushrooms on lengthways. Roll them in a suitable sauce and a mirepoix and then coat them with breadcrumbs. Plunge them into very hot fat, drain and season with salt and pepper. Serve with fried parsley.

Ballotine of chicken in aspic

Cut off the feet and pinions (wing tips) of a chicken. To bone, cut through the middle of the back from the neck to the tail and then, using a small knife, working one side of the backbone at a time, gently ease the flesh away from the bone, taking care not to pierce the skin. Then remove the bones from the legs and wings. Spread the chicken out flat on the table. Remove the breast meat and as much as possible of the legs and wings and dice this together with 150 g (5 oz) cooked ham, 150 g (5 oz) pickled tongue and 150 g (5 oz) bacon. Combine this meat with 225 g (8 oz) sausagemeat, 225 g (8 oz) lean minced (ground) veal, 2 eggs, 7 tablespoons Cognac, 150 g (5 oz) chopped truffles or pistachios, a generous pinch of mixed spice and salt and pepper. Knead the mixture well with wet hands. Shape the stuffing into an oblong, place on the boned chicken and shape the ballotine by drawing the skin all around the stuffing. Rinse and squeeze out a piece of muslin (cheesecloth) and use to roll up the ballotine tightly. Tie with string at both ends, slightly compressing the ballotine, then tie in the middle and between the middle and each end.

Prepare a jelly (aspic) stock using 2 calf's feet, 300 g (11 oz) pork rind, 800 g (1¾ lb) knuckle of veal, 2 carrots, 1 onion, 2 leeks (white part only), a bouquet garni, about 3.5 litres (6 pints, 3½ quarts) chicken stock (or water), and 400 ml (14 fl oz, 1¾ cups) Madeira, adding the chicken carcass and giblets (except the liver) and other giblets if desired. Simmer the ballotine gently in the stock for 1¾ hours. Remove from the stock and allow to cool.

Unwrap the ballotine. Rinse the muslin in warm water, squeeze out thoroughly, and wrap up the ballotine again. Tie up and allow to cool for 12 hours under a weight. Clarify the stock, adding gelatine to thicken if necessary, and coat the cold ballotine with the half-set aspic, then chill and serve when completely cold.

Ballotine of chicken in chaud-froid sauce

Prepare the ballotine as for ballotine of chicken in aspic, but coat with chaud-froid sauce instead of aspic.

Bouchées à la reine

Prepare and bake some bouchée cases. Prepare a salpicon *à la reine* for the filling as follows. Dice some chicken breasts poached in stock; and dice some truffle and poach in white wine. Cut some trimmed button mushrooms into four; sprinkle with lemon juice and cook very gently in butter so they retain their original colour. Prepare a white sauce with the stock from the chicken, add some cream, and, if desired, some egg yolk. For 500 ml (17 fl oz, 2 cups) stock, use 40 g (1½ oz, 3 tablespoons) butter, 40 g (1½ oz, ⅓ cup) plain (all-purpose) flour, 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream, and 1 egg yolk. Using this sauce, bind the chicken, truffles and mushrooms.

Heat the bouchée cases in a preheated oven at 180°C (350°F, gas 4) for 5 minutes. Fill them with the hot mixture and replace the lids. If the truffles

are omitted from the filling, equal quantities of chicken breast and mushrooms should be used. A salpicon of calves' sweetbreads, quenelles and brains braised in white sauce may be added to the filling.

Boudin à la Richelieu

Butter some small oval ovenproof moulds. Line the bottom and sides with a finely ground chicken forcemeat. Add a mixture similar to that used to fill bouchées *à la reine* but cut up more finely. Finally, cover with more forcemeat and smooth the surface. Place the moulds in a bain marie and cook in a preheated oven at 180°C (350°F, gas 4) for about 25 minutes. Unmould the puddings and allow to cool. Arrange them in a circle on a platter and serve with Périgueux sauce or suprême sauce with diced truffle or truffle peelings.

Boudin blanc, grilled

Prick some *boudins blancs* with a fork, roll each one in oiled greaseproof (wax) paper, and grill (broil) gently. Remove the paper and serve hot with mashed potatoes, apple sauce or celery purée.

Boudin blanc with prunes

Soak some prunes in a little lukewarm water or weak tea, then remove the stones (pits). Prick some *boudins blancs* with a fork, arrange in an ovenproof dish and surround with the prunes. Sprinkle with melted butter and cook in a preheated oven at 240°C (475°F, gas 9) until golden brown.

Braised ballotine of chicken

Cut off the feet and pinions (wing tips) of a chicken. To bone, cut through the middle of the back from the neck to the tail and then, using a small sharp knife, working one side of the backbone at a time, gently ease the flesh away

from the bone, taking care not to pierce the skin. Then carefully remove the bones from the legs and wings. Spread the chicken out flat on the table. Remove the breast meat and as much as possible of the legs and wings and cut it into cubes.

Prepare a stuffing from finely minced (ground) pork and veal – about 225 g (8 oz) of each – mixed with 100 g (4 oz) diced cooked ham, 2 eggs, 7 tablespoons Cognac, a generous pinch of allspice, and salt and pepper. Braise the ballotine on a mirepoix in a flameproof casserole. Add 200 ml (7 fl oz, ¾ cup) each of dry white wine and stock, and a bouquet garni. Bring to the boil and cook, uncovered, for 5 minutes, then turn the ballotine in the vegetables. Cover tightly and braise in a preheated oven at 200°C (400°F, gas 6) for 1½ hours. Remove the bouquet garni and serve hot or leave to cool completely in the covered casserole and then chill.

The same method can be used to make hot or cold ballotines of turkey or pigeon, adding foie gras and truffles, if required, in proportions corresponding to the size of the bird.

Bresse chicken liver terrine

Select 8 Bresse chicken livers (preferably white ones; ordinary chicken livers can be used instead, but will give a darker result); rub through a sieve together with 150 g (5 oz, ¾ cup) beef marrow. Add 50 g (2 oz, ½ cup) plain (all-purpose) flour. Mix thoroughly, then, one by one, add 6 eggs and 4 yolks, 2 tablespoons double (heavy) cream, and 750 ml (1¼ pints, 3¼ cups) milk. Season with salt, pepper and ground nutmeg. Add a generous pinch of chopped parsley and ½ crushed peeled garlic clove. Place the mixture in a greased mould and cover with foil. Then cook in a bain marie in a preheated oven at 180°C (350°F, gas 4) for about 45 minutes or until set. Turn out of the mould just before serving.

Prepare a sauce by reducing some cream, port and fresh tomato purée, enriched with a little butter. Pour the sauce over the dish and garnish with a few slices of truffle. Serve warm or cold.

Camerani soup

Slowly cook in butter 200 g (7 oz, 1½ cups) finely shredded mixed vegetables, including a small turnip. Add 2 chicken livers, peeled and diced very finely, season with salt and pepper, and brown over a brisk heat. Meanwhile, cook 125 g (4½ oz) Naples macaroni in fast boiling salted water. Drain, bind together with butter and season. In a serving dish, buttered and sprinkled with grated Parmesan, arrange alternate layers of the macaroni and the chicken liver mixture, also sprinkled with Parmesan. Heat gently for a few minutes before serving.

Cannelloni à la béchamel

Chop 2 large onions and soften them in 25 g (1 oz, 2 tablespoons) butter. Chop 3 slices of cooked ham and about 250 g (9 oz) cooked chicken; add these to the onions and season with salt and pepper.

Make a béchamel sauce using 50 g (2 oz, ¼ cup) butter, 50 g (2 oz, ½ cup) plain (all-purpose) flour, 500 ml (17 fl oz, 2 cups) milk, salt, pepper and some grated nutmeg. Add 75 g (3 oz, ¾ cup) grated Parmesan cheese and the chopped meat and onions. Fill cooked fresh pasta rectangles with this mixture, then roll them up. Alternatively, use bought cannelloni tubes cooked according to the packet instructions. Butter an ovenproof gratin dish and arrange the cannelloni in it. Cover with the remaining béchamel sauce. Sprinkle with 50 g (2 oz, ½ cup) grated Parmesan cheese and a few knobs of butter. Heat through and brown in a preheated oven at 240°C (475°F, gas 9) or under a hot grill (broiler).

Caribbean chicken with pineapple and rum

Season a large chicken inside and out with salt and pepper. Brown in a flameproof casserole in chicken fat, butter or oil and dust with a pinch of ginger and cayenne. Chop 2 large onions and 1 shallot and soften them in the fat around the chicken. Pour 3 tablespoons rum over the chicken and set light to it. Then add 60 ml (2 fl oz, ¼ cup) syrup from canned pinapple and 1 tablespoon lemon juice. Cover and cook in a preheated oven at 180°C (350°F, gas 4) for 45 minutes. Dice 6 slices canned pineapple and add them to the casserole. Add salt and pepper and cook for about 10 more minutes.

Chartreuse à la parisienne en surprise

Chartreuse is the name given to a preparation of vegetables (particularly braised cabbage) and meat or game, moulded into a dome and formed of layers of alternating colours.

(from a recipe by Carême) Cook 8 truffles in champagne. When they are cold, pare and cut them in the direction of the greatest length. Peel (shell) 100 crayfish tails – these can be replaced by very thin, 1 cm (½ in) squares of carrot – and begin to form a crown on the bottom of a buttered mould. Trim the truffles and place them on the crayfish tails. Add chicken fillets previously stiffened with butter and trimmed. Set on top of this border a crown of crayfish tails to form a parallel with the crayfish border underneath.

Chop the trimmings of the truffles very finely and scatter them on the bottom of the mould. Cover these with a 2.5 cm (1 in) thick layer of quenelle mixture made with chicken instead of veal. Cover the border too. Fill the middle with a blanquette of chicken, veal or lamb sweetbreads, slices of game fillets or with a ragoût *à la financière* or *à la Toulousaine*. The mould should not be quite filled.

Form a layer of forcemeat 13 cm (5 in) in diameter and 1 cm (½ in) thick

on a round of buttered paper. Place this on top of the filling (stuffing-side down). To remove the paper, put on it, for a second only, a hot lid which melts the butter. Secure the forcemeat lid to the forcemeat surround with the point of a knife.

Cover the top of the chartreuse with a circle of buttered paper and put it in a bain marie for 1½ hours.

To garnish, place a ring of small white mushrooms on the chartreuse, and in the centre put a rosette of 8 filets mignons *à la Conti* (fowl or game, according to the nature of the basic ragoût) in the form of a crescent, topped by a mushroom.

Chaud-froid of chicken with tarragon

Take a chicken of about 2.5 kg (5½ lb) with its own giblets. Place the giblets and 500 g (18 oz) chicken wings in a saucepan, cover with cold water, and bring to the boil; drain and rinse in cold water. Peel 3 onions, 2 carrots and 1 turnip. Place in a saucepan with the white part of 1 leek, 3 cloves, a large bouquet garni, the giblets and chicken wings. Cover with plenty of water (about 3.5 litres, 6 pints, 3½ quarts), add salt and pepper, and cook quite gently (without a lid in order to reduce the stock) until the flesh falls off the giblets and chicken wings. Season the whole chicken inside with salt and pepper, and add 3 or 4 sprigs of tarragon. Truss the bird, place it in the stock; cover the pan and leave to cook very gently for about 1½ hours. When the chicken is cooked, leave it to cool in the stock, then drain it on a rack. Strain the stock, discarding the giblets and wings and skim off excess fat. Return it to the pan and add a bunch of tarragon, then boil until reduced to about 1 litre (1¾ pints, 4⅓ cups).

To prepare the chaud-froid sauce, soften 5 leaves of gelatine in 120 ml (4½ fl oz, ½ cup) cold water. Then dissolve the gelatine in the water. Make a

very pale roux with 125 g (4½ oz, ½ cup) butter and 100 g (4 oz, 1 cup) plain (all-purpose) flour, leave it to cool, then gradually add the boiling stock and stir briskly over the heat. Simmer gently for 10 minutes, then add a small glass of brandy and the same of port, and 400 ml (14 fl oz, 1¾ cups) double (heavy) cream, spoonful by spoonful. Finally stir in the dissolved gelatine. Leave the chaud-froid sauce to cool, stirring to prevent a skin from forming.

Skin the chicken and cut it into pieces, then put them into the refrigerator. When chilled, coat the pieces of chicken with several layers of chaud-froid sauce, putting them in the refrigerator between each application of sauce. To collect the sauce which drains away, arrange the chicken on a rack over a tray or piece of foil. Dilute the sauce with a little cold stock for the last two applications. Garnish the pieces of chicken with tarragon leaves.

Chicken à blanc

Joint a raw chicken: cut into four if it is small; separate the wings, legs and breast if it is larger (the thigh bones can be removed if desired). Sprinkle the pieces with salt and pepper. Heat 40 g (1½ oz, 3 tablespoons) butter in a sauté pan or flameproof casserole and cook the pieces gently until firm but not coloured (first the thighs, which take longer to cook, then the wings and breast, which are more tender). Then cover and cook gently for about 40 minutes. Remove the pieces in the same order that they went in. Pour off the cooking fat; deglaze the pan with white stock, wine, cream, mushroom stock or other suitable liquid.

Chicken à brun

Joint a raw chicken: cut into four if it is small; separate the wings, legs and breast if it is larger (the thigh bones can be removed if desired). Sprinkle the pieces with salt and pepper. Heat 40 g (1½ oz, 3 tablespoons) butter in a sauté

pan or flameproof casserole and fry the chicken pieces over a brisk heat until brown all over. Cover and finish cooking, removing the wings and breast first, as these cook more quickly. Pour off the cooking fat, then add the sauce or required garnish and return the pieces of chicken to the pan. Reheat, but do not allow to boil.

Chicken à l'ancienne

Sauté a chicken *à blanc*. Deglaze the pan with 100 ml (4 fl oz, 7 tablespoons) white stock or mushroom stock, reduce by two-thirds, then add 150 ml (¼ pint, ⅔ cup) chicken velouté sauce. Boil for 5 minutes, then add 150 ml (2 oz, 4 tablespoons) butter cut into small pieces; whisk and allow it to melt. Strain the sauce. Add 2 tablespoons chopped truffle and 3 tablespoons of port. Arrange the chicken in the serving dish with the sauce poured over.

Chicken à l'italienne

Sauté a chicken *à brun* in equal quantities of oil and butter. Deglaze the pan with 150 ml (¼ pint, ⅔ cup) white wine and reduce; add 150 ml (¼ pint, ⅔ cup) sauce italienne. Pour over the chicken and sprinkle with parsley.

Chicken à l'ivoire

Poach a chicken in white stock. Prepare 500 ml (17 fl oz, 2 cups) ivoire sauce, made by adding 2 tablespoons reduced veal stock or meat glaze to 200 ml (7 fl oz, ¾ cup) suprême sauce. Make 24 small chicken quenelles. Trim 24 button mushrooms and sprinkle with lemon juice. Place in a sauté pan with a little butter. Just cover with chicken consommé and cook for about 10 minutes. Drain the chicken and arrange on a serving dish, surrounded by the mushrooms and quenelles. Coat with ivoire sauce; serve the remaining sauce in a sauceboat.

Chicken à la bourgeoise

Season a chicken with salt and pepper and cook in butter in a covered dish in a preheated oven at 180°C (350°F, gas 4) for 30 minutes. Then add 100 g (4 oz, ⅔ cup) diced fat bacon that has been lightly fried and 20 small carrots fried in butter. Cook for about another 35 minutes, basting the chicken with its own juice from time to time. Place the chicken and the garnish in a dish and keep warm. Deglaze the cooking pot with 7 tablespoons each of white wine and 20 glazed small onions, cooked in butter. Pour the sauce over the chicken and sprinkle with chopped parsley.

Chicken à la bourguignonne

For a chicken weighing about 2 kg (4½ lb), use 100 g (4 oz) bacon, cut into larding strips and then blanched. Peel 20 small onions, and clean and slice 20 mushrooms. Put the cleaned and trussed chicken in a hot flameproof casserole and gently colour the outside in 25 g (1 oz, 2 tablespoons) butter. Remove the chicken and fry the bacon, onions and mushrooms in the same casserole. Remove the bacon, onions and mushrooms and add 2 tablespoons mirepoix, stirring well. Deglaze the casserole with 400 ml (14 fl oz, 1¾ cups) red wine and an equal quantity of chicken stock; boil down to reduce by half and add a bouquet garni. Return the chicken to the casserole, bring the liquid to the boil, then cover with the lid and cook gently for 20 minutes. Add the prepared garnish of bacon, mushrooms and onions, together with salt and pepper. Bring to the boil, cover and simmer gently for a further 45 minutes, or until cooked.

Drain the chicken and its garnish and arrange on a warm serving plate. Remove the bouquet garni. Add 1 tablespoon beurre manié to the juices in the casserole, stirring well for 2 minutes. Taste and adjust the seasoning and pour the sauce over the chicken.

Chicken à la Chantilly

Make a stuffing with some boiled rice, truffle peelings and diced foie gras. Stuff the chicken, sew up the aperture and brown the bird in a flameproof casserole with some butter. Take care not to overcook. Season with pepper, cover the pan and cook for about 1 hour. Cook some truffles slowly in port and sauté some slices of foie gras in butter. When the chicken is cooked, drain it and arrange on a serving dish, surrounded by the truffles and foie gras. Keep it hot. Add some chicken velouté to the pan juice; reduce by half and add several tablespoons of whipped cream. Coat the chicken with the sauce.

Chicken à la chivry

Poach a chicken in a white stock. Slowly cook some green asparagus tips in butter and prepare some green peas *à la française*. Cook some artichoke hearts in a court-bouillon and use half of them to garnish the asparagus tips and the other half to garnish the peas. Arrange the vegetables around the chicken and coat with chivry sauce.

Chicken à la d'Albufera

Half-cook some rice in a white stock and add a salpicon of truffles and foie gras. Use to stuff a chicken and poach in the white stock. Arrange it on a dish, surrounded with an Albufera garnish – pickled ox (beef) tongue, sliced and sautéed calves' sweetbreads and mushrooms. Coat with Albufera sauce.

Chicken à la lyonnaise en crapaudine

Spatchcock a chicken by splitting and flattening it. Season with salt and pepper and coat with mustard. Leave for 30 minutes, then roll it in fresh breadcrumbs. Sprinkle with melted butter and grill (broil) gently until cooked through. Serve with a mustard and cream sauce.

Chicken à la minute

Sauté a chicken *à brun* and arrange it in a serving dish. Pour over the very hot butter in which it was cooked and a little lemon juice. Sprinkle generously with chopped parsley.

Chicken à la néva

Prepare a chicken weighing about 3 kg (6½ lb) and carefully remove the breastbone. Stuff the bird with a mixture of 800 g (1¾ lb, 3¼ cups) fine chicken forcemeat, small cubes of raw foie gras and truffles. Truss the bird, poach it in white stock and leave to cool in the liquid. When the chicken is quite cold, wipe it dry and coat it with a white chaud-froid sauce prepared with some of the cooking liquor. Garnish the chicken with mushroom slices, glaze with aspic and allow to set firmly. Place the chicken in the centre of a long serving dish.

Prepare some Russian salad mixed with a thick mayonnaise; divide the mixture into two halves and shape each half into a dome. Garnish each dome with mushroom slices and place them on the serving dish at each end of the chicken. Garnish the edges of the dish with chopped aspic.

Chicken à la niçoise

Sauté a chicken *à brun* in oil alone; drain it then set aside and keep warm. Deglaze the sauté pan with 100 ml (4 fl oz, 7 tablespoons) white wine and 150 ml (¼ pint, ⅔ cup) tomato sauce. Add 1 crushed garlic clove and boil to reduce. Put the chicken back in the sauce and reheat without boiling, then arrange it in a warm serving dish, surrounded with artichoke quarters cooked in butter, braised courgettes (zucchini) and stoned black olives (pitted ripe olives). Pour the sauce over the chicken and sprinkle with chopped herbs.

Chicken à la parisienne

Remove the breastbone from a chicken, stuff it with 500 g (18 oz) forcemeat (cream or fine), truss it and poach in veal stock. Drain and leave to cool. Take off the chicken breasts. Remove the forcemeat, cut it into dice and mix with about 400 g (14 oz) cold chicken mousse. Replace this mixture in the chicken and round it out well to reshape the breast of the bird. Coat the chicken with chaud-froid sauce.

Cut the breasts into thin slices, coat them with chaud-froid sauce, garnish with truffle and pickled tongue and place them on the chicken. Glaze with aspic jelly. Arrange the chicken on the serving dish. Mix some vegetable macédoine with mayonnaise and pour into small dariole moulds. When set, turn them out on to the serving dish around the chicken, placing a thick slice of truffle on each dariole. Garnish the spaces between with chopped aspic.

Chicken à la piémontaise

Stuff a large roasting chicken with risotto mixed with 100 g (4 oz, 1 cup) diced white Piedmont truffles. Roast it in butter in a flameproof casserole, then drain it and place it on a warm serving dish. Deglaze the casserole with white wine and thicken the sauce with a little beurre manié; serve this in a sauceboat. Serve the chicken on a round dish surrounded with the risotto sprinkled with freshly grated Parmesan cheese.

Chicken à la polonaise

Sauté chicken pieces in butter in a flameproof casserole for about 20 minutes. When cooked, pour over the juice of a lemon and cover with about 25 g (1 oz, ½ cup) fresh breadcrumbs mixed with 125 g (4½ oz, ½ cup) noisette butter. Serve very hot accompanied by red cabbage, braised chestnuts or braised celeriac (celery root).

Chicken à la portugaise

Cook a large roasting chicken in butter in a flameproof casserole in the oven until it is three-quarters cooked. While it is cooking, peel and seed 8 tomatoes, chop the flesh and cook in butter with 1 tablespoon chopped onion. Add this to the chicken and finish cooking, only half-covering the casserole.

Place the chicken in a serving dish and keep warm. Deglaze the casserole with a little white wine, reduce, season with salt and pepper to taste and pour this sauce over the chicken. Sprinkle with chopped parsley and serve at once.

Chicken à la reine

Prepare 500 g (18 oz) panada forcemeat with butter and use it to stuff a chicken weighing about 1.8 kg (4 lb). Poach it gently in white stock. Bake some puff-pastry tartlet cases and fill them with chicken purée with cream; garnish with sliced truffles. Make a suprême sauce with the chicken stock. Arrange the chicken on a large hot serving dish and place the tartlets round it. Serve the suprême sauce separately.

Chicken à la viennoise

Quarter a young chicken weighing 800–900 g (1¾–2 lb), sprinkle the joints with salt and pepper, then coat with egg and breadcrumbs. Cook in a frying pan in 60 g (2 oz, ¼ cup) clarified butter, turning once, or deep-fry in fat at a temperature of 180°C (350°F) until golden and cooked through. Drain on paper towels and serve with fried parsley and lemon quarters.

Chicken ambassadrice

Use a velouté sauce to bind a mixture of chopped lamb's sweetbreads, truffles and mushrooms; stuff a good-sized chicken with this mixture. Cook the chicken until tender in a flameproof casserole with a purée of vegetables

cooked in meat stock. Arrange the fowl on a round dish and surround it with tartlets filled with sautéed chicken livers (formerly cockscombs and kidneys would have been added). Place a thin slice of truffle on each tartlet. Deglaze the casserole with Madeira and veal stock, and coat the fowl with this sauce.

Chicken Annette

Sauté a chicken *à brun* and prepare a base of pommes Anna. Arrange the drained chicken pieces on top of this and keep warm. Deglaze the cooking pan with 100 ml (4 fl oz, 7 tablespoons) white wine; add 1 chopped shallot, reduce, moisten with 150 ml (¼ pint, ⅔ cup) chicken stock, reduce a little more, then thicken with 1 tablespoon beurre manié. Add a squeeze of lemon juice and some chopped mixed herbs such as parsley, chervil and tarragon. Pour this sauce over the chicken.

Chicken au blanc

Poach a boiling chicken in white stock for 1¼–1¾ hours, depending on its size and tenderness. The legs and wings should come away in the hand without using a knife. Reduce a bowlful of the cooking liquor and add an equal volume of allemande sauce. Coat the chicken with the sauce and serve piping hot with rice and carrots cooked in stock.

Chicken au gratin with sauerkraut

Peel and dice 1 leek (white part) and 2 carrots. Stick an onion with 2 cloves. Tie up in a small piece of muslin (cheesecloth) 1 tablespoon juniper berries, 1 teaspoon peppercorns and 2 peeled garlic cloves. Wash 1.5 kg (3¼ lb) raw sauerkraut well, then squeeze and disentangle it with your fingers.

Grease a large flameproof casserole with 40 g (1½ oz, 3 tablespoons) goose fat and pile half the sauerkraut in it. On top, arrange the vegetables and

a large bouquet garni augmented with 1 celery stick and the muslin bag of spices. Cover with the remaining sauerkraut. Over the contents, pour 200 ml (7 fl oz, ¾ cup) dry white wine and 300 ml (½ pint, 1¼ cups) chicken stock. Season lightly with salt, cover and bring to the boil. Then transfer to a preheated oven at 190°C (375°F, gas 5) and cook for 1 hour.

Season a 1.5 kg (3¼ lb) chicken with salt and pepper inside and out, and place it in the middle of the sauerkraut. Return to the oven for a further 2 hours. Then take the chicken out, cut it up and bone it. Grease a gratin dish with goose fat. Press the sauerkraut and pile it in the dish, having removed the bag of spices, the cloves and the bouquet garni. Cover with the chicken, moisten with 300 ml (½ pint, 1¼ cups) crème fraîche, sprinkle 100 g (4 oz, 1 cup) grated Gruyère cheese on top and brown in a very hot oven.

Chicken boivin

Sauté a chicken *à brun*; halfway through, add some small new onions softened in butter, blanched artichoke quarters and some tiny new potatoes. Finish cooking, then arrange the drained chicken and its garnish in a serving dish. Deglaze the cooking pan with some pot-au-feu broth, some meat glaze and a little lemon juice. Whisk in some butter. Pour this sauce over the chicken.

Chicken bonne femme

Trim a chicken weighing 1.8–2 kg (4–4½ lb), season with salt and pepper, then truss. Brown the chicken slowly on all sides in butter in a flameproof casserole or heavy-based saucepan. Blanch 100 g (4 oz, ⅔ cup) finely diced unsmoked streaky (slab) bacon. Add the diced bacon and 20 small onions to the casserole. Cover and cook gently for 15 minutes. Add 500 g (18 oz) potato balls or small new potatoes and continue cooking slowly, basting the chicken from time to time, until tender. Garnish with the cooked vegetables and serve.

Chicken casserole

Clean a chicken weighing 1.8 kg (4 lb) and truss it. Heat 50 g (2 oz, ¼ cup) butter in a flameproof casserole and brown the chicken on all sides. If a poulard (capon) is not used, cover the chicken breast with strips of fat bacon to keep it moist. Sprinkle with salt and pepper and cover the casserole; cook in a preheated oven at 230°C (450°F, gas 8) for about 1 hour. Serve the chicken with its own gravy, accompanied by glazed small (pearl) onions or carrots.

Chicken clos-jouve

Joint a large Bresse chicken into 6 pieces and bone them. Make a concentrated stock with the crushed chicken bones, the green part of 1 leek, 1 onion, 1 calf's foot (partially boned) and some thyme and bay leaf. Strain, deglaze with port, then moisten with stock and white wine until the ingredients are just covered; cook for 1½ hours until the stock resembles a rich demi-glace.

Prepare a forcemeat with the white parts of 3 leeks (shredded), 125 g (4½ oz, 1¼ cups) horn of plenty (or cultivated) mushrooms browned in butter, the liver of the chicken and 150 g (5 oz, ⅔ cup) foie gras (both diced), 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream and 1 egg yolk. Season the forcemeat with salt and pepper and use it to stuff the boned chicken pieces. Tie them up (not too tightly), brown in butter in a flameproof casserole, then reduce the heat, cover the pan and cook gently – turning once – until cooked through (about 35 minutes). Remove the chicken and arrange on a serving dish; keep warm. Add the demi-glace to the casserole, heat through, adjust the seasoning and pour over the pieces of chicken.

Chicken cooked in beer

Cut a 1.25 kg (2¾ lb) chicken into pieces and fry them in butter in a casserole until golden. Add 2 peeled, chopped shallots and fry lightly. Add 60 ml (2 fl oz,

¼ cup) Dutch gin and flambé it. Now add 400 ml (14 fl oz, 1¾ cups) beer, 60 ml (2 fl oz, ¼ cup) crème fraîche, 1 bouquet garni, salt and a little cayenne pepper. Cover and simmer. Clean and finely slice 250 g (9 oz) mushrooms and add the contents of the casserole. After 45 minutes of cooking, take the chicken pieces out of the casserole, drain and arrange on a serving dish. Put aside in a warm place. Remove the bouquet garni, add 60 ml (2 fl oz, ¼ cup) crème fraîche and reduce by half. Mix a little of the sauce with an egg yolk and stir, then pour back into the casserole and beat vigorously. Pour the sauce over the chicken and sprinkle with finely chopped parsley.

Chicken crépinettes

Crépinette is the term for a small flat sausage, generally made of sausagemeat mixed with chopped parsley and wrapped in caul (*crépine*). Prepare a forcemeat of 3 parts minced (ground) chicken and 1 part fat bacon. Shape into small sausages, wrap them in caul and cook them as for pork crépinettes.

Chicken croûtes ambassadrices

Fill some small croûtes with chicken purée. Top each with a thin slice of truffle and 1 teaspoon vegetable mirepoix.

Chicken curry

Prepare the curry powder first (see Basics: condiments). Draw, singe and clean a medium-sized chicken, then cut it into quarters and divide each quarter into 3–4 pieces (make sure the chicken bones are cut cleanly, without splintering). In a flameproof casserole containing lard (shortening) or butter, cook 2 medium onions, 100 g (4 oz, ¾ cup) raw ham or gammon and 2 peeled dessert (eating) apples, all chopped and seasoned with crushed garlic, thyme, bay leaf, cinnamon, cardamom and powdered mace. Then add

the chicken pieces and cook until they are firm, stirring them in the mixture without letting them get too coloured.

Add the curry powder. Add 2 tomatoes, peeled, crushed and seeded, and mix well. Moisten with 250 ml (8 fl oz, 1 cup) coconut milk (or almond milk). Simmer with the lid on for about 35 minutes. Ten minutes before serving, add 150 ml (¼ pint, ⅔ cup) double (heavy) cream and the juice of 1 lemon. Continue to reduce the sauce to the desired consistency.

Arrange the chicken pieces in a dish and serve with rice prepared as follows: boil 250 g (9 oz, 1½ cups) rice for 15 minutes in salted water, stirring often; drain and wash several times in cold water. Empty on to a metal plate, wrap in a cloth and dry in a preheated oven at 110°C (225°F, gas ¼) for 15 minutes.

Chicken curry can also be made using the recipe for lamb curry.

Chicken dauphinoise

Insert some slivers of truffle beneath the skin of a good large Bresse chicken. Sprinkle with salt and pepper inside, then stuff with its own liver and 100 g (4 oz, ½ cup) foie gras, both diced, mixed with a little chopped truffle. Truss the bird and put it in a pig's bladder, sprinkle again with a little salt and pepper, add 3 tablespoons brandy and the same quantity of Madeira, then tie up the bladder.

Make some stock with the giblets, pour it into a flameproof casserole, add the chicken in the bladder and bring to the boil. Cook gently for 45 minutes. Remove the chicken from the pan, being careful not to pierce the bladder, untie it and drain the cooking liquid into a bowl. Remove the forcemeat from the chicken and press it through a sieve. Cut the chicken into joints and arrange on a warm dish. Thicken the cooking liquid with the sieved forcemeat and serve separately in a sauceboat.

Chicken demi-deuil braised in white stock

Poach a chicken in white stock, place on a serving dish and keep hot. Prepare 8 tartlets or croustades and fill them with a salpicon of calves' or lambs' sweetbreads braised in white stock, and mushrooms gently cooked in butter – all mixed with suprême sauce. Garnish each tartlet with a slice of truffle heated in Madeira. Arrange the tartlets around the chicken and coat it with suprême sauce.

Chicken Demidof

Stuff a large chicken with a mixture comprising one-third *quenelle* stuffing and two-thirds *à gratin* forcemeat. Prepare a very thick matignon vegetable fondue using 125 g (4½ oz) carrots, 50 g (2 oz) celery, 25 g (1 oz) sliced onion, half a bay leaf, a sprig of thyme, a pinch of salt and a pinch of sugar. Soften the vegetables in butter, moisten with 100 ml (4 fl oz, 7 tablespoons) Madeira and reduce until almost dry.

Place the chicken in a roasting tin (pan) and brown in a preheated oven at 220°C (425°F, gas 7). Remove it from the oven and cover it with the vegetable fondue, then wrap it in a pig's caul or bard it with streaky (slab) bacon or pork fat. Tie it up and braise in a covered casserole, adding a small quantity of chicken stock, at 180°C (350°F, gas 4) for about 2 hours, or until the chicken is cooked through. Add more hot stock to the casserole occasionally to prevent it from drying up. Uncover the casserole to brown the chicken for the final 15–20 minutes cooking time.

Arrange the chicken on a serving dish and surround with artichoke hearts cooked in butter and topped with the vegetable fondue. Garnish each artichoke heart with an onion ring (covered in batter and deep-fried) and a slice of truffle. Deglaze the cooking vessel used for the chicken with Madeira and pour over the chicken.

Chicken en capilotade

Capilotade is the term for a ragoût, originally from classic French cookery, made of cooked meat leftovers (poultry, beef or veal) that are stewed until they disintegrate.

Take a chicken (boiled, braised, poached or roasted) and remove the bones. Cut the meat into small pieces and place in a well-reduced cold sauce (chasseur, Italian, Portuguese or Provençal). Cover and leave to simmer gently until the meat forms a hash. Then pour into a deep dish.

Alternatively, the chicken and sauce can be poured into a gratin dish, sprinkled with breadcrumbs and knobs of butter, then cooked in a preheated oven at 240°C (475°F, gas 9) or under a hot grill (broiler) until the surface is well browned. Serve with rice *à la créole*.

Chicken fricassée à la berrichonne

Scrape some new carrots and fry in butter with a small onion, then drain. Using the same butter, brown a chicken cut up into portions. Add 250 ml (8 fl oz, 1 cup) boiling water or clear chicken stock, then the carrots, a bouquet garni, salt and pepper. Cover and cook gently for 30 minutes. Drain the chicken and keep warm. Mix together 2 egg yolks, a pinch of salt, 2 tablespoons cream and 1 tablespoon vinegar and add to the cooking liquor; heat but do not allow to boil. Roll the chicken pieces in the sauce and serve.

Chicken in a salt crust

In a bowl mix together 1 kg (2¼ lb, 9 cups) plain (all-purpose) flour, the same weight of coarse sea salt and 100 ml (4 fl oz, 7 tablespoons) cold water. Knead this dough and roll it out on a pastry board. Sprinkle the inside of a chicken with salt and pepper and insert a sprig of rosemary, a bay leaf, its own liver and the livers of 2 other chickens. Place the chicken on the dough, wrap it up

and seal it, place on a baking sheet and cook in a preheated oven at 160°C (325°F, gas 3) for 1½ hours. Break off the hard salty crust and discard; remove the chicken and carve. Serve with a salad dressed with walnut oil.

Chicken in aspic with champagne

Season a chicken weighing about 1.8 kg (4 lb) with salt and pepper, inside and out. Brown it in butter in a flameproof casserole. Add finely diced vegetables, including carrot, turnip, leek, celery, onion, mushroom stalks and a bouquet garni. Cover the pan and place in a preheated oven at 220°C (425°F, gas 7) for 45 minutes, turning the chicken over so that it cooks on all sides.

Remove the lid, add half a bottle of champagne, stir and check the seasoning. Then leave the chicken to finish cooking without the lid.

Prepare some liquid aspic jelly using aspic crystals or gelatine, as preferred, and the rest of the champagne. Strain the juice in which the chicken was cooked and add it to the jelly.

Leave the bird to cool completely, then cut it up and arrange the pieces in the serving dish. Coat them twice with the syrupy jelly, leaving it to set in the refrigerator between coats.

Chicken jambalaya

Poach a chicken in stock, then drain. When it is quite cold, remove the skin and bones, weigh the meat, and dice it finely. Sauté half this weight of raw diced ham in 50 g (2 oz, ¼ cup) butter over a low heat, with the pan covered. While it is cooking, prepare some rice *à la grecque* using 300–400 g (12–14 oz, 2 cups) uncooked rice and the stock from the chicken. When the ham is cooked, add the diced chicken together with some cayenne, salt and pepper so that the mixture is highly seasoned. Finally, add the rice, mix everything together thoroughly, and serve very hot.

Chicken koulibiac

Koulibiac is the name of a Russian pie filled with fish, vegetables, rice and hard-boiled (hard-cooked) eggs. The classic recipe has been adapted in many ways – this is one variation.

Make 675 g (1½ lb) puff pastry. Boil a chicken in stock. Hard-boil (hard-cook) 3 eggs, shell them and cut into quarters. Chop 250 g (9 oz, 3 cups) mushrooms, 2 shallots and a small bunch of parsley, and cook in 50 g (2 oz, ¼ cup) melted butter until all the moisture has evaporated.

Put 100 g (4 oz, ⅔ cup) rice into the pan with 2½ times its volume of the strained chicken stock and a bouquet garni. Season with salt and pepper, mix, cover the pan, bring to the boil and cook for about 16 minutes. Add the cooked mushroom mixture and leave to get cold. Dice 400 g (14 oz, 2 cups) cooked chicken meat and the hard-boiled eggs and carefully mix them into the mushroom-flavoured rice.

Roll out two-thirds of the dough into a rectangle 3 mm (⅛ in) thick. Leaving a narrow border free, pile the chicken and rice mixture into the centre. Roll out the remaining dough and cover the pie. Pinch the edges to seal them, garnish with strips of pastry and brush with beaten egg. Cook in a preheated oven at 230°C (450°F, gas 8) for about 30 minutes. Serve the koulibiac very hot, with melted butter.

Chicken liver brochettes à l'italienne

Clean some chicken livers and cut each in half. Roll up each piece of liver in a thin slice of smoked bacon, then thread them on to skewers, with pieces of onion and sage leaves in between each piece. Moisten lightly with oil and season with salt, pepper and a little dried thyme. Leave to stand for 30 minutes. Grill (broil) the brochettes under a fierce heat for about 10 minutes, brushing with oil as necessary. Serve with lemon halves and a green salad.

Chicken liver croustades

Make some small pastry cases. Clean the chicken livers (turkey or duck livers can also be used), separate the pieces, season with salt and pepper, and fry quickly in very hot butter. Drain. Fry some sliced mushrooms and chopped shallots in butter, then season. Warm the empty croustades in the oven.

Add enough Madeira sauce to the mushroom pan to make a filling for the croustades, then add the livers. Alternatively, deglaze the liver and mushroom cooking juices with Madeira, then thicken with a small amount of beurre manié. Heat up this mixture and use to fill the pastry cases. Serve very hot. The croustades can be garnished with slices of truffle poached in Madeira.

Chicken liver flan chavette

Bake a flan case (pie shell) blind. Thickly slice 500 g (18 oz) trimmed chicken livers. Season and sauté quickly in hot butter. Drain and keep warm. Sauté 200 g (7 oz, 2⅓ cups) sliced mushrooms in the same butter. Season, drain and keep warm with the chicken livers.

Make a sauce by adding 200 ml (7 fl oz, ¾ cup) Madeira to the juices in the pan in which the chicken livers and mushrooms were cooked. Reduce a little. Add 350 ml (12 fl oz, 1½ cups) thin béchamel sauce and 200 ml (7 fl oz, ¾ cup) single (light) cream and reduce the sauce until it has a creamy consistency. Strain it, then add the chicken livers and mushrooms. Simmer gently without allowing the sauce to boil.

Prepare some very soft scrambled eggs (using 8–10 eggs) and then add 2 tablespoons grated Parmesan cheese and 2 tablespoons butter.

Arrange the chicken livers and mushrooms in the bottom of the flan case. Top with the scrambled egg mixture and sprinkle with grated cheese. Pour some melted butter over the top and brown quickly in a preheated oven at 240°C (475°F, gas 9) so that the scrambled eggs are not overcooked.

Chicken liver fritots

Trim about 500 g (18 oz) chicken or duck livers and purée by rubbing through a sieve or using a food processor or blender. Peel 4 shallots and chop them finely. Separately, chop a small bunch of parsley and a small peeled garlic clove. Gently braise the chopped shallots in 25 g (1 oz, 2 tablespoons) butter. Mix together the liver purée, garlic, chopped parsley and braised shallots in a bowl together with 100 g (4 oz, 2 cups) fresh breadcrumbs, 2 beaten eggs, 2 tablespoons Madeira, 2 tablespoons cream, 1 tablespoon plain (all-purpose) flour and some salt and pepper. Knead together to obtain a smooth mixture and leave to rest for 1 hour. Divide the mixture into small pieces (about the size of a tangerine), roll them into balls and flatten them slightly then dip into batter. Deep-fry in very hot oil and drain on paper towels. Serve the fritots with a highly seasoned tomato sauce, slices of lemon and some fried chopped parsley sprigs.

Chicken liver fritters

Remove the gall from the chicken livers (if present) and marinate for 30 minutes in oil seasoned with salt, pepper and chopped mixed herbs to taste. Then dry and dip in batter. Deep-fry in hot oil and serve garnished with fried parsley.

Chicken liver timbale

Prepare some chicken livers and mushrooms as in the recipe for chicken liver croustades. Cook some shell-shaped pasta or macaroni *al dente*. Drain well. Add the chicken livers to the pasta, together with the mushrooms and some Madeira sauce (or a Madeira sauce thickened with blended arrowroot or beurre manié) and cream. Adjust the seasoning and serve very hot in a timbale mould or large dish.

Chicken Maryland

Cut a raw chicken into joints and dip the pieces into cold milk. Drain them, coat with flour and fry in butter until golden. Continue cooking over a very low heat, turning once, until cooked through. Meanwhile, place the carcass and giblets in a saucepan with garlic, onion, a little stock and some milk. Bring to the boil and simmer for a few minutes, then strain the liquid and pour over the fried chicken pieces. Garnish with fried bacon rashers (slices) and serve with corn fritters or grilled (broiled) corn-on-the-cob.

Chicken medallions à l'égyptienne

Remove the breasts from a raw chicken and trim and flatten them into round or oval medallions. Cut some large aubergines (eggplants) into rounds about 1 cm (½ in) thick and sprinkle with lemon juice. Prepare some rice pilaf. Fry the chicken medallions and aubergine rounds separately in olive oil, then arrange them alternately round a serving dish. Fill the centre of the dish with rice pilaf. Deglaze the pan in which the chicken was cooked with white wine, add this juice to a thick and well-seasoned tomato fondue, and serve separately in a sauceboat (gravy boat).

Chicken medallions Beauharnais

Remove the breasts from a large chicken and cut each into 2 or 3 slices of equal thickness; flatten them slightly and trim them into round or oval medallions. Season with salt and pepper and sauté in butter. Prepare an equal number of artichoke hearts and cook them in butter.

Fry some bread croûtes, the same size as the medallions, in butter. Arrange an artichoke heart on each croûton, cover with Beauharnais sauce, made by mixing 200 ml (7 fl oz, ¾ cup) béarnaise sauce with 25 g (1 oz, 2 tablespoons) tarragon butter, and top with a chicken medallion.

Chicken medallions Fédora

Prepare some medallions from the breast of a chicken. Peel some cucumbers, cut them into uniform pieces, and cook them in butter. Keep warm. Cut some slices of bread to the same size and shape as the medallions and fry them in butter. Cook the medallions gently in butter, and keep them warm.

Deglaze the pan in which the chicken was cooked with a mixture of wine and stock; boil until almost completely evaporated. Add some cream and reduce again until the sauce is smooth. Place a medallion on top of each croûton and arrange them in a circle on the serving dish. Coat with the sauce and place the pieces of cucumber in the centre of the circle.

Chicken mireille

Heat 65 g (2½ oz, 5 tablespoons) butter in a sauté pan and gently cook a large Bresse chicken, cut into 8 pieces, until the meat turns white. As soon as the pieces are firm, but not coloured, add 500 ml (17 fl oz, 2 cups) dry white wine and reduce until almost all the liquid has evaporated. Add 1 kg (2¼ lb) fresh morels, carefully cleaned, washed and patted dry, then 1 litre (1¾ pints, 4⅓ cups) double (heavy) cream; cook gently for 35 minutes.

Remove the pieces of chicken and the morels and arrange on a hot serving dish. Reduce the cooking liquid to 500 ml (17 fl oz, 2 cups). Thicken it with 1 egg yolk, whisking over the heat but not allowing it to boil. Pour this sauce over the chicken.

Chicken mousse

Poach 500 g (18 oz) chicken meat and pound in a mortar or purée in a food processor or blender and season the mixture well using curry powder or ground nutmeg. Sprinkle with salt and pepper, then blend in 2–3 egg whites, one after the other. Rub this forcemeat through a sieve and refrigerate for

2 hours. Then place the bowl in a container of crushed ice and gradually add 600 ml (1 pint, 2½ cups) double (heavy) cream, stirring the mixture with a wooden spoon. Adjust the seasoning, pour the mousse into a lightly oiled plain mould, and poach gently in a bain marie in a preheated oven at 190°C (375°F, gas 5) for about 20 minutes. Set aside and wait about 10 minutes before turning out the mousse on to a platter. Serve the mousse warm, coated with a sauce for chicken.

Chicken pâté pantin

A pâté pantin is a variety of pâté en croute, rectangular or oblong in shape, that is not cooked in a mould.

Prepare a chicken ballotine. Half-cook it in a light chicken stock, drain it and leave it to cool. Roll out about 575 g (1¼ lb) brioche dough and divide it into 2 equal portions. Coat one of the halves with very thin strips of bacon, place the chicken in the centre and turn up the edges of the dough all around the sides. Place some more thin strips of bacon on top of the filling and cover with the second piece of dough. Seal the edges and make a small hole in the centre of the top to allow steam to escape. Place the pâté pantin on a baking sheet and cook in a preheated oven at 190°C (375°F, gas 5) for about 70 minutes. Serve hot.

Chicken petit-duc

Cook some morels and truffle slivers in a frying pan with some butter. Sauté a chicken *à brun*, then drain it and set it aside and keep warm in a serving dish. Deglaze the pan in which the chicken was cooked with 3 tablespoons Madeira, boil to reduce and then moisten with 150 ml (¼ pint, ⅔ cup) demi-glace sauce. Garnish the chicken with the morels and truffles slivers and pour over the Madeira sauce.

Chicken pie

Cut a raw chicken weighing about 1.25 kg (2¾ lb) into pieces. Sprinkle the pieces with 100 g (4 oz, ⅔ cup) finely chopped onions and shallots, 150 g (5 oz, 1¾ cups) sliced mushrooms and some chopped flat leaf parsley. Season with salt and pepper. Line a buttered pie dish with 200 g (7 oz) very thin slices of veal seasoned with salt and pepper. Place the chicken in the pie dish, first the thighs, then the wings and finally the breasts. Cover the chicken with 150 g (5 oz) bacon cut into very thin rashers (slices). Add 4 hard-boiled (hard-cooked) egg yolks cut in half. Pour in some chicken stock to three-quarters fill the pie dish.

Press a strip of puff pastry around the rim of the pie dish, brush with water, then cover the whole dish with a layer of pastry. Seal the edges, then flute with the back of a knife. Brush the whole surface with beaten egg and make a hole in the centre. Bake for 1½ hours in a preheated oven at 190°C (375°F, gas 5). Just before serving, pour 2–3 tablespoons concentrated chicken stock into the pie.

Chicken pilaf

Prepare some pilaf rice. Select a chicken weighing about 1.25 kg (2¾ lb) and divide it into 8 pieces. Season with salt and pepper and cook in a flameproof casserole containing 50 g (2 oz, ¼ cup) butter. Remove with a draining spoon and set aside. Add to the casserole 1 tablespoon chopped onion, 175 ml (6 fl oz, ¾ cup) dry white wine, 200 ml (7 fl oz, ¾ cup) chicken stock, 1 tablespoon well-reduced tomato sauce, a crushed garlic clove and a bouquet garni. Cook this sauce for 5 minutes, stirring, then strain and return it to the casserole with the pieces of chicken; reheat thoroughly. Shape the pilaf rice into a ring on the serving dish and pour the chicken and its sauce into the centre. Serve hot.

Chicken princesse

Poach a chicken in white stock and keep warm in a serving dish. Bake some barquette cases blind and cook some green asparagus tips in butter. Prepare an allemande sauce with the cooking liquid. Put the asparagus tips in the barquettes and sprinkle with slivers of truffle heated in butter. Use to garnish the dish. Pour some of the sauce over the chicken and serve the rest separately.

Chicken rosière

Stuff a large roasting chicken with panada forcemeat made with cream, truss and bard it, then cook in white stock, like chicken with tarragon. Prepare separately some slices of calves' sweetbreads cooked in white stock, and a mushroom purée. Untie the chicken, remove the barding fat, cut into joints and arrange in a round dish, surrounded by the calves' sweetbreads and the forcemeat, cut into slices. Pour over all this a sauce made from the cooking liquid, strained and reduced. Serve the mushroom purée separately.

Chicken velouté soup

Thicken a generous 750 ml (1½ pints, 3¼ cups) chicken consommé with a white roux made with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Add a small young chicken and simmer gently until the bird breaks up with a fork. Drain and bone the chicken, reserve some breast meat for a garnish and reduce the remainder to a purée in a food processor or blender, adding a little of the cooking liquid. Mix with the rest of the cooking liquid. Remove from the heat and thicken the soup with 3 egg yolks beaten with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Whisk in 75 g (3 oz, 6 tablespoons) butter. Cut the reserved meat into very fine strips and add to the soup. Reheat but do not boil.

Game can be used instead of chicken to make a game velouté soup.

Chicken waterzooï

Poach a chicken until three-quarters cooked (about 40 minutes) in a white stock containing an onion stuck with 2 cloves, a bouquet garni, 1 celery stick and 1 leek, both sliced. Slice 1 leek, 1 carrot and 1 celery stick and cook in a covered flameproof casserole with some of the chicken stock for 30 minutes. Cut the chicken into 8 pieces and arrange them on the vegetables. Add sufficient stock to cover the chicken and cook for a further 30 minutes.

Remove the chicken pieces and the vegetables with a slotted spoon. Add 200 ml (7 fl oz, ¾ cup) double (heavy) cream to the casserole and reduce to a smooth sauce; adjust the seasoning. Replace the chicken and vegetables and serve, accompanied with bread and butter or buttered toast.

Chicken with artichokes

Sauté a chicken *à brun*, adding some artichoke quarters (blanched in salted water) halfway through the cooking period. Drain the chicken and its garnish, arrange in a serving dish and keep warm. Deglaze the cooking pan with white wine and stock; reduce, thicken with a little beurre manié and pour this sauce over the chicken and artichokes. Sprinkle with parsley.

Chicken with bamboo shoots

Place a chicken in a large pan and cover with water. Bring to the boil. Immediately remove and drain the chicken. Cool the stock by standing the container in cold water. Skim the stock, replace the chicken and bring back to the boil. Add 5–6 shiitake mushrooms, 1–2 scented Chinese mushrooms, 100 ml (4 fl oz, 7 tablespoons) soy sauce, 3 tablespoons sugar, salt and pepper, and continue cooking. After 1 hour, drain 225 g (8 oz) preserved bamboo shoots, rinse in cold water, then cut into thick sticks, add to the pan and simmer gently until the chicken is cooked – about 20 minutes for a tender

bird or 1 hour for a boiling fowl. Drain the chicken, remove the skin and cut all the meat into thin strips. Arrange the chicken on a serving dish and surround with the mushrooms and bamboo shoots. Just before serving, trim 3–4 spring onions (scallions) and fry quickly in oil. Add 2 tablespoons soy sauce and use to garnish the dish. The stock, highly seasoned with pepper and with fine rice stick vermicelli added, can be served at the end of the meal.

Chicken with basil

Sauté the chicken *à brun*. Drain it and arrange on a warm dish. Deglaze the cooking pan with 200 ml (7 fl oz, ¾ cup) dry white wine. Add 1 tablespoon chopped fresh basil and whisk in 50 g (2 oz, 4 tablespoons) butter. Pour this sauce over the chicken.

Chicken with ceps

Sauté a chicken *à brun* in equal quantities of butter and oil. Three-quarters of the way through the cooking time, add 300 g (11 oz, 4 cups) ceps or other mushrooms, sliced and sautéed in oil, then 2 chopped shallots. Finish cooking. Arrange the drained chicken and mushrooms in a serving dish. Deglaze the casserole with 100 ml (4 fl oz, 7 tablespoons) white wine; reduce, then pour it over the chicken and mushrooms. Sprinkle with chopped parsley. A small crushed garlic clove can be added to the sauce.

Chicken with cider

Peel, quarter and core 500 g (18 oz) sour apples; cut half of them into thin slices. Season the inside of a large chicken with salt and pepper, stuff it with the apple slices and sew up the opening. Baste the chicken with melted butter and brown in a flameproof casserole for about 20 minutes. Meanwhile, chop 3 shallots and brown them lightly in butter. When the chicken is golden

brown, surround it with the remaining apples and add a little crumbled thyme, 2 crushed cloves, salt, freshly ground pepper, the shallots and ½ bottle of cider, already heated. Bring to the boil, partly cover and cook for about 40 minutes. Remove the chicken and keep it hot. Add 200 ml (7 fl oz, ¾ cup) double (heavy) cream to the casserole and reduce by a third. Cut the chicken into portions and serve coated with the sauce.

Chicken with cream

Sauté a chicken *à blanc*; drain and keep warm on a serving dish. Pour off the cooking fat from the pan, add 150 ml (¼ pints, ⅔ cup) dry cider and reduce until all the liquid has evaporated. Mix in 200 ml (7 fl oz, ¾ cup) double (heavy) cream and reduce just enough to make the sauce very smooth; adjust the seasoning. Pour the sauce over the chicken and sprinkle with parsley. The chicken can be flamed in Calvados, or white wine used instead of cider.

Chicken with hazelnuts

Cut a chicken into 4 pieces. Sprinkle the pieces with salt and freshly ground pepper, dip them in flour, then brown them in butter. Moisten with stock made from the giblets and cook with the lid on for 30 minutes. Keep hot. Lightly toast 150 g (5 oz, 1 cup) shelled hazelnuts under the grill (broiler), then grind them and blend with 150 g (5 oz, ⅔ cup) butter. Reduce the cooking liquid from the chicken, then add the nut butter and 4 tablespoons crème fraîche; cook for 5–6 minutes over a low heat. Pour this sauce, to which some whole nuts can be added, over the chicken.

Chicken with lemon

Cut a chicken into portions. Squeeze 2 lemons and add salt, pepper and a dash of cayenne to the juice. Marinate the chicken pieces in this for at least 1 hour,

then drain, reserving the marinade. Brown the chicken pieces in butter in a flameproof casserole. Reduce the heat, sprinkle the chicken with crumbled thyme, cover and leave to cook gently for 30 minutes. Drain the chicken and keep hot. Add the marinade to the casserole with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Stir well and heat, stirring constantly as the sauce thickens. Adjust the seasoning. Coat the chicken with this sauce.

Chicken with morels

Wash 4–5 morels and split them in two lengthways. Dredge 6–8 chicken fillets with flour and fry briskly in 25 g (1 oz, 2 tablespoons) butter in a shallow pan with 1 chopped shallot. When golden brown, season with salt and pepper and add the morels. Cover the pan and cook gently for 7–8 minutes, then add 6 tablespoons Sauvignon wine and finish the cooking with the lid off. (A little grated nutmeg will further improve the flavour.) Add 1 tablespoon double (heavy) cream and cook for another 10–12 minutes. Serve in a hot dish.

Chicken with oysters

Sauté a chicken *à blanc*. Poach 12 oysters in their own liquid. Drain the cooked chicken and keep warm on a serving dish. Deglaze the cooking pan with 100 ml (4 fl oz, 7 tablespoons) white wine and the liquid from the oysters; reduce by half and add 100 ml (4 fl oz, 7 tablespoons) chicken velouté sauce. Add a little lemon juice, then 40 g (1½ oz, 3 tablespoons) butter, whisking all the time. Put the oysters around the chicken and pour over the sauce.

Chicken with plantains

Sauté a chicken *à brun* in a flameproof casserole; when golden, add 1 large chopped onion, 5 peeled tomatoes and 250 g (9 oz) streaky bacon cut into pieces. Cook for 1 hour, occasionally adding a little cold water to prevent the

fat from blackening; season with salt and pepper. While the chicken is cooking, cut 12 peeled plantains in half and boil them in a saucepan of water for 30 minutes. Drain them and place in the casserole with the chicken; simmer for a further 15 minutes. Serve very hot.

Chicken with preserved lemon

Cut a chicken into portions and sprinkle with salt and pepper. Finely slice 300 g (11 oz) onions; crush 3 garlic cloves. Grate at least 1 teaspoon fresh root ginger. Oil a flameproof casserole and spread the sliced onions over the bottom, then sprinkle with the crushed garlic, a pinch of powdered saffron, the grated ginger and 1 tablespoon coriander seeds. Add a bouquet garni. Garnish with 8 slices of preserved lemon.

Arrange the chicken portions on top, sprinkle with 6 tablespoons olive oil, season with salt and pepper, and one-third cover the chicken pieces with chicken stock. Cover the casserole and cook over a moderate heat for about 1½ hours, or until the flesh comes easily away from the bones. Remove and drain the chicken, throw away the bouquet garni and reduce the pan juice until it is oily. Coat the chicken portions with the juice and serve very hot, with rice *à la créole*.

Chicken with rice à la Bourbon

Fry a large roasting chicken with a little lard (shortening) in a flameproof casserole, until just golden. Add 1 finely chopped onion, 2 whole carrots, 1 tablespoon tomato purée (paste) and a bouquet garni. Season with salt and pepper, half-cover with stock and cook gently for 1¼–1½ hours, according to the size of the bird.

Blanch 250 g (9 oz, 1¼ cups) rice for 5 minutes, then drain and cool. Add twice its volume of stock to the rice and cook until soft, but do not allow the

grains to disintegrate (about 18 minutes). Pack into a greased ring mould and unmould on to a round serving dish. Cut the chicken into pieces and arrange in the middle. Strain the chicken cooking liquid and pour it over the chicken.

Chicken with rice and suprême sauce

Truss a large chicken as for roasting and cook it in white stock, like chicken with tarragon, but for only 40 minutes. Blanch 250 g (9 oz, 1¼ cups) rice for 5 minutes, drain, rinse and drain once more. Drain the half-cooked chicken, strain the stock, then return the chicken to the casserole; add the drained rice and the stock – it should come to about 3 cm (1¼ in) above the rice. Add 25 g (1 oz, 2 tablespoons) butter and cook gently for 20 minutes. Make a suprême sauce with the rest of the stock. Put the chicken on a dish, pour over a little of the sauce and surround with rice. Serve the remaining sauce separately.

Chicken with sherry

Cut a 1.25 kg (2¾ lb) chicken into quarters. Lightly brown 50 g (2 oz, ¼ cup) butter in a flameproof casserole and thoroughly brown the chicken pieces in it. Season with salt and pepper, cover and cook for about 35 minutes, adding 1 finely chopped shallot 10 minutes before the end of cooking. Remove the chicken pieces and keep hot on a serving dish. Blend 1 teaspoon arrowroot with 150 ml (¼ pint, ⅔ cup) medium sherry. Pour this mixture into the casserole and stir well while heating. Add a pinch of cayenne pepper, then pour the sauce over the chicken pieces and serve.

Chicken with tarragon

Clean a large roasting chicken and put a bunch of tender tarragon sprigs inside it. Truss as for roasting, rub lightly with half a lemon and bard the breast and back with thin slices of rindless bacon. Place in a flameproof

casserole and just cover with white stock, adding a small bunch of tarragon. Cover, bring quickly to the boil, then cook gently for about 1 hour (when pricked, the juice which comes out of the chicken should be clear). Drain the chicken, untie it and remove the barding fat and the tarragon from inside. Garnish with blanched tarragon leaves and keep hot on a serving dish.

Thicken the cooking liquid with a little arrowroot or beurre manié; strain it and add 2 tablespoons chopped fresh tarragon. Pour a little of this sauce over the chicken and serve the remainder in a sauceboat.

Alternatively, the casserole can be deglazed with a glass of white wine and a little thickened and strained veal stock to which a handful of chopped tarragon leaves has been added.

Chicken with tarragon in aspic

Cook a large roasting chicken in white stock as in the recipe for chicken with tarragon. Drain it, untruss it and pat dry; leave it to cool, then place it in the refrigerator.

Skim the fat off the cooking liquid and strain it, then heat it, adding 20 g (¾ oz, 3 envelopes) powdered gelatine completely dissolved in cold water. In a saucepan, whisk together 100 g (4 oz, ¾ cup) lean minced (ground) beef, 1 egg white and a handful of tarragon leaves, roughly chopped. Add the cooking liquid, whisking all the time, and bring to the boil. Simmer gently for 30 minutes, then strain the liquid, add 100 ml (4 fl oz, 7 tablespoons) Madeira and leave to cool.

When the aspic is nearly set, coat the chicken with several layers, placing it in the refrigerator after each application. Garnish the chicken with blanched tarragon leaves, arranged in a decorative pattern, before the last application of aspic. Finally, place the chicken on a serving dish surrounded with any remaining set aspic cut into cubes.

Chicken with vinegar

Peel and dice 2 carrots, 1 turnip, the cleaned white parts of 2 leeks and 1 celery stick; stud 1 large onion with 2 cloves. Brown the giblets of the chicken, plus those of 2 others, in a little butter. Place all these giblets into a pan with 1 litre (1¾ pints, 4⅓ cups) cold water and bring to the boil; then add all the vegetables, a bouquet garni, 4 shallots, 2 peeled crushed garlic cloves, 175 ml (6 fl oz, ¾ cup) dry white wine, some salt, pepper and a small pinch of cayenne pepper. Simmer gently for 45–60 minutes.

Heat 40 g (1½ oz, 3 tablespoons) butter in a flameproof casserole and cook the chicken, cut into 6 pieces, for about 10 minutes until golden brown; cover and simmer for another 35 minutes.

Reduce the liquid in which the giblets were cooked by half, then strain it and add 175 ml (6 fl oz, ¾ cup) white wine vinegar; reduce again by one-third. Purée the chicken liver. When the chicken is cooked, pour the vinegar sauce into the casserole, stir well and cook together for 5 minutes; thicken with 1 tablespoon beurre manié. Dilute the liver purée with 1 tablespoon vinegar and blend into the sauce, away from the heat. Serve very hot.

Chicken yassa

The day before the meal (or at least 2 hours in advance) cut up a chicken into 4 or 6 pieces; marinate them in the juice of 3 limes with half a chilli pepper, finely chopped, 1 tablespoon groundnut (peanut) oil, 3 large onions (sliced), salt and pepper. Remove the chicken pieces and grill them, preferably over hot embers, browning them well all over. Remove the onions from the marinade and brown them with a little oil in a sauté pan, then moisten with the marinade and 2 tablespoons water. Add the chicken pieces, cover the pan and simmer for about 25 minutes. Serve the chicken very hot coated with the sauce, in the centre of a ring of rice *à la créole*.

Cockscombs en attereaux à la Villeroi

Prick the combs lightly with a needle and put them under cold running water, pressing them with the fingers to dispel the blood. Place in saucepan, cover with cold water and cook until the water reaches a temperature of 40–45°C (104–113°F), when the skin of the combs begins to detach itself. Drain the combs and rub them one by one in a cloth sprinkled with fine salt.

Remove the outer skin; put the combs in cold water and, when they are white, plunge them into a boiling white court-bouillon. Cook for 35 minutes. Drain and dry them, then cover with Villeroi sauce. Leave to cool on a grid. Cover the combs with beaten egg, sprinkle with breadcrumbs and fry in clarified butter.

Consommé à la madrilène

Prepare a chicken consommé for 5 people. When clarifying, add 300 ml (½ pint, 1¼ cups) chopped fresh tomato pulp. Strain the soup through a very fine strainer, add a pinch of cayenne and leave to cool completely, then refrigerate. Serve cold in cups. The soup can be garnished with finely diced red (bell) pepper which has been cooked in stock.

Consommé à la parisienne

Use chicken consommé. Garnish the consommé with shredded vegetables lightly cooked in butter, rounds of plain royales and chervil leaves.

Consommé à la reine

Make some chicken consommé and some plain royale. Then poach some chicken breasts in court-bouillon and shred the meat finely. Thicken the consommé with tapioca. Garnish the soup with the royale cut into dice or lozenges and the shredded chicken.

Consommé à l'impériale

Use chicken consommé. Poach some very small cockscombs and cock's kidneys in stock. Cook 1½ tablespoons rice in the consommé, adding 1–2 tablespoons garden peas cooked in water, the cockscombs and kidneys, and finely shredded savoury pancakes.

Consommé à l'infante

Use chicken consommé. Fill 20 small profiteroles with a purée of foie gras mixed with a thick chicken velouté. Thicken the consommé with arrowroot and serve with the profiteroles.

Consommé au diablotins

Use chicken consommé. To garnish the soup, prepare a number of very small *diablotins*. Lightly thicken the consommé with tapioca and garnish with the *diablotins*.

Consommé Bizet

Use chicken consommé. Make some very small chicken quenelles mixed with chopped tarragon leaves and poach them in the consommé. Clarify the consommé and thicken it lightly with tapioca. Garnish with quenelles and sprinkle with chervil leaves. Serve immediately with very small profiteroles filled with a *brunoise* of vegetables, which have been braised in butter.

Consommé Brillat-Savarin

Use chicken consommé. Thicken with cornflour (cornstarch) or leave it thin, as liked. Garnish with 1½ tablespoons finely shredded poached chicken breast, 1½ tablespoons savoury pancakes cut into very small diamonds, and 1½ tablespoons mixed finely shedded lettuce and sorrel. Sprinkle with chervil.

Consommé Colbert

Use chicken consommé. Garnish the consommé with 3 tablespoons finely shredded vegetables cooked in butter and poach 1 egg in the consommé for each person. Sprinkle with chervil leaves.

Consommé Dalayrac

Use chicken consommé. Thicken the consommé with tapioca. Garnish with shredded chicken, mushrooms cooked in a court-bouillon and truffles.

Consommé Leverrier

Use chicken consommé. Thicken the consommé with tapioca and garnish with royales cut into star shapes and chervil leaves.

Consommé Pépita

Use chicken consommé. Prepare a tomato royale and cut it into dice. Peel a green (bell) pepper, chop it finely and cook in a little consommé. Season 4 teaspoons tomato purée (paste) with paprika and add it to the consommé, along with the royale and the pepper. (The royale may be omitted.)

Consommé princesse

Use chicken consommé. Cook 15 green asparagus tips in butter. Prepare 15 small chicken forcemeat quenelles and poach them in stock. Add them to the consommé with the asparagus tips and some chervil leaves.

Consommé with chicken pinions

Use chicken consommé. Poach in a simple consommé 4 chicken pinions and 2 necks cut into 3–4 sections and tied in a muslin (cheesecloth) bag. When cooked, clarify the stock, cut the meat into pieces and add to the consommé.

Coq au vin

Cut up a chicken of about 1.8 kg (4 lb) into 6 pieces. Gently fry 90 g (3½ oz, ⅔ cup) diced lean bacon and about 20 small onions (pearl onions) in 40 g (1½ oz, 3 tablespoons) butter in an earthenware or cast iron pot. When these are lightly browned, add the chicken pieces, 1 finely chopped garlic clove, a bouquet garni and about 20 morels or other mushrooms. Sauté, covered, over a brisk heat until golden. Remove the lid and skim off the fat. Pour a little good brandy over the chicken, set light to it, then pour on 500 ml (17 fl oz, 2 cups) old Auvergne wine (a Chambertin or a Mâcon). After cooking over a brisk heat for about 1¼ hours, take out the chicken, thicken the sauce with beurre manié, and pour it over the chicken.

Coq en pâte

Despite its name, this dish is usually prepared with a fine roasting chicken. When the chicken has been dressed and singed, remove the breastbone and stuff it copiously with a mixture of foie gras and large pieces of truffle (seasoned with salt and spices, and moistened with a little Cognac) and a small quantity of fine forcemeat. Truss the chicken, tucking the legs into the sides. Brown on all sides in butter – about 20 g, (¾ oz, 1½ tablespoons). Cover the chicken with a *matignon* of braising vegetables – about 300 g (11 oz, 2 cups) – and wrap it in a pig's caul soaked in cold water and dried.

Make some lining pastry using 500 g (18 oz, 4½ cups) plain (all-purpose) flour, 300 g (11 oz, 1⅓ cups) butter, 1 egg, 100 ml (4 fl oz, 7 tablespoons) water and 1½ teaspoons salt. Place the chicken on an oval sheet of pastry and cover it with a similar sheet. Pinch the edges together. (Nowadays, the chicken is usually put in an oval terrine which exactly contains it and then simply covered with the chosen short pastry.) Brush the pastry with egg and cut several slits in the top to allow steam to escape.

Cook in a preheated oven at 190°C (375°F, gas 5) for about 1½ hours, protecting the top of the pastry with foil once it is browned. *Coq en pâte* is traditionally accompanied by a Périgueux sauce served separately.

Coquelets en crapaudine à l'américaine

Split and flatten 2 young cocks as spatchcocks. Chop 2–3 garlic cloves and some parsley. Add salt, 3 tablespoons oil, a good quantity of pepper, 2 teaspoons ground ginger and a pinch of cayenne. Cover the cocks inside and outside with this mixture, then marinate them for 1 hour. Grill (broil) briskly and serve them with a green salad or mixed salad.

Country-style coq au vin

Cut 1 cockerel into pieces and season well. Peel 12 small pickling or pearl onions. Scald 125 g (4½ oz) lean bacon rashers (slices). Melt 50 g (2 oz, ¼ cup) butter and 1 tablespoon oil in a casserole. Add the bacon and onions and fry until golden. Remove and drain thoroughly. Brown the pieces of cockerel in the fat in the casserole, turning them over several times. Return the bacon and onions to the casserole. Heat 1 tablespoon Cognac, pour into the casserole and ignite. Pour in 750 ml (1¼ pints, 3¼ cups) red wine, 1 bouquet garni and 2 crushed garlic gloves. Bring slowly to the boil, cover and simmer for 1 hour.

Thinly slice 200 g (7 oz) button mushrooms and fry in 25 g (1 oz, 2 tablespoons) butter. Add to the casserole and cook for another 20–25 minutes. A few minutes before serving, cream 50 g (2 oz, ¼ cup) butter with 1 tablespoon flour. Gradually stir in a little cooking liquid from the casserole, then pour this mixture slowly into the casserole. Cook, stirring, for 5 minutes, then add 3 tablespoons of cockerel blood and allow to thicken, without boiling, for 5 minutes, stirring constantly. Serve with steamed potatoes or fresh pasta.

Cream of chicken soup

Put a small chicken into a saucepan with 1 litre (1¾ pints, 4⅓ cups) white consommé, bring to the boil and skim. Add a bouquet garni and the white parts of 2 leeks and 1 celery stick. Simmer gently, covered, until the meat comes away from the bones. Drain the chicken, retaining the stock, and remove the skin and bones. Keep the breast fillets and reduce the remaining meat to a purée using a food processor. Press through a sieve. Shred the breast fillets finely and keep them hot in a little consommé. Add 750 ml (1¼ pints, 3¼ cups) béchamel sauce to the chicken purée and bring to the boil. Add a few spoonfuls of the chicken stock and whisk. Adjust the seasoning and sieve again. Add 100 ml (4 fl oz, 7 tablespoons) single (light) cream and whisk while heating. Add the finely shredded breast fillets just before serving.

Chicken à la reine

Prepare 500 g (18 oz) panada forcemeat with butter and use it to stuff a chicken weighing about 1.8 kg (4 lb). Poach it gently in white stock. Bake some puff-pastry tartlet cases and fill them with chicken purée with cream; garnish with sliced truffles. Make a suprême sauce with the chicken stock. Arrange the chicken on a large hot serving dish and place the tartlets round it. Serve the suprême sauce separately.

Devilled spring chicken

Spatchcock a spring chicken. Sprinkle with salt and pepper, brush lightly with clarified butter on both sides and half-roast it in a preheated oven at 240°C (475°F, gas 9). Mix 2 tablespoons mustard with a little cayenne and brush this over the chicken. Coat generously with fresh breadcrumbs and sprinkle with a little clarified butter. Finish cooking under the grill (broiler), on both sides. Serve with gherkins (sweet dill pickles), lemon halves and a devilled sauce.

Feuilletés of chicken or duck liver

Feuilleté is the term for a piece of puff pastry cut into the shape of a finger or triangle and filled or garnished with cheese, ham or seafood.

Make the feuilletés with puff pastry and warm them in the oven. Clean the chicken or duck livers. Separate the lobes and cut into very thin escalopes (scallops). Season with salt and pepper and sauté them briskly in butter; then use a draining spoon to remove them and set aside. Sauté a small quantity of finely chopped shallots, fines herbes, and a few tiny button mushrooms or wild mushrooms, thinly sliced if large, in the butter remaining in the pan. Use the draining spoon to remove the mushrooms, then boil the cooking juices until virtually dry. Return the mushrooms and livers to the pan, then add sufficient Madeira sauce to coat all the ingredients. Cook until the livers are heated through. Cut the middle out of the feuilletés, reserving the tops as lids. Fill the feuilletés with the mushroom and liver mixture and replace the pastry lids; serve piping hot.

Fricassée of chicken à la berrichonne

Joint a chicken. Brown 350 g (12 oz, 3 cups) new carrots in 50 g (2 oz, ¼ cup) butter in a sauté pan. Drain them, and then brown the chicken pieces in the same butter. Add 250 ml (8 fl oz, 1 cup) chicken stock, the carrots, a bouquet garni and some salt and pepper. Bring to the boil, reduce the heat, cover the pan and cook gently for 45 minutes. Remove the chicken pieces and keep them hot. Mix 2 egg yolks and a pinch of caster (superfine) sugar with 200 ml (7 fl oz, ¾ cup) double (heavy) cream, 1 tablespoon white wine vinegar, and a few drops of the chicken stock. Pour the mixture into the pan and mix thoroughly with the pan juices. Heat without boiling so that the sauce thickens a little. Serve the chicken coated with the sauce and sprinkled with finely chopped parsley.

Fricassée of chicken Cardinal La Balue

Cut a chicken into 8 portions, season and brown in 40–50 g (1½–2 oz, 3–4 tablespoons) butter in a flameproof casserole. Put the casserole in a preheated oven at 220°C (425°F, gas 7) and cook for about 40 minutes. Prepare a stock with 1 sliced carrot, 1 sliced onion, a bouquet garni, 150 ml (¼ pint, ⅔ cup) white wine, 750 ml (1¼ pints, 3¼ cups) water and some salt and pepper. Cook for about 30 minutes.

Clean 12 crayfish, wash them and cook them for 5 minutes in the stock. Drain the crayfish and shell the tails. Pound the shells and press through a fine sieve to make a purée. Mix the purée with 50 g (2 oz, ¼ cup) butter.

Drain the cooked chicken pieces and place them in another casserole, with the thighs at the bottom. Add the crayfish tails, cover and put the casserole in the oven, which should be either turned off or at a very low heat, so that the chicken does not become tough. Pour 500 ml (17 fl oz, 2 cups) double (heavy) cream into the casserole in which the chicken was cooked, heat up and deglaze the pan. Heat for a few minutes to reduce the cream (but do not boil), then add the crayfish butter and whisk. Arrange the chicken pieces on a heated serving dish and coat with sauce. Serve very hot.

Fricassée of chicken with Anjou wine

Cut a large chicken into medium-sized portions and season with salt and pepper. Peel 24 button onions and 24 button mushrooms. Brown the chicken portions in butter, then add the onions and mushrooms. Add sufficient white Anjou wine to just cover the chicken, cover the pan and simmer gently for 30–35 minutes.

Add 200 ml (7 fl oz, ¾ cup) double (heavy) cream and adjust the seasoning. Serve very hot, with small steamed new potatoes or a mixture of carrots and glazed turnips. A small turkey can be prepared in the same way.

Fried spring chicken

Cut a spring chicken into 6 pieces (2 wings, 2 legs and 2 pieces of breast). Mix 2 tablespoons oil with 1 tablespoon lemon juice, some salt and pepper, a little cayenne, 1 finely chopped garlic clove, 1 tablespoon very finely chopped parsley, and, if liked, ½ teaspoon ground ginger. Marinate the chicken pieces in this mixture for 30 minutes. Drain them, coat in breadcrumbs, then deep-fry in very hot oil (180°C, 350°F). When they are golden (13–15 minutes), drain on paper towels, sprinkle with fine salt and serve with lemon quarters.

Galantine of chicken

Cut the wing tips off a 2 kg (4½ lb) chicken. Slit the bird along the back and, with a small, sharp-pointed knife, bone it completely without tearing the flesh. This operation, which at first sight seems awkward, is actually fairly simple: follow the joints of the chicken and work inwards towards the carcass, shaving off the flesh as close to the bone as possible. This separates the carcass from the body of the chicken. Now remove the bones from the legs and wings, still being careful not to tear the skin. Spread out the bird and cut away the breast and the flesh of the thighs and wings, then cut these pieces into squares.

Now prepare the forcemeat: finely mince (grind) 250 g (9 oz, 1 cup) boned loin of pork and 250 g (9 oz, 1 cup) shoulder of veal. Cut 150 g (5 oz, ¾ cup) fat bacon, 150 g (5 oz, ¾ cup) ham, and 150 g (5 oz, ¾ cup) pickled tongue into 1.5 cm (½ in) cubes; mix with the chicken squares, 150 g (5 oz, 1¼ cups) blanched pistachios, the minced meat, 2 beaten eggs, 6 tablespoons brandy, salt, pepper and ½ teaspoon allspice. Wet your hands in order to work this mixture and blend it together. Shape it first into a ball and then into a rectangular block.

To prepare the galantine, place the block of forcemeat over the central third of chicken and enclose it by folding over the parts of the chicken skin

that project at the sides and ends, stretching it without tearing. Soak a coarse linen cloth in water, wring it out, then spread it flat on the table. Place it so that a flap about 25 cm (10 in) long hangs over the edge of the table. Put the galantine lengthways on the cloth, breast upwards, about 10 cm (4 in) from the edge of the table and wrap it as tightly as possible. Tie both ends of the cloth then tie the galantine with string in 3 more places to keep it in shape.

Prepare an aspic stock with 2 partly boned calf's feet, 500 g (18 oz) fresh pork skin, 2 kg (4½ lb) knuckle of veal, 2 large sliced carrots, a large onion studded with cloves, 2 shredded leeks, a bouquet garni enriched with celery, 5 litres (8½ pints, 5½ quarts) white stock, 400 ml (14 fl oz, 1¾ cups) Madeira (optional), salt and pepper. Cook the stock for 1½ hours, then add the galantine, bring rapidly to the boil and simmer for 2¾–3 hours. Remove the galantine. Let it stand for 15 minutes before unwrapping it. Remove the cloth, rinse in lukewarm water and wring thoroughly. Spread it on the table and carefully wrap the galantine in it as before, taking care to keep the slit part of the chicken underneath. Tie up the galantine. Press it on a slab, covering it with a wooden board with a weight on top. Allow to cool for at least 12 hours; it can be kept for several days if it is stored in a cool place.

The galantine is served garnished with its own clarified aspic jelly.

Grilled chicken à la tyrolienne

Spatchcock a 1 kg (2¼ lb) chicken. Season with salt and pepper, brush with flavoured oil and grill (broil) for 25–30 minutes. Meanwhile, peel and slice 2 large onions and separate into rings. Dust the rings with flour and deep-fry in oil at 180°C (350°F). Cut 4 medium-sized tomatoes into quarters, seed and lightly fry in 25 g (1 oz, 2 tablespoons) butter. Arrange the grilled chicken on a hot dish, surrounded by the onions and tomatoes. Season with salt and pepper and garnish with parsley.

Hungarian soup with liver dumplings

Cut 150 g (5 oz) calves' or chicken liver into dice and sauté briskly in 15 g (½ oz, 1 tablespoon) lard (shortening). Season with salt and pepper. Braise 50 g (2 oz, ⅓ cup) thinly sliced onions in butter. Put these ingredients through a food processor or blender, together with 1 tablespoon chopped parsley, 1 large egg, 50 g (2 oz, ¼ cup) butter, salt, pepper, 1 teaspoon paprika and a generous pinch of grated nutmeg. Shape the mixture into small dumplings and simmer them in stock for 15 minutes. Prepare 1.5 litres (2¾ pints, 6½ cups) chicken consommé and serve with the dumplings.

Minute fricassée of chicken

Joint 2 chickens in the usual way and put them in a saucepan with 175 g (6 oz, ¾ cup) good-quality melted butter. Fry the chicken without browning, add 2 tablespoons flour and season with salt, pepper and grated nutmeg; then add sufficient water to make a lightly thickened sauce. Add 6 blanched button onions and a bouquet garni and cook over a brisk heat, ensuring that the chicken pieces do not burn and the sauce is gradually reduced. After 25 minutes, test one of the thighs to see that it is cooked. Add 250 g (9 oz, 3 cups) button mushrooms and skim the fat off the sauce. Blend in 4 egg yolks to thicken the sauce and add a dash of fresh lemon juice.

Mme Maigret's coq au vin

(from a recipe by Georges Simenon) Prepare and finely slice 1 carrot, 1 leek and 1 onion. Cut a chicken of 2 kg (4½ lb) into pieces. Put the vegetables, a bouquet of parsley and the chicken legs into a pot. Pour over 300 ml (½ pint, 1¼ cups) water and cook gently for 30 minutes to obtain a chicken stock.

Meanwhile, cut 2 carrots in slices and chop 4 shallots and 2 garlic cloves. In another pot brown the remaining chicken pieces in 2 tablespoons lard

(shortening) over a brisk heat. Take these out and put in the carrot slices and the chopped shallots and garlic. Reduce the heat and lightly brown for 10 minutes. Put the chicken pieces back into the pot. Sprinkle with 1 tablespoon flour and stir.

Pour over the chicken stock – there should be about 100 ml (4 fl oz, 7 tablespoons) after reduction – with the same quantity of Riesling. Season with salt and pepper, a little grated nutmeg and dried thyme. Cook for about 1½ hours (depending on the age of the chicken). Take out the chicken pieces and place them on a warm dish. Thicken the sauce away from the heat with an egg yolk thinned with 100 ml (4 fl oz, 7 tablespoons) single (light) cream. Finally, add the juice of a lemon and 2 teaspoons sloe brandy. Pour the sauce over the dish and serve.

Omelette à la Célestine

Prepare two small flat omelettes. Place one on a round plate, garnish with slices of poached chicken breast and cover with a thick cream sauce containing chopped parsley. Place the second omelette on top and sprinkle with melted butter.

Paupiettes of chicken with cabbage

Blanch some large leaves of green cabbage for 15 seconds. Drain and wipe them. Remove the legs, wings and breast from an uncooked chicken and season them with salt and pepper. Wrap the chicken pieces in cabbage leaves to make 5 large paupiettes or parcels and tie them up tightly with string. Brown some chopped carrots and onions in goose fat or dripping in a pan, add the paupiettes and cook them until they brown. Add 400 ml (14 fl oz, 1¾ cups) water, cover the pan and cook for about 1½ hours.

The chicken pieces may be boned and skinned before use, if preferred.

Poule au pot à la béarnaise

For a chicken weighing 2 kg (4½ lb) make a forcemeat with 350 g (12 oz, 1½ cups) fine sausagemeat, 200 g (7 oz) chopped Bayonne ham, 200 g (7 oz, 1¼ cups) chopped onions, 3 crushed garlic cloves, a small bunch of parsley (chopped) and 4 chopped chicken livers. Season with salt and pepper and work these ingredients together well to make a smooth paste. Stuff the chicken and carefully sew up the openings at the neck and parson's nose (tail) with trussing twine.

Pour 2.5 litres (4½ pints, 11 cups) cold consommé into a sauté pan and place the chicken in the pan. Bring to the boil and skim the scum that rises to the surface. Then add 100 g (4 oz, 3 cup) chopped carrots, 75 g (3 oz, 9 cup) chopped turnips, 75 g (3 oz) leeks (white part only, cut into chunks), 2 baby (pearl) onions browned in a dry frying pan, 50 g (2 oz) celery hearts (cut into small pieces and blanched) and 100 g (4 oz) cabbage (blanched in salted water, cooled and rolled into tight balls). Simmer these ingredients for 3 hours, occasionally adding a little consommé to compensate for the evaporation. Cut the chicken into portions, slice the forcemeat and serve with the vegetables.

Poulet sauté archiduc

Joint a chicken and sauté the pieces in butter. When half-cooked, add 2 tablespoons chopped onions softened in butter and ¼ teaspoon paprika. Drain the chicken pieces and keep hot. Deglaze the juices in the pan with 100 ml (4 fl oz, ½ cup) dry white wine and heat to reduce. Add 150 ml (¼ pint, ⅔ cup) double (heavy) cream and reduce further. Finally, add a trickle of lemon juice and 50 g (2 oz, ¼ cup) butter. Strain the sauce (if desired) and use it to coat the chicken pieces. Sliced cucumber, steamed in butter, may be served at the same time.

Risotto with chicken livers

Make a risotto *à la milanaise*, but omit the final garnish of white truffle. While the risotto is cooking, prepare 150 ml (¼ pint, ⅔ cup) very thick tomato fondue. Sauté 200 g (7 oz, 1 cup) diced chicken livers and 250 g (9 oz, 3 cups) sliced cultivated mushrooms in butter in a flameproof casserole. Season with salt and a grinding of black pepper and stir in a small grated garlic clove. Mix the tomato fondue, the chicken livers and the mushrooms with the risotto and serve immediately. If you like, 75 g (3 oz, ¾ cup) grated Parmesan cheese may be added.

Roast chicken

Clean a chicken, weigh it and calculate the cooking time, allowing 15 minutes per 450 g (1 lb), plus 15 minutes. Sprinkle with salt and pepper both inside and outside. Truss the bird, then brush it lightly with clarified butter. Place it on its breast in a roasting tin (pan) and cook in a preheated oven at 200°C (400°F, gas 6) for half the cooking time. Then turn it on to its back to finish cooking. Baste it from time to time with its juices. Transfer the chicken to a warmed platter, deglaze the roasting dish with boiling water and serve, offering the gravy separately.

Roast chicken Rossini

Using lining or shortcrust pastry, line 1 tartlet tin (pan) per serving and bake them blind. Roast a chicken weighing 1.8 kg (4 lb) and keep hot in a serving dish. Cut 2 slices of truffle per serving and sauté the slices in butter. Place 1 slice of foie gras and 2 slices of truffle in each tartlet case. Deglaze the roasting pan with Madeira and demi-glace sauce made from the truffle cooking liquor and pour the sauce over the chicken. Surround the chicken with the filled tartlets.

Roasted poached capon with pumpkin gratin

Season the body cavity of a 3–3.5 kg (6½–8 lb) capon. Place 1 peeled onion and a large bunch each of tarragon and parsley in the cavity, then truss the capon securely. Place in a large pan and pour in enough chicken stock to cover. Heat gently until simmering, then cover and simmer gently for 30 minutes. Drain the capon well and transfer it to a roasting tin (pan).

Dot the capon with 50 g (2 oz, ¼ cup) butter and roast it in a preheated oven at 240°C (475°F, gas 9) for 30 minutes. Reduce the temperature to 220°C (425°F, gas 7) and cook for a further 30 minutes. Baste the bird well, then add 2 diced carrots, 1 chopped onion, the chopped green part of 1 leek, 1 diced celery stick, 1 crushed garlic clove and 1 bouquet garni to the container. Turn the vegetables in the juices and cook for a further ½–1 hour, basting frequently, until the capon is cooked. Cover the top loosely with foil, if necessary to prevent the capon from becoming too brown.

Meanwhile, peel and seed a 3 kg (6½ lb) pumpkin and cut it into wedges. Cook the pumpkin in boiling salted water with 1 bouquet garni and 3 peeled garlic cloves for 12 minutes, or until tender. Drain the pumpkin thoroughly.

Press the garlic cloves over the bottom of a large gratin dish. Coarsely mash the pumpkin with a fork, adding salt to taste, a little grated nutmeg and a pinch of cayenne pepper. Spread the pumpkin out evenly in the dish. Pour 400 ml (14 fl oz, 1¾ cups) double (heavy) cream over the pumpkin and sprinkle with 90 g (3½ oz, 1 cup) grated Gruyère cheese. Place the pumpkin gratin in the oven with the capon for the final 15–20 minutes cooking, until it is golden and bubbling.

Transfer the capon to a serving platter. Skim off and reserve excess fat, then add 100 ml (4 fl oz, 7 tablespoons) dry white wine to the vegetables remaining in the roasting tin. Boil until well reduced and nearly dry. Pour in 250 ml (8 fl oz, 1 cup) chicken stock and bring to the boil, then boil for a few

minutes, scraping all the cooking juices into the liquor. Strain through a fine sieve and return to the pan. Bring to the boil and boil until reduced slightly and full flavoured. Whisk in a knob of butter and a little of the reserved cooking fat. Serve this sauce with the carved capon and the pumpkin gratin.

Royale of chicken purée

Poach 50 g (2 oz) white chicken meat and pound it finely. Add 2 tablespoons béchamel sauce and the same amount of cream and press it through a sieve. Bind with 4 egg yolks pour into dariole moulds and cook in a bain marie in a preheated oven at 200°C (400°F, gas 6) for 30 minutes.

Salpicon of cockscombs

Prick the combs lightly with a needle and put them under cold running water, pressing them with the fingers to dispel the blood. Cover with cold water and cook until the water reaches a temperature of 40–45°C (104–113°F), when the skin of the combs begins to detach itself. Drain the combs and rub them one by one in a cloth sprinkled with fine salt.

Remove the outer skin; put the combs in cold water and, when they are white, plunge them into a boiling white court-bouillon. Cook for 35 minutes. Drain and dice the cockscombs. Heat them for a few minutes in Madeira or any other dessert wine. Add a few tablespoons of chicken velouté, white sauce or a very reduced Madeira sauce.

Sautéed chicken à la biarrote

Cut a 1.4 kg (3 lb) chicken into pieces and sauté until brown on all sides and cooked through. Deglaze with 100 ml (4 fl oz, 7 tablespoons) dry or medium white wine. Reduce the liquid, then add 100 ml (4 fl oz, 7 tablespoons) tomato sauce and a small crushed garlic clove. Using a separate pan, sauté 100 g (4 oz,

2 cups) ceps, 100 g (4 oz, ⅔ cup) diced potatoes and 1 diced aubergine (eggplant) in olive oil. Fry a thinly sliced onion, separating the rings. Arrange the chicken in a heated serving dish, coat with the sauce and arrange the garnish in bouquets around it.

Sautéed chicken à la bohémienne

Season a medium-sized chicken with paprika and sauté in a flameproof casserole or large heavy-based saucepan until brown. Cover the pan and continue cooking very slowly either on top of the stove or in a preheated oven at 180°C (350°F, gas 4). Cut 4 red or green (bell) peppers into thick strips. Peel 2 tomatoes and slice them thickly. Finely dice 1 onion and then blanch it. Prepare 1 tablespoon chopped fennel. Add all these ingredients, together with a pinch of crushed garlic, to the pan when the chicken is half-cooked (after about 30 minutes). At the end of the cooking time, when the chicken is tender, deglaze the casserole with 100 ml (4 fl oz, 7 tablespoons) dry white wine. Add 60 ml (2 fl oz, ¼ cup) thickened veal stock or well-reduced bouillon. Finally, add a dash of lemon juice. Pour the sauce over the chicken and serve with a dish of saffron rice.

Sautéed chicken à la fermière

Sauté a chicken in some butter until brown. Thinly slice 2 carrots, 2 onions, the white part of 2 leeks and 3 or 4 celery sticks. Cook them slowly in 25 g (1 oz, 2 tablespoons) butter, ensuring that the vegetables remain fairly firm. Add the vegetables 15 minutes before the chicken is cooked. Place all the ingredients in an ovenproof casserole and add 2 tablespoons diced ham. Cover and cook in a preheated oven at 220°C (425°F, gas 7) for about 10 minutes. The cooking liquid can be deglazed at the last moment with 100 ml (4 fl oz, 7 tablespoons) thick gravy or thick veal stock.

Sautéed chicken à la zingara

Season a 1.25 kg (2¾ lb) chicken with salt and pepper, cut it into 4 pieces and dust with paprika. Brown the pieces in oil in a flameproof casserole, reduce the heat, cover and continue cooking. After 30 minutes add 4 tablespoons strips of ham and the same quantity of pickled tongue and mushrooms; add a little truffle and a small sprig of tarragon. Arrange the cooked chicken on a serving dish with its garnish (without the tarragon), and keep hot.

Deglaze the casserole with 60 ml (2 fl oz, ¼ cup) Madeira and 2 tablespoons tomato fondue. Reduce until almost dry, then add 150 ml (¼ pint, ⅔ cup) demi-glace sauce and heat through. Toast 4 slices of sandwich bread; quickly fry in butter 4 small round slices of ham; place the ham on the pieces of toast and arrange alongside the chicken. Coat the chicken with the sauce and sprinkle with chopped parsley. Serve very hot.

Sautéed chicken Alexandra

Joint a chicken and sauté the joints in butter until cooked. Remove and keep them hot. Add 100 ml (4 fl oz, ½ cup) white stock to the sauté pan and cook briskly to reduce it, then add 1½ tablespoons soubise purée, moisten with 100 ml (4 fl oz, ½ cup) white stock and reduce again. Finally stir in 2 tablespoons double (heavy) cream and 40 g (1½ oz, 3 tablespoons) butter, then strain the sauce. Arrange the chicken in a dish, coat with the sauce and garnish with buttered asparagus tips.

Sautéed chicken chasseur

Sauté a chicken in a mixture of oil and butter. Season, cover and cook for about 35 minutes. Add 150 g (5 oz, 1⅓ cups) thinly sliced raw mushrooms and cook for about 10 minutes more. Drain the chicken and keep it hot. Brown 1 or 2 chopped shallots in the pan juices and add 100 ml (4 fl oz,

7 tablespoons) white wine and 1 tablespoon well-reduced tomato sauce. Reduce by half and then add 1 tablespoon marc and 1 tablespoon chopped tarragon. Bring to the boil and coat the chicken with the sauce. Sprinkle with parsley and serve very hot.

Sautéed chicken Demidof

Remove the giblets from a chicken and cut off the breast, wings and legs. Brown the remaining carcass and giblets in oil in a sauté pan, dust with flour and brown again. Moisten with 150 ml (¼ pint, ⅔ cup) dry white wine and bouillon and cook gently for 30 minutes. Pour this cooking liquid through a strainer and reserve.

Cut 2 carrots, 1 turnip, 2 celery sticks and 1 onion into thin julienne strips. Flour the chicken portions and brown them in a saucepan. Add the vegetable julienne and the cooking liquid, cover and cook gently for 30 minutes. Add a slice of smoked ham and a diced truffle. Cook for a further 15 minutes, then deglaze with Madeira and demi-glace sauce.

Sautéed chicken Doria

Brown a small chicken in 1 tablespoon oil and 25 g (1 oz, 2 tablespoons) butter in a flameproof casserole. Add salt and pepper, cover the casserole and continue cooking over a low heat for 30 minutes. Brown 675 g (1½ lb, 6 cups) peeled chopped cucumber in butter in a separate pan and add to the chicken. Cook for a further 20 minutes. Finish cooking the chicken, uncovered, in a preheated oven at 220°C (425°F, gas 7) for a further 20–30 minutes, or until brown and tender. Remove the chicken, drain and carve. Arrange the chicken slices on the serving dish surrounded by the cucumber. Keep hot. Make a sauce by deglazing the casserole with the juice of a lemon and pour it over the chicken and cucumber.

Sautéed chicken Stanley

Cut a chicken into 6 pieces and sauté them in butter in a flameproof casserole without allowing them to brown. After 30 minutes, add 2 large finely sliced onions, cover and finish cooking over a low heat (about 20 minutes). Cook some mushrooms in butter. Arrange the chicken and mushrooms in a serving dish and keep warm. Deglaze the casserole juices with 200 ml (7 fl oz, ¾ cup) double (heavy) cream, reduce by a quarter and press through a sieve. Add ½ teaspoon curry powder and a pinch of cayenne pepper, then whisk in 40 g (1½ oz, 3 tablespoons) butter. Cover the chicken with this sauce and, if desired, garnish with a few strips of truffle.

Sautéed chicken with mangoes

Cut a chicken into pieces and sauté in butter for about 20 minutes. Soften a chopped onion and a peeled crushed tomato in a mixture of 2 tablespoons oil and 20 g (¾ oz, 1½ tablespoons) butter with a pinch of ground ginger. Add the crushed pulp of 2 or 3 mangoes, a squeeze of lemon juice, the chicken pieces, a cup of water, salt, pepper and a pinch of cayenne. Cover and cook for about 30 minutes over a medium heat.

Sautéed chicken with tarragon

Sauté a chicken *à brun*, then drain it and keep warm in a serving dish. Deglaze the cooking pan with 150 ml (¼ pint, ⅔ cup) white wine; add 1 chopped shallot, reduce, then add 150 ml (¼ pint, ⅔ cup) thickened gravy (or chicken or veal stock thickened with a little arrowroot). Finally, add 1 tablespoon lemon juice and 2 tablespoons tarragon leaves, blanched and chopped. Pour this sauce over the chicken.

This dish can also be prepared in the same way as chicken with cream, replacing the parsley with tarragon.

Scrambled eggs à la reine

Make some very thick cooked chicken purée and some suprême sauce. Bake a large vol-au-vent case and keep it hot. Make some scrambled eggs, cooking them gently until creamy. Fill the vol-au-vent case with alternate layers of chicken purée and scrambled eggs. Serve the vol-au-vent hot, offering the suprême sauce in a sauceboat.

Shaped chicken cutlets Helder

Make a velouté from chicken carcasses (the white meat that has been removed is shaped into cutlets). Add tomato to the velouté and reduce over a gentle heat. Add some butter then strain the sauce. Season the cutlets with salt and pepper, brush with melted butter and put them into a buttered casserole. Sprinkle with a little lemon juice, cover and cook in a preheated oven at 240°C (475°F, gas 9) for 6–10 minutes. Braise some diced carrots in butter and boil some diced artichoke hearts and mushrooms. Arrange the cutlets on a warm serving dish and garnish with the vegetables. Coat with the tomato sauce.

Soft-boiled or poached eggs à la reine

Make some tartlet cases using puff pastry or shortcrust pastry (basic pie dough) and cook them blind. Prepare some cooked chicken purée and some suprême sauce. Soft-boil (soft-cook) or poach 1 egg per tartlet. Reheat the tartlets and fill them with the purée; arrange an egg on each one and mask with the suprême sauce.

Spring chickens à la piémontaise

Prepare a risotto *à la piémontaise*, using 250 g (9 oz, 2¼ cups) rice. Chop 75 g (3 oz) onions, soften in butter, then mix with 400 g (14 oz, 2 cups) finely minced (ground) sausagemeat and the minced livers of 4 spring chickens

(poussins). Season the chickens with salt and pepper, stuff with the forcemeat, truss, and cook in a casserole containing 50 g (2 oz, ¼ cup) butter in a preheated oven at 180°C (350°F, gas 4) for about 50 minutes. Place the risotto in a ring on a heated serving dish, arrange the chickens in the centre and keep warm. Deglaze the casserole with 300 ml (½ pint, 1¼ cups) white wine and 3 tablespoons tomato purée (paste). Reduce by half, thicken with 1 tablespoon beurre manié, add 2 tablespoons freshly chopped parsley and pour this sauce over the chickens.

Spring chickens à la sicilienne

Boil some pasta shapes in salted water. Drain, reheat for a few minutes in very hot butter, then mix with a purée of pistachio nuts. Sprinkle with salt and pepper and leave to cool. Stuff the chickens with this mixture and truss them, then spit-roast over a pan to catch the juices, basting frequently. Three-quarters of the way through cooking, sprinkle with fresh breadcrumbs and allow to colour. Serve the cooking juices as a gravy separately.

Steamed stuffed chicken with ragoût of broccoli

Peel 100 g (4 oz) carrots and 100 g (4 oz) turnips. Chop very finely and cook in boiling water. At the same time, cook separately 100 g (4 oz) unpeeled courgettes (zucchini) in boiling water, making sure they remain firm. Drain thoroughly and dice.

Braise 500 g (18 oz) calves' sweetbreads until brown and cut into small dice. Strain the braising juices and reduce to a quarter of their original quantity. Pour 100 ml (4 fl oz, 7 tablespoons) of the reduced juices on to the sweetbreads, finely chopped carrots, turnips and courgettes.

Using a wide kitchen knife, flatten 4 chicken fillets between 2 pieces of cling film (plastic wrap). Sprinkle a little pepper on top, then put a small

amount of sweetbread mixture in the centre. Roll individually into small cylinders and wrap in cling film. Steam for 20 minutes.

Cook 575 g (1¼ lb) broccoli for a few minutes in boiling salted water. Fry 1 finely chopped onion and 150 g (5 oz, ⅔ cup) lardons of smoked streaky (slab) bacon in 20 g (¾ oz, 1½ tablespoons) butter, until golden, then add the broccoli. Season with salt and pepper and keep warm. Unwrap the chicken fillets and cut them in half. Arrange 2 half chicken fillets on each plate and pour over the braising juice. Arrange the broccoli and the smoked bacon around the fillets.

Stuffed chicken à la mode de Sorges

Fill the inside of a chicken with a forcemeat made up of its liver chopped and mixed with stale breadcrumbs, chopped bacon, parsley, chives, shallots, garlic, salt, pepper, mustard and the bird's blood (if available), all bound together with an egg yolk. Truss it as for roasting.

Brown all over in goose fat, then place it in a flameproof casserole and cover with boiling water; season with salt and pepper. Bring to the boil, skim, then add 3 carrots and 2 turnips (peeled), the white part of 3 leeks tied together in a bundle, 1 celery heart, 1 onion stuck with a clove and a few leaves of Swiss chard tied in a bundle. Simmer very gently for about 1¼ hours. Drain the chicken, untruss it and place it on a dish, surrounded with the vegetables, cutting the carrots and turnips into pieces.

Prepare some Sorges sauce to be served separately: make a highly seasoned vinaigrette, add chopped parsley, chives and shallots, then bind with the yolks of 2 eggs boiled for 3 minutes. Continue cooking the egg whites for 2 minutes in the chicken stock, dice them and add to the sauce. As they do in Périgord, serve the strained chicken cooking stock first as a soup, either poured over slices of toast or garnished with large boiled vermicelli.

Suprême of chicken

The breast and wing of a chicken or game bird are referred to as the suprême.

To prepare suprêmes from a whole bird, pull the leg of the bird away from the body; slice down to where the thigh joins the carcass. Cut through the joint and remove the whole leg. Repeat with the other leg and set both legs aside for use in another recipe. Separate the flesh on either side of the breastbone, cutting down towards the wing joints. Then sever the joints of the wings from the body, without separating them from the breast meat. Finally, cut through each wing at the second joint to remove the pinion (wing tip). Carefully ease off the skin.

Suprême of chicken with Sauternes and preserved lemon

Season 4 prepared chicken suprêmes. Use a flameproof casserole in which the suprêmes will fit snugly, overlapping slightly if necessary. Cook the suprêmes gently in a mixture of butter and olive oil, skin-side down, until browned. Turn the suprêmes over and half cover the casserole, then continue to cook gently until the chicken is cooked through.

Meanwhile, clean 500 g (18 oz) chanterelles and sweat them gently in a covered frying pan. Drain and set aside. Finely chop 3 shallots. Remove the chicken from the pan. Remove the fat and stir in half the shallots. Add 200 ml (7 fl oz, ¾ cup) Sauternes and reduce by half. Stir in 300 ml (½ pint, 1¼ cups) single (light) cream and a pinch of mignonette – a mixture of ground black and white pepper – then reduce for 2 minutes. Sieve the sauce.

Return the sauce to the pan and stir in a dash of lemon juice and the finely diced zest of 1 preserved lemon. Replace the chicken and reheat thoroughly but gently, without boiling. In another pan, cook the remaining shallot in butter with the chanterelles. Season. Arrange the suprêmes on plates, with their sauce. Add the chanterelles and garnish with lemon zest and parsley.

Suprêmes of chicken à blanc

Season the suprêmes with salt and pepper, brush with clarified butter, arrange in a buttered casserole and sprinkle with a little lemon juice. Cover the casserole and cook in a preheated oven at 220°C (425°F, gas 7) for about 15 minutes. Drain the suprêmes and arrange them on a serving dish with the chosen garnish.

The following garnishes can be used: diced aubergines (eggplants) sautéed in butter, braised lettuce or chicory (endive), cucumber slowly cooked in butter, spinach in butter or gravy, artichoke hearts slowly cooked or sautéed in butter, French (green) beans or macédoine of vegetables in butter, peas *à la française*, asparagus tips in butter or cream, or a vegetable purée.

Suprêmes of chicken à brun

Season the suprêmes with salt and pepper, coat them in flour and cook them in clarified butter in a sauté pan until golden on both sides. Arrange on a serving dish with the chosen garnish. The same garnishes may be used as for suprême of chicken à blanc.

Suprêmes of chicken à l'anglaise

Season the suprêmes with salt and pepper, then coat them with beaten egg and breadcrumbs. Cook in clarified butter until golden and cooked through. Arrange on a bed of pommes Anna, surround with grilled (broiled) tomatoes and garnish each suprême with a grilled (broiled) rasher (slice) of bacon.

Suprêmes of chicken à la financière

Sauté some suprêmes of chicken in clarified butter. Arrange them on fried croûtons or puff pastry croustades. Coat with financière sauce and surround with a financière garnish.

Suprêmes of chicken à la florentine

Season some suprêmes of chicken or young turkey with salt and pepper and brush with melted butter. Melt some butter in a flameproof casserole, add the suprêmes and flavour with a little lemon juice. Cover the casserole and place it in a preheated oven at 220°C (425°F, gas 7). Cook for 12–15 minutes. Meanwhile, cook some spinach in butter and spread it in the base of an ovenproof dish. Arrange the suprêmes on top, coat with Mornay sauce, sprinkle with grated cheese and melted butter, and brown in a preheated oven at 240°C (475°F, gas 9).

Suprêmes of chicken à la périgourdine

Cook some suprêmes *à brun* and arrange them on a serving dish. On each suprême place a slice of foie gras fried quickly in butter and a thin slice of truffle. Coat with Périgueux sauce.

Suprêmes of chicken ambassadeur

Sauté the suprêmes in butter. Fry some croûtons in butter and cover them with the suprêmes, each garnished with a thin slice of truffle. Surround the croûtons with mushrooms cooked in cream and with buttered asparagus. Coat lightly with suprême sauce.

Suprêmes of chicken with mushrooms

Cook some suprêmes *à blanc*. Garnish them with mushrooms that have been slowly cooked in butter and coat them with suprême sauce mixed with the pan juices.

Alternatively, cook the suprêmes *à brun*, then garnish them with sautéed mushrooms and coat with Madeira sauce or a demi-glace sauce flavoured with Madeira.

Tajine of chicken with quince

Cut a prepared chicken into 8 pieces. Peel and chop 3 onions. Brown the chicken in a flameproof casserole in 3 tablespoons olive oil. Add the onions, stir, season and add a pinch of paprika, a generous pinch of ground ginger, a few parsley and coriander (cilantro) leaves and 175 ml (6 fl oz, ¾ cup) chicken stock. Cook gently for 30 minutes with the casserole half-covered.

Meanwhile, cut 2 large quinces into 8 pieces, remove and discard the seeds and fry them in oil or butter over a high heat until golden. Place the pieces of chicken and quince in a tajine (an earthenware dish). Pour the cooking liquid over the top and cover the dish with a piece of perforated greaseproof (wax) paper. Cook in a preheated oven at 220–230°C (425–450°F, gas 7–8) for about 30 minutes. Serve very hot.

Tarte cauchoise

Prepare some shortcrust pastry (basic pie dough). Roll into a ball and leave to rest in a cool place for at least 1 hour. Line a flan tin (tart pan) and bake blind. Soften 800 g (1¾ lb, 5 cups) finely chopped onion in butter. Beat 1 egg, mix in 200 ml (7 fl oz, ¾ cup) double (heavy) cream, then add salt, pepper and a little grated nutmeg. Allow to thicken on a gentle heat, without boiling, then add the onions. Fill the flan case with cooked chicken leftovers or finely chopped cooked veal or ham and cover them with the onion mixture. Dot with flecks of butter and cook in a preheated oven at 200°C (400°F, gas 6) for 15–20 minutes.

Truffled chicken à la périgourdine

Wash and peel 1 kg (2¼ lb) truffles, reserving the outer skins and trim to the size and shape of pigeon's eggs; chop the trimmings finely. Melt 250 g (9 oz) chicken fat and the same quantity of unsmoked bacon over a low heat and

strain through a sieve, pressing down well to extract as much flavour as possible. Pour this fat into a saucepan containing the truffles, the truffle trimmings, some salt, pepper and mixed spices, half a bay leaf, a small sprig of thyme and a little grated nutmeg. Simmer, covered, for 15 minutes, then remove from the heat and leave to cool.

Stuff a large roasting chicken with this mixture, making sure the openings are well sewn up and completely closed. Place the chicken in a terrine and cover it with the reserved outer skins of the truffles; leave the chicken like this for 3 or 4 days in a cool place. On the last day, remove the truffle skins and cook them in butter with an onion and a carrot (both chopped) and some sprigs of parsley. Secure the chicken on a spit; cover with strips of unsmoked bacon and, on top of this, the vegetable mixture. Wrap securely in a double thickness of oiled greaseproof (wax) paper and spit-roast for 1½ hours. Five minutes before serving, unwrap the chicken and allow it to brown. Take it off the spit, untruss it and serve with Périgueux sauce.

Turban of poultry

Line a buttered ring mould with thin slices of raw poultry cut from the breast, so that the slices slightly overhang both edges. Mask with a thin layer of poultry forcemeat, then fill the mould with a salpicon of cooked poultry, mixed with truffles and mushrooms, and bound with allemande sauce. Cover with a thin layer of forcemeat and fold the overhanging slices over the top. Cook in a bain marie in a preheated oven at 180°C (350°F, gas 4) for about 40 minutes, then leave to stand for 10 minutes before turning out of the mould on to a round dish. Fill the centre of the turban with braised slices of calves' sweetbreads and sautéed morels. Coat with suprême sauce.

Duck

Aiguillettes of duckling with honey vinegar

Aiguillette is the French name for a long narrow fillet, taken from either side of the breastbone of poultry (mainly duck) and game birds. This separates easily from the underside of the breast meat and is a popular chef's item for small dishes.

Cut 2–3 aiguillettes per serving (there are 2 per duckling). Season with salt and pepper. Cook a chopped shallot in butter over a gentle heat. When it begins to brown, add 1 tablespoon liquid honey (preferably acacia honey); boil for about 2 minutes until it thickens. Grill (broil) the aiguillettes separately and arrange them on a warm dish. Pour the sauce over the top and serve immediately with straw potatoes, rice or a mixture of sautéed carrots and turnips.

Amiens duck pâté

To prepare the pastry, spread 500 g (1 lb 2 oz, 4½ cups) plain (all-purpose) flour out on a board or work surface, make a well in the centre and put in 1 teaspoon table salt. Break an egg into the well and mix with the salt, then add 1 tablespoon olive oil. Soften 125 g (4½ oz, ½ cup) lard (shortening) by kneading if necessary, then mix it with the liquid part in the centre of the flour. Then blend the flour and lard, without moistening at all. When the pastry is well blended, spread it out and sprinkle with about 1½ tablespoons cold water. Roll the pastry together into one lump and leave to rest in a cool place for at least 2 hours before use. (This pastry has the advantage of rising very little during cooking.)

To make this pâté, use only a young duckling, which can be cooked very quickly. Pluck, draw and singe the bird, carefully removing any innards that may remain. Cut off the wing tips just below the first joint from the shoulder. Cut off the feet at the joint. Season the inside and outside with spiced salt. Cut up a side of streaky (slab) bacon and fry over a low heat in a little cooking fat. Remove it and brown the duck in the fat over a low heat, turning it so that it browns all over. Drain the duck and leave to cool before making the pâté.

À gratin forcemeat is always used for this pâté. The ingredients may vary, depending on what is available, and may include veal or poultry liver, in addition to the liver from the duck. Melt 150 g (5 oz, ⅔ cup) finely chopped fat over a low heat and use it to brown 500 g (1 lb 2 oz) veal or poultry liver, which has been suitably trimmed and coarsely diced. When the liver is well browned, add 1 chopped onion and 2 chopped shallots, and season with 1 tablespoon spiced salt, some chopped thyme and bay leaves. Cover and leave for a few minutes on a low heat. Remove and allow to cool, then pound the mixture in a mortar and pass through a fine sieve.

Divide the pastry into two equal portions and roll one half into an oval about 1 cm (½ in) thick so it is a little longer and wider than the duck. Place this pastry in the centre of a metal baking sheet or ovenproof pie dish that has been lightly moistened with a little cold water. Next, spread a quarter of the forcemeat in the middle of the pastry and lay the duck, on its back, on top; season the duck with more spiced salt and a little cayenne pepper. Completely cover the duck with the remaining forcemeat. Roll out the remaining pastry in an oval shape and place over the duck, sealing it well at the edges. Crimp up the sides, garnish the top with some pieces of pastry cut into fancy shapes and make an opening in the centre for the steam to escape. Finally, glaze the pastry with beaten egg. Bake the pâté in a preheated oven at 220°C (425°F, gas 7) for 1¼–1½ hours, depending on the size.

Ballotine of duck

Bone a 2.5 kg (5½ lb) duck. Open the duck and carefully remove all the flesh, leaving the skin intact. Dice the breast meat. Draw the sinews from the rest of the meat and finely chop with an equal weight of unsmoked fatty bacon, half this weight of lean veal, and 75 g (3 oz, 1½ cups) fresh breadcrumbs soaked in milk. Combine these ingredients in a food processor with 4 egg yolks. Season with salt, pepper and allspice. Add to this stuffing 150 g (5 oz) fresh foie gras, cut into large cubes and quickly fried in butter, 1 diced truffle and the diced breast meat. Add 2 tablespoons Cognac and mix well.

Wet and squeeze out a piece of muslin (cheesecloth) and spread on the table. Place the duck skin, opened flat, on the muslin and spread evenly with the stuffing. Roll into a neat ballotine and tie at both ends and in the middle.

Boil the ballotine immersed in a rich stock for 2–3 hours, arrange on a serving dish, and garnish as desired (châtelaine, chipolata, forestière, Godard, Lucullus, with braised chestnuts, or lettuce) and serve with other vegetables braised or cooked in butter. Baste the ballotine with a few spoonfuls of reduced sieved pan juices. Serve the remainder of this liquid separately.

To serve the ballotine cold, increase the foie gras to at least 200 g (7 oz). Once the cooked ballotine has been unwrapped, rewrap it very tightly in the same muslin, rinsed and wrung out, and allow to cool between two plates under a weight. Refrigerate overnight, then glaze with aspic jelly made from the well-reduced stock and chill to set before serving.

Braised duck

Singe and truss a duck weighing about 2 kg (4½ lb). Put it into an ovenproof braising pan lined with fresh bacon rind and with a carrot and an onion cut into rounds and tossed in butter. Add a bouquet garni, season and cook, covered, for 15 minutes, browning the duck all over. Moisten with 100 ml

(4 fl oz, 7 tablespoons) white wine, reduce and add 300 ml (½ pint, 1¼ cups) chicken stock. Boil, then transfer to a preheated oven at 220°C (425°F, gas 7) and cook, covered, for 1 hour. Drain the duck, untruss it, place on a serving dish and surround with garden peas. Pour over some of the braising juices, reduced and strained, and serve the remainder in a sauceboat.

The same method is used for duck *à l'alsacienne*, which is surrounded with braised sauerkraut and a garnish of streaky (slab) bacon and Strasbourg sausages; duck *à la chipolata*, which is garnished with braised chestnuts, small glazed onions, lean rashers (slices) of blanched bacon and chipolata sausages cooked in butter; and duck with olives, which uses green olives, stoned (pitted) and blanched.

Braised Rouen duck

The excellent Rouen duck, in particular the Duclair (named after a village in Normandy), is mainly sold locally. Very fine flesh, tinged with red, with a special flavour due to the fact that the bird is smothered, not bled, so that the blood remains in the muscles. Rouen duck may be braised, although this is an unusual way of cooking it. It may be prepared *à la bigarade*, with a bitter orange sauce; with cherries – use stoned (pitted) morello cherries and dilute the pan juices with Madeira; with champagne – dilute the pan juices with 300 ml (½ pint, 1¼ cups) dry champagne and, if liked, a few tablespoons of thickened veal stock; or *au chambertin* – finish off the cooking with 125 g (4½ oz) blanched and fried larding bacon and mushrooms tossed in butter.

Chaud-froid of duckling

Cook a fine duckling weighing about 1.8 kg (4 lb) in a preheated oven at 230°C (450°F, gas 8), keeping it slightly underdone (40–45 minutes). Remove the skin, detach the legs and cut the fillets into long thin slices. Prepare a white

sauce or fumet from the carcass and the skin (and possibly some of the giblets), and use it to make an orange-flavoured chaud-froid sauce. Skin the duck and cut it into pieces, then put them into the refrigerator. When chilled, coat the pieces of duck with several layers of chaud-froid sauce, putting them in the refrigerator between each application of sauce. To collect the sauce which drains away, arrange the duck on a rack over a tray or piece of foil. Dilute the sauce with a little cold stock for the last two applications.

Chinese duck smoked over tea leaves

Draw a duck weighing about 1.4 kg (3 lb). Rub the inside and outside of the carcass with salt, then with sugar. Place the duck in a deep ovenproof dish sprinkled with 3 tablespoons fresh root ginger cut into thin strips, 2 tablespoons crushed cinnamon, and 2 tablespoons star anise. Sprinkle with 175 ml (6 fl oz, ¾ cup) Chinese rice wine or dry sherry. Add 100 ml (4 fl oz, 7 tablespoon) water, cover and cook in a bain marie for 2 hours. Drain the duck and leave to cool on a plate. Heat a deep cast-iron pan and pour in 75 g (3 oz, ¾ cup) green tea leaves. Place over a moderate heat until a light white smoke is given off. Then put the duck in the hot pan, cover and leave it to absorb the smoke for 4 minutes, then remove from the heat. Heat a little groundnut (peanut) oil in a large deep frying pan and brown the duck on all sides over a brisk heat for 5 minutes. Carve and serve piping hot, garnished with braised broccoli.

Cold duck foie gras escalopes with grapes and truffles

Prepare and cook the raw liver, then cut it into equal-sized slices. On each of these escalopes (scallops) place 1 large slice of truffle dipped in aspic jelly and leave to set, then glaze the whole escalope with aspic. Arrange the escalopes in a crown shape in a shallow glass bowl. In the middle of the crown, heap a

dome of fresh peeled seeded grapes which have been steeped in a little liqueur brandy. Coat everything lightly with clear port-flavoured aspic. Cover and then chill well before serving.

This recipe can also be made with goose foie gras.

Cold duck pâté

This is made using a boned duck, stuffed with *à gratin* forcemeat to which foie gras and truffles have been added, either *en pantin* (a variety of pâté en croute, retangular or oblong in shape, that is not cooked in a mould), like cold lark pâté, or in a mould, like cold timbale of woodcock.

Croûtes à la rouennaise

Fry 4 slices of bread in butter. Prepare 150 g (5 oz) *à gratin* forcemeat using Rouen duckling livers, grill (broil) 4 large mushroom caps and make 2 tablespoons very thick bordelaise sauce. Spread the croûtes with the forcemeat and heat them through for 10 minutes in the oven. Garnish each with a grilled mushroom cap, filled with 1½ teaspoons bordelaise sauce.

Dodine of duck

Dodine is a dish of boned, stuffed and braised poultry (particularly duck) or meat.

Bone a duck without damaging the skin, keeping the breast meat intact as far as possible. Remove all the flesh from the skin. Cut the breast meat into thin slices (*aiguillettes*) and marinate them for 24 hours in 2 tablespoons brandy, a pinch of ground fennel seeds, salt and pepper. Chop the remaining flesh and mix it with 250 g (9 oz, 1 cup) chopped fat bacon, 250 g (9 oz, 1 cup) chopped lean pork, 250 g (9 oz, 1 cup) chopped veal, 250 g (9 oz, 3 cups) chopped button mushrooms, 50 g (2 oz, ½ cups) ground almonds and a

chopped small bunch of parsley. Work 2 tablespoons truffle parings (or diced truffles), 1 egg, salt and pepper into the mixture. Cook a knob of the mixture in a sauté pan and taste it, then adjust the seasoning if necessary.

Spread out the skin of the duck and cover it with half of the stuffing. Arrange the slices of breast on top and cover with the remaining stuffing. Fold the skin towards the centre at the neck and the tail, roll and tie up the dodine. Either wipe a soaked pig's caul and tie it around the dodine or tie the dodine in shape with string. Pork fat or streaky (slab) bacon may be used to bard the dodine. Braise the dodine in a little white wine in a preheated oven at 180°C (350°F, gas 4), basting it several times. Cook for 1½–1¾ hours, until the juices that run out when it is pricked are clear.

If the dodine is to be served hot, cut the thread and remove any parts of the caul that have not melted. Skim the fat from the cooking juices and add 2 tablespoons port and a few tablespoons of stock. Reduce by half. Cut the dodine into slices, garnish with watercress and serve with the sauce.

If the dodine is to be served cold, allow it to cool completely before cutting the thread. Serve with a green or mixed salad.

Duck à l'agenaise

Singe a duck weighing about 2 kg (4½ lb). Season the inside with salt and pepper, stuff with a dozen or so stoned (pitted) prunes soaked in Armagnac and sew up. Brown the duck in a pan containing 25 g (1 oz, 2 tablespoons) butter, sprinkle with a glass of Armagnac and set alight. Cover the pan and cook for about 40 minutes. Meanwhile, poach the grated zest of ½ orange for 5 minutes in half a bottle of Bordeaux wine, together with 2 cloves, a little grated nutmeg, 5 or 6 crushed peppercorns, a sprig of thyme and a bay leaf. In a saucepan, brown 100 g (4 oz, ½ cup) very small lardons of smoked bacon, 2 tablespoons diced carrot, 1 tablespoon diced celery and a large chopped

onion, adding a knob of butter if required. Sprinkle with 1 tablespoon flour, then add the strained orange-flavoured wine. Season with salt and pepper, stir well and cook slowly for 20 minutes. Drain the duck and keep it hot. Pour the wine sauce into the juices from the duck and add a small glass of Armagnac and about 20 stoned (pitted) prunes. Reheat the sauce. Garnish the duck with prunes and cover with the sauce.

Duck à l'orange Lasserre

Prepare a Nantes duck weighing about 2 kg (4½ lb), brown it in butter, then cook gently for 45 minutes. Sprinkle with 100 ml (4 fl oz, 7 tablespoons) Grand Marnier and leave to cook for a further 5 minutes. Remove the duck from the pan and keep hot. Strain the liquor and pour it into a saucepan, adding 1 tablespoon each vinegar and caster (superfine) sugar, the juice of 3 oranges and 100 ml (4 fl oz, 7 tablespoons) each of mandarin and apricot liqueur to make the sauce. Peel 6 oranges down to the flesh, cut them into slices, removing all fibres and seeds, and place them in a frying pan with a few spoonfuls of the sauce. Heat without boiling. Now carve the duck, arrange it on a hot dish and surround with slices of orange. Cover with some of the sauce and serve the remainder in a sauceboat (gravy boat).

Duck foie gras with grapes

Skin and seed 8 large white Muscat grapes for each slice of foie gras. Cut the foie gras into fairly thick slices and season them with salt and pepper. Sauté them rapidly in butter then drain and keep hot. Deglaze the pan with a small glass of Sauternes, Monbazillac or a liqueur wine (or use half wine and half thickened veal stock, if you prefer), then add the grapes and shake them about in the pan. Taste and adjust the seasoning. Pour the sauce and the grapes on to the foie gras and serve.

Duck foie gras with white pepper and green leeks

Prepare a foie gras weighing 300–400 g (11–14 oz). Boil some young green leeks in salted water and purée them with a little cream. Put this purée in a small greased cake tin (pan). Season the foie gras with salt and coarsely ground pepper and arrange it on the leek purée. Cover the tin with foil and bake in a preheated oven at 140°C (275°F, gas 1) for 35 minutes. Leave to cool for 45 minutes (the last 15 minutes in the refrigerator).

Duck in bitter orange sauce

Cut the rind of 1 Seville orange (or 1 sweet orange) and ½ lemon into thin strips; blanch, cool and drain. Fry the duck in butter for about 45 minutes, until the flesh is just pink. Drain, untruss and arrange on a serving dish. Deglaze the cooking stock with 100 ml (4 fl oz, 7 tablespoons) white wine. Add 300 ml (½ pint, 1¼ cups) veal stock or a fairly light demi-glace sauce; otherwise use well-reduced chicken stock. Prepare some vinegar caramel, using 2 sugar lumps dissolved in 2 tablespoons vinegar and add to the sauce. Boil for a few moments. Add the juice of the orange and the lemon half, reduce, strain and add the orange and lemon rind. The duck can be garnished with peeled Seville orange segments, if liked.

Duck or goose foie gras mousse

Press a poached foie gras through a fine sieve, and place the purée in a bowl. For each litre (1¾ pints, 4⅓ cups) purée, add 250 ml (8 fl oz, 1 cup) melted aspic jelly and 400 ml (14 fl oz, 1¾ cups) chicken velouté sauce. Beat the mixture lightly over ice. Season, then add 400 ml (14 fl oz, 1¾ cups) partly whipped double (heavy) cream. Line a round mould with aspic jelly and garnish with slices of truffle, the thinly sliced whites of hard-boiled (hard-cooked) eggs and tarragon leaves. Then fill with the mousse up to 1.5 cm

(¾ in) from the top of the mould. Cover the mousse with a layer of aspic jelly, allow to cool, then chill in the refrigerator.

Turn out the mousse on to a serving dish and surround it with chopped aspic jelly. The foie gras mousse can also be served in a silver dish or a crystal bowl, at the bottom of which a layer of aspic jelly has been left to set. Smooth the top of the mousse, which should be slightly dome-shaped. Garnish with slices of truffle and glaze lightly with any remaining aspic jelly.

Duck saupiquet

Grill (broil) or roast 300 g (11 oz) sliced duck breasts and arrange them in a hot dish. Gently cook 2 small chopped garlic cloves in 2 tablespoons vinegar and 2 tablespoons white wine. Leave to cool, then purée in a food processor with 1½ tablespoons cream cheese, 100 g (4 oz) cooked duck's liver and 1 tablespoon olive oil flavoured with herbs. Cover the duck with this sauce.

Duck suprêmes with truffles

This is made with the breast fillets (suprêmes) of a Rouen duck. Roast the duck in a preheated oven at 200°C (400°F, gas 6) for about 30 minutes, so it is still slightly pink. Cut the fillets into large slices and arrange them in a timbale mould with thick slices of truffle which have been tossed in butter. Keep hot. Roughly chop the remaining carcass and trimmings, moisten with Madeira, port or sherry, and reduce. Add a few tablespoons of reduced demi-glace and boil briefly, then strain. Return the sauce to the boil, then add 1 tablespoon flamed brandy and 2 tablespoons butter. Pour the sauce over the fillets.

Duck Voisin

Voisin, the name of a famous Parisian restaurant regarded as one of the foremost in the capital between 1850 and 1930, is still used for this timbale of

duckling fillets with truffles in aspic. The starting point, a salmi, is a stew (usually of game birds) made first by part roasting and then stewing the bird.

Roast a duckling so that the meat remains slightly pink – about 30 minutes in a preheated oven at 230°C (450°F, gas 8). Let it get completely cold, then remove the fillets. Break up the carcass and trimmings and stew these with a mixture of flavouring vegetables in stock to prepare a salmi. Strain the salmi, remove the fat, and add to it an equal quantity of meat aspic. Reduce and strain. Place a layer of this sauce in a timbale mould; when it has set, place on top a layer of finely sliced duckling fillets. Coat them with more of the sauce, then cover with a layer of sliced truffle. Continue to fill the timbale with alternating layers of duck and truffle, coating each layer with a little half-set aspic. Finish with a layer of aspic. Chill in the refrigerator until set. Turn out and serve very cold.

Duck with crystallized turnips and cider

Make a stock with the roast giblets from a 2 kg (4½ lb) duck, 1 sliced onion and 1 sliced carrot. Add 1 litre (1¾ pints, 4⅓ cups) cider, 1 apple and 2 large turnips, peeled and cut into pieces. When the liquid has reduced to half its original volume, add 1 litre (1¾ pints, 4⅓ cups) clear stock and cook gently for 20 minutes. Pour the liquid through a strainer. Roast the duck in a preheated oven at 200°C (400°F, gas 6). It should lie on each leg for 10 minutes and then on its back for 5 minutes. Remove the duck from the oven and allow to rest.

In a sauté pan, heat 50 g (2 oz, ¼ cup) butter, add a pinch of sugar and 24 small turnips and fry until golden. Put the duck in a cast-iron casserole with the turnips and stock and simmer for 10 minutes. Thicken the sauce with 50 g (2 oz, ¼ cup) butter and add 1 bunch of coriander (cilantro), chopped, and a dash of cider.

Duck with mangoes

Pluck, draw, singe and truss a duck. Season with salt and pepper and coat lightly with fat. Roast in a preheated oven at 220°C (425°F, gas 7) with chopped onions, carrots, celery, a little thyme, a bay leaf and 2 tablespoons water. After about 35 minutes for a 1.12 kg (2½ lb) duckling, when the flesh is still pink, pour off the cooking juices into a pan and add 5 tablespoons white wine or stock. Keep the duck warm.

Choose mangoes that are not too ripe, peel them, and remove the stones (pits) over a plate to collect the juice. Put the fruit and juice in a saucepan with a little apricot or peach liqueur, cover and cook gently for a few minutes over a low heat. Strain the fruit, reserving the juice, and put to one side.

Make a dry caramel by heating 2 tablespoons granulated sugar, stirring with a wooden spoon. Add 1 tablespoon vinegar to the caramel, followed by the strained mango juice and then the pan juices. Cook the sauce gently for a few minutes. Carve the duck and garnish with the warm cooked mangoes. Serve coated with the sauce.

Duck with olives

Stone 250 g (9 oz, 1½ cups) green olives, blanch them for 10 minutes in boiling water, refresh them under cold water and drain. Rub salt and pepper on the inside and the outside of a duck weighing about 2 kg (4½ lb) and truss it. Slice 200 g (7 oz) slightly salted bacon into small strips, blanch for 5 minutes in boiling water, refresh and dry, then fry in 40 g (1½ oz, 3 tablespoons) butter. Drain.

Fry the duck until golden in the same butter, then remove it. Still using the same butter, brown 2 onions and 2 carrots, both finely chopped. Add 250 ml (8 fl oz, 1 cup) meat stock, 1 tablespoon tomato purée (paste), a pinch of crumbled thyme and bay leaf, and 1 tablespoon chopped parsley. Season with

salt and pepper and cook gently for about 20 minutes, then strain.

Pour this sauce into a large flameproof casserole, add the duck and the bacon, cover the pot and bring to the boil on top of the stove. Transfer the casserole to a preheated oven at 230°C (450°F, gas 8) and cook for 35–40 minutes, then add the olives and continue cooking for at least another 10 minutes. Arrange the duck on a hot serving dish, cover it with the sauce, and arrange the olives all around it.

Duck with peas

Cut 200 g (7 oz) larding bacon into large dice, and blanch. Brown these, together with 12 small onions, in butter in a casserole. Remove the onions and diced bacon from the pan and replace with a trussed Nantes duck. Brown the duck on all sides and then drain, retaining the juices. Dilute the pan juices with 100 ml (4 fl oz, 7 tablespoons) dry white wine and 250 ml (8 fl oz, 1 cup) veal or chicken stock and put the duck into this liquor. Add 1 litre (1¾ pints, 4⅓ cups) shelled fresh garden peas, the onions, the bacon, and a bouquet garni. Season and add 2 teaspoons sugar. Simmer gently with the lid on for 35–40 minutes. Drain the duck and arrange on a serving dish, surrounding it with the peas. Reduce the pan juices and pour over the duck. Arrange a lettuce, shredded into a chiffonnade or cut into quarters, on the peas. Alternatively, cook the duck in the same way but leave it slightly underdone. Add 1 litre (1¾ pints, 4⅓ cups) fresh garden peas cooked *à la française* and simmer gently for a few minutes.

Duck with pineapple

Prepare a young duck, season its liver with salt and pepper and replace inside the carcass. Slowly brown the duck in butter in a flameproof casserole for 20 minutes, add salt and pepper, and then flame it in rum. Add a few table-

spoons canned pineapple syrup, 1 tablespoon lemon juice and 1 tablespoon black peppercorns. Cover the dish and finish cooking (50 minutes altogether). Brown some pineapple slices in butter and add them to the casserole 5 minutes before the end of the cooking time. Check the seasoning. Cut the duck into pieces and arrange on a warm plate. Garnish with the pineapple and pour the cooking juices over the top.

Ducklings à la d'Albufera

Dress and truss 2 young ducklings. Cut 12 pieces of smoked Bayonne ham into heart shapes. Put into a saucepan 50 g (2 oz, ¼ cup) best butter, the pieces of ham, then the ducklings, a bouquet garni, an onion stuck with 2 cloves and half a glass of Málaga (or another Muscat) wine. Cover the contents of saucepan with a circle of buttered paper. In a restaurant this is cooked by placing the pan on a *paillasse* (brick hearth with charcoal fire), with flames above and below but not too fierce, so that the ducklings cook without frying. At home, cook in a preheated oven at 200°C (400°F, gas 6). After 20 minutes, turn the ducklings and remove the onion and the bouquet. After a further 20 minutes, strain them, untruss and place on a serving dish. They should be well browned. Garnish with thin slices of ham. Skim off the fat from the juices in the pan and add 2 tablespoons financière sauce with the fat removed. Add 2 punnets of lightly fried very small mushrooms and coat with the sauce.

Duckling with lavender honey and lemon

For 4 people, allow 2 ducklings, each weighing about 1.5 kg (3¼ lb), and their giblets. Soften 2 tablespoons mirepoix in a shallow frying pan. Add the giblets and turn them over in the mirepoix. Barely cover with a mixture of half white wine and half water. Season with salt and pepper. Cover and leave to cook gently for about 30 minutes. Strain. Season the ducklings with salt and

pepper. Fry them lightly in butter for 20 minutes, taking them out while they are still pale pink. Discard the cooking butter and deglaze the pan with the juice of 2 lemons; then add 1 small teaspoon lavender honey to make a sauce. Leave to reduce almost completely. Then add 2 tablespoons strained duck giblet juices and finally stir in a knob of butter. Adjust the seasoning.

Cut the breast of the ducklings into long thin slices; grill (broil) the legs briefly on both sides. Coat with the seasoned sauce.

Fillets of wild duck in bitter orange sauce

Take the breast fillets from 2 wild ducks and place in an earthenware dish with salt, coarsely ground pepper, parsley, thyme, 1 bay leaf, chopped shallots, lemon juice and 3 tablespoons good oil. Marinate the duck in the mixture for 45 minutes, turning frequently. Lay the fillets on a spit rack, then skewer them loosely and sprinkle with the marinade. Cook until they are firm to the touch. Remove the skewers and place the duck in a sauté dish containing a melted knob of butter and the juice of ½ lemon. Serve with bitter orange sauce

Glazed duck with foie gras

Season a fine duck foie gras with salt and pepper, then marinate it in port for at least 24 hours. Draw a 2.5 kg (5½ lb) duck through the neck, remove the breastbone and open out the tail end. Put the liver into the duck and truss it up. Brush the duck with oil and cook in a covered casserole in a preheated oven at 200°C (400°F, gas 6) for 1 hour 20 minutes. While the duck is cooking, prick the skin frequently with a fork so that it does not burst. Remove from the casserole and leave to cool. Add the port marinade and some aspic jelly made with the duck's giblets to the pan juices. Glaze the duck with this clarified aspic and chill.

Poach some prunes in water, some cherries in a red-wine jelly, and some

apple quarters in butter. Flavour all these fruits with ginger and glaze with the remaining duck aspic. Stuff some stoned (pitted) green olives with foie gras or ham mousse. Peel the segments of a large orange. Arrange the duck in the serving dish with all the fruits, making the orange segments into a rosette.

Jellied fillets of Rouen duck à l'orange

Cook a 2 kg (4½ lb) duck for 35 minutes in a preheated oven at 240°C (475°F, gas 9) so that it remains slightly pink. Remove the legs and cut the breast fillets diagonally into slices, leaving them attached at the base. Coat the breast fillets with a brown chaud-froid sauce *à l'orange*. Glaze with aspic and chill.

Prepare a mousse (as for chicken mousse) using the flesh off the legs, adding diced truffles. Fill tiny dome-shaped moulds (or a parfait mould) with the mousse and place in the refrigerator to set.

From a loaf, cut croûtons to the size of the moulds and butter them, then toast or fry until crisp and golden. Cool. Turn the set mousses out on to the croûtons. Arrange the fillets of duck on plates, taking care to keep the tops of the slices neatly closed together. Pour a few spoonfuls of half-set aspic on to the plates and arrange some orange segments as a garnish. Garnish the duck fillets with shreds of pared orange zest and add a mousse-topped croûton to each plate. Chill before serving.

Magrets of duck

The magret is a portion of meat from the breast of a duck (mallard or Barbary, traditionally fattened for foie gras). Magrets are presented with the skin and underlying layer of fat still attached.

Place 4 chopped shallots and 300 ml (½ pint, 1¼ cups) red wine in a small saucepan and reduce over a high heat until the wine has been absorbed. Then add 120 ml (4 fl oz, ½ cup) single (light) cream and reduce again until syrupy.

Lower the heat. Remove from the heat and gradually whisk in one or two pieces of butter cut from 350 g (12 oz, 1½ cups), returning the saucepan to the heat for a few moments and then removing it. Continue in this way until all the butter has been incorporated. Keep the sauce warm in a bain marie.

Quickly brown 6 duck breasts (magrets) in a heavy-based saucepan, placing the fatty side down. Turn them over as soon as they are golden, cook the other side similarly and reduce the heat. Leave to cook for about 15 minutes. Remove the breasts from the pan and keep warm in a serving dish. Skim off the cooking fat and deglaze the pan with 7 tablespoons red wine. Reduce for a few minutes, then remove from the heat and thicken the sauce with 1 tablespoon of the butter sauce prepared earlier. Pour this sauce over the duck breasts and serve the remainder of the butter sauce separately.

Magrets with green peppercorns

Brown the duck breasts in butter or goose fat in a frying pan. Add ½ glass of stock, salt and some green peppercorns and cook, keeping the meat rare. Off the heat, add 2 tablespoons double (heavy) cream. Keep warm.

Cook some rice in the Oriental way (lightly brown the rice in butter or goose fat, then add stock and cook until the rice is tender and all the stock has been absorbed) and add an equal quantity of chopped mushrooms. Prepare a thick béchamel sauce (half the volume of the rice). Add the rice and mushrooms and form into flat cakes. Brown the cakes in a little hot oil. Serve the duck breasts with the rice cakes and coat with the sauce.

Mallard with green peppercorns

Select a mallard duck weighing about 1.4 kg (3 lb). Season the inside and outside with salt and pepper and place in a roasting pan. Sprinkle with 2 tablespoons oil and cook for 30 minutes in a preheated oven at 200°C

(400°F, gas 6). Then cover the dish with foil to keep the duck hot. Peel 2 good-sized Granny Smith apples, cut them into halves, and remove the seeds and cores. Cook in a preheated oven at 180°C (350°F, gas 4) for about 10 minutes. For the sauce, pour 5 tablespoons white wine and 1 tablespoon Armagnac into a saucepan, and reduce by about two-thirds. Add the juice from a can of green peppercorns and 4 tablespoons stock (duck or other poultry). Reduce again for 2–3 minutes. Add 200 ml (7 fl oz, ¾ cup) single (light) cream, season with salt and cook until the sauce is smooth. Check the seasoning and at the last moment add 4 teaspoons port and 1½ tablespoons green peppercorns. Cut off the breast fillets of the duck and place on a serving dish. Cover with the sauce and garnish with the apple, cut into quarters.

Ravioli of daube of duck with red wine

Cook 1 duck in a casserole in 60 ml (2 fl oz, ¼ cup) oil with 2 chopped onions and 2 thinly sliced carrots. Add 1 litre (1¾ pints, 4⅓ cups) red wine, salt, pepper and 1 bouquet garni halfway through the cooking. Reserve the duck in a warm place and finish the sauce by thickening it with a mixture of 25 g (1 oz, ¼ cup) plain (all-purpose) flour and 25 g (1 oz, 2 tablespoons) butter. Joint and debone the duck. Chop coarsely. Incorporate 20 g (¾ oz) chopped, stoned (pitted) olives and a little sauce. Brush 10 x 10 cm (4 x 4 in) squares of pasta with egg white. Put the stuffing on the moistened sides of half the squares and cover with the remaining squares, moistened sides down. Press the edges together. Cook the ravioli for 2 minutes in simmering salted water. Pour the remaining sauce on top and garnish with chervil. Serve immediately.

Roast duck

Season the duck with salt and pepper both inside and out, truss and roast in the oven or on a spit. A duckling weighing about 1.25 kg (2¾ lb) should be

cooked in a preheated oven at 220°C (425°F, gas 7) for 35 minutes, or for 40–45 minutes on a spit.

Roast duck with maple syrup

Peel 2 Williams (Bartlett) pears, cut in half lengthways and remove the cores. In a frying pan, combine 50 g (2 oz, ¼ cup) caster (superfine) sugar with 250 ml (8 fl oz, 1 cup) dry white wine and the juice of 2 lemons and 2 oranges. Bring to the boil. Add the pears, 250 ml (8 fl oz, 1 cup) pure maple syrup and a pinch of ground allspice. Simmer until the pears have softened, then remove them from the liquor and set aside in a warm place. Reserve the liquor.

Meanwhile, wash 2 ducks. Prick the skin of the breasts with a fork and season with salt and pepper. Place in an ovenproof casserole and roast in a preheated oven at 200°C (400°F, gas 6) for 15 minutes. Peel and chop 2 carrots, 2 onions, 3 celery sticks, 1 salsify and 2 garlic cloves. Add to the ducks with 2 cloves, 2 bay leaves and 1 bunch of thyme, chopped. Reduce the oven temperature to 150°C (300°F, gas 2). Skim the excess fat from the casserole and baste the ducks every 10 minutes with the reserved maple syrup mixture. As soon as the vegetables begin to turn slightly brown, pour in 500 ml (17 fl oz, 2 cups) chicken stock. Continue cooking (1½ hours in all), basting regularly with the juices in the casserole.

When the ducks are cooked, remove them from the dish and put aside in a warm place. Remove as much fat as possible from the liquid in the dish, leaving the duck juices. Put the vegetables and juice in a smaller saucepan and heat. Add 1 tablespoon tomato purée (paste) and cook for 2–3 minutes. Add a further 500 ml (17 fl oz, 2 cups) chicken stock and any remaining maple syrup mixture. Simmer for 15 minutes and strain. Bone the ducks. Place the pieces of duck on a serving dish and garnish with slices of pear, arranged in a fan shape. Pour the cooking juices over the pieces of duck.

Roast duck with peaches

Roast the duck. Meanwhile, peel some medium-sized peaches and poach them whole in a light syrup. When the duck is roasted, drain it and keep it hot. Dilute the pan juices with a little peach syrup and reduce to the consistency of a sauce. Add the peaches to the sauce to flavour them, heat them through and arrange them around the duck. Serve the sauce in a sauceboat (gravy boat).

Rouen duck en chemise

Remove the breastbone from a Rouen duck. Prepare a stuffing by frying 1 heaped tablespoon chopped onion with 125 g (4½ oz, ⅔ cup) diced bacon, without browning the onion. Add an entire duck's liver and 2 or 3 additional duck or chicken livers cut into thin fillets, salt and pepper, a pinch of allspice and some chopped parsley. Cook all the ingredients in butter, cool, and blend in a food processor. Stuff the duck with this mixture, truss and roast in a preheated oven at 240°C (475°F, gas 9) for 8–12 minutes. Leave to cool.

To follow the traditional method, place the duck, head downwards, in a large pig's bladder that has been soaked in cold water. Tie the opening with string and poach in clear braising stock for 45 minutes. Arrange the duck, still in the bladder, on a serving dish.

Alternatively, the duck can be cooked wrapped in a piece of muslin (cheesecloth) or a white table napkin with both ends tied, like a galantine. It is then served unwrapped, surrounded with orange quarters. Serve rouennaise sauce separately.

Rouen duck in port

Cook a trussed Rouen duck in butter for 30–40 minutes, so that the flesh remains slightly pink. Drain the duck and arrange it on a long dish. Prepare the sauce as follows: dilute the pan juices with 250 ml (8 fl oz, 1 cup) port, add

250 ml (8 fl oz, 1 cup) thickened brown veal stock, boil for a few moments, add some butter and strain. Pour a few spoonfuls of the sauce over the duck and serve the rest separately. The port can be replaced by Banyuls, Frontignan, Madeira, sweet sherry or any other dessert wine.

Rouen duck (or duckling) soufflé

This very stylish dish is made with 2 birds, the larger to be served and the smaller to make the forcemeat. Roast a trussed Rouen duck in a preheated oven at 200°C (400°F, gas 6) for 10–15 minutes; the meat should still be very rare. Remove the breast fillets, which should be kept for the final garnish, and remove the breastbone, so that the carcass forms a hollow case. Season the inside with salt, pepper and spices, and sprinkle with a spoonful of brandy. Fill the carcass with a forcemeat made from the raw meat of the smaller duck, boned and prepared as for mousseline forcemeat, 150 g (5 oz) raw foie gras and the livers of the 2 ducks. Stuff the carcass so it is re-formed into its original shape. Cover the duck with buttered greaseproof (wax) paper and tie it so that it will hold the forcemeat during cooking. Place the stuffed duck on a baking sheet, coat with melted butter and roast in a preheated oven at 150°C (300°F, gas 2) for 30–35 minutes. Remove the greaseproof paper and arrange the duck on a serving dish.

Make some tartlet cases from short pastry (basic pie dough), bake blind, heap with a salpicon of truffles and mushrooms bound with concentrated Madeira sauce, and cover each with a slice of duck breast fillet and a thick slice of truffle heated in butter. Arrange the tartlets around the duck. Serve with rouennaise sauce or Perigueux sauce.

Instead of being used to fill the tartlets, the duck fillets can be cut into thin slices and embedded in the mousseline forcemeat in the duck carcass.

The same filling can be used to make Rouen duck mousses and

mousselines. The former are made in large charlotte moulds and the latter in small individual moulds. They are poached in a bain marie in the oven. The forcemeat can also be used for duck soufflé *en timbale*: put it in buttered soufflé timbale moulds and bake as for other soufflés.

Steamed duck foie gras with Sauternes

Prepare some stock with duck bones, 1 bottle of Sauternes, 2 carrots, 1 turnip, 2 celery sticks, 2 shallots and the white part of 1 leek (all sliced). Season with salt and pepper. Trim the foie gras and remove the tubes, season and chill (with the strained stock) for 24 hours. Pour the stock into a steamer, place the foie gras in the steamer basket and cook for about 15 minutes. Cut the foie gras into slices, pour over a little of the stock and serve hot or cold.

Stuffed duck à la rouennaise

Draw, singe and truss a duck weighing 1.5 kg (3¼ lb). Prepare a forcemeat: melt a little butter and oil in a saucepan and in this brown 25 g (1 oz, 2 tablespoons) chopped onion, 2 duck livers, a few sprigs of parsley and 100 g (4 oz, ⅔ cup) chopped bacon fat. When all the ingredients are golden brown, take the pan off the heat and leave it to cool.

Stuff the duck with the cold forcemeat, season, and bard it. Put it in a roasting tin with a little butter and some roughly chopped vegetables – 1 onion, 2 carrots, 1 celery stick. Cook for 1 hour in a preheated oven at 240°C (475°F, gas 9). Towards the end of the cooking time, remove the barding. Take the bird out of the pan and keep hot. Strain the cooking juices and pour off the fat. Return the duck to the pan, sprinkle it with Madeira, bring to the boil, add the cooking juices, bring to the boil again, cover the pan and leave to cook for a few minutes. Put the duck on a hot dish and serve with rouennaise sauce or the cooking juices, strained and thickened with a little beurre manié.

Terrine of duckling

Bone a duckling weighing about 1.25 kg (2¾ lb) without damaging the breast meat. Cut the latter into even strips, together with 300 g (11 oz) bacon fat. Put the meat into a bowl with salt, pepper, ½ teaspoon *quatre epices* or four spices, 4 tablespoons brandy, a chopped bay leaf and the leaves from a small sprig of fresh thyme. Thoroughly soak the meat in this mixture and marinate for 24 hours in a cool place. Put the rest of the duck in the refrigerator. Soak an intact pig's caul (caul fat) in cold water, then squeeze and wipe it dry.

Prepare a duxelles with 250 g (9 oz, 3 cups) button mushrooms, 2 or 3 shallots, salt and pepper. Finely chop 350 g (12 oz) fresh belly of pork, 1 onion, the remaining duck meat and the blanched zest of an orange. Mix the duxelles and the chopped meat in a bowl with 2 eggs, pepper and salt. Work the mixture until well bound, adding the marinade in which the strips of bacon fat and duck were steeped.

Line the terrine with the caul. Arrange half of the forcemeat in an even layer. Cover with alternating strips of the marinated duck and bacon fat. Cover with the rest of the forcemeat. Press down the caul on the contents of the terrine and trim. Place a bay leaf and 2 small sprigs of fresh thyme on top and then put on the lid.

Place the terrine in a bain marie, bring to the boil on the hob (stove top), then cook in a preheated oven at 180°C (350°F, gas 4) for 1½ hours. Remove from the oven and allow to cool. When lukewarm, take off the lid and replace with a weighted board. Allow the terrine to cool completely.

An aspic flavoured with port can be poured into the terrine and allowed to set. To preserve the terrine, cover with a fine layer of melted goose fat.

Goose

Foie gras, prepared and poached

To prepare a foie gras, carefully remove all the tubes and skin from the liver, using the point of a thin-bladed knife. First make an incision in each lobe starting from the larger end, where the main vein is located. Separate it. Still using the knife, pull on the vein. It will come away by itself, showing the rest of the network, which can then be easily removed. Once the lobes are open, season them with ½ teaspoon salt and ¼ teaspoon freshly ground pepper per 450 g (1 lb). Close up each lobe, wrapping it tightly in muslin (cheesecloth), and chill overnight.

To poach the foie gras, next day, place the liver in a terrine, cover it with goose fat and poach it, allowing 4 minutes per 100 g (4 oz) foie gras when the fat starts to simmer. When it is cooked, cool and drain the liver on a wire rack, then chill for at least 24 hours. Remove the muslin before serving the foie gras cold, possibly with a hot truffle cooked *en papillote*.

The taste of the liver can be enhanced by marinating it for 48 hours in port mixed with 10% Armagnac.

Baked foie gras

Prepare a foie gras weighing about 575 g (1¼ lb), season with coarse salt and keep in a cool place for 24 hours. Wash the liver, wipe it and marinate for 48 hours with ground paprika, spices and Armagnac. Drain the liver, place it in an ovenproof dish and half fill it with melted goose fat. Bake in a preheated oven at 190°C (375°F, gas 5), turning once, for about 15 minutes per 450 g (1 lb). To test, pierce with a skewer: the juice should be only just pink.

Ballotine of goose with Savigny-lès-Beaune

For this dish, the goose legs are stuffed and shaped into ballotines, then braised. They are served with a chestnut custard, stuffed onions and the fried goose suprêmes.

Take a young goose weighing about 3.5 kg (8 lb) and cut off the wings and legs. Bone the legs and remove the meat from the wings to make the forcemeat. Remove the suprêmes from the carcass and chill in the refrigerator until required.

To make the stuffed goose legs en ballotines, mince (grind) the reserved wing meat and the liver very finely. Place in a bowl over a dish of ice and work the mixture until smooth. Then blend in an egg white followed by 300 ml (½ pint, 1¼ cups) double (heavy) cream. Add salt, pepper and a pinch of cayenne pepper, and 50 g (2 oz, ½ cup) boiled diced chestnuts. Stuff the boned legs with this mixture, shape them into ballotines and tie them. Spread some sliced onion over the base of an ovenproof dish and lay the carcass of the goose on top. Then place the ballotines on top of the carcass and braise them in a preheated oven at 180°C (350°F, gas 4) for 45–60 minutes, basting frequently so that they remain moist. (The remainder of the stuffing can be used to make godiveau.)

To make the chestnut custard, mix 300 ml (½ pint, 1¼ cups) single (light) cream, 3 eggs, 150 g (5 oz, ½ cup) chestnut purée and 100 g (4 oz, 1 cup) boiled diced chestnuts. Butter 8 small dariole moulds and divide the mixture among them. Cook in a bain marie in a preheated oven at 170° C (325° F, gas 3). Leave for a few minutes before unmoulding.

To make onions stuffed with garlic purée, blanch 8 Spanish onions in fast-boiling salted water, refresh them and drain them carefully. Remove some of the inner flesh of the onions, leaving the outer layers intact. (Use the removed onion for another recipe.) Peel 500 g (18 oz) garlic cloves, cook them in milk,

drain them and rub them through a fine sieve. Reheat them with a little cream. Stuff the onions with the garlic purée, filling them to the top.

Remove the fat from the liquor in which the ballotines were braised and deglaze the pan with a bottle of Savigny-lès-Beaune. Reduce by one-third, then strain the sauce and thicken with 200 g (7 oz, scant 1 cup) butter. Taste and adjust the seasoning.

Fry the goose suprêmes in the goose fat until the outside is golden brown but the inside is still pink. Place a thin slice of suprême on each plate, add a slice of ballotine, a stuffed onion and a chestnut custard. Pour the sauce around the food without covering the sliced meat. Serve the remaining sauce separately.

Confit of goose

Clean the inside of a fat goose thoroughly and remove the bones, keeping the carcass whole. Cut into quarters. Place in a container and season very liberally with coarse salt, then leave in a cold place for 24 hours to allow the salt to penetrate thoroughly into the flesh. Cook in a large copper cauldron with 2 kg (4½ lb) goose fat for 2 hours. Make sure the fat simmers while cooking, but do not allow it to boil. While the fat is still hot, strain it into a stoneware pot and place the pieces of goose in the fat so they are completely covered. Leave to cool and then cover the pot. To obtain an authentic *confit*, store in a cellar for 5–6 months. For *confit* of duck, follow the same method.

Confit of goose à la béarnaise

Heat a quarter of preserved goose in its own fat and keep hot in a serving dish. Peel and slice some potatoes and fry them in the *confit* fat. Chop some parsley and garlic together, add to the potatoes and reheat. Surround the *confit* with the potatoes and serve very hot.

Confit of goose à la landaise

Peel 6 small onions and dice 75 g (3 oz, ½ cup) Bayonne ham. Heat 1 tablespoon goose fat in an earthenware casserole and cook the onions and ham for 5 minutes, then add 1 litre (1¾ pints, 4⅓ cups) freshly shelled peas. Sprinkle with 1 tablespoon flour and stir for a few moments with a wooden spoon. Moisten with 150 ml (¼ pint, ⅔ cup) water; add pepper and ½ teaspoon sugar (salt is not needed because the ham is already salty). Add a bouquet garni with chervil, cover and leave to cook for about 30 minutes. Then add a quarter of preserved goose and leave until cooked, the total cooking time depending on the tenderness of the peas.

Confit of goose à la sarladaise

Prepare as for *confit* of goose *à la béarnaise*, but add slices of truffle when the potatoes are cooked.

Confit of goose with green cabbage

Braise potato quarters with green cabbage arranged on top. Press a piece of preserved goose, with a little of its fat, into the cabbage layer and reheat. Arrange the *confit* on a dish surrounded by the potatoes and cabbage.

Foie gras Souvarov

Season a goose foie gras weighing 500 g (18 oz) with salt and pepper and steep for 24 hours in Cognac. Drain off the excess liquid, then seize (quickly and lightly brown the surface) the foie gras in 25 g (1 oz, 2 tablespoons) butter. Place it in a terrine just large enough to contain it, surrounded by quartered truffles. Half-cover it with reduced demi-glace sauce flavoured with truffle. Cover the terrine and seal the lid with a strip of dough. Cook for 40 minutes in a preheated oven at 200°C (400°, gas 6). Serve in the terrine.

Goose à l'alsacienne

Braise some sauerkraut with a small piece of lean bacon. Stuff a goose with sausagemeat seasoned with salt, pepper, a pinch of allspice and a little chopped onion and parsley. Sew up the vent. Calculate the cooking time at 40 minutes per 1 kg, 20 minutes per 1 lb, in a preheated oven at 180°C (350°F, gas 4), basting it frequently.

When the goose is half-cooked, add a little of the goose fat to the sauerkraut and continue cooking. Poach Strasbourg sausages gently in barely simmering water. Spread the sauerkraut over a long serving dish and place the goose in the centre. Cut the bacon into pieces and arrange them around the bird, alternating the bacon with the sausages. Keep everything hot. Skim the fat from the goose cooking juices and deglaze the pan with white wine and an equal quantity of stock. Boil down to reduce. Serve the sauce separately.

Goose à l'instar de Visé

Take a 3.5 kg (8 lb) goose that has not yet started laying and poach it in white stock with 2 heads (bulbs) garlic for 1½ hours. Drain it, cut into pieces and place in a sauté pan. Moisten with goose fat and simmer, covered, until done.

Meanwhile, prepare a velouté sauce using the goose fat (for the roux) and the cooking juices from the goose. Cook over a low heat for 1 hour. Thicken the velouté with 4 egg yolks, then pass it through a fine sieve. Add a few tablespoons of cream and a purée of the garlic that was cooked with the goose.

Drain the pieces of goose and add to the sauce. Heat well and serve.

Goose à la bourguignonne

Dice 100 g (4 oz) blanched lean bacon and fry it in 25 g (1 oz, 2 tablespoons) butter. Using the same pan, fry 20 small onions and then 20 sliced mushrooms. Remove them and brown the goose all over in the same butter.

Remove the goose, deglaze the pan with 500 ml (17 fl oz, 2 cups) red wine, boil down to reduce it by half and then add 400 ml (14 fl oz, 1¾ cups) demi-glace sauce (or reduced stock). Boil for 5 minutes and add a bouquet garni. Put the goose back into the pan. Start the cooking over a high heat, then reduce the heat, cover the pan and cook gently for 30 minutes. Add the bacon, onions and mushrooms and continue to cook over a moderate heat, with the pan still covered, for 45–60 minutes. Remove the bouquet garni, and either serve the goose and its accompaniments in the cooking dish or arrange it on a large serving dish and pour the sauce over it.

Goose en daube Capitole

Stuff the goose with a fine forcemeat mixed with foie gras and diced truffles. Truss and braise the goose on a mirepoix of flavouring vegetables in stock for about 1½ hours, depending on size. When it is almost cooked, remove the string used for trussing and pour the braising liquid through a fine strainer. Put the goose back into the pan with 250 g (9 oz) small mushrooms, an equal quantity of stoned (pitted) blanched olives and 250 g (9 oz) small fried chipolatas. Pour the cooking juices over the goose and finish cooking in a preheated oven at 180°C (350°F, gas 4).

Foie gras en brioche (hot)

Soak a pig's caul (caul fat) in cold water. Prepare some unsweetened brioche dough. Take a firm foie gras weighing 675–900 g (1½–2 lb) and stud it with truffles which have been seasoned and moistened with brandy. Season the foie gras with spiced salt, moisten it with brandy and leave to marinate for a few hours. Drain the pig's caul, wipe it dry and wrap the foie gras in it. Cook in a preheated oven at 190°C (375°F, gas 5) for 18–20 minutes, then cool.

Line the bottom of a plain greased timbale mould with a fairly thick layer

of brioche dough, then add the liver and cover it with another, thinner, layer of dough. Cover the mould with a piece of buttered greaseproof (wax) paper and tie with string to prevent the dough from spilling out. Leave the dough to rise for 2 hours in a warm place, then bake in a preheated oven at 200°C (400°F, gas 6) for 50–60 minutes. To see if the brioche is done, pierce with a needle, which should come out clean. Turn out the brioche and serve.

Foie gras purée

Prepare some thick chicken velouté sauce and double its volume of foie gras, cooked and pressed through a fine sieve. Stir together over heat, then bind with egg yolk. This purée can be used as it is for filling bouchées, barquettes, tartlets or brioches. It can also be mixed with white breadcrumbs to stuff artichoke hearts or mushroom caps, or used plain to garnish cold hors d'oeuvre and eggs.

Goose foie gras with sultanas

Prepare a foie gras weighing about 575 g (1¼ lb) in the usual way. Cook in a saucepan over a gentle heat for 5–6 minutes, drain and remove the fat. Fry 1 chopped onion in goose fat, sprinkle with a little flour and add the liver cooking juices, a little white wine, 1 chopped tomato, a bouquet garni and some stock. Cook for 30 minutes, then strain. Put the liver in a heavy-based casserole with this sauce, add some sultanas (golden raisins) that have been soaked in warm Madeira until swollen, and leave to simmer for 20 minutes. Serve with croûtons fried in goose fat and drain well.

Goose hearts en papillotes

Cut 4 large squares of foil. Place 3 carefully cleaned goose hearts in the centre of each square together with 100 g (4 oz) cleaned and sliced cep mushrooms.

Season generously with salt and pepper and fold the foil into parcels, sealing the edges thoroughly. Place them on a grill over very hot embers. Cook for about 20 minutes on each side.

Goose in the pot

The day before it is required, stuff a young goose weighing about 3.5 kg (8 lb) with the following mixture: the chopped liver and heart, 2–3 diced apples and 3–4 desalted anchovy fillets pounded to a paste. Leave the goose in a cool place for 24 hours. The following day make a stock with 20 unpeeled garlic cloves, a bouquet garni and an onion studded with 2 cloves. Stud the goose all over with garlic and poach it in the stock for 1½ hours, skimming the pan when it comes to the boil.

Stew some dessert apples and add to them 2 desalted, pounded anchovies and 1 cup of the strained cooking stock. Prepare some small gougères: for every 2 eggs used for the dough, add 100 g (4 oz) Gruyère cheese and 1 puréed anchovy fillet.

Serve the goose very hot, accompanied by the apple and garnished with the gougères.

Goose rillettes

These are made in the same way as *rillettes de Tours* (see Pork), using boned birds whose liver has been made into foie gras. The rillettes can be potted by shredding the meat and pouring it, still boiling hot, with any remaining cooking fat and liquor, into sterilized jars. Use goose fat to seal the pots.

Potted foie gras with truffles

Remove the tubes from a goose foie gras and divide it in half. Trim the lobes and reserve the trimmings. Stud the liver with pieces of truffle. Season with

spiced salt, pour over some brandy and leave to marinate for 5–6 hours. Prepare a forcemeat made of 375 g (13 oz) lean pork meat, 450 g (1 lb) fatty pork, the foie gras trimmings, 150 g (5 oz, 1 cup) diced truffles, 3 tablespoons Madeira and 2 tablespoons spiced salt.

Line the bottom and sides of an oval terrine or ovenproof dish with thin slices of pork fat, then cover the inside with a thin layer of the forcemeat. Place half the remaining foie gras on top of the forcemeat and press down. Cover with another layer of forcemeat, then place the foie gras on top. Finish with the rest of the forcemeat. Cover with a thin slice of pork fat. Press well to flatten the ingredients and place half a bay leaf and a sprig of thyme on top. Cover the terrine, seal the lid with a flour and water paste and place in a bain marie. Bring to the boil, then place in a preheated oven at 180°C (350°F, gas 4) and bake for 1¼–1½ hours, depending on the size of the terrine.

Cool, uncover, then leave under a light weight until the next day. Turn out the potted foie gras by standing the dish in hot water for a few seconds. Remove the pork fat and dry the top of the foie gras with a cloth, pressing down a little to firm it. Pour a thin layer of lard (shortening) mixed with goose fat (rendered during cooking) over the bottom of the terrine and leave it to set. Replace the foie gras and pour some more lard and goose fat mixture (just warm) over the top. Chill for at least 12 hours and serve in the terrine.

Roast goose with fruit

Stuff a goose and roast it as for roast goose with sage and onion stuffing. While it is cooking, poach some quartered pears in boiling syrup until translucent. Peel and core some small apples and sprinkle them with lemon juice. Fill the centres with redcurrant jelly. Half an hour before the goose is cooked, place the apples around it and baste with the goose fat that has collected in the pan. Complete the cooking. Place the goose on a long serving dish and

arrange the apples and the drained pear quarters around it. Keep hot in the oven. Deglaze the cooking pan with a little of the pear syrup, reduce the liquid by half and pour it into a sauceboat (gravy boat).

Roast goose with sage and onion stuffing

Roast 1 kg (2¼ lb) large unpeeled onions in the oven. Let them get cold, then peel and chop them. Soak an equal weight of crustless bread in milk, then press out as much milk as possible. Mix the bread with the chopped onion and season with 1½ teaspoons salt, a pinch of pepper, a little grated nutmeg and 3 tablespoons chopped fresh sage.

Stuff the goose with this mixture and sew up the vent. Calculate the cooking time at 40 minutes per 1 kg, 20 minutes per 1 lb, in a preheated oven at 180°C (350°F, gas 4). Drain off excess fat during roasting. Place it on a long serving dish, pour over the deglazed cooking juices and serve with unsweetened or very slightly sweetened apple sauce.

Truffled foie gras with Madeira

Trim a foie gras and remove the tubes. Stud with truffle sticks and season with spiced salt. Pour brandy over it and leave to marinate for a few hours. Wrap the foie gras in a pig's caul (caul fat) or in thin strips of bacon fat and place in a braising pan lined with fresh pork skin, sliced onions and carrots tossed in butter. Cover and simmer for 7–8 minutes. Add 250 ml (8 fl oz, 1 cup) Madeira, port or sherry and simmer for several minutes. Add 200 ml (7 fl oz, ¾ cup) concentrated brown veal stock (containing some dissolved gelatine if the foie gras is to be served cold) and cook in a preheated oven at 190°C (375°F, gas 5) for 45 minutes.

Drain the foie gras, unwrap it and place it on a serving dish. Strain the cooking juices and skim off all the fat. Pour over the foie gras and serve hot.

To serve cold, place the drained and unwrapped foie gras in a terrine just large enough to hold it. Pour over the strained cooking juices and leave to cool for 12 hours (of which at least 2 hours should be in the refrigerator). Remove the layer of solidified fat on the surface of the sauce and serve the foie gras from the terrine.

Truffled pâté de foie gras

Prepare 1 kg (2¼ lb) pâté pastry dough, made with butter or lard (shortening), and leave to rest for 12 hours. Prepare 2 firm foies gras in the usual way. Stud the lobes with peeled truffles cut into sticks, seasoned with spiced salt and moistened with brandy. Season the livers well. Soak them in brandy and Madeira for 2 hours. Prepare 1 kg (2¼ lb) pork and foie gras forcemeat.

Line a hinged pâté mould (round or oval) with some of the dough, then spread a layer of forcemeat over the bottom and sides of the mould. Put the foie gras into the mould, pressing it well. Cover with a domed layer of forcemeat. On top of this lay a slice of pork fat, half a bay leaf and a small sprig of thyme. Cover the pâté with a layer of dough and seal the edges. Garnish the top with decorative pastry motifs shaped with pastry (cookie) cutters (lozenges, leaves, crescents) or strips of plaited dough. In the middle put 3 or 4 round pieces of dough shaped with a fluted pastry cutter. Make a hole in the middle of these so the steam can escape during baking. Brush with egg. Bake in a preheated oven at 190–200°C (375–400°F, gas 5–6) until the dough is cooked thoroughly and golden brown.

Cool. When it is lukewarm, pour into it either half-melted lard, if it is to be kept for some time, or Madeira-flavoured aspic if it is to be used at once.

Pâté de foie gras must be made at least 12 hours before using. The mould can be lined with a forcemeat made entirely of foie gras instead of with pork and foie gras forcemeat.

Turkey

Braised turkey legs

This recipe uses the legs of young turkeys; the wings or suprêmes can be used for another dish. Bone the legs, fill with a suitable poultry stuffing, then roll them into small ballotines. Braise in white or brown stock, then drain and glaze in the oven. Arrange on a serving dish and coat with the cooking stock. Serve with a vegetable purée, braised vegetables (such as carrots or celery), rice or creamed potatoes.

Daube of turkey à la bourgeoise

This dish is made with a very tender turkey hen, rather than a young turkey cock. Braise the bird in a suitable brown stock; when three-quarters cooked, drain. Strain the braising stock. Replace the bird in the braising pan and surround with a bourgeoise garnish. Add the strained braising stock, cover the pan and finish cooking over a gentle heat.

Giblets à la bourgeoise

Dice 100 g (4 oz) thick streaky (slab) bacon and blanch for 5 minutes in boiling water. Strain and leave to cool. Prepare 800 g (1¾ lb) turkey or chicken giblets. Peel 100 g (4 oz) small onions, 300 g (11 oz) baby carrots and a garlic clove. Brown the diced bacon in a sauté pan in 25 g (1 oz, 2 tablespoons) butter, lard or goose fat, then strain and remove from the pan. In the same fat cook the onions until golden, strain and remove. Next brown the giblets (except the liver) in the pan, then add the crushed garlic. Stir well, sprinkle on 25 g (1 oz, ¼ cup) flour, and mix in until coloured. Add 100 ml (4 fl oz,

7 tablespoons) dry white wine and let it reduce for a few minutes. Season lightly and add a bouquet garni, the bacon, onions and carrots, and 1.15 litres (2 pints, 5 cups) water or poultry stock to cover the giblets. Cover and bring to the boil, then reduce the heat and simmer for 30 minutes. Add the liver and stir gently, then continue cooking for about 10 more minutes until the liver is cooked. Place the giblets and vegetables in a dish and pour over the sauce.

Giblets à la bourguignonne

Prepare as for giblets *à la bourgeoise* but replace the carrots by 100 g (4 oz, 2 cups) button mushrooms and the white wine by red Burgundy.

Paupiettes of turkey à la Crécy

Flatten some slices of turkey breast, roll them into paupiettes using a suitable forcemeat or stuffing. Arrange them in a buttered flameproof casserole lined with pieces of pork skin or bacon rinds and sliced onions and carrots browned in butter. Place a bouquet garni in the middle. Season with salt and pepper. Cover and cook over a gentle heat for 10 minutes.

Add some dry white wine or (depending on the accompaniments) Madeira – 200 ml (7 fl oz, ¾ cup) per 10 paupiettes. Reduce almost entirely, then add some thickened stock to cover the paupiettes by two-thirds. Cover and braise in a preheated oven at 200°C (400°F, gas 6), basting frequently, for 45–60 minutes. Drain the paupiettes and return to the pan with the strained braising liquor. Add 1 kg (2¼ lb) glazed carrots and heat through. Serve the paupiettes coated with their sauce and surrounded with the carrots.

Poupeton of turkey Brillat-Savarin

Prepare a turkey as for a ballotine, boning it out without damaging the skin. Stuff it with a smooth mixture of fine veal forcemeat, *à gratin* forcemeat,

lambs' sweetbreads braised *à blanc* and diced foie gras and truffles. Roll the turkey into a ballotine; wrap it in a pig's caul (caul fat), then in muslin (cheesecloth) and tie it up.

Line a greased flameproof casserole with diced raw ham and slices of carrot and onion. Place the turkey in this and cook gently, covered, for 15 minutes, then add 3 tablespoons Madeira. Reduce by half, add some gravy (or chicken stock) and continue cooking, covered, in a preheated oven at 190°C (375°F, gas 5) for 1½ hours. Skim the fat from the cooking liquid, strain, season and serve in a sauceboat.

The *poupeton* can also be served cold, as it is or in aspic.

Roast turkey

Season and truss a small turkey and bard the breast and back with bacon. Roast either on a spit, allowing 20 minutes per 450 g (1 lb), or in a preheated oven, allowing 25 minutes per 450 g (1 lb) at 160°C (325°F, gas 3). Remove the bacon before the bird is completely cooked so that it browns. Serve with the skimmed strained cooking juices and garnish with watercress.

Roast turkey stuffed with chestnuts

Scald and peel 1 kg (2¼ lb) chestnuts. Half-cook them in stock, drain and wrap in a large piece of soaked pig's caul, if available. Enclose them in the boned turkey, tie it up neatly and roast in the usual way.

Roast turkey stuffed with dessert apples

Season the turkey and, if desired, insert some slices of truffle between the skin and the flesh. Remove the gall bladder from the liver and pound the liver with a small can of goose foie gras mousse, 40 g (1½ oz, 3 tablespoons) butter and 2 tablespoons port. Peel and remove the seeds from 800 g (1¾ lb) dessert

(eating) apples, cut them into thick slices and brown them in a frying pan in 75 g (3 oz, 6 tablespoons) butter. Mix half the apples with the liver mixture and use to stuff the turkey. Keep the remaining apples hot. Place a very thin strip of bacon on the breast and on the back of the bird and tie up firmly.

Cook the turkey in a preheated oven at 200°C (400°F, gas 6) for 2 hours for a 3 kg (6½ lb) bird. The bird is cooked if the juices released when the skin is pricked are clear. Remove the bacon and quickly brown the turkey breast, if necessary, in a very hot oven. Carve. Put the remaining hot apples into a dish, sprinkle with the cooking juices and serve with the sliced turkey.

Stuffed braised turkey pinions

Singe and clean 6 turkey pinions and remove the bones without tearing the skin. Stuff with finely minced (ground) pork forcemeat or a poultry or quenelle forcemeat. Wrap each pinion in a thin rasher (slice) of bacon and tie with kitchen thread. Line a buttered sauté pan with bacon rinds, 50 g (2 oz, ¼ cup) chopped onions and 50 g (2 oz, ⅓ cup) thinly sliced carrots; add a bouquet garni and the pinions. Season, cover and cook gently for 15 minutes. Moisten with 200 ml (7 fl oz, ¾ cup) dry white wine or Madeira and cook uncovered until the liquid has evaporated. Add 400 ml (14 fl oz, 1¾ cups) poultry or veal stock, bring slowly to the boil, then cover and cook in a preheated oven at 180°C (350°F, gas 4) for 40 minutes. Drain the pinions, remove the bacon, brown the pinions quickly in a preheated oven at 240°C (475°F, gas 9) and arrange on a serving dish. Remove the fat from the cooking liquor, reduce and strain it, and pour over the pinions.

Serve with one of the following garnishes: *Choisy, financière, forestière, Godard, jardinière, languedocienne, macédoine, milanaise* (à la milanaise), *piémontaise* (à la piémontaise), rice pilaf or risotto. Braised pinions may also be garnished with braised or boiled vegetables, coated with butter or cream.

Stuffed roast turkey

Stuff the turkey with a sage and onion stuffing prepared as follows: bake the onions in their skins in the oven, peel and chop them, then toss in butter. Season with plenty of chopped fresh sage. Mix with an equal quantity of fresh breadcrumbs and half their quantity of chopped suet. Bind with a little milk. Roast the turkey in the usual way, weighing it and calculating the cooking time with the stuffing. Put it on a serving dish surrounded with slices of bacon or grilled sausages. Serve with gravy made from the cooking juices and bread sauce.

Stuffed turkey grand-duc

Slit open a turkey along the back, bone it and make a stuffing with the following mixture: 500 g (18 oz) chicken rubbed through a fine sieve, 500 ml (17 fl oz, 2 cups) double (heavy) cream, 250 g (9 oz) foie gras poached in port wine and rubbed through a sieve. Mix all these ingredients thoroughly and season with salt and pepper. Add 12 truffles, peeled and cooked for 10 minutes in a little liqueur brandy, and 24 chicken hearts with the blood vessels removed, which have been soaked in water, steeped in white Malaga wine, drained, dried in a cloth, stuffed with a purée of York ham and poached for 15 minutes in truffle essence.

Carefully reshape the stuffed turkey. Cover with slices of raw ham or bacon, and enclose in a large layer of lining pastry, taking care to keep the shape of the bird as far as possible. Bake in a preheated oven at 180°C (250°F, gas 4) for 2½ hours. During cooking, cover the turkey with greaseproof (wax) paper folded into four, so that it will cook all the way through without browning the pastry too soon. Serve the turkey freshly cooked on a warmed serving platter, accompanied with a demi-glace sauce flavoured with truffle essence in a sauceboat.

Truffled turkey

Draw the turkey, leaving the skin of the neck very long so that the opening in the bird can be secured firmly when trussing. Insert beneath the skin some large slices of truffle that have been seasoned and soaked in brandy.

Prepare the stuffing as follows: dice 500 g (18 oz) fresh pork fat and mix with 250 g (9 oz) uncooked foie gras. Reduce to a purée in a mortar or a blender and add any parings from the truffles. Season with salt, pepper and a pinch of dried fennel. Press the stuffing through a sieve, add a little crushed thyme and bay leaf, and cook very gently in a heavy-based saucepan, stirring, for about 10 minutes. Add 2 tablespoons brandy and cool completely.

Stuff and truss the turkey and wrap it in a sheet of buttered greaseproof (wax) paper. Leave it in a cool place for at least 24 hours. Bard the truffled turkey, wrap it again in the buttered paper and roast, uncovered, in a preheated oven at 160°C (325°F, gas 3), allowing 20–25 minutes per 450 g (1 lb). Unwrap the turkey, remove the barding and replace in the oven to brown. Place on the serving dish and keep hot. Deglaze the pan, reduce the gravy and serve separately. Alternatively, serve with a Périgueux sauce to which the cooking juices have been added.

Turkey mole

Joint a small turkey into small portions and marinate them overnight in a mixture of the juice of 4 oranges, 100 ml (4 fl oz, 7 tablespoons) tequila, 2–4 chopped garlic cloves, 1 chopped onion, some chopped fresh oregano, a sprinkling of ground cinnamon and 6 whole cloves.

The following day, grill (broil) a mixture of fresh chillies until just soft – try 250 g (9 oz) mulatto chillies, 300 g (11 oz) ancho chillies, 150 g (5 oz) pasilla chillies and 50 g (2 oz) chipotle chillies. Remove the cores and seeds, then rinse the chillies and chop finely. Fry the chillies in a little oil, then add

6 chopped garlic cloves, 150 g (5 oz, 1¼ cups) chopped blanched almonds, 100 g (4 oz, 1 cup) unsalted peanuts 100 g (4 oz, ¾ cup) sesame seeds and 100 g (4 oz, ⅔ cup) raisins. Remove from the heat.

In a dry frying pan, lightly roast 6 black peppercorns, 10 coriander seeds, 4 cloves, 1 teaspoon aniseeds and 1 teaspoon ground cinnamon. Cool, then grind these spices and add them to the chilli mixture. Fry 450 g (1 lb) peeled, chopped tomatoes and 250 g (9 oz) peeled chopped tomatillos until all their excess liquid has evaporated, then purée them with the chilli mixture, adding a little turkey stock to make a smooth, thick paste. Transfer the paste to a pan and add a little salt, then cook over a low heat, stirring, until the oil rises to the surface. Add 200 g (7 oz, 7 squares) bitter chocolate and stir until it has melted into the sauce. Dilute the sauce with extra stock if necessary, then set it aside off the heat.

Drain the turkey portions, reserving the marinade, and place in a large deep roasting tin (pan). Roast in a preheated oven at 200°C (400°F, gas 6) for 30 minutes. Pour the marinade over and continue cooking for a further 40 minutes, turning and rearranging the turkey occasionally. The turkey should be thoroughly cooked and the marinade evaporated to a glaze. Arrange the turkey on a dish and sprinkle with sesame seeds. Serve with the reheated mole sauce.

Turkey pinion fritters

Stuff and braise small turkey pinions as in the recipe for stuffed braised turkey pinions. Strain the hot cooking liquor, then pour it back over the pinions and leave until cool. Remove the pinions from the liquor, pat dry, then marinate for 30 minutes in olive oil, lemon juice, salt, pepper and chopped parsley.

Drain and dry the pinions, then dip them in batter and fry in very hot

deep fat until crisp and golden. Drain and sprinkle with salt. Serve the pinion fritters on a doiley or napkin, garnished with fried parsley and lemon quarters or, more originally, with fresh mint leaves. A well-seasoned tomato sauce may be served with this dish.

Turkey pinions à la fermière

Prepare and braise the pinions as in the recipe for stuffed braised turkey pinions. Cooked chopped onions and parsley may be added to the finely minced (ground) pork forcemeat. Arrange the drained pinions in a casserole with a fermière vegetable garnish. Remove the fat from the reserved cooking liquor, then reduce and strain it into the casserole over the vegetables. Cover and cook in a preheated oven at 200°C (400°F, gas 6) for about 25 minutes or until piping hot.

Turkey wings Sainte-Menehould

Braise some small turkey wings with herbs and flavourings, but do not let them get too soft (about 50 minutes). Drain and leave to cool. Pour a little melted butter or lard over them, roll them in fresh breadcrumbs and chill for 1 hour. Coat with melted butter and bake in a preheated oven at 230°C (450°F, gas 8) until golden (about 15 minutes). Serve with mustard or Sainte-Menehould sauce.

GAME

Grouse

Roast grouse

Mash 50 g (2 oz, ¼ cup) butter with 2 tablespoons lemon juice, salt and pepper. Wipe 2 plump or 4 small prepared grouse and place some of the butter inside each bird. Cover the breasts of the birds with bacon and tie in place, then wrap each bird in foil. Place the birds, breast side down, on a rack resting in a baking tin (pan) and roast in a preheated oven at 200°C (400°F, gas 6) for about 25 minutes for small birds and 35 minutes for the larger ones. While the birds are roasting, fry the grouse livers in butter, then mash together to make a paste. Fry 2–4 slices of bread, crusts removed, in a mixture of butter and oil until crisp and golden. Spread these croûtons with the liver paste. Unwrap the birds, baste each one well with hot fat, then dust the breasts with flour, baste again and return to the oven for about 5 minutes until well browned. Serve the grouse resting on the croûtons, garnished with watercress. Serve hot game chips and rowan or redcurrant jelly separately. The birds should be moist enough to serve without gravy.

Guinea fowl

Ballotine of guinea fowl Jeanne d'Albret

Bone 2 raw guinea fowl without damaging the skin and reserve the breasts whole. Make a forcemeat with the flesh of the thighs and their trimmings, plus 300 g (11 oz) lean Bayonne ham, 300 g (11 oz) fat bacon and 200 g (7 oz) mushrooms. Reduce these ingredients to a paste by puréeing them in a food processor or blender or mince (grind) them finely in a mortar, then bind together with 2 eggs. Press through a sieve. Spread a piece of muslin (cheesecloth) on the table, place on it 2 strips of fat bacon, and spread the skin of the guinea fowls over them. Spread half of the forcemeat over the guinea fowl skins. Slice the breasts into thin strips and arrange half of them on top of the forcemeat then add a slice of foie gras and place 2 truffles on either side of it. Make two more layers using the rest of the sliced breasts and the remaining forcemeat.

Roll the bird up to make a ballotine enclosing the stuffing, using the muslin to lift the meat. Tie it up securely with string at both ends and in the middle. Place in a braising pan together with a good white stock and a crushed calf's foot, the bones and carcasses of the guinea fowls, 1 carrot, a small bouquet garni, the white part of a leek and 100 g (4 oz) of bacon rind or pork rind. Cook for 1½ hours.

The following day, strain the stock through a cloth and clarify it using 2–3 eggs to obtain a full-flavoured aspic jelly. Turn out the ballotine on to a long dish and glaze with the half-set aspic. Make a crown with a piece of truffle and some chopped aspic and garnish the ballotine with cubes of aspic jelly and truffles.

Breast of guinea fowl with potatoes Alex Humbert

Prepare 800 g (1¾ lb) potatoes by the Alex Humbert method: slice thinly and soak in cold water for about 10 hours, then cook for approximately 20 minutes in 150 g (5 oz, ⅔ cup) clarified butter seasoned with salt and pepper. Drain off the excess butter and brown the potatoes in the oven.

Remove the breast meat from 2 guinea fowl, each weighing about 1.5 kg (3¼ lb), slicing along the breastbone. Season with salt and pepper. Heat 100 g (4 oz, 7 tablespoons) butter in a large flameproof casserole and brown the guinea fowl breasts on both sides (8 minutes in all), then remove. Add 4 chopped shallots to the casserole. Cook them for a few seconds and then mix in 50 g (2 oz, 1 cup) fresh breadcrumbs to absorb all the cooking butter. Brown slightly and stir in 3 tablespoons wine vinegar, then add 6 chopped basil leaves. Put to one side and keep warm.

On to each of 4 warmed plates, pour 2 tablespoons previously made brown gravy, place some of the potatoes in the centre and cover with a guinea fowl breast cut into 5 or 6 slices. Give one twist of the pepper mill and add a little salt. Finally, sprinkle with the breadcrumb mixture and serve.

Guinea fowl Catalan style

Blanch 30 peeled garlic cloves for 1 minute, having first removed any green parts. Peel 3 lemons and remove all the pith. Cut 2 into quarters and slice the third one. Blanch them for 1 minute. Roast a guinea fowl, barded with a few thin slices of salted or smoked breast of pork. Cut the guinea fowl into pieces. Deglaze the roasting tin (pan) with 100 ml (4 fl oz, ½ cup) Rancio or dry Banyuls. Add the crushed carcass of the bird and 200 ml (7 fl oz, ¾ cup) veal stock. Simmer for 10 minutes, strain through a chinois, pressing in order to extract all the juices. Pour this sauce on to the garlic and lemons, and return to the heat for a few minutes. Season with salt and pepper. Place the pieces of

guinea fowl in the sauce and cook over a low heat for 10 minutes. Serve with steamed or roasted new potatoes or with rice.

Guinea fowl salad with fruit

Roast half a guinea fowl weighing about 1 kg (2¼ lb) in a preheated oven at 200°C (400°F, gas 6) for approximately 30 minutes. Leave to cool completely. Wash and dry some radiccio leaves, and cover the serving dish with them. Peel and finely slice 1 Granny Smith apple and 2 peaches. Sprinkle with lemon juice. Arrange these items on the bed of lettuce, together with the finely sliced meat of the guinea fowl and 25 g (1 oz, ¼ cup) blackcurrants. Blend 150 ml (¼ pint, ⅔ cup) plain yogurt with 1 tablespoon cider vinegar, seasoned with salt and pepper. Cover the guinea fowl with this dressing.

Guinea fowl with chestnuts

Cut 2 small guinea fowl in half lengthways. Brown them in hot butter in a flameproof casserole, together with 150 g (5 oz, ¾ cup) diced belly of pork and 3 chopped shallots. Cook gently for approximately 40 minutes, turning occasionally, then dilute the meat juices with 250 ml (8 fl oz, 1 cup) red Burgundy. Add a bouquet garni and 300 g (11 oz) cooked chestnuts. Cook gently for a further 10 minutes. Remove the bouquet garni, bind the sauce with 75 g (3 oz, 6 tablespoons) butter, adjust the seasoning and serve hot straight from the casserole.

Stuffed guinea fowl Jean Cocteau

Draw a guinea fowl weighing about 1 kg (2¼ lb) and put the liver and gizzard to one side. Soak 100 g (4 oz, 1¾ cups) fresh breadcrumbs in hot milk, then strain them. Mix with 1 raw egg, 1 chopped hard-boiled (hard-cooked) egg, a pinch of salt, pepper, nutmeg and cinnamon, 1 tablespoon chopped tarragon,

chives, chopped parsley and chervil, then the liver and gizzard, also chopped. Stuff the guinea fowl with this forcemeat and season the outside lightly with salt and pepper. Sew it up, bard it and tie firmly, then fry in a flameproof casserole containing 15 g (½ oz, 1 tablespoon) butter and 1 tablespoon oil. When the guinea fowl begins to turn a golden colour, remove it from the casserole and place on a dish, then sprinkle with 100 ml (4 fl oz, ½ cup) heated Cognac and set alight.

In the same casserole place 3 carrots and 3 onions chopped into large pieces and 2 crushed garlic cloves. Leave to cook for a few moments, then return the guinea fowl to the casserole. Moisten with 250 ml (8 fl oz, 1 cup) each white wine and Cognac. Add 100 ml (4 fl oz, ½ cup) water, cover the casserole and cook for 45 minutes over a gentle heat.

Use a fork to prick 4 *boudins blancs* and 4 black puddings (blood sausages), place them with 1 tablespoon oil in a flameproof dish and grill (broil). Peel, quarter and core 4 apples and brown them in a sauté pan with a little butter. Season very lightly with salt. When the guinea fowl is ready, carve it and arrange on a warm dish. Cover with the strained cooking liquid, sprinkle with chopped herbs and surround with the grilled puddings and apple quarters.

Hare

Civet or jugged hare, to prepare

Skin and gut (clean) the hare. Carefully collect the blood and put to one side along with the liver, having removed the gall bladder; add 1 tablespoon vinegar. Detach the thighs and forelegs and chop each thigh in half, splintering the bones as little as possible; cut the saddle into 4 pieces. Place all the pieces in a deep dish and season with salt, pepper, thyme and powdered bay leaf. Add a large finely sliced onion, 3–4 tablespoons oil and at least 1 tablespoon Cognac. After marinating for 24 hours, the hare is ready to be cooked *à la flamande*, *à la française* or *à la lyonnaise*.

Civet of hare

Prepare a hare as described in the basic preparation and marinate overnight in red wine containing 3 onions (halved), a sliced carrot and a sprig of thyme. The following morning, drain the hare in a colander. Heat 250 ml (8 fl oz, 1 cup) oil and 40 g (1½ oz, 3 tablespoons) butter in a frying pan and lightly brown the pieces of hare on each side, as well as the onions and carrots from the marinade. Then place the pieces in a saucepan and sprinkle with flour. Moisten with the wine from the marinade, a trickle of Cognac and 1 tablespoon tomato purée (paste); add 2 garlic cloves crushed in their skins, a bouquet garni, a quarter of a bay leaf (crushed), salt and pepper. Mix well and leave to simmer for 2 hours.

Separately, cook 20 small onions in a little water to which 1 teaspoon caster (superfine) sugar has been added. Cut 250 g (9 oz) small mushrooms into quarters (or leave tiny button mushrooms whole) and brown them in

some butter. Dice 150 g (5 oz) smoked bacon, blanch it, then cook it gently in a frying pan.

When the hare is cooked, arrange the pieces in a dish and keep hot. Chop up the hare's liver and mix it with the blood. Add it to the cooking liquor and bring to the boil. Pass through a fine strainer to form a sauce. Add the garnish of onions, mushrooms and pieces of bacon. Adjust the seasoning, pour the sauce over the hare and serve accompanied by fresh noodles.

Civet of hare à la flamande

Marinate a hare as described in the basic preparation of *civet* of hare. Drain the pieces of marinated hare, brown them in about 40 g (1½ oz, 3 tablespoons) butter in a flameproof casserole, dust them with 2 tablespoons flour and again lightly brown them, turning them with a wooden spoon. Press the liver through a sieve along with the blood and add to it 1 litre (1¾ pints, 4⅓ cups) red wine; then add 200 ml (7 fl oz, ¾ cup) wine vinegar. Pour this mixture into the casserole; add some salt, pepper, 25 g (1 oz, 3 tablespoons) moist brown sugar and a large bouquet garni. Cover and cook for 15 minutes.

During this time, peel and finely slice 500 g (18 oz) onions and brown them in some butter. Add them to the casserole after the 15 minutes have elapsed and leave to finish cooking gently with the lid on. Cooking time depends on the age of the animal; the tip of a knife should pass easily into the flesh when it is cooked.

Remove the cooked hare, drain and place the pieces in a sauté dish. Strain the cooking liquid to remove the onions, pour it into the sauté dish, cover and simmer for 5 minutes. Fry some croûtons in butter and spread them with redcurrant jelly. Serve the *civet* in a deep dish, garnished with the croûtons. If desired, the ends of the croûtons can be dipped in the sauce and then in chopped parsley.

Civet of hare à la française

Marinate a hare as described in the basic preparation of *civet* of hare. Cut 200 g (7 oz) streaky (slab) bacon into strips, blanch them in boiling water for about 5 minutes, drain, then colour slightly in a shallow frying pan containing 40 g (1½ oz, 3 tablespoons) butter.

Remove the bacon from the frying pan and drain it on paper towels then in the same butter brown 2 large onions cut into quarters; sprinkle with 2 tablespoons flour and, using a wooden spoon, stir until it is golden brown. Add the drained pieces of hare to this roux and continue to stir (the pieces of hare may be sealed in butter beforehand, if desired). Cover with red wine and add a bouquet garni and a crushed garlic clove then cover the casserole and cook gently for 45 minutes.

Meanwhile, prepare 24 mushroom caps and brown them in some butter. When the hare is cooked, remove and drain the pieces and place them in a casserole. Add the strips of bacon and the mushrooms. Add the marinade to the cooking juices in the frying pan, mix well, then pour it over the hare. Cover and cook in a preheated oven at 200°C (400°F, gas 6) for about 1 hour, depending on the age of the hare.

Prepare 24 glazed onions; fry in butter some croûtons cut into triangles. Five minutes before the hare has finished cooking, thinly slice the liver and add it to the casserole. Thicken with the blood by mixing it in with 2–3 tablespoons double (heavy) cream. Serve the *civet* in a deep dish, garnished with the glazed onions and fried croûtons.

Civet of hare à la lyonnaise

This is prepared as for *civet* of hare *à la française* except that the mushrooms are replaced by chestnuts, which are cooked in consommé and caramelized in their cooking liquid when it has been well reduced.

Civet of saddle of hare with fresh pasta

Peel and dice 3 carrots and 1 onion; peel and chop 2 shallots; peel and crush 2 garlic cloves. Coarsely chop 2 foreparts of hare, brown the pieces in a pan containing 20 g (¾ oz, 1½ tablespoons) butter, add the diced onion and carrot, and brown for about 10 minutes. Then add 100 ml (4 fl oz, 7 tablespoons) wine vinegar, 500 ml (17 fl oz, 2 cups) red wine, the garlic and the shallots. Lightly season with salt and pepper and bring to the boil. Add a bouquet garni and simmer gently for 2 hours, skimming from time to time.

Take out the vegetables and process in a blender. Pour the remaining cooking liquid through a strainer, pressing well to extract all the juices; add the blended vegetables to the strained pan juice, return to the heat and simmer for 30 minutes. Strain again, leave to cool and place in the refrigerator; after about 6 hours, the fat will have collected on the surface and can be skimmed off. Then return to the heat and reduce for a further 5 minutes; away from the heat add a small glass of hare's blood while stirring with a hand whisk. Then add 50 g (2 oz, ¼ cup) butter, plus salt and pepper. At the last moment, finish the sauce with 1 teaspoon cranberries.

Season 2 saddles of hare with salt and pepper; heat some oil in a frying pan and cook the saddles over a brisk heat, turning them over. Cut the hare into thin slices and serve coated with the sauce, with fresh pasta.

Fillets of hare, to prepare

Separate the saddle from the forequarters of a hare as far behind the ribs as possible, and place the saddle on its back. With a pointed knife, cut away the meat on both sides of the backbone. Ease off the flesh to halfway up the backbone, then place the blade of a very heavy knife against the backbone and, by tapping on the blade, complete the separation of the fillets. Do the same on the other side. Separate the fillets from each other, then lard them

with fat bacon. Season with salt, pepper and a pinch of cayenne; pour over a dash of brandy and leave to marinate until the time for cooking.

Fillets of hare on croûtes

Prepare the fillets and place them in a buttered roasting dish. Pour over melted butter and cook them in a preheated oven at 240°C (475°F, gas 9), covering them with foil once they are browned. Serve on bread croûtes fried in butter and coat with financière or Périgueux sauce, or , if you prefer, a fruit sauce (cranberry or redcurrant).

Hare à la royale

Collect the blood from a good-sized skinned hare, reserve the liver, heart and lungs, and remove the head. Carefully grease the bottom and sides of a very large stewpot with goose fat. Make a bed of bacon rashers (slices) in the pot, place the hare (on its back) on top and cover with bacon rashers. Add 1 sliced carrot, 20 garlic cloves, 40 shallots, 4 onions studded with cloves, and a bouquet garni. Pour in 250 ml (8 fl oz, 1 cup) wine vinegar and a bottle and a half of Burgundy. Season with salt and pepper. Put the pot over a low heat, cover it and cook for 3 hours.

Finely chop 125 g (4½ oz) bacon, the hare's offal (variety meat), 10 garlic cloves and 20 shallots. Mix all these together very thoroughly. Remove the stewpot from the heat. Lift out the hare very carefully and put it on a dish, leaving the bacon and vegetables in the stewpot. Tip the contents of the pot into a strainer, pressing to extract as much liquid as possible. Add this to the chopped bacon, offal and vegetables and pour in half a bottle of heated Burgundy. Pour this mixture into the stewpot, replace the hare and cook over a low heat for 1½ hours. Skim off the surface fat. About 15 minutes before serving, add the blood, well whisked and diluted with Cognac. When cooking

is complete, arrange the hare on a serving dish and pour the sauce around it. Serve the same type of wine that was used to cook the hare.

Hare cutlets with mushrooms

Finely chop a boned hare. Add one-third of its weight of bread soaked in cream and an equal quantity of chopped mushrooms, parsley and shallots. Season with salt and pepper, add a pinch of *quatre-épices* or four spices, and blend all the ingredients into a firm paste. Divide the mixture into portions of 50–65 g (2–2½ oz), roll into balls, then flatten into cutlets. Coat with flour and fry in clarified butter. Serve with a game sauce, such as poivrade.

Hare en cabessal

Skin and gut a hare, reserving the liver and blood. Pound the liver with a garlic clove, then add the blood and 1 tablespoon vinegar. On the day before cooking, place the hare in a marinade of red wine, oil, carrots, thinly sliced onions and shallots, thyme, a bay leaf, a clove, salt and pepper. Prepare a stuffing with 500 g (18 oz) fillet of veal, 250 g (9 oz) raw ham, 250 g (9 oz) fresh pork, 2 garlic cloves and 2 shallots. Chop the ingredients finely, season with salt and pepper, and bind with an egg. Remove the hare from the marinade, wipe and stuff.

Sew up the opening in the belly. Bard the hare all over with larding bacon, then tie it with string so that it forms a round. Place it in a round dish with a little goose or pork fat, some pieces of larding bacon and a few small onions. Add a small glass of brandy and a bottle of good-quality red or white wine, then a roux made with flour and goose fat. Cover the dish and cook in a preheated oven at 150°C (300°F, gas 2) for 4 or 5 hours. When three-quarters cooked, add the pounded liver and blood. Check the seasoning. When cooking is complete, the sauce should be substantially reduced.

When serving, remove the string, the larding bacon and the bones (which should come away easily from the flesh). Serve with croûtons of bread fried in goose fat, which may be rubbed with garlic if desired.

Hare mousse

Remove the sinews from 450 g (1 lb) hare meat and chop the meat very finely in a food processor. (A few chopped truffle skins may be added.) Sprinkle with 1¼ teaspoons table salt and a large pinch of white pepper. Gradually incorporate 2–3 egg whites, still in the processor, then rub the mixture through a sieve. Stir the sieved mixture in a shallow frying pan over a low heat until it is quite smooth, then transfer it to a bowl; refrigerate for 2 hours.

Stand the chilled bowl in a container of ice cubes and gradually add 750 ml (1¼ pints, 3¼ cups) double (heavy) cream, stirring vigorously with a wooden spoon. Put it back in the refrigerator for 1 hour. Butter some dariole moulds and fill with the mousse. Put the moulds in a bain marie, bring to the boil, cover with foil, and cook them in a preheated oven at 200°C (400°F, gas 6) for 25–30 minutes (a fine needle inserted in the mousse should come out clean). Serve with a Périgueux sauce.

Hare mousse with chestnuts

Finely mince (grind) 500 g (18 oz) hare meat, having first removed all the nerves, and sprinkle with salt and white pepper. Slowly add 2 or 3 egg whites, then pass through a sieve. Put the meat in a sauté pan and stir over a low heat with a wooden spoon to obtain a smooth mixture. Then put the meat in a bowl and place it in the refrigerator for 2 hours.

Meanwhile, braise 400 g (14 oz) chestnuts and chop 300 g (11 oz) of them. Reserve the remaining whole chestnuts. Place the bowl of meat in a container filled with ice cubes and briskly but gradually incorporate 500 ml (17 fl oz,

2 cups) thick crème fraîche and the chopped chestnuts. Put back in the refrigerator for 1 hour.

Butter dariole moulds and put the hare mousse in them, pressing it down lightly. Place the moulds in a bain marie and bring it to the boil over the heat. Cover with foil and cook in a preheated oven at 200°C (400°F, gas 6) for 25–30 minutes. Serve on a bed of lightly cooked cabbage, on a truffle sauce, if liked. Garnish with sliced truffle and the reserved whole chestnuts.

Hare pâté

Bone a hare and set aside the fillets (including the filets mignons) and the thigh meat. Remove the sinews from these cuts, lard the meat, and season with salt, pepper and a little mixed spice. Then marinate them in brandy together with an equal weight of thin slices of lean unsmoked ham, fat bacon and quartered truffles. Prepare a game forcemeat with the rest of the meat; rub it through a sieve and then thicken it with the hare's blood.

Butter an oval hinged mould and line with lining pastry. Cover with very thin slices of fat bacon and spread a layer of forcemeat over the bottom and up the sides. Add a layer of marinated hare fillets and cover with a layer of forcemeat. Continue to fill the mould with layers of hare and forcemeat, finishing with a layer of forcemeat. Cover with slices of fat bacon, then a layer of pastry, inserting a chimney in the centre for the steam to escape during cooking. Seal the edges. Shape the crust with a pastry crimper and garnish with pastry shapes. Brush with beaten egg and cook in a preheated oven at 190°C (375°F, gas 5), allowing 35 minutes per 1 kg (15 minutes per 1 lb).

Let the pâté cool in the mould. When it is cold, pour a few spoonfuls of Madeira-flavoured aspic through the central hole (or, if the pâté is to be kept for any length of time, a mixture of melted butter and lard). Prepare the pâté at least 24 hours before serving.

Hare with cherries

Choose a hare weighing between 1.5 and 2 kg (3½–4½ lb) and cut into pieces. Brown the pieces in olive oil in a flameproof casserole until they are golden, then remove. In the same oil, brown a large onion and a shallot, both chopped, and a finely diced carrot. Sprinkle in 1 tablespoon flour and stir until it turns golden brown, then replace the pieces of hare. Moisten with ½ bottle of red Burgundy and add a bouquet garni, a crushed garlic clove, a clove, salt and pepper. Cover and leave to cook gently for 1 hour.

Remove the stalks and stones (pits) from 1 kg (2¼ lb) cherries, cook them with 250 g (9 oz, generous 1 cup) sugar and a little water, then remove and drain. Caramelize the syrup slightly, then add 100 ml (4 fl oz, 7 tablespoons) wine vinegar, bring to the boil and reduce to obtain a syrupy mixture. Roll the cherries in this syrup. Arrange the pieces of hare in the serving dish, coat with the strained cooking stock and distribute the cherries around the dish.

Hare with chocolate

Skin a hare, detach the saddle and thighs, season these with salt and pepper, and marinate for 3 days in oil. Break up the rib cage, the forelimbs and the offal (variety meats), and marinate these for 3 days in a marinade made with 2 bottles of red wine, 2 onions, a garlic head (bulb) broken into cloves, 2 carrots and a leek (coarsely chopped), thyme, bay leaves, grated nutmeg, pepper, the juice of 1 lemon, chopped root ginger, cinnamon and cloves.

After 3 days, strain the marinade and sauté the pieces of carcass in olive oil until brown. Remove the fat. Add a little of the marinade and a calf's foot. Cook very gently for 4 hours, then remove the fat. Strain the sauce obtained and thicken it with 50 g (2 oz) bitter (bittersweet) chocolate and 100 g (4 oz, ½ cup) butter. Heat the juice of 1 lemon with 3 tablespoons poultry blood without boiling, and add to the sauce. Cook the saddle and thighs in butter in

a casserole (the meat should remain pink). Cut into portions. Pour over the sauce and serve with spiced pears sautéed in butter.

Roast hare en saugrenée

Let the hare hang, unskinned, in a cool place for 24 hours, then joint it and reserve the blood and liver. Place the joints in a dish containing 250 ml (8 fl oz, 1 cup) cider, 4 tablespoons olive oil, 1 onion and 1 carrot (finely chopped), 6 juniper berries, 12 shallots and a pinch of spice. Leave to marinate for 12 hours.

Blanch the shallots from the marinade and put them in a roasting dish with a slice of fat bacon. Place the hare on top and roast in a preheated oven at 200°C (400°F, gas 6) for 30–40 minutes. Prepare the hearts of 2 celery heads, wash them, blanch them in salted water and drain. Braise the celery for 40 minutes in a buttered dish, moistened with stock.

Place the cooked hare in a warm dish. Deglaze the roasting dish with 1 small ladle of stock and 1 tablespoon brandy. Remove from the heat and thicken carefully with the puréed liver of the hare and the reserved blood. Pour this sauce over the hare. Serve the celery separately.

Roast saddle of hare

The saddle is a cut of meat consisting of the two joined loins. The saddle of a hare or rabbit extends from the lower ribs to the tail. It is a fleshy piece of meat that can be roasted whole, often larded or barded and marinated. It can also be cooked with mustard or with cream (sautéed in a casserole); braised and served with mushroom purée, chestnuts and poivrade sauce; or sautéed and garnished with cherries, with a soured (sour) cream sauce. When it is not cooked whole, the saddle is cut into two or three pieces and made into a civet, stew or sauté with the rest of the animal.

Insert some small strips of fatty bacon into the saddle. Sprinkle it with salt and pepper, brush with oil and roast it in a preheated oven at 240°C (475°F, gas 9) for about 20 minutes (the meat should still be pink). The saddle can also be spit-roasted.

Garnish the serving dish with fluted half slices of lemon and watercress. Serve the saddle either with its own cooking juices – by deglazing the roasting tin (pan) with white wine – or with a poivrade sauce; the tin can also be deglazed using a mixture of equal proportions of white wine and double (heavy) cream.

Saddle of hare à l'allemande

Insert some small strips of fatty bacon into the saddle and sprinkle it with table salt. Cut 1 carrot and 1 onion into slices; chop 1 shallot, 1 celery stick and 1 garlic clove. Put some of these vegetables into a deep bowl and lay the saddle on top. Pour in 250 ml (8 fl oz, 1 cup) oil, sprinkle with coarsely chopped parsley, powdered thyme, 1 bay leaf cut into pieces and 12 peppercorns, and add 1 small onion studded with 2 cloves. Cover the saddle with the remaining vegetables and pour in just enough white wine to cover everything. Leave to marinate for 6 hours, turning the meat once.

Oil a roasting tin (pan) and place in it the vegetables from the marinade; place the saddle on top and cook in a preheated oven at 240°C (475°F, gas 9) for 20–25 minutes (the meat should still be pink). Drain the saddle and keep it hot. Pour the marinade into the roasting tin, add 200 ml (7 fl oz, ¾ cup) double (heavy) cream, and boil to reduce by half. Adjust the seasoning with the juice of ½ lemon; strain and pour over the saddle. Serve with unsweetened apple sauce and redcurrant jelly.

Partridge

Boned partridge Brillat-Savarin

Open out the partridge and remove as much bone as possible. Flatten the partridge and season with salt and pepper. Seal by frying rapidly in butter. Cover both sides with a forcemeat of foie gras and truffle. Wrap the partridge in a piece of pig's caul, coat with breadcrumbs, and grill (broil) gently. Place on a bed of lentil purée and serve with a well-reduced Madeira sauce, containing game stock.

Chartreuse of partridge

Braise some cabbage in goose dripping, together with an old partridge (the latter provides more flavour). Cut some turnips and carrots into very thin 1 cm (½ in) squares. Prepare a veal quenelle forcemeat and use it to line a small round casserole. Cover the bottom and sides with the carrot and turnip squares to form a decorative chequered pattern. Place enough of the cabbage in the pan to comes a third of the way up the side. Put a piece of slightly salted bacon (which has been poached for at least 2 hours) on top of the cabbage. Roast one or two partridges to seal them. Cut them into pieces and place on top of the bacon. Cover with the remaining cabbage. Cover the pan and cook in a bain marie in a preheated oven at 180°C (350°F, gas 4) for 30–40 minutes. Remove from the oven, cool briefly and turn out on to a serving dish.

Partridge à la coque

Gut (clean) and singe a young partridge, season with salt and pepper, spread foie gras in the cavity and truss. Fill a saucepan with salted water and lay a

stick across the top. Bring the water to the boil and hang the partridge by its feet from the centre of the stick so that it is suspended in the water. Boil briskly for 20 minutes, then remove the bird and allow it to cool. When cold, keep it in the refrigerator until ready to serve.

Partridge à la Souvarov

Stuff a partridge with fois gras and truffles cut into large dice, seasoned with salt and pepper and sprinkled with a dash of brandy. Truss the bird and brown it in butter, then place it in a small oval terrine, surrounded by diced or whole truffles, peeled and seasoned with salt and pepper. Moisten with 100 ml (4 fl oz, 7 tablespoons) Madeira-flavoured game fumet to which the pan juices, diluted with Madeira, have been added. Sprinkle with a dash of brandy. Cover the terrine, seal the lid with a strip of dough and cook in a preheated oven at 190°C (375°F, gas 5) for 45 minutes. Serve in the terrine.

Woodcock and chicken can be prepared in the same way, but fry chicken in butter until it is three-quarters done, then finish in the oven for 30 minutes.

Partridge à la vigneronne

Pluck, clean and truss a partridge. Cook it in butter in a saucepan for about 30 minutes, then drain and untruss it. Put into the saucepan 24 skinned and seeded grapes, 3 tablespoons game fumet and 1 tablespoon flamed brandy. Cover the pan and cook gently for 5 minutes, then replace the partridge on top, heat through and serve.

Partridge croustades

Completely bone 4 young partridges. Reserve the breast fillets and marinate them for 24 hours in 750 ml (1¼ pints, 3¼ cups) red wine. Mince (grind) the meat from the thighs with the liver and season with salt and pepper. Place the

bowl of minced meat over a dish of ice and gradually work in 2 eggs, followed by 150 ml (¼ pint, ⅔ cup) crème fraîche. Refrigerate the resulting mousse and then shape it into small quenelles.

Prepare a game stock with the partridge trimmings, the carcass and the marinade. Boil until reduced by half, then add 300 ml (½ pint, 1¼ cups) demi-glace sauce. Strain this stock, bring it to the boil, add the quenelles of partridge mousse and poach them for 6 minutes.

Make 4 rectangular croustades with puff pastry. Fry 4 sliced cep mushroom caps in butter and season with salt and pepper. When the quenelles are cooked, remove from the stock and keep hot. Reduce the stock to make about 400 ml (14 fl oz, 1¾ cups) sauce, removing any scum that rises to the surface. At the last minute, thicken the sauce with 50 g (2 oz, ¼ cup) foie gras. Fry the partridge fillets in butter, season with salt and pepper and cook for 2 minutes only on each side, so that they are still pink.

Fill the croustades with the quenelles, the fried mushrooms and the partridge fillets. Add a little sauce and place in a preheated oven at 150°C (300°F, gas 2) for 3 minutes. Serve the remaining sauce separately.

Partridge cutlets Romanov

Soak 2 pigs' cauls (caul fat) in cold water. Pluck 4 young partridges, singe them, gut (clean) them and set aside the livers and hearts. Bone the breasts and remove the skin. Remove the feet, but keep them whole except for cutting off the claws. Marinate the breasts in a mixture of 4 tablespoons port, 1 tablespoon brandy, salt and pepper.

Prepare a forcemeat by finely mincing (grinding) 100 g (4 oz, 1 cup) pork, 100 g (4 oz, 1 cup) fat bacon, 50 g (2 oz, ½ cup) chicken livers and the hearts and livers of the partridges. Sauté 2 chopped shallots in butter, then place in a bowl and mix with an egg yolk, some spiced salt and a little truffle juice.

Prepare the sauce by first browning the partridge bones in a saucepan together with 1 onion and 1 carrot. Then add some powdered thyme, a peeled, crushed tomato, 250 ml (8 fl oz, 1 cup) white wine, the marinade and a ladleful of veal stock. Add 6 juniper berries and cook for 1 hour (the liquid should then be syrupy).

Spread the cauls out on the worktop, wipe them and cut each into 2 rectangles measuring 20 × 15 cm (8 × 6 in). Spread a thin layer of forcemeat on each rectangle and put a partridge foot at the end. Place a partridge breast (both fillets from one bird) on the forcemeat and add a thin slice of foie gras and a slice of truffle. Cover with a thin layer of forcemeat. Fold the caul over the stuffing and shape it into a cutlet, using the partridge foot as the bone. When four 'cutlets' have been prepared, roast them in a preheated oven at 230°C (450°F, gas 8) for 15–20 minutes (they should still be slightly pink).

Arrange the cutlets on a dish and garnish the ends of the feet with a little white paper frill. Strain the cooking juices, add 150 ml (¼ pint, ⅔ cup) double (heavy) cream, and thicken with 100 g (4 oz, ½ cup) butter. Adjust the seasoning and pour the sauce over the cutlets. Serve with either chestnut purée or fried fresh cep mushrooms.

Partridge en pistache

Stuff a partridge with a forcemeat of its liver, breadcrumbs, raw ham, parsley and garlic, all chopped and bound with 1 egg. Truss the partridge, bard it, season with salt and pepper and place in a flameproof casserole containing 3 tablespoons heated goose fat. Cook until the partridge becomes a good golden colour, then remove it.

Brown 1 tablespoon diced raw ham in the casserole, dust with 1 tablespoon flour and cook for a few minutes. Add 3 tablespoons dry white wine, then 100 ml (4 fl oz, 7 tablespoons) giblet or chicken stock. Add 1 tablespoon

tomato purée (paste), a bouquet garni and a small piece of dried orange peel. Cook for 10 minutes. Remove the ham and bouquet garni. Strain the sauce.

Return the partridge to the casserole, together with the ham and bouquet garni, then pour on the sauce. Bring to the boil, cover and cook for 10 minutes. Then add 12 garlic cloves (blanched in boiling salted water, drained and peeled) and simmer for a further 30 minutes. Remove the bouquet garni and serve the partridge straight from the casserole.

Partridge Monselet

Trim a partridge and stuff it with foie gras to which a truffle salpicon has been added. Truss it, season with salt and pepper, and brown in a small heavy flameproof casserole. Cover and cook in a preheated oven at 160°C (325°F, gas 3). After about 15 minutes, add 2 thin slices of artichoke hearts which have been tossed in lemon and butter. Cook for about a further 15 minutes. Cut a truffle into small dice and add to the casserole. Add 2 tablespoons warmed brandy and set alight. Serve in the casserole.

Partridge Monselet with chanterelles

Stuff 2 cleaned partridges with foie gras, adding a little diced black truffle. Truss and season well, then brown the birds all over in butter in a small flameproof casserole. Cover the casserole and continue to cook gently for 15 minutes. Turn 4 lightly cooked artichoke hearts in a little lemon juice and melted clarified butter, then add them to the casserole and cook for a further 15 minutes. Add a finely diced black truffle. Heat 2 tablespoons brandy, add to the casserole and flambé. Lightly cook some chanterelles in butter in a separate pan. Arrange the partridges with the artickoke bottoms and sliced foie gras used as stuffing, with the cooking juices poured over. Add the chanterelles and serve at once.

Partridge salad with cabbage

Select a large Savoy cabbage with a good heart. Remove about 8 of the leaves and wash them in plenty of water after removing the thick midribs. Blanch for 5 minutes in boiling salted water, cool and drain. Pluck 6 partridges, gut them and retain the livers. Cut the birds into quarters and use the breasts only (the thighs can be made into a terrine). Bone the breasts and season them with salt and pepper. Wipe 500 g (18 oz, 6 cups) small firm cep mushrooms with a damp cloth and chop them roughly.

Brown 6 slices of belly of pork in a frying pan and add the partridge breasts and livers. Cook for 6 minutes and then add the mushrooms. Cover the pan and braise for a further 5 minutes. Remove the contents of the pan and keep hot. Deglaze the pan with 100 ml (4 fl oz, 7 tablespoons) sherry vinegar, add some crushed peppercorns, boil down to reduce and then thicken the sauce with 100 ml (4 fl oz, 7 tablespoons) hazelnut oil. Dip the cabbage leaves in the sauce and lay them out on the serving dish. Arrange the slices of pork, the partridge and livers, and the sliced mushrooms on the top and sprinkle with chopped chives.

Partridges en vessie

Soak 4 small pigs' bladders in salt water and vinegar for 24 hours, then squeeze thoroughly. Gut (clean) 4 young partridges. Prepare a forcemeat with 250 g (9 oz, 1 cup) fine sausagemeat, the finely minced (ground) partridge livers, 150 g (5 oz, 2½ cups) breadcrumbs soaked in milk and squeezed thoroughly, 2 tablespoons crème fraîche, salt, pepper and an egg. Stuff the birds with the mixture, adding a large sprig of thyme to each portion.

Truss the partridges and place each in a pig's bladder. Add a pinch of coarse salt and a dash of brandy and port to each bladder, squeeze to release any air, tie them up with string and prick with a needle. Cook for 30 minutes

in simmering veal stock and leave to cool in the liquid for 12 hours. Remove the partridges from the bladders, untruss and serve cold.

Partridge with cabbage

Clean a large cabbage, cut it into 8 pieces and blanch for 8 minutes in boiling water. Drain the cabbage and allow to cool. Place the cabbage in a buttered heavy-based saucepan with a 500 g (18 oz) piece of lean bacon, an onion studded with 2 cloves and a bouquet garni. Add 175 ml (6 fl oz, ¾ cup) stock, cover and cook gently for 1 hour.

Pluck, gut (clean) and truss 2 partridges. Lard the breasts with thin rashers (slices) of bacon. Brown them in a preheated oven at 230°C (450°F, gas 8), then add them to the saucepan containing the cabbage, together with 1 boiling sausage and 2 sliced carrots. Continue cooking for at least another hour (or more, if the partridges are old). Untruss the birds and slice the bacon and the sausage. Place the cabbage in a deep dish; cut the partridges in half and arrange them on top. Garnish with the slices of bacon, sausage and carrot. Pour the cooking liquid over the top.

Alternatively, the cooked partridges can be arranged *en gâteau*: cover the bottom of a round buttered timbale with the sliced carrots, sausage and bacon, then add a layer of cabbage, the partridges and finally the rest of the cabbage. Press down the cabbage, warm in a preheated oven at 160°C (325°F, gas 3) for 5 minutes and turn it out on to a round dish. Pour a few tablespoons of game fumet, demi-glace sauce or brown veal stock around the 'gâteau'.

Partridge with lentils

Roast 2 partridges in 50 g (2 oz, ¼ cup) lard in a preheated oven at 180°C (350°F, gas 5) for 20 minutes. Then place them in a heavy-based saucepan with 100 g (4 oz, 1 cup) bacon pieces, 2 sliced onions, 2 sliced carrots,

175 ml (6 fl oz, ¾ cup) white wine, 175 ml (6 fl oz, ¾ cup) stock, some salt and a bouquet garni. Simmer gently for 1½ hours. In the meantime, boil in water until tender 250 g (9 oz, 1¼ cups) lentils (previously soaked for 2 hours and drained) with 200 g (7 oz) fat bacon, 4 small onions, 2 carrots (cut into quarters), 1 boiling sausage weighing 200 g (7 oz) and a pinch of salt. Arrange the lentils in a deep dish, place the partridges on top and surround with the sliced sausage. Spoon over the cooking juices.

Partridges with grapes

Pluck, singe and gut (clean) some young partridges. Season them with salt and pepper. Also season some large grapes with salt and pepper. Place 2 grapes and half a Petit-Suisse cheese (or 1 tablespoon cream cheese) inside each bird. Quickly brown the birds in 50 g (2 oz, ¼ cup) butter in a heavy-based saucepan for 6 minutes. Cover the pan and cook gently for a further 10–15 minutes (the wings should be white and the thighs pink near the bone). Drain the partridges and keep them hot.

Skim the fat from the cooking juices, add some green grapes and 3 tablespoons Armagnac and simmer over a low heat. Add a glass of red Banyuls wine and boil for 5 minutes to reduce. Strain the sauce and thicken with a Petit Suisse cheese (or 2 tablespoons cream cheese). Season generously with salt and pepper. Spoon over the partridges and serve with dauphine potatoes and red cabbage *à la flamande*.

Stuffed partridges in aspic

Bone some young partridges from the back. Cut them open and season with salt and pepper. Stuff each bird with 100 g (4 oz, ½ cup) truffled game forcemeat wrapped around a piece of raw foie gras and a small peeled truffle. Season with salt, pepper and mixed spice and sprinkle with brandy. Close up

the partridges, truss them and wrap each one in thin bacon barding or a piece of pig's caul (caul fat).

Prepare an aspic stock with Madeira, the partridge carcasses and trimmings, knuckle of veal and fresh bacon rind. Cook the partridges in this stock, then drain, remove the barding, untruss, wipe and arrange them in an oval terrine. Leave them to cool, then chill them. Clarify the aspic, adding gelatine if necessary for a good set, and cover the partridges completely with it. Chill again until ready to serve.

Pheasant

Pheasant, to prepare

Chill the pheasant in the refrigerator for a few hours before you begin to prepare it, as this makes it easier to pluck. Begin by twisting the large wing feathers to remove them. Then pluck the remaining feathers in the following order: the body, legs, neck and wings. Draw the bird in the same way as a chicken, cut through the skin down the length of the neck and remove the trachea (windpipe) and the oesophagus (gullet), pulling out the crop at the same time; leave the neck as it is or sever it at the base, without cutting through the skin. Make an incision at the tail end of the bird and pull out the intestines, gizzard, liver, heart and lungs. Remove the gall bladder from the liver immediately. Season the inside of the carcass with salt and pepper. Bard if necessary and truss the bird with the legs pressed as tightly as possible against the breast, especially if the bird is to be roasted.

Ballotine of pheasant in aspic

(from Carême's recipe) Take a Strasbourg foie gras. Soak in cold water and blanch. Cut each half into 4 fillets and trim. Pound 2 of these fillets in a mortar with the trimmings and the meat of a red partridge with an equal weight of pork fat. Season the mixture very well. Add 2 egg yolks and some cultivated mushrooms tossed in butter. Pound all of these ingredients together thoroughly. Press the stuffing through a quenelle sieve.

Carefully bone a well-hung fat pheasant. Place it on a cloth and season generously with salt and pepper. Arrange half the stuffing on top of it and then 3 fillets of foie gras, interspersing these with halved truffles. Add as much spiced salt as required. Cover the whole with half the remaining stuffing. Put the rest of the foie gras and the halves of truffle on top. Season and cover with the rest of the stuffing.

Fold the pheasant into shape. Wrap in a cloth. Tie and cook in aspic stock flavoured with Madeira, to which have been added the bones and trimmings of the pheasant and partridge. Leave the ballotine to cool under a light weight. Glaze with aspic in the usual way.

Casserole of pheasant

Brown a trussed pheasant in 25 g (1 oz, 2 tablespoons) butter in a flameproof casserole. Cover and continue to cook gently for 45 minutes. Add some Cognac (or other brandy) and 2 tablespoons boiling water or stock. Season with salt and pepper. Cook for a further 5–10 minutes. Cut the pheasant into joints and serve with, for example, puréed celery.

Alternatively, halfway through the cooking time add 12 mushroom caps and some small shaped potato pieces to the casserole. Then deglaze with cream, reducing the sauce by half.

A third method is to add 250 ml (8 fl oz, 1 cup) single (light) cream to the

casserole two-thirds of the way through the cooking time and basting the pheasant frequently with the cream. Just before serving, add a squeeze of lemon juice to sharpen the sauce.

Chaud-froid of pheasant

Cook a prepared trussed pheasant in butter in an ovenproof casserole, taking care that the meat remains pinkish. Joint (cut) the bird into 4 or 6 pieces. Skin the pieces, trim them and allow them to cool completely. Place in the refrigerator for about 1 hour. Prepare a brown chaud-froid sauce with some game stock, flavoured with truffle essence. Also prepare some Madeira-flavoured aspic jelly. Place the chilled pieces of pheasant on a rack and pour the chaud-froid sauce over them twice, refrigerating between the 2 applications.

Prepare various ingredients for a garnish; for example, thinly sliced pieces of truffle cut into fancy shapes, tarragon leaves, thinly sliced carrots and leeks, and pieces of hard-boiled (hard-cooked) egg white. Coat each item in aspic before arranging them on the joints of pheasant. Finally, coat the pheasant with the remaining aspic and place in the refrigerator to set. To serve, arrange on a serving dish garnished with chopped aspic or slices of aspic. Alternatively, arrange in a glass bowl and coat the entire arrangement with clear seasoned aspic.

Game soufflé with Périgueux sauce

Pound 250 g (9 oz) cooked pheasant or partridge meat in a mortar with 150 ml (¼ pint, ⅔ cup) thick béchamel sauce flavoured with game stock. Season with salt and pepper. Add 3 egg yolks one by one, rub through a sieve and incorporate 3 stiffly whisked egg whites. Butter a 20 cm (8 in) soufflé mould and coat with flour. Add the mixture and bake in a preheated oven at 200°C (400°F, gas 6) for about 25 minutes. Serve with Périgueux sauce.

Grilled pheasant à l'américaine

This recipe is particularly suitable for young pheasants. Split the pheasant along the back and flatten it gently. Season with salt and pepper, then fry in butter on both sides until the flesh is firm. Coat both sides with freshly made breadcrumbs seasoned with a large pinch of cayenne. Grill (broil) the pheasant slowly. Place on a dish and cover with grilled bacon rashers (slices). Garnish with grilled tomatoes and mushrooms, bunches of watercress and potato crisps (chips) or game chips. Serve with maître d'hôtel butter.

Pheasant à l'alsacienne

Truss the pheasant and cook in butter in a flameproof casserole, for 25 minutes until lightly brown. Braise some sauerkraut and bacon rashers (slices) in goose fat . Put the sauerkraut in the casserole, with the pheasant on top. Cover and cook in a preheated oven at 190°C (375°F, gas 5) for another 25 minutes, or until the pheasant is tender. Cut the pheasant into portions. Slice some hot saveloys and cut up the hot bacon. Make a bed of sauerkraut on a hot dish, and garnish with the pheasant, bacon and saveloy.

Pheasant à la Douro

Stuff the bird with boiled and peeled chestnuts, foie gras and prepared truffles. Tie, truss and bard the pheasant and brown in butter in a flameproof casserole. Add a few rashers (slices) of streaky bacon and 325 ml (11 fl oz, 1⅓ cups) white port. Season with salt and pepper, cover and cook over a very low heat for about 50 minutes.

Pheasant à la géorgienne

Clean, bard and truss a young or hen pheasant. Place it in a saucepan with about 30 shelled walnuts. Add the juice of 3 oranges and 675 g (1½ lb) grapes,

crushed and strained. Add 175 ml (6 fl oz, ¾ cup) Madeira or Malmsey and an equal quantity of very strong strained green tea. Then add 40 g (1½ oz, 3 tablespoons) butter. Season with salt and pepper. Cover the saucepan, bring to the boil, then reduce the heat and simmer for 45 minutes. Drain, untruss and discard the barding. Cook the pheasant in a preheated oven at 230°C (450°F, gas 8) for 15–20 minutes until brown. Place it on a serving dish with the walnuts arranged around it and pour over the reduced, strained cooking liquid or brown veal gravy.

Pheasant à la languedocienne

Cut a pheasant into 4–6 pieces; season with salt and pepper. Prepare 4 tablespoons mirepoix; cook slowly in butter with a little thyme, powdered bay leaf, salt and pepper. Add the pieces of pheasant and lightly fry, then sprinkle with 1 tablespoon flour; cook until the flour turns golden. Moisten with 300 ml (½ pint, 1¼ cups) red wine and mix well. Add a few tablespoons of stock and a bouquet garni, then cover and cook for 20 minutes.

Drain the pheasant and arrange it in a flameproof earthenware dish with 12 cep or button mushrooms and a truffle cut into fine strips; moisten with 3 tablespoons Cognac or marc. Strain the pan juice, add some butter, whisk and pour over the pheasant. Put the lid on the dish, seal it with flour-and-water paste and cook in a bain marie in a preheated oven at 190°C (375°F, gas 5) for 40 minutes. Serve in the cooking dish.

Pheasant à la normande

Brown the pheasant in butter in a flameproof casserole. Peel and slice 4 firm apples and fry quickly in butter. Place them in the bottom of the casserole with the pheasant on top. Cover and cook in a preheated oven at 240°C (475°F, gas 9) for about 45 minutes. Five minutes before serving, pour 100 ml

(4 fl oz, ½ cup) double (heavy) cream and 1 tablespoon Calvados over the pheasant. Untruss, carve into joints and serve very hot with the apples.

Pheasant à la Sainte-Alliance

(from Brillat-Savarin's recipe) Hang a pheasant until it is very high, then pluck it and lard it with fresh firm bacon. Bone and draw 2 woodcock, separating the flesh and the offal (variety meats). Make a stuffing with the flesh by chopping it with steamed beef bone marrow, a little shredded pork fat, some pepper, salt, herbs and truffles. Stuff the pheasant with this mixture.

Cut a slice of bread 5 cm (2 in) larger than the pheasant all round, and toast it. Pound the livers and entrails of the woodcock with 2 large truffles, 1 anchovy, a little finely chopped bacon and a moderately sized lump of fresh butter. Spread this paste evenly over the toast. Roast the pheasant in a preheated oven at 230°C (450°F, gas 8); when it is cooked, spoon all the roasting juices over the toast on a serving dish. Place the pheasant on top and surround it with slices of Seville (bitter) orange. This highly flavoured dish is best accompanied by wine from Upper Burgundy.

Pheasant Périgueux

Pluck, singe and gut (clean) a pheasant. Season the carcass inside and out, then put some slices of truffle between the skin and the flesh. Fry the pheasant in butter in a heavy-based pan then arrange on a slice of bread fried in butter. Prepare some Périgueux sauce with the cooking juices and serve separately. The dish can be garnished with quenelles of truffled game forcemeat.

Pheasant with port

Cut 2 young pheasants, preferably hens, into 4 or 6 pieces each. Season with salt and pepper and brown in 50 g (2 oz, ¼ cup) butter in a frying pan. Soften

4 peeled, chopped shallots in 20 g (¾ oz, 1½ tablespoons) butter in a flameproof casserole. Add the pheasant pieces and 250 ml (8 fl oz, 1 cup) port. Cover and simmer for 20 minutes. Fry 300 g (11 oz, 3½ cups) chanterelle mushrooms in butter. Remove the pheasant pieces and keep warm and deglaze the casserole with 250 ml (8 fl oz, 1 cup) double (heavy) cream. Add a little juice from the pan in which the chanterelles were cooked and boil down to reduce. Finish the sauce by gradually whisking in 65 g (2½ oz, 5 tablespoons) butter, cut into small pieces. Adjust the seasoning. Replace the pheasant pieces and the chanterelles in the hot sauce and allow to bubble for a few seconds. Arrange on a dish and serve with spätzle, Italian potato gnocchi or buttered noodles.

Pheasant with truffles

At least 24 hours before cooking, insert some large slices of prepared truffle under the skin of a pheasant. Make a forcemeat with 250 g (9 oz) diced truffles and 350 g (12 oz) fresh pork fat and use it to stuff the pheasant. Cook in a preheated oven at 220°C (425°F, gas 7) for 50–55 minutes or for 55–60 minutes on a spit. (The pheasant may also be fried rather than roasted.) Place it on a large croûton, arrange some balls of game forcemeat around it and serve with Périgueux sauce.

Pheasant with walnuts

Pound together 60 peeled fresh walnut kernels, 3 Petit-Suisse cheeses or 75 g (3 oz, ½ cup) cream cheese, ½ wine glass grape juice, the juice of 1 lemon, a few drops of port, ½ cup very strong tea and season with salt and pepper. Stuff a pheasant with this mixture. Brown the pheasant in butter in a sauté pan, season with salt and pepper then cover the pan and cook until the pheasant is tender (about 40 minutes).

Roast pheasant

Truss and bard a young pheasant, brush with melted butter and season with salt and pepper. Roast in a preheated oven at 240°C (475°F, gas 9) for 30–40 minutes, depending on the size of the bird, basting 2 or 3 times. Fry some croûtons until golden brown. Untruss the pheasant and remove the barding fat. Place it on top of the croûtons and keep warm. Deglaze the roasting tin (pan) with a little poultry stock and serve this gravy separately. (The pheasant can be stuffed with truffles before roasting and the croûtons can be spread with a small amount of forcemeat made with the minced liver of the pheasant.)

Salmi of pheasant

Pluck, draw, prepare and truss a young pheasant. Roast in a preheated oven at 240°C (475°F, gas 9) for only 20 minutes so that it is still rare. Set the roasting tin (pan) aside. Cut the pheasant into 6 pieces as follows: remove the legs; remove the wings, leaving sufficient white meat on the breast bone; cut the breast into 2 pieces, widthways. Trim each piece carefully and remove the skin. Place the portions of pheasant in a buttered sauté pan and add a dash of good-quality Cognac. Season with pepper. Cover and keep warm.

Crush the bones of the carcass, the skin and trimmings, and brown briskly with 1 unpeeled garlic clove in the roasting tin in which the pheasant was roasted. Reduce the heat and add 3 finely chopped shallots; cover and sweat the shallots gently for 5 minutes, then spoon or pour off excess grease. Deglaze with a dash of Cognac and add 500 ml (17 fl oz, 2 cups) good red wine. Season the mixture and add a bouquet garni. Cook the wine, uncovered, for a few minutes and then add a generous ladle of game stock. Simmer for 30 minutes, uncovered. Skim thoroughly. Strain the sauce through a chinois, pressing the mixture to extract as much of the juice as

possible. Pour the liquor into a clean pan and bring back to simmering point. Correct the seasoning. Flavour the sauce with a little truffle juice and thicken with 50 g (2 oz, ¼ cup) foie gras pressed through a sieve, and pour over the pheasant. Fry a few sliced button mushrooms in butter, add to the pheasant and heat through gently, but thoroughly. Garnish with a few slices of truffle. Serve with garlic croûtons.

Sautéed pheasant

Cut a young tender pheasant (preferably a hen) into 4 or 6 pieces. Season with salt and pepper, brown in butter and cook gently in a sauté pan. Keep the pieces of pheasant on a covered serving dish. Deglaze the sauté pan with 4 tablespoons white wine and a little veal stock; reduce the sauce by half and add some butter. Pour the sauce over the pheasant and serve very hot.

Slices of pheasant with orange juice

Remove the flesh from a pheasant. Make a sauce as follows. Crush and pound the carcass and place it in a saucepan with some veal stock and a bottle of flat champagne. Add salt and pepper, bring to the boil and leave over a low heat to reduce. Press through a fine sieve and return to the heat. Add the minced (ground) heart and liver; cook for another 10 minutes. Cut the pheasant flesh into long, thin slices and sauté these in butter for 10 minutes, adding a handful of chopped parsley, chervil and chives. Arrange the slices on a dish. Add the cooking juice from the pheasant to the sauce, together with the strained juice of 1 orange. Stir and pour the hot sauce over the pheasant.

Terrine of pheasant

Bone a pheasant weighing about 1.25 kg (2¾ lb) without damaging the breast meat. Cut the latter into even strips, together with 300 g (11 oz) bacon

fat. Put the meat into a bowl with salt, pepper, ½ teaspoon quatre épices, 4 tablespoons brandy, a chopped bay leaf and a small sprig of thyme with the leaves removed. Thoroughly soak the meat in this mixture and marinate for 24 hours in a cool place. Put the rest of the pheasant in the refrigerator. Soak an intact pig's caul (caul fat) in cold water, then squeeze and wipe it dry.

Prepare a duxelles with 250 g (9 oz, 3 cups) button mushrooms, 2 or 3 shallots, salt and pepper.

Finely chop 350 g (12 oz) fresh belly of pork, 1 onion, the remaining pheasant meat and the blanched zest of an orange. Mix the duxelles and the chopped meat in a bowl with 2 eggs, pepper and salt. Work the mixture well to make it homogeneous, adding the marinade in which the strips of bacon fat and pheasant were steeped.

Line the terrine with the caul. Arrange a third of the forcemeat in an even layer. Cover with alternating strips of the marinated pheasant and bacon fat. Cover with the half the remaining forcemeat.Top with a thin layer of foie gras and diced truffle, then cover with the remainder of the forcemeat. Press down the caul on the contents of the terrine and trim. Place a bay leaf and 2 small sprigs of fresh thyme on top and then put on the lid.

Place the terrine in a bain marie, bring to the boil on the hob (stove top), then cook in a preheated oven at 180°C (350°F, gas 4) for 1½ hours. Remove from the oven and allow to cool. When lukewarm, take off the lid and replace with a weighted board. Allow the terrine to cool completely.

An aspic flavoured with port can be poured into the terrine and allowed to set. To preserve the terrine, cover with a fine layer of melted goose fat.

Pigeon

Pigeon, dressing a roasting bird

To pluck a bird more easily, chill it for a few hours in the refrigerator: the flesh will tighten and there will be less danger of tearing. Pluck each bird beginning with the large wing feathers, then the tail and proceed upwards to finish at the head. Singe and draw. Place a thin rasher (slice) of bacon on the back and breast of the bird. Truss by folding the head down between the wings.

Pigeon compote

Season 4 pigeons with salt and pepper, inside and out, then place 3–4 juniper berries and 1 tablespoon marc brandy in each bird. Turn the birds over so that the marc is evenly distributed. Put a thin strip of bacon over the breasts and truss. Brown the pigeons in a flameproof casserole in 50 g (2 oz, ¼ cup) butter, then remove, drain and keep warm. In the same butter, brown 20 small (pearl) onions and 100 g (4 oz, ⅔ cup) smoked streaky bacon, cut into small pieces. Then add 150 g (5 oz, 1⅔ cups) thinly sliced mushrooms. When these have turned golden, add a bouquet garni, 200 ml (7 fl oz, ¾ cup) white wine and the same quantity of chicken stock. Reduce by two-thirds, return the pigeons to the casserole, cover and bring to the boil. Cook in a preheated oven at 230°C (450°F, gas 8) for 30 minutes.Remove the bouquet garni, untie the pigeons, arrange on a heated serving dish and spoon over the cooking liquid.

Pigeons à la niçoise

Peel 18 small pickling (pearl) onions. Put them in a flameproof casserole with 20 g (¾ oz, 1½ tablespoons) butter. Season with salt and pepper. Add 3 table-

spoons water, cover and cook for 20 minutes over a moderate heat. Melt 40 g (1½ oz, 3 tablespoons) butter in a braising pan, add 6 pigeons, turning them over so they brown on all sides. Add 1 crumbled bay leaf and 2 pinches of winter savory. Pour over 100 ml (4 fl oz, 7 tablespoons) dry white wine and incorporate the drained onions. Simmer for 15 minutes. Add 200 g (7 oz) small black olives and cook for another 5–10 minutes. Steam 1 kg (2¼ lb) sugarsnap (snow) peas. Put them in a serving dish and arrange the pigeons on top, garnished with the olives, onions, a few bay leaves and sprigs of savory.

Roast pigeons with shallot vinegar

Bone 2 pigeons, each weighing about 575 g (1¼ lb). In a medium saucepan, prepare a stock with the carcasses, 1 carrot and 2 onions cut into slices, a bouquet garni, 150 ml (¼ pint, ⅔ cup) white wine, salt and pepper. Add just enough water to cover and cook for 30 minutes. Strain the stock and boil down to reduce by a third to a half; the exact volume of stock will depend on the size of the pan and volume of water added.

Fry the pieces of pigeon in 1 tablespoon of olive oil, turning occasionally, until just cooked; deglaze with 2 tablespoons shallot vinegar, then add the pigeon stock.

Boil 800 g (1¾ lb) potatoes in their skins. Peel them, then mash with a fork, adding 100 g (4 oz, ½ cup) butter and 2 teaspoons ground cumin. Use two spoons to scoop the potatoes into quenelle shapes. Arrange the pieces of pigeon on 4 plates, surround with the quenelles and pour over the sauce.

Squab à la minute

Split the bird in half lenghways. Remove the small bones, gently flatten the 2 halves and fry quickly in butter. When the squab is almost cooked, add 1 tablespoon chopped onion lightly fried in butter. Finish cooking. Arrange

the squab on a dish and keep warm. Dilute the pan juices with a dash of brandy, thicken with a little dissolved meat essence and add 1½ teaspoons chopped parsley. Pour the sauce over the bird.

Squabs en papillotes

Take 4 squabs and split each in half lengthways. Remove as many bones as possible, especially the breastbone. Season each half with salt and pepper, and fry in a casserole containing 50 g (2 oz, ¼ cup) butter to seal them. Prepare a duxelles from 40 g (1½ oz, ½ cup) mushrooms and 200 g (7 oz, 1¼ cups) raw unsmoked ham. Cut out 8 heart-shaped pieces of greaseproof (wax) paper, oil each piece lightly on one side and spread with the duxelles. Place a pigeon half on each and fold over the edges of the papillotes to seal. Cook in a preheated oven at 230°C (450°F, gas 8) until the paper cases have swollen and browned (about 15 minutes).

Squabs with peas

Season 4 squabs with salt and pepper inside and out. Truss, then brown on all sides in 50 g (2 oz, ¼ cup) butter in a flameproof casserole. Remove and drain. Dice 150 g (5 oz, ¾ cup) slightly salted streaky bacon, scald for 5 minutes in boiling water, then drain and cool. Peel 12 small (pearl) onions. Brown the bacon and onions in the butter in which the pigeons were cooked, then, without removing them, deglaze the casserole with 175 g (6 fl oz, ¾ cup) white wine and 175 ml (6 fl oz, ¾ cup) stock. Reduce by half.

Return the pigeons to the casserole and add 800 g (1¾ lb, 3½ cups) fresh peas, shelled, 1 lettuce heart and a bouquet garni. Season with salt and pepper, cover and cook in a preheated oven at 220°C (425°F, gas 7) gently for about 30 minutes. Adjust the seasoning, remove the bouquet garni and serve from the casserole. The peas may be flavoured with savory if wished.

Stuffed pigeons with asparagus tips

Starting at the backbone, bone 4 pigeons, each weighing about 400 g (14 oz). Prepare a forcemeat with 250 g (9 oz) noix of veal, 250 g (9 oz) fat bacon, 250 g (9 oz) calves' sweetbreads and 250 g (9 oz) foie gras. Chop all these ingredients very finely and add 25 g (1 oz, ¼ cup) broken truffle pieces and 1 egg. Blend together. Stuff the pigeons and then wrap each in a caul (caul fat), which will prevent the skin from drying while they are cooked.

Place the pigeons in a flameproof casserole, cover and cook over a gentle heat for about 15 minutes. Remove the pigeons, deglaze the casserole with 4 tablespoons vermouth and reduce over a brisk heat before pouring the sauce over the pigeons.

Serve with a gratin of asparagus tips prepared as follows: boil 32 asparagus tips in plenty of salted water, spread on a buttered gratin dish, cover with 100 ml (4 fl oz, 7 tablespoons) crème fraîche blended with 1 beaten egg yolk and brown under the grill (broiler).

Quail

Grilled quails

Pluck, draw and singe the quails. Split them down the centre of the back from the base of the neck to the tail and flatten slightly. Season with salt and pepper, brush with flavoured oil or melted butter and grill (broil) lightly for about 20 minutes. (Before cooking, the quails may be coated with fresh breadcrumbs.)

Grilled quails petit-duc

Coat the quails with melted butter and breadcrumbs and grill (broil). Arrange them on a bed of Anna potatoes and place a large grilled mushroom on each quail. Heat a few tablespoons of game fumet with a little Madeira and butter and sprinkle this over the quails.

Jellied stuffed quails à la périgourdine

Prepare and stuff the quails as described for stuffed quails in cases, adding diced foie gras to the forcemeat. Reshape the quails and wrap each one in a piece of muslin (cheesecloth) tied at both ends. Poach for 20–25 minutes in liquid meat aspic stock, flavoured with Madeira. Leave the quails to cool in the stock, but drain them before it sets. Unwrap them and dry with a cloth. Arrange them in a round, fairly shallow terrine. Clarify the aspic jelly and pour over the quails. Chill in the refrigerator before serving.

Minute quails

Pluck, draw and singe the quails. Split them down the centre of the back from the base of the neck to the tail, flatten slightly and season with salt and pepper.

Sauté them briskly in butter. After 15 minutes add a small chopped onion, some parsley and some melted butter. Cover the pan and continue cooking for a further 5 minutes. Cut some mushrooms into thin slices, allowing 150 g (5 oz, 1½ cups) for 4 quails. Drain the quails and arrange them on a serving dish while still hot. Brown the mushrooms in the sauté pan. Add a dash of brandy and, optionally, a few tablespoons of game stock. Boil for 3–4 minutes and add a dash of lemon juice. Pour this sauce over the quails.

Quail casserole

Pluck, draw and singe the quails. Smear the inside of each carcass with a knob of butter kneaded with salt and pepper, then truss each bird. Melt some butter in a flameproof casserole and fry the quails until golden. Add salt and pepper, cover and place in a preheated oven at 240°C (475°F, gas 9) for 12–18 minutes. When the birds are cooked, deglaze the dish with a little brandy.

Quail casserole à la bonne femme

Pluck, draw, singe and truss the quails. Fry them in butter in a flameproof casserole until golden. Dice some potatoes and scalded bacon, and cook in butter in a separate pan. Add the fried potato and bacon to the quails and complete the cooking in the oven, as for quail casserole.

Quail casserole Cinq-Mars

Pluck, draw, truss and singe the quails. Cut some carrots, onions and celery sticks into thin strips and soften in butter over a low heat, then add salt and pepper. Fry the quails in butter until golden, season with salt and pepper and cover with half the vegetable strips. Add 2–3 tablespoons sherry, cover and leave to cook in a preheated oven at about 240°C (475°F, gas 9) for 10 minutes.

Untruss the quails and arrange them in an ovenproof dish that can be

taken to the table. Top with thinly sliced mushrooms (wild mushrooms if possible) and either thinly sliced truffles or truffle peel. Cover with the rest of the vegetables and add the cooking juices, 2 tablespoons brandy and some knobs of butter. Cover the dish and seal the lid with a flour-and-water paste. Place the dish in a bain marie and bring to the boil. Then place the bain marie in the oven at 200°C (400°F, gas 6) and leave to cook for another 30 minutes. Remove the lid and serve very hot in the same dish.

Quail casserole with grapes

Pluck, draw and singe 8 quails. Wrap each one in a vine leaf and a very thin rasher (slice) of bacon, truss and fry in butter until golden. Add salt and pepper, cover the pan and leave to cook for another 10 minutes. Peel and seed about 60 large white grapes. Untruss the quails, arrange in an ovenproof dish (which can be taken to the table) and add the grapes. Sprinkle with the quails' cooking juices. Place the dish, without a lid, in a preheated oven at 240°C (475°F, gas 9) for 5 minutes. Just before serving, 2–3 tablespoons brandy can be added to the dish.

Quail croustades à la périgueux

Prepare and cook some stuffed quails. Cover the bottom of each bread croustade with Périgueux sauce. Place a quail on it and coat with more sauce. Garnish with a slice of truffle and serve very hot.

Quail pâté

Bone the quails. Stuff each with a piece of *à gratin* forcemeat about the size of a hazelnut, and the same amount of foie gras, studded with a piece of truffle, the whole well seasoned with salt, pepper and nutmeg, and sprinkled with a dash of brandy. Wrap each quail in a very thin rasher (slice) of bacon.

Line a hinged oval or rectangular mould with fine pastry, then with thin rashers of bacon. Cover with a layer of finely pounded forcemeat made of veal and equal proportions of lean and fat pork, bound with an egg, well seasoned, sprinkled with a little brandy and mixed with diced truffles. Next add a layer of *à gratin* game forcemeat, then half the stuffed quails, pressing down well. Cover with another layer of forcemeat, put in the rest of the quails and follow with a layer of forcemeat. Cover this with a layer of truffled forcemeat, flatten it and top with a layer of thin rashers of lean bacon. Seal with a pastry lid. Garnish with pieces of pastry cut in fancy shapes. Make a hole in the middle of the lid for steam to escape and brush the pastry top with beaten egg. Bake in a preheated oven at 180°C (350°F, gas 4) for about 1½ hours.

When cooked, leave the pâté to get cold and pour liquid game aspic stock through the hole in the top.

Quails à la romaine

Brown 12 chopped small new onions and 100 g (4 oz, ⅔ cup) diced cooked ham in 25 g (1 oz, 2 tablespoons) butter. Add 1 kg (2¼ lb, 7 cups) shelled petits pois, a pinch each of salt and sugar, and a small bouquet garni. Cover and braise gently for 20 minutes. Dress, trim and truss 8 quails and brown quickly in butter in a flameproof casserole. Tip the vegetables on to the birds, cover and cook in a preheated oven at 230°C (450°F, gas 8) for 20 minutes.

Quails en chemise

Stuff the quails with *à gratin* forcemeat, then truss, sprinkle with salt and pepper, and wrap each one separately in a small piece of pig's intestine. Tie up each end. Plunge the quails into boiling clear stock and poach for about 20 minutes. Drain, reduce the stock and coat the quails. A well-seasoned and well-reduced clarified chicken consommé may be used instead of stock.

Quails in vine leaves

Wash and dry 4 large fresh vine leaves; if they are canned, rinse in plenty of water, sponge dry and remove the stalks. Draw 4 quails and season with salt and pepper. Generously butter the breast and legs. Place a vine leaf on the breast of each quail and fold the edges down under the bird. Wrap 2 thin rashers (slices) of bacon around each quail and fasten securely with string. Wrap each one tightly in foil. Cook en papillote in a preheated oven at 220°C (425°F, gas 7) for 20 minutes or in the ashes of a wood fire, or roast on a spit for 15 minutes. Remove the foil and string and serve the birds cut in two lengthways. Serve with potato chips (French fries) and watercress or small mushroom brochettes.

Quails with cherries

Remove the stalks and stones (pits) from 1 kg (2¼ lb) morello cherries, then place them in a saucepan with 250 g (9 oz, generous 1 cup) sugar and 100 ml (4 fl oz, 7 tablespoons) water and leave them to cook for 8–10 minutes. Add 3 tablespoons redcurrant jelly and cook for a further 5 minutes. Roast some quails. When they are cooked, add the cherries and a little syrup to the roasting pan and reheat. Serve the quails surrounded by the cherries.

Alternatively, canned cherries in syrup may be used and the syrup thickened with a little arrowroot.

Roast quails

Wrap the quails in vine leaves and then in thin rashers (slices) of larding bacon. Secure with string. Roast on a spit before a lively fire or in a preheated oven at 200°C (400°F, gas 6) for 15–20 minutes. Arrange each quail on a canapé. Garnish with watercress and lemon quarters. Serve the diluted pan juices separately.

Stuffed quails à la financière

Prepare some stuffed quails in cases, coat them with a sauce made with their cooking juices mixed with Madeira, and glaze them in the oven. Arrange on fried croûtons or croustades of puff pastry. Garnish with finely sliced truffles and surround with a financière garnish.

Stuffed quails à la gourmande

Pluck, draw and singe the quails. Season with salt and pepper, and stuff each bird with a mixture of butter, lean ham and chopped truffles (or truffle peel). Truss the birds and brown them in butter in a sauté pan. Cover the pan and finish cooking. Drain the quails, dilute the pan juices with champagne and reduce. Adjust the seasoning. Arrange the quails in a circle on a warm serving dish. Garnish the centre of the dish with boletus or chanterelle mushrooms sautéed in butter. Pour the pan juices over the quails.

Stuffed quails à la Monselet

Pluck, draw and half-bone the quails. Stuff them with a salpicon of truffles and foie gras. Wrap each bird separately in a piece of muslin (cheesecloth) and poach them in a Madeira-flavoured game stock prepared from the bones and trimmings of the quails. Drain the birds, then unwrap them and place them in an ovenproof casserole together with a garnish of sliced artichoke hearts tossed in butter, some cultivated mushrooms and thick slices of truffles. Strain the stock, add an equal quantity of crème fraîche and boil to reduce. Pour this sauce over the birds. Cover the casserole and place in a preheated oven at 180°C (350°F, gas 4) for 10 minutes. Serve the quails in the casserole. Charles Pierre Monselet was a 19th century French writer and a friend of many restaurateurs; many recipes containing truffles, artichokes and Madiera are dedicated to him.

Stuffed quails à la Souvarov

Pluck, draw and singe the quails. Stuff them with a salpicon of foie gras and truffles seasoned with salt and pepper and sprinkled with a dash of brandy. Truss the birds and fry briskly in very hot butter for 5 minutes. Season with salt and pepper. Cook some very small truffles in butter and place them in a casserole that is large enough to hold the quails. Arrange the quails in the casserole. Dilute the pan juices with Madeira (and possibly game stock), reduce, add a dash of brandy and pour the sauce over the birds. Cover the casserole and seal the lid with a flour-and-water paste. Cook in a preheated oven at 230°C (450°F, gas 8) for 15–18 minutes.

Stuffed quails in cases

Pluck, draw and remove the bones from 8 quails. To 175 g (6 oz, ¾ cup) *à gratin* forcemeat, add 3 or 4 chicken livers and 1 tablespoon chopped truffle peel. Stuff the quails, reshape them and wrap each one in a piece of buttered greaseproof (wax) paper. Arrange them in a buttered dish so that they are tightly packed together and add a little melted butter. Season with salt and pepper. Cook (without a lid) in a preheated oven at 240°C (475°F, gas 9) for 18–20 minutes. Remove the quails from the dish and unwrap them. Place each bird in an oval paper case. Deglaze the cooking juices with some Madeira and pour over the quails. Put the cases in the oven for 5 minutes before arranging on a serving dish.

Stuffed quails in cases à la Lamballe

Prepare the stuffed quails in cases, lining the base of each greaseproof (wax) paper case with a julienne of mushrooms and truffles blended with cream. Add some port to the pan juices in which the quails were cooked, blend in some crème fraîche and pour the resulting sauce over the quails.

Stuffed quails in nests

Pluck, draw and bone the quails. Stuff them with game forcemeat mixed with chopped truffles. Wrap each bird in a small piece of muslin (cheesecloth) and make into a roll. Poach for 18 minutes in a stock prepared from the bones and trimmings, with added veal stock and Madeira. Drain the birds, unwrap and glaze lightly in the oven. Reduce the stock. Arrange each quail in a nest of straw potatoes and pour a little reduced stock over the top.

Rabbit

Rabbit coquibus

Joint a rabbit into small portions. Place in a large bowl with 250 ml (8 fl oz, 1 cup) white wine, a bouquet garni, including a sprig of savory and leave to marinate overnight.

The next day, drain and wipe the meat, reserving the marinade. Peel 24 small onions and blanch 24 strips of slightly salted belly pork or bacon. Heat 40 g (1½ oz, 3 tablespoons) butter in a large flameproof casserole and lightly brown the pieces of rabbit in it, together with the onions and bacon. Sprinkle with a little flour and cook until golden. Pour in the reserved marinade with the bouquet garni. Add enough stock to cover the pieces of rabbit and sprinkle with salt and pepper. Bring to the boil, then reduce the heat and cover the casserole. Allow to simmer for 15 minutes then add 500 g (18 oz) peeled new potatoes, cover and continue cooking for 45 minutes. Taste for seasoning before serving.

Rabbit crépinettes

Use a 1.5 kg (3¼ lb) rabbit. Bone the saddle and legs and season with salt and pepper. Cut the saddle into 3 pieces. Soak a pig's caul. Clean and chop 1 or 2 shallots, 250 g (9 oz, 3 cups) mushrooms, a small sprig of parsley and 400 g (14 oz) smoked belly of pork (salt pork). Add some pepper, a pinch of thyme, some powdered bay leaf, and 1 tablespoon Cognac or marc (it is not necessary to add salt as the belly is salted). Mix the ingredients well and adjust the seasoning if necessary after browning a knob of the forcemeat in a frying pan and tasting it.

Fill the inside of each piece of rabbit with one-fifth of the forcemeat. Wipe the caul, stretch it gently and cut it into five. Roll each piece of stuffed rabbit in a piece of caul and place in a lightly buttered gratin dish. Brush these crépinettes with a little melted butter and cook in a preheated oven at 230°C (450°F, gas 8) until golden brown. Turn the crépinettes over to brown the other side and then reduce the temperature to 180°C (350°F, gas 4). Cook for a further 30 minutes. A little chicken stock flavoured with mustard may be poured into the cooking dish after the crépinettes have browned and they can be served coated with the resulting pan juices.

Rabbit rillettes

Rillettes is a preparation of pork, rabbit, goose or poultry meat cooked in lard, then pounded to a smooth paste, potted and served as cold hors d'oeuvre.

Bone 4 wild rabbits, weigh the meat and cut it into large dice. Dice 1.4 kg (3 lb) fat streaky (slab) bacon. Melt 50–75 g (2–3 oz, 4–6 tablespoons) lard in a large frying pan and fry the bacon along with 8 peeled garlic cloves and a sprig of thyme; add the rabbit and cook until golden. Pour in 750 ml (1¼ pints, 3¼ cups) water and 1½ tablespoons salt for every 1 kg (2¼ lb) meat. Cover the pan and simmer gently for 3 hours. Adjust the seasoning.

When cooked, shred the meat using 2 forks and pour the mixture, still boiling hot, into small stoneware pots which have previously been scalded. Leave to cool. Fill the pots to the brim with melted lard, cover and chill.

Rabbit rillettes en terrine with Parma ham

Cook 3 young rabbits in stock, seasoned with aromatic herbs. Remove the meat and shred it. Reduce the cooking juice by two-thirds, then strain it through a fine sieve and add it to the rabbit meat, together with 3 egg yolks and 2 tablespoons each of chopped fresh sage and marjoram. Season the mixture. Line a terrine with long, thin slices of Parma ham. Arrange a first layer of rillettes, then a row of preserved duck's gizzards, and cover with rillettes. Fold the ends of the Parma ham slices over the top and cook for 45 minutes in a bain marie in a preheated oven at 150°C (300°F, gas 2). Serve with thin slices of pear, marjoram leaves and some slender chives.

Rabbit roasted in a caul

Soak a large pig's caul in fresh water. Joint a rabbit weighing 1.25 kg (2¾ lb); season the pieces with salt and pepper, sprinkle with a little dried thyme and plenty of mustard powder. Wipe the caul, stretch it on the worktop without tearing it, and cut it into 6 pieces. Wrap each piece of rabbit in a piece of caul and place the pieces in a roasting tin (pan) just large enough to hold them. Add 3 tablespoons water, put the tin in a preheated oven at 220°C (425°F, gas 7) and cook for 30 minutes, turning the pieces every 7–8 minutes. Add a little boiling water if necessary. Keep the pieces warm on a serving dish.

Skim the fat from the cooking juices remaining in the roasting tin and add 60 ml (2 fl oz) white wine and 200 ml (7 fl oz, ¾ cup) double (heavy) cream. Deglaze the tin and boil until reduced by half. Adjust the seasoning and pour the sauce over the rabbit. Serve with buttered noodles.

Rabbit sautéed à la minute

Joint a rabbit weighing about 1.25 kg (2¾ lb). Sprinkle the pieces with salt and pepper and brown them in smoking hot butter, over a very brisk heat, stirring thoroughly so that all the pieces are evenly coloured. Arrange them in a pie dish and keep hot. Dilute the pan juices with 150 ml (¼ pint, ⅔ cup) white wine and add 1 chopped shallot. Boil down the sauce until it is very concentrated, then moisten with a few tablespoons of stock. Reduce again, then mix in 1 tablespoon butter and a squeeze of lemon juice. Pour the sauce over the rabbit and sprinkle with chopped parsley.

Rabbit with mustard

Joint a rabbit weighing about 1.25 kg (2¾ lb). Spread the pieces with a mixture of 2 tablespoons strong mustard, 1 tablespoon oil, salt and ground pepper. Place the pieces in a flameproof dish and put in a preheated oven at 230°C (450°F, gas 8). After 5 minutes, sprinkle with 60 ml (2 fl oz, ¼ cup) water. Continue cooking, basting with the pan juices every 5 minutes. When the pieces of rabbit are cooked, arrange them on a heated serving dish and keep hot. Skim the fat from the cooking juices and add 2 tablespoons white wine to the pan; reduce slightly, stirring with a wooden spoon. Then add 60 ml (2 fl oz, ¼ cup) single (light) cream and some salt, stirring all the time; do not boil. Pour this sauce over the rabbit. Serve with pasta.

Sautéed rabbit chasseur

Joint the rabbit and sauté the portions in a mixture of oil and butter. Sauté some strips of larding bacon with the rabbit. Add 150 g (5 oz, 1⅓ cups) thinly sliced raw mushrooms and cook for about 10 minutes more. Drain the rabbit and keep it hot. Brown 1 or 2 chopped shallots in the pan juices and add 100 ml (4 fl oz, 7 tablespoons) white wine and 1 tablespoon well-reduced tomato

sauce. Reduce by a half and then add 1 tablespoon marc and 1 tablespoon chopped tarragon. Bring to the boil and coat the rabbit with the sauce. Sprinkle with parsley and serve very hot with steamed potatoes.

Sautéed rabbit with prunes

Soak 350 g (12 oz, 2 cups) prunes in tea until swollen, then drain them. Sauté a rabbit of about 1.25 kg (2¾ lb) as in the recipe for rabbit sautéed *à la minute*. Pound the rabbit's liver with 1 tablespoon vinegar (or put through a blender). When the rabbit is cooked, keep hot in a serving dish. Dilute the pan juices with 150 ml (¼ pint, ⅔ cup) white wine, add the prunes, then reduce a little. Mix in the pounded liver to thicken the juices and adjust the seasoning. Pour the prunes and gravy over the rabbit.

Wild rabbit with farm cider

Remove the bones from a baron (saddle and legs) of young rabbit weighing about 1.5 kg (3¼ lb) and reserve. Prepare a *brunoise* of carrots, celeriac, celery sticks and leeks (green parts). Blanch the vegetables separately, then allow to cool and bind together using 3 egg yolks. Sprinkle with salt and pepper. Prepare 200 ml (7 fl oz, ¾ cup) rabbit stock using the bones, 1 carrot, 1 onion, a bouquet garni, 250 ml (8 fl oz, 1 cup) farm cider, 250 ml (8 fl oz, 1 cup) water, salt, and pepper.

Spread the baron of rabbit out on its back, season with salt and pepper, and stuff it with the *brunoise*. Pull the sides of the legs and belly together over the *brunoise* and tie up with string. Place the rabbit in an ovenproof earthenware dish or casserole on a bed of diced vegetables (2 carrots, 2 red onions and 2 shallots) mixed with diced dessert (eating) apple. Roast it with butter in a preheated oven at 240°C (475°F, gas 9) for 15–20 minutes so that it remains pink. Keep it hot, covered with a sheet of foil.

Boil 1 litre (1¾ pints, 4⅓ cups) milk and let cool. Peel and slice 1 kg (2¼ lb) potatoes; shred half a green cabbage, blanch and cool. Arrange a layer of the potatoes, seasoned with salt and pepper, in a buttered ovenproof dish, then add a layer of the cabbage, a layer of Emmental cheese, and so on, ending with a layer of potatoes and Emmental. Add 4 well-beaten eggs and a few knobs of butter to the cooled milk and pour over the potatoes. Cook in a preheated oven at 200–220°C (400–425°F, gas 6–7) for 45 minutes. Keep hot.

For the sauce to accompany the rabbit, add 500 ml (17 fl oz, 2 cups) farm cider to the pan juices and reduce by two-thirds; add a small glass of demi-glace, the rabbit stock and 250 ml (8 fl oz, 1 cup) double (heavy) cream. Cook over a gentle heat for 5 minutes. Surround the rabbit with cress and serve it with the sauce, sprinkled with chopped chives, and the potato cake.

Wild rabbit with Hermitage wine

Joint a rabbit weighing about 1.25 kg (2¾ lb) and season with salt and pepper. Cut 150 g (5 oz) fat bacon into dice. Peel 12 small white onions. Pound the rabbit's liver. Put the bacon in a saucepan and brown with the onions. Put the pieces of rabbit in the saucepan and sauté over a brisk heat; dust with flour and leave to brown slightly. Flame with 60 ml (2 fl oz, ¼ cup) Hermitage marc and moisten with (500 ml, 17 fl oz, 2 cups) of red Crozes-Hermitage. Add a little warm stock. Adjust the seasoning and add a bouquet garni made of thyme, bay leaf, parsley stalks and a garlic clove. Cook gently for about 1 hour. When the rabbit is cooked, take it out of the pan and keep hot. Remove the pan from the heat and add the liver and blood (to which a little vinegar has been added); blend with the pan juices off the heat. Return the pan to a gentle heat, so that the blood cooks without boiling. Strain the sauce and keep it hot. Arrange the rabbit in a deep earthenware dish and pour the sauce over it. Some fried croûtons may be placed around the dish.

Snipe

Hot snipe pâté Lucullus

Bone 8 snipe and lay them out flat on a working surface. Prepare some fine forcemeat *à la crème* and mix with a third of its volume of foie gras and chopped snipe's entrails. Spread the forcemeat over the birds and place a piece of foie gras and a piece of truffle in the middle. Reshape the birds and pour some Cognac over them.

Line an oval mould with pastry and spread over it a layer of forcemeat *à la crème* mixed with half its volume of *à gratin* forcemeat. Place the snipe in the mould, packing them close together and filling in the gaps with the forcemeat. Top with a layer of forcemeat and cover with some rashers (slices) of bacon. Cover the mould with a lid of pastry, seal and crimp the edges, then garnish with pastry motifs. Make an opening in the middle and brush with beaten egg.

Place the mould in a bain marie, bring to the boil over a moderate heat, then cook in a preheated oven at 180°C (350°F, gas 4) for about 1 hour. Cut away the pastry lid, take off the layer of bacon and unmould the pâté. Add to it a ragoût of truffles bound with a few spoonfuls of Madeira-flavoured game stock. Replace the pastry lid and heat the pâté in the oven. Serve immediately.

Venison

Burgundy sauce for venison

(from Carême's recipe) Pour into a saucepan a glass of old Burgundy wine, 2 tablespoons ordinary vinegar, 2 tablespoons sugar, the flesh of half a seeded lemon and half a pot of redcurrant jelly. Boil to reduce and add 2 tablespoons espagnole sauce. Reduce again, gradually mixing in the contents of a second glass of Burgundy. When the sauce has reached the correct consistency, rub it through a sieve.

Consommé chasseur

Use game consommé. Cook 2 tablespoons finely shredded mushrooms in 3 tablespoons Madeira. Thicken the consommé slightly with tapioca. Add the mushrooms and sprinkle with chervil leaves. Small profiteroles filled with game purée may be served at the same time.

Haunch of roebuck with capers

Trim the haunch and prepare a marinade with a bottle of red wine, 1½ tablespoons olive oil, pepper, 2 onions and 2 shallots (both thinly sliced), parsley, salt (in moderation) and pepper. Add the haunch and leave to marinate for at least 24 hours, basting it from time to time.

After draining, lard the meat with small strips of streaky (slab) bacon (250 g, 9 oz). Baste with melted butter, cook in a preheated oven at 200°C (400°F, gas 6) for at least 2 hours, basting occasionally with butter. Meanwhile, simmer the marinade, also for 2 hours. When the meat has finished cooking, mix 2 teaspoons cornflour (cornstarch) or arrowroot with a small

cup of beef stock and add this mixture and the meat juices to the reduced marinade. To serve, add 1 tablespoon capers and about 40 g (1½ oz, 3 tablespoons) fresh butter to the sauce.

Pan-fried venison with pears

First prepare a red wine sauce: bring 500 ml (17 fl oz, 2 cups) red Burgundy to the boil and flame it to evaporate the alcohol. Add 1 chopped shallot and reduce the sauce by three-quarters. Cook and purée 100 g (4 oz) carrots, then add them to the sauce with salt and pepper. Remove from the heat.

Peel and core 4 firm cooking pears and toss them in lemon juice. Quarter the pears lengthways and slice them into fine fans, leaving the slices just attached at the narrow ends. Melt 25 g (1 oz, 2 tablespoons) butter in a pan, add the pears, then cook gently until tender and browned around the edges.

Meanwhile, season 12 lean noisettes or medallions of venison steak, each weighing about 50 g (2 oz), with salt and pepper. Melt 25 g (1 oz, 2 tablespoons) clarified butter in a frying pan until foaming. Add the venison and cook over high heat for 2 minutes on each side, until well browned outside and still slightly pink in the middle.

Reheat the sauce and add 150 g (5 oz, ⅔ cup) butter, cut in small pieces, whisking hard continuously. Drain the venison on paper towels. Deglaze the pan with a little water and reduce for 1 minute, then whisk this into the sauce and add seasoning to taste. Drain the pears on paper towels. Coat warmed plates with the sauce, then arrange the venison and pears on top.

Pomponnettes

A pomponnette is a small round rissole, filled with forcemeat or a finely minced salpicon, which is fried and served as a hot hors d'oeuvre.

Prepare 400–500 g (14–18 oz) lining pastry and leave in a cool place for

about 2 hours. Prepare 250 g (9 oz, 1 cup) à gratin or game forcemeat, mushroom duxelles or a ham and mushroom salpicon bound with a very thick béchamel sauce. Roll out the pastry to a thickness of 3–4 mm (⅛ in) and cut into circles 7.5 cm (3 in) in diameter. Place a small amount of filling on the centre of each circle. Moisten the edges, draw them towards the middle like a small pouch and pinch firmly to seal. Deep-fry the pomponnettes in hot oil heated to 180°C (350°F) until golden. Drain on paper towels and serve hot.

Roast haunch of roebuck

Skin and trim the haunch of young roebuck, pulling off the fine membrane which covers it. Lard with long strips of streaky (slab) bacon and place in an ovenproof dish; moisten with clarified butter, or brush with butter softened to room temperature, and sprinkle with salt and pepper. Roast the haunch in a preheated oven at 220°C (425°F, gas 7), basting several times, for 12–15 minutes per 1 kg (6–8 minutes per 1 lb); as soon as the meat is browned on all sides, add 250 ml (8 fl oz, 1 cup) boiling water to the dish. Serve it with a poivrade sauce and chestnut purée, together with baked apples filled with cranberry compote, or small mushroom croûtes.

Roast saddle of roebuck with poivrade sauce

Remove the sinews from a saddle of roebuck and lard it with thin strips of bacon. Before roasting the saddle, it may be coated with olive oil to which pepper and herbs have been added and left to marinate for 3–4 hours. Roast the meat on a spit or in a preheated oven at 220°C (425°F, gas 7), allowing 12–15 minutes per 1 kg (6–8 minutes per 1 lb).

Serve with a poivrade sauce, braised chestnuts, and either dauphine potatoes, potatoes sautéed in butter, or potatoes scooped out and filled with a cranberry compote and baked in a buttered dish for about 15 minutes.

Roebuck filets mignons

In principle, filets mignons are thin, tongue-shaped strips of meat situated beneath the saddle bone, but they may also be taken from the large fillets of the saddle. Trim these fillets, flatten them slightly and lard them with fat bacon. They may then be quickly sautéed in oil or butter, like cutlets, or oiled and grilled (broiled) under a high heat. Serve with poivrade sauce, chestnut purée, a fruit compote (especially of peaches) or a cherry or redcurrant sauce, according to choice. Generally speaking, all cutlet recipes are suitable.

Roebuck noisettes with red wine and roast pear

Pour 500 ml (17 fl oz, 2 cups) red Burgundy into a saucepan and bring to the boil. Add 1 peeled, chopped shallot and reduce the liquid by three quarters. Stir in 100 g (4 oz, ¾ cup) puréed cooked carrots and stir well. Season with salt and pepper. Peel and core 4 firm pears. Cut in a fan shape. Melt 25 g (1 oz, 2 tablespoons) butter in a frying pan. Add the pears and cook gently. Heat 25 g (1 oz, 2 tablespoons) butter in a sauté pan until it starts foaming. Add 12 roebuck noisettes, weighing 50 g (2 oz) each. Season with salt and pepper. Cook over a high heat for 2 minutes on each side, keeping the inside pink. Reheat the red wine sauce. Incorporate 150 g (5 oz, ⅔ cup) butter, cut into pieces and whisk vigorously to obtain a smooth mixture. Season with salt and pepper. Remove the noisettes from the pan. Drain on paper towels. Deglaze the cooking juices in the pan with 1 small glass of water. Reduce for 1 minute and add to the red wine sauce. Drain the pears and pat dry. Pour the sauce on to 4 plates. Place the noisettes on top and surround with the roast pears.

Roebuck sauce

Brown in butter 1 tablespoon thinly sliced onions and 40 g (1½ oz, ¼ cup) gammon or raw ham cut into small dice. Add 100 ml (4 fl oz, 7 tablespoons)

vinegar and a bouquet garni, and reduce almost completely. Then add 200 ml (7 fl oz, ¾ cup) espagnole sauce and reduce for 25 minutes, skimming off the scum which forms. Remove the bouquet garni and add 3 tablespoons port and 2 teaspoons redcurrant jelly. Reheat, stirring well.

Saddle of roebuck à la berrichonne

Trim a saddle of roebuck, removing the sinews and keeping the trimmings. Lard it with very thin strips of fat bacon and season with salt, pepper, thyme and a crushed bay leaf. Cover and set aside for 2–3 hours.

Meanwhile, clean and finely dice 100 g (4 oz, ⅔ cup) carrots and 100 g (4 oz, ⅔ cup) onions. Brown the game trimmings in oil, then add the diced vegetables, 40 g (1½ oz) shallots, 25 g (1 oz) celery, 2 garlic cloves, a bouquet garni, 8 peppercorns and 2 cloves. Add 1.5 litres (2¾ pints, 6½ cups) red wine, and cook gently for 1 hour.

Drain any juices off the saddle. Skim the cooking liquid and pass it through a conical strainer lined with coarse muslin (cheesecloth), then thicken with 50 g (2 oz) brown roux. Beat the sauce with 150 g (5 oz, ⅔ cup) butter, season with salt and pepper and finally work in 3 tablespoons pig's blood; keep the sauce hot in a bain marie.

Cook 4 peeled, cored and quartered pears in 500 ml (17 fl oz, 2 cups) red wine flavoured with a generous pinch of powdered cinnamon, then braise gently in butter some quarters of celeriac cut into half-moon shapes. Keep the poached pears and celeriac hot.

Roast the saddle in a preheated oven at 220°C (425°F, gas 7), allowing 12–15 minutes per 1 kg (6–8 minutes per 1 lb). Coat the bottom of a warm serving dish with some of the sauce and arrange the saddle on it, garnishing it with pears and celeriac quarters alternately. Serve the remaining sauce separately.

Saddle of roebuck grand veneur

Trim the saddle, then lard it with strips of bacon that have been marinated in Cognac with chopped parsley, salt, pepper and a little oil. Roast it and arrange on a serving dish surrounded by braised chestnuts or chestnut purée and dauphine potatoes. Serve with a grand veneur sauce.

Sautéed roebuck cutlets

Trim and flatten the cutlets slightly, sprinkle with salt and pepper, and sauté briskly in 2 tablespoons very hot oil and a knob of butter. Arrange them in a crown, alternating with croûtons of bread cut into the shape of hearts and fried in butter. The eye of the cutlets may be larded with a few thin strips of fat bacon arranged in a star.

Sautéed roebuck cutlets à la crème

Season some roebuck cutlets with salt and pepper, dust with paprika and sauté them briskly in butter. Add a little lemon juice to a cream sauce and pour it over the cutlets. Serve with a chestnut purée or braised chestnuts.

Sautéed roebuck cutlets à la minute

Prepare a marinade with 2 tablespoons olive oil, 1 very small crushed garlic clove, 2 teaspoons lemon juice, 2 teaspoons blanched and chopped lemon peel, 2 teaspoons chopped parsley, and salt and pepper. Marinate 8 roebuck cutlets in this mixture for 30 minutes, turning them over three or four times.

Clean 500 g (18 oz, 6 cups) small mushrooms (preferably wild) and sauté them briskly in butter, adding 1 chopped shallot and 1 small chopped onion. Drain the cutlets without wiping them and sauté them briskly in about 25 g (1 oz, 2 tablespoons) hot butter. Moisten them with a liqueur glass of Cognac and flame. Arrange the cutlets in a crown in a round serving dish, with the

mushrooms in the centre. Serve with a lemon-flavoured apple compote and, if desired, a poivrade sauce.

Sautéed roebuck cutlets à la mode d'Uzès

Prepare some croûtons fried in oil and some dauphine potatoes. Cut some blanched orange zest and pickled gherkins into fine strips. Sauté the cutlets briskly in oil and keep them hot. Make a sauce from the pan juice, vinegar, brown gravy and crème fraîche, then add the strips of orange zest and gherkins and a few shredded almonds. Coat the hot cutlets with this sauce and serve with the croûtons and the dauphine potatoes.

Sautéed roebuck cutlets with cherries

Place 1 glass of port with the same amount of sweetened cherry juice and redcurrant jelly in a small saucepan. Add salt and pepper, ½ teaspoon lemon juice, a pinch of powdered ginger and, if desired, a dash of cayenne pepper. Heat gently for about 10 minutes, then add a large glass of cherries in syrup and reheat. Sauté the cutlets and coat with the cherry sauce; serve very hot.

Sautéed roebuck cutlets with grapes

Fry some croûtons in oil and prepare a poivrade sauce. Macerate some large skinned and seeded grapes in Cognac. Sauté the cutlets briskly, then heat the grapes in the same frying pan. Serve the cutlets with the grapes, fried croûtons and poivrade sauce.

Sautéed roebuck cutlets with juniper berries

Sauté the cutlets briskly and coat with a sauce made from the pan juice flavoured with crushed juniper berries. Serve with an unsweetened apple purée (apple sauce).

Simple game consommé

For 5 litres (8½ pints, 5½ quarts) consommé, use the following: 2 kg (4¼ lb) shoulder or neck of venison, 1 kg (2¼ lb) forequarter of hare or the equivalent of rabbit, an old pheasant and an old partridge (these proportions may be modified according to availability), 300 g (11 oz) carrots, 300 g (11 oz) leeks, 300 g (11 oz) onions, 150 g (5 oz) celery, 50 g (2 oz, ¾ cup) parsley sprigs, 2 garlic cloves, 2 thyme sprigs, 1 bay leaf, 50 g (2 oz, ⅓ cup) juniper berries, 3 cloves and salt.

Clean the game, then brown it in a lightly greased pan in a preheated oven at about 240°C (475°F, gas 9). Put the game (including the meat juices) into the stockpot, add 6 litres (10 pints, 6½ quarts) cold water and bring to the boil. Meanwhile,prepare and chop the vegetables, and brown them in the pan. Tie the juniper berries and the cloves in a muslin (cheesecloth) bag. When the stock has come to the boil, add the vegetables and herbs and return to the boil. Simmer gently for 3½ hours. Remove surplus fat and strain the stock. It is now ready to serve as a soup or to be clarified in the same way as beef stock.

The game used in this consommé can be boned, made into a purée or salpicon, and used for various garnishes.

Shoulder of roebuck with olives

Bone a shoulder of roebuck, leaving the knuckle bone, and marinate. Cut 200 g (7 oz) fat bacon into strips, roll them in salt and pepper, and lard the shoulder with them. Roll it up and tie fairly tightly. Heat 25 g (1 oz, 2 tablespoons) butter, 2 teaspoons oil and 2 tablespoons diced fatty bacon in a casserole. Brown the shoulder in the casserole, then cover and leave to cook gently for a good hour. Meanwhile stone (pit) some green and black (ripe) olives; blanch and drain the green ones. When the shoulder is cooked, remove it from the casserole. Skim the fat from the cooking liquid, add the olives and

bring to the boil. Mix 2 teaspoons arrowroot with very little water, add it to the casserole and stir until it thickens. Pour the sauce over the shoulder and serve very hot, with a celery purée if desired.

Three-hour leg of roebuck

Trim a leg of roebuck weighing 2.5–3 kg (5½–6½ lb). Cut 300 g (11 oz) fat bacon into thin strips and lard the leg with them. Brown on all sides in a braising pan containing 25 g (1 oz, 2 tablespoons) butter and 2 tablespoons oil. Heat a small glass of Cognac, pour it over the leg and flame. Cover and leave to cook for 1 hour over a gentle heat. Add 250 ml (8 fl oz, 1 cup) red wine, the juice of a lemon, 1 garlic clove, 1 or 2 small dried chilli peppers, salt and pepper, and leave to cook gently for another hour, keeping the lid on. Then mix 2 teaspoons flour and 2 teaspoons strong mustard with 250 ml (8 fl oz, 1 cup) red wine, pour over the leg and cook for a third hour. When time to serve, strain the sauce and thicken it with 4 teaspoons raspberry jelly. Blend 1½ tablespoons double (heavy) cream with 1 litre (1¾ pints, 4⅓ cups) thin chestnut purée and serve the leg, purée and sauce together.

Wild boar

Boar's-head brawn (head cheese)

Cook in court-bouillon 4 pigs' tongues, which have been blanched, peeled and soaked in brine for 4–5 days. Singe a boar's head weighing about 5 kg (11 lb), scrape it out carefully, and bone it completely, without tearing the skin. Cut off the ears and set aside; remove the tongue and the fleshy parts attached to the skin. Cut the lean meat into large, even-sized cubes and leave to marinate for 10 hours, with the tongue and the skin of the head, 5 carrots, 4 chopped onions, thyme, bay leaf, salt, pepper and 1 teaspoon mixed spice.

Cut into dice 2 cm (¾ in) square the boar's tongue, the cooked pigs' tongues, 500 g (18 oz) pickled tongue, 800 g (1¾ lb) ham, 1 kg (2¼ lb) boned and trimmed chicken meat and 500 g (18 oz) fat bacon. Add 400 g (14 oz) truffles (peeled and coarsely diced), 150 g (5 oz, 1 cup) shelled pistachio nuts and the pieces of lean meat from the head. Marinate for 2 hours in brandy, salt, pepper and ½ teaspoon mixed spice. Add 4.5 kg (10 lb) fine pork forcemeat and 4 eggs; mix all together well.

Spread out the skin of the head, with the outside underneath, on a cloth that has been soaked in cold water and wrung out. Lay the stuffing in the middle and fold the skin over the mixture. Wrap the head in the cloth, reshaping it into its original form, and tie it firmly.

Cook in aspic-jelly stock to which the bones and trimmings from the boar's head and the carcass and trimmings from the chicken have been added; simmer very gently for about 4½ hours. One hour before it is ready, put the ears into the stock to cook. Drain, leave to stand for 30 minutes, then unwrap the head, wash the cloth and wring it out well. Roll the head in the cloth again

and bind with wide tape, taking care to keep the shape (start binding at the snout end). Leave to cool for at least 12 hours, then unwrap and wipe dry.

Using thin wooden cocktail sticks (toothpicks), fix the ears, coated with a layer of brown chaud-froid sauce or dissolved meat glaze, in their correct positions. Place the head on a rack and coat with the same sauce; put the tusks back in their sockets and make eyes with hard-boiled (hard-cooked) egg white and truffles. Lay the head on a large dish, garnish with truffles and shelled pistachio nuts and glaze with the aspic (which should have the consistency of unbeaten egg white). Chill in the refrigerator. In domestic cookery, where the truffles are omitted, the cooled head is simply covered with golden breadcrumbs. The ears are diced and added to the stuffing.

Cutlets of marcassin with quinces

Peel and finely dice 100 g (4 oz) carrots, an equal quantity of onions, the white part of a leek and a stick of celery. Place in a saucepan with 450 g (1 lb) bones and trimmings of a *marcassin* (a wild boar under the age of six months), a garlic clove and a small bouquet garni and cook until well browned. Pour 1 bottle of a robust red wine into the saucepan and add 100 g (4 fl oz, 7 tablespoons) single (light) cream. Season with salt, stir and cook very gently for 1½ hours.

Skim off the fat, rub through a fine sieve and boil to reduce until about 300 ml (½ pint, 1¼ cups) liquid remains. Put this sauce on one side.

Prepare a stuffing: cook 400 g (14 oz) peeled, diced salsify in boiling water with a little lemon juice. Cook 200 g (7 oz, 1½ cups) thinly sliced onions and 200 g (7 oz, 2 cups) diced pears in a covered pan with a knob of butter for 30 minutes. Add the cooked salsify and adjust the seasoning. Prepare 6 crêpes. Spread the stuffing over the crêpes, roll them up, place in a greased gratin dish and bake in a preheated oven at 200°C (400°F, gas 6) for 15 minutes.

Peel 300 g (11 oz) quinces, cut into dice and boil in water with lemon juice until tender but slightly firm. Fry 12 *marcassin* cutlets until they are just slightly pink. Cover them with the quinces and a dash of rum. Bring the sauce to the boil and blend in 100 g (4 oz, ½ cup) butter, stirring over a low heat. When the sauce becomes glossy, pour it over the cutlets. Serve with the crêpes.

This recipe can be used for cutlets and noisettes of venison or wild boar.

Saddle of wild boar with quince sauce

Cook 2 perfect quinces al dente in 1 litre (1¾ pints, 4⅓ cups) water, sweetened with 100 g (4 oz, ½ cup) caster (superfine) sugar. Peel and hollow them. Poach 100 g (4 oz, generous ½ cup) lentils in stock; 200 g (7 oz) cubed celeriac in vegetable stock; and 1 diced beetroot (red beet) in chicken stock.

Roast a saddle of wild boar in 50 g (2 oz, ¼ cup) goose fat, basting often. Take the meat out, degrease the roasting pan and deglaze with the quince cooking juices, 1 litre (1¾ pints, 4⅓ cups) brown wild boar stock and 1 teaspoon quince jelly. Reduce by four-fifths. Filter through a fine sieve and thicken with 25 g (1 oz, 2 tablespoons) butter.

Roast the quinces, cut into quarters, in 20 g (¾ oz, 1½ tablespoons) butter, adding a little caster (superfine) sugar to caramelize them. Heat the lentils, celeriac and beetroot separately. Garnish the edge of the plates with these vegetables, add 2 quarters of quince and the wild boar meat, carved off the saddle in aiguillettes or thin strips, and pour the sauce on top.

Sweet-and-sour leg of marcassin (wild boar)

Soak the following ingredients separately in cold water: 12 prunes, 175 g (6 oz, 1 cup) currants and 175 g (6 oz, 1 cup) sultanas (golden raisins). Braise a leg of *marcassin* in the same way as a leg of pork. Drain and place in a long ovenproof dish. Strain the braising liquid and pour a few spoonfuls over the

meat. Sprinkle 1 tablespoon sugar over the meat and brown in a preheated oven at 220°C (425°F, gas 7).

To make the sauce, first prepare a caramel using 4 sugar lumps, then add 4 tablespoons wine vinegar and 400 ml (14 fl oz, 1¾ cups) game stock. Boil for 10 minutes, then strain. Bake 4 tablespoons pine nuts, chop them coarsely and add to the sauce, together with the drained currants, sultanas and prunes, and 24 pickled cherries. Just before serving, melt 25 g (1 oz, 1 square) plain (semisweet) chocolate with the minimum of water and whisk it into the sauce, together with 15 g (½ oz, 1 tablespoon) beurre manié.

Wild duck

Puff-pastry piroshki

Make 400 g (14 oz) puff pastry. Prepare 5 tablespoons finely diced cooked game (wild duck, pheasant, young rabbit or partridge) or the same amount of white fish (fillets of whiting or pike) poached in a court-bouillon. Add to the diced meat 2 chopped hard-boiled (hard-cooked) eggs and 5 tablespoons long-grain rice cooked in stock. Mix thoroughly and adjust the seasoning.

Roll out the pastry very thinly and cut out 12 rounds, about 7.5 cm (3 in) in diameter. Pull slightly into oval shapes. Put a small amount of hash on to half of each piece, without going right to the edge. Brush the other half of each oval with beaten egg and fold over, pressing the edges together firmly. Score the top and brush with beaten egg. Cook in a preheated oven at 220°C (425°F, gas 7) for about 20 minutes until crisp, puffy and golden. Serve hot.

Wild duck à la tyrolienne

Stew some cooking apples, adding a little cinnamon and mace, to form a hot apple purée. Stuff a wild duck with this purée, tie securely and place the duck on a spit for roasting. Boil 2 tablespoons red wine vinegar together with a small knob of butter (about the size of a walnut), ½ teaspoon caster (superfine) sugar and a few grains of coarsely ground pepper. Baste the duck constantly with this preparation while it is cooking on the spit, placing a small pan beneath to catch the juices. Cooking should take about 30–35 minutes. When finished, take the duck off the spit, untruss and arrange on a dish. Strain the collected juices into a saucepan and heat, adding 1½ teaspoons redcurrant jelly. Finally, pour this sauce over the duck.

Wild duck à la Walter Scott

Draw, singe and truss a wild duck. Cook in a preheated oven at 220°C (425°F, gas 7). Meanwhile, fry the duck's liver in butter, mash and mix it with 20 g (¾ oz) foie gras. Fry 2 croûtons in clarified butter and spread them with the liver paste. Core 2 apples, stud each with 4 cloves and cook as for apples bonne femme. Dilute some Dundee marmalade with 2 tablespoons whisky and heat gently. When the duck is cooked, arrange it on a serving dish. Remove the cloves from the apples and place the latter on the croûtons, then pour the marmalade into the apples. Arrange the croûtons around the duck. Serve the juice in a sauceboat (gravy boat), without skimming off the fat.

Wild duck au Chambertin

Roast the duck for 18–20 minutes in a preheated oven at 240°C (475°F, gas 9) or fry over a brisk heat, so that the flesh stays slightly pink. Arrange on a serving dish and cover with Chambertin sauce to which the pan juices have been added. Garnish with mushrooms and, if liked, with strips of truffle.

Wild duck with pears

Pluck, draw and season a small wild duck. Roast it for about 30 minutes so that the flesh remains pink and leave it in its cooking dish. Make a caramel with 2 tablespoons caster (superfine) sugar and add 150 ml (¼ pint, ⅔ cup) red wine, a small stick of cinnamon, 6 coriander seeds, 6 black peppercorns and the zest of an orange and a lemon. Bring it to the boil and cook 2 peeled pears in it for no longer than 15 minutes.

Remove the breast fillets of the duck, bone the legs and put the carcass and bones to one side. Cut the pears in half, slice them and keep them warm. Dilute the duck cooking juices with 150 ml (¼ pint, ⅔ cup) red wine. Add the carcass and the pear cooking syrup. Bring to the boil, reduce and then strain. Cut the duck fillets and leg meat into thin slices. Cover with the sauce and surround with slices of pear (the finished dish may be warmed up for 30 seconds in a microwave cooker just before serving, if desired).

Woodcock

Woodcock, to prepare

Unlike poultry and other game birds, woodcock is not trussed with string as it trusses itself. The long pointed beak goes through the thighs and the legs are raised and held together. It is customary to remove the eyes of the woodcock, but not the intestines (except for the gizzard). After cooking, the intestines are spread on toast.

Casserole of woodcock

Truss the woodcock and bard with thin bacon. Brown in some butter, season with salt and pepper, then place the woodcock in an ovenproof dish and roast in a preheated oven at 240°C (475°F, gas 9) for 15–18 minutes, basting frequently, until it is cooked. Drain the bird, remove the bacon and keep it warm. Pour a splash of brandy into the dish and, if possible, a few tablespoons of game stock. Remove the intestines and chop them with an equal quantity of fresh bacon. Add salt and pepper, a pinch of grated nutmeg and a splash of Cognac, Armagnac or Calvados. Fry a slice of bread (white or brown), spread it with the intestines and then put it in a very hot oven for a few minutes to cook the bacon. Serve the woodcock on the toast canapé and moisten with the cooking juices.

Casserole of woodcock à la crême

Prepare and cook a woodcock as in the recipe for casserole of woodcock. Add to the casserole a dash of Cognac, Armagnac, or Calvados and a few tablespoons of crème fraîche. Return to the oven to warm through.

Cold timbale of woodcock

Line a raised pie dish with lining pastry or hot water crust pastry and then with thin slices of bacon. Cover the bottom and sides of the lined dish with a game forcemeat flavoured with diced truffle. Bone 2 woodcocks, stuff with foie gras studded with truffle, roll up neatly to enclose the stuffing and form ballotines. Seal by frying in butter. Place the woodcock in the dish and fill the gaps between with the fine forcemeat mixed with foie gras and the chopped intestines, well seasoned and flavoured with a splash of Cognac. Spread a layer of game forcemeat over the whole, shaping it into a dome, then top with thin rashers (slices) of fat bacon. Cover with pastry and seal the edges to form a crimped ridge then garnish the top of the pie with pastry shapes. Make a small hole in the pastry lid for steam to escape. Bake in a preheated oven at 180°C (350°F, gas 4) for 1¼ hours. Allow to cool thoroughly before turning out of the mould. Serve on a dish covered with a napkin.

Cold woodcock à la Diane

Roast the woodcock until rare and slice the meat. Pound the intestines with a knob of foie gras, a knob of butter, nutmeg and brandy. Sieve and season well. Reshape the sliced flesh around the intestine mixture, arranging it on large slices of raw truffle marinated in brandy to resemble a woodcock, and coat with a firm game aspic. Chill well in the refrigerator before serving.

Hot woodcock pâté à la perigourdine

Bone 2 woodcocks, spread out the birds on a table, and fill with the stuffing in the recipe for woodcock casserole *à la perigourdine*. Roll up the woodcocks to enclose the stuffing and wrap each one separately in muslin (cheesecloth). Poach for 12 minutes in a Madeira braising stock prepared with the carcass and trimmings. Drain and allow to cool. Unwrap when cold.

Meanwhile, prepare a fine forcemeat composed of two-thirds game forcemeat and one-third veal forcemeat. Line the bottom and sides of an oval pâté mould with a thin layer of shortcrust pastry (basic pie dough) and spread the forcemeat over this. Place the ballotines side by side in the mould. Cover with 10 slices of foie gras fried in butter and 20 slices of truffle. Cover with the remaining forcemeat. Cover the pâté with a layer of pastry and seal and trim the edges. Make a hole in the pastry lid for the steam to escape. Garnish with shaped pastry trimmings and brush with egg. Place the pâté on a baking sheet and bake in a preheated oven at 180°C (350°F, gas 4) for 1¼ hours. Just before serving, pour a few tablespoons of Perigueux sauce into the pâté through the hole in the lid.

Roast woodcock on toast

Truss the woodcock, bard, tie up with string and roast on a spit or in a preheated oven about 240°C (475°F, gas 9) for 18–20 minutes. Prepare a toast canapé as for casserole of woodcock and serve the woodcock on top of the canapé. The dish may be garnished with large peeled grapes.

Sautéed woodcock in Armagnac

Cut the woodcock into pieces. Use the carcass and the trimmings to prepare a fumet and add rich demi-glace. Put the pieces of woodcock in a sauté pan just big enough to hold them and brown briskly in butter. Cover the pan and simmer for 8 minutes. Drain the pieces, arrange in a timbale or in a shallow dish and keep hot. Dilute the pan juices with 2 tablespoons Armagnac, add the strained concentrated woodcock fumet and boil for a few moments. Thicken this sauce with the chopped intestines, season with a small pinch of cayenne and add 1 teaspoon butter and a dash of lemon juice. Strain the sauce and pour it over the woodcock while it is piping hot.

Truffled roast woodcock

Mix chicken forcemeat and finely diced truffles tossed in butter and use to stuff the woodcock. Insert a few slices of truffle between the skin and the flesh of the bird. Truss the bird, cover and leave in a cool place for 48 hours. Wrap the woodcock in buttered greaseproof (wax) paper and tie up with string. Cook in a preheated oven at about 240°C (475°F, gas 9) for 18–20 minutes.

Meanwhile, prepare the toast canapé as for casserole of woodcock. Serve the truffled woodcock on the toast. Deglaze the cooking pan with a splash of Cognac or Armagnac and pour over the bird.

Woodcock à la Riche

Prepare à gratin forcemeat. Truss a woodcock and roast it in a preheated oven at 240°C (475°F, gas 9) for 10–12 minutes. Cut a slice of white bread large enough to hold the woodcock, fry until golden, then spread it thickly with the forcemeat. Warm a liqueur glass of Cognac, set it alight and pour immediately into the pan in which the woodcock was roasted to deglaze it. Add a purée consisting of 25 g (1 oz, 2 tablespoons) foie gras pounded with the same amount of butter, and mix with the pan juices until the sauce is quite smooth. Place the woodcock on the fried bread and pour over the sauce.

Woodcock casserole à la perigourdine

Fill the woodcock with a stuffing made from the chopped intestines, diced foie gras, truffle, allspice and a dash of Armagnac. Truss the bird, brown in butter in a flameproof casserole, season, add 2 tablespoons Armagnac, cover and cook in a preheated oven at 240°C (475°F, gas 9) for 15–18 minutes. Remove the woodcock from the casserole and deglaze the dish with a little game or chicken stock. Reheat and serve the woodcock in the casserole. Very small peeled truffles may be cooked with this dish.

Woodcock pâté (cold)

Prepare about 575 g (1¼ lb) game forcemeat *à gratin*. Remove the wings from 2 large woodcocks, season with salt and pepper and roast for about 10 minutes in a preheated oven at 230°C (450°F, gas 8) – they should still be very pink. Remove the flesh from the thighs and carcass and mince (grind) in a food processor with the liver and intestines. Add this minced (ground) meat to the forcemeat and adjust the seasoning.

Line an oval pâté mould with butter pastry. Coat the bottom and sides of the mould with a layer of forcemeat, then add the 4 wings. Cover with thick slices of truffle lightly fried in butter, spread the remaining forcemeat on top and cover with pastry. Pinch all round to seal.

Glaze the top with egg and garnish with shapes cut out from leftover pastry (rolled out thinly). Make a hole in the centre and insert a small smooth metal piping nozzle. Glaze the top again. and bake in a preheated oven at 190°C (375°F, gas 5) for about 1½ hours. Leave to cool completely, then pour in some chicken aspic through the 'chimney'. Keep the pâté cool.

Woodcock salmi

A salmi is a stew made of woodcock, wild pheasant or partridge but domestic duck, pigeon or guinea fowl are also used. Pluck and singe 2 woodcock; truss and roast in a preheated oven at 220°C (425°F, gas 7) until two-thirds cooked.

Melt 50 g (2 oz, ¼ cup) butter in a sauté pan and add a carrot and an onion (both diced), a pinch of dried thyme and a pinch of powdered bay leaf. Cover and cook gently for 15 minutes. Then add a generous pinch of pepper and remove from the heat. Divide each woodcock into 4 joints, then skin them and arrange in a shallow heatproof serving dish; cover and keep warm.

Chop the skin and crush the bones of the carcasses; add to the diced vegetables, together with the roasting juices. Mix well with a wooden spoon

for 4–5 minutes over a gentle heat. Then moisten with 200 ml (7 fl oz, ¾ cup) dry white wine and 400 ml (14 fl oz, 1¾ cups) thickened brown veal stock. Bring to the boil and cook gently for 15 minutes.

Meanwhile, clean 150 g (5 oz, 1⅔ cups) small button mushrooms and cook, covered, in the juice of ½ lemon, 2 tablespoons water and a pinch of salt, for 10 minutes. Drain and spoon the mushrooms over the woodcock, then flame with 2 tablespoons warmed brandy. Continue to keep warm.

Strain the sauce through a fine sieve, pressing the bones hard against the sides. Thicken with 1 tablespoon beurre manié, boil, then pour over the meat. Garnish with triangles of bread fried in butter.

Woodcock soufflé with chestnuts

Pluck, singe and draw 2 woodcock. Remove the drumsticks and seal quickly in butter; bone them and cut the flesh into small dice. Thinly slice the white meat of the wings and breast, seize (brown) in butter and leave to cool.

To make the sauce, prepare and cut into small dice 1 small carrot, 1 small onion and 1 thinly sliced celery stick. Put these vegetables into a saucepan with 25 g (1 oz, 2 tablespoons) butter and the small bones and intestines of the woodcock. Fry together, flame with 1½ tablespoons brandy, then add some brown stock and a bouquet garni and boil gently, skimming several times. After cooking for 2 hours, strain the sauce through some muslin (cheesecloth), return to the boil, skim and strain once again. Keep warm.

Peel and steam 675 g (1½ lb) chestnuts, then purée in a food processor. Blend in 6 egg yolks, 50 g (2 oz, ¼ cup) butter, salt, pepper, a pinch of cayenne and the diced woodcock. Stiffly whisk 6 egg whites and fold them in. Butter a 20 cm (8 in) soufflé mould and pour this mixture into it, layering it with the slices of white meat. Finish with a layer of soufflé mixture. Bake in a preheated oven at 200°C (400°F, gas 6) for about 30 minutes. Serve with the sauce.

FROGS & SNAILS

Frogs

Frogs, to prepare

Skin the frogs by slitting the skin at the neck and pulling it back. Cut the backbone so that the legs are still joined to it and can be cooked in pairs. Cut off the feet. Skewer the legs and soak in very cold water. Change the water 3 or 4 times over 12 hours, so the flesh whitens and swells. Dry the legs and cook them according to the recipe; usually 3 pairs per serving are allowed.

Brochettes of frogs' legs

Marinate the frogs' legs for at least 2 hours in a mixture of olive oil, lemon juice, grated garlic, finely chopped parsley and a pinch each of cayenne pepper, powdered bay leaf, salt and pepper. Drain, dry and thread the legs on to skewers. Fry for 7–10 minutes in the marinade oil, or grill (broil) gently for 15–20 minutes. Test with a fork to see if they are cooked. Sprinkle with chopped parsley and serve very hot, garnished with lemon slices.

Fried frogs' legs

Season the prepared frogs' legs with salt and pepper and dip them in flour (or in egg and breadcrumbs). Sauté them in butter or olive oil in a shallow frying

pan for 7–10 minutes over a brisk heat. Drain and arrange in a warm serving dish. Sprinkle with chopped parsley and lemon juice. If the frogs' legs were cooked in butter, pour it over them; otherwise use maître d'hôtel butter.

Frogs' legs à la lyonnaise

Prepare the frogs' legs and sauté them in butter as for fried frogs' legs. Add 2 tablespoons finely chopped onion to the frying pan and brown the ingredients. (A finely chopped shallot may be added to the onions.) Arrange on a heated serving dish and sprinkle with chopped parsley and vinegar.

Frogs' legs à la meunière

Prepare the frogs' legs, season with salt and pepper and dip them in flour. Sauté them in butter for 7–10 minutes over a brisk heat. Place in a timbale dish and sprinkle with chopped parsley. Keep hot. Heat some butter in the sauté pan until it turns brown; add the juice of ½ lemon and, if necessary, a little fresh butter. Pour this over the frogs' legs and serve immediately.

Frogs'-leg fritots

Trim the frogs' legs and marinate them for 30 minutes in a mixture of oil, chopped garlic, chopped parsley, lemon juice, salt and pepper. Then dip them in a light batter and deep-fry until they are golden brown. Drain on paper towels and serve with fried parsley, quarters of lemon and either curry sauce or gribiche sauce. The frogs' legs can also be threaded on to small skewers before being dipped in the batter and fried.

Frogs' legs with garlic purée and parsley juice

Remove the stalks from 100 g (4 oz, 2 cups) parsley and wash. Cook for 3 minutes in boiling water, allow to cool, then purée in a food processor or

blender. Separate 4 heads of garlic into cloves and poach them for 2 minutes in salted boiling water. Remove the garlic cloves from the water, peel and return to the boiling water to cook for another 7–8 minutes or until the garlic is soft. Purée the garlic in a food processor or blender and put it into a saucepan with 500 ml (17 fl oz, 2 cups) milk. Season with salt and pepper. Season the frogs' legs with salt and pepper. Heat some olive oil and a knob of butter and fry the frogs' legs for 2–3 minutes until golden. Heat the parsley purée with 100 ml (4 fl oz, 7 tablespoons) water. Drain the frogs' legs on paper towels. Pour the parsley sauce into a warm serving dish. Arrange the garlic purée in the middle and surround with the frogs' legs.

Gratin savoyard of frogs' legs

Allow 12 pairs of frogs' legs per person. Trim them, season with salt and pepper, dip in milk and then lightly flour. Fry in butter with shallots and a little chopped garlic, then drain and arrange them in a fairly large baking dish. Dilute the pan juices with Mandement wine (from the Côte de Mandement on the right bank of the Rhône, in the canton of Geneva) or with a fruity white wine; reduce and pour over the frogs' legs. Sprinkle with chopped chives and parsley, then squeeze the juice of 1 lemon over them. Mix together 250 ml (8 fl oz, 1 cup) double (heavy) cream, 75 g (3 oz, ¾ cup) grated Gruyère cheese and 2 egg yolks. Season with salt and pepper and pour over the frogs' legs. Brown under the grill (broiler) and serve garnished with a few fluted slices of lemon.

Snails

Snails, to prepare

Snails collected from the wild need to be starved for about 10 days to ensure they are rid of any poisonous leaves they may have eaten. (In Provence, instead of fasting, they are put on a diet of thyme, which helps the snails to eliminate poisonous material and also flavours their flesh.) Some authorities recommend that snails should not be purged with salt, because that risks spoiling their gastronomic quality. If they are purged, a small handful of coarse salt is required for 48 large snails, together with 5 tablespoons vinegar and a pinch of flour. Cover the vessel containing the snails and place a weight on top: leave to soak for 3 hours, stirring from time to time. Next, wash the snails in several changes of water to remove all the mucus, then blanch them for 5 minutes in boiling water. Drain the snails and rinse thoroughly in fresh water. Shell them and take out the black part (cloaca) at the end of the 'tail', but do not remove the mantle, comprising the liver and other organs, which represents a quarter of the total weight of the animal and is the most delicious and nutritious part.

Cultivated snails do not require the purification period but should be used on the day of purchase.

Butter for snails

Finely chop 40 g (1½ oz) shallots and enough parsley to fill 1 tablespoon. Crush 2 garlic cloves. Add all these ingredients to 350 g (12 oz, 1½ cups) softened butter, 1 tablespoon salt and a good pinch of pepper. Mix well. (This quantity is sufficient to fill about 50 snail shells.)

Escargots à l'arlésienne

Take some medium-sized snails, stand them in tepid water to remove the impurities and then blanch with a handful of salt. Remove them from their shells and drain. Put a little diced bacon into a saucepan, sprinkle with flour, moisten with dry white wine and add the snails, together with some garlic and plenty of herbs. Bring to the boil and cook gently for about 10 minutes. When the snails are cooked, drain and replace in their shells. Make a sauce with a glass of Madeira, a pinch of cayenne pepper and the juice of a lemon. Pour the sauce over the snails and sprinkle with chopped parsley.

Snail broth

(from an ancient recipe) Prepare 36 snails. Shell them and put them in a saucepan containing 3 litres (5 pints, 13 cups) water. Add 400 g (14 oz) calf's head, 1 lettuce (cleaned and quartered), a handful of purslane leaves and a little salt. Heat, then skim. Bring to the boil, then reduce the heat and simmer for about 2 hours. Adjust the seasoning and strain.

Snails à la bourguignonne

Put the shelled snails in a saucepan and cover them with a mixture of equal parts of white wine and stock. Add 1 tablespoon chopped shallot, 15 g (½ oz) onion and 75 g (3 oz) carrot per 1 litre (1¾ pints, 4⅓ cups) liquid and 1 large bouquet garni. Add salt, allowing 1 teaspoon per 1 litre (1¾ pints, 4⅓ cups).

Simmer for about 2 hours, then leave to cool in the cooking liquid. Meanwhile, boil the empty shells in water containing 1 tablespoon soda crystals per 1 litre (1¾ pints, 4⅓ cups). Drain them, wash in plenty of water and dry in the oven, without letting them colour. Prepare some butter for snails; at least 50 g (2 oz, ¼ cup) is required for 12 snails. Remove the snails from the cooking liquid. Place a little butter in the bottom of each shell, insert

a snail and fill up the shell with more butter. Arrange in snail dishes and heat without letting the butter brown. Serve piping hot.

Snails à la poulette

Cook 48 shelled snails as for snails *à la bourguignonne*, then drain. Prepare a white roux using 25 g (1 oz, 2 tablespoons) butter and 25 g (1 oz, ¼ cup) plain (all-purpose) flour. Add 250 ml (8 fl oz, 1 cup) chicken stock, 250 ml (8 fl oz, 1 cup) white wine and 1 bouquet garni. Cook briskly for about 15 minutes, or until the sauce is reduced by a third. Soften 1 large chopped onion in 20 g (¾ oz, 1½ tablespoons) butter in a saucepan. Add the snails and the sauce and cook for 5 minutes.

Meanwhile, mix 2 egg yolks and the juice of 1 lemon; chop a small bunch of parsley. Remove the bouquet garni from the saucepan. Blend a little of the hot sauce with the egg yolks and lemon juice, then add to the pan. Stir briskly and remove from the heat. Sprinkle with chopped parsley and serve hot.

Snail feuilletés

Prepare about 500 g (1 lb 2 oz) puff pastry made with butter and roll it out to a thickness of about 3 mm (⅛ in). Cut out 8 rectangles measuring 14 × 9 cm (5½ × 3½ in). Arrange them on a baking sheet, cover loosely and leave them to stand for 30 minutes.

Prepare the garnish as follows. Finely chop 125 g (4½ oz, 1 cup) shelled pistachios. Cook 96 snails *à la bourguignonne*, but use champagne instead of white wine. Drain the snails, roll in flour and sauté in 4 tablespoons oil and 40 g (1½ oz, 3 tablespoons) butter. Add a dash of cayenne pepper, then a small glass of whisky, and flame, tilting the sauté pan in all directions. Then add 500 ml (17 fl oz, 2 cups) double (heavy) cream and heat to reduce, making sure the cream is oily but not curdled.

Brush the top of the rectangles of pastry with egg and make criss-cross patterns on them with the tip of a knife. Bake them in a preheated oven at 230°C (450°F, gas 8) for about 20 minutes (the feuilletés rise while baking). Add the chopped pistachios to the sauce and heat for 2–3 minutes. When the feuilletés are cooked, split them in two. Arrange the snails and some sauce on the bottom half of each feuilleté, replace the top halves and serve very hot. If any sauce remains, serve it separately.

Snails grilled à la mode du Languedoc

Arrange some shelled snails on a grid (grill). Prepare a fire of vine shoots; as soon as the embers form a light ash, place the grid on top, sprinkle the snails with salt, pepper, thyme and crushed fennel and grill. Meanwhile, cook some diced fatty bacon in a frying pan until soft. Tip the cooked snails into a dish and baste with the sizzling bacon fat. Serve immediately with farmhouse bread and red wine.

BASIC RECIPES & CLASSIC ADDITIONS

Batters

Coating batter

This batter is suitable for coating food before deep-frying. Sift 200 g (7 oz, 1¾ cups) plain (all-purpose) flour into a bowl. Add 2 teaspoons baking powder, 2 tablespoons groundnut (peanut) oil, a pinch of salt and 250 ml (8 fl oz, 1 cup) warm water. Mix the ingredients thoroughly and beat until smooth, then leave the batter to rest in a cool place for at least 1 hour. Just before using, fold in 2 stiffly whisked egg whites.

Fritter batter (1)

Sift 250 g (9 oz, 2¼ cups) plain (all-purpose) flour into a bowl. Heat 200 ml (7 fl oz, ¾ cup) water until just lukewarm. Make a well in the middle and add 150 ml (¼ pint, ⅔ cup) beer, the warm water and a generous pinch of salt. Mix, drawing the flour from the sides to the centre of the well. Add 2 tablespoons groundnut (peanut) oil and mix. Leave to rest for 1 hour if possible. When required for use, stiffly whisk 2 or 3 egg whites and fold into the batter. Do not stir or beat. For sweet fritters, flavour the batter with Calvados, Cognac or rum. The batter may also be sweetened with 1½ teaspoons sugar and the oil replaced with the same amount of melted butter.

Fritter batter (2)

Put 250 g (9 oz, 2¼ cups) sifted plain (all-purpose) flour in a mixing bowl. Make a well in the centre and add 1 teaspoon salt, 2 eggs and 300 ml (½ pint, 1¼ cups) groundnut (peanut) oil. Whisk the eggs and oil together, incorporating a little of the flour. Add 250 ml (8 fl oz, 1 cup) beer and, stirring well, gradually incorporate the rest of the flour. Allow to stand for about 1 hour. A few minutes before using the batter, whisk 3 egg whites stiffly and fold into the batter using a wooden spoon or rubber spatula.

Savoury crêpe batter

Mix 500 g (18 oz, 4½ cups) plain (all-purpose) flour with 5–6 beaten eggs and a large pinch of salt. Then gradually add 1 litre (1¾ pints, 4⅓ cups) milk or, for lighter pancakes, 500 ml (17 fl oz, 2 cups) milk and 500 ml (17 fl oz, 2 cups) water. The batter may also be made with equal quantities of beer and milk, or the milk may be replaced by white consommé. Finally, add 3 tablespoons oil, either one with little taste, such as groundnut (peanut) oil or sunflower oil or, if the recipe requires it, use olive oil; 25 g (1 oz, 2 tablespoons) melted butter may also be added. Leave the batter to stand for 2 hours. Just before making the crêpes, dilute the batter with a little water (100–200 ml, 4–7 fl oz, ½–¾ cup).

Butters

Butters, to prepare

Whatever the ingredients, the butter must first be creamed, using a spoon or (for large quantities) an electric mixer. The following recipes give ingredients to flavour 225 g (8 oz, 1 cup) butter.

Anchovy butter

Soak 100 g (4 oz) canned or bottled salted anchovies to remove the salt. Purée the fillets in a blender, season and, if liked, add a dash of lemon juice. Work into the softened butter. This butter is used for vol-au-vents, canapés and hors d'oeuvres and to accompany grilled (broiled) meat or cold white meat.

Bercy butter or shallot butter for meat

Poach 500 g (18 oz) diced beef marrow in salted water and drain. Cook 1 tablespoon chopped shallots in 1 tablespoon butter in a saucepan without browning. Add 200 ml (7 fl oz, ¾ cup) dry white wine and heat gently. Soften 200 g (7 oz, ¾ cup) butter and add to the pan with the marrow, 1 tablespoon chopped parsley, the juice of ½ lemon, salt and pepper. This butter is poured on top of grilled (broiled) meat or may be served separately in a sauceboat.

Chivry butter

Blanch 150 g (5 oz, 2 cups) mixed parsley, tarragon, chervil, chives and, if possible, salad burnet, and 2 tablespoons chopped shallot for 3 minutes in boiling water. Drain, cool in cold water and wipe dry. Chop very finely, add 200 g (7 oz, ¾ cup) butter, salt and pepper and press through a fine sieve.

Green butter

Wring 1 kg (2¼ lb) raw crushed spinach in muslin (cheesecloth) until all the juice is extracted. Pour this juice into a dish and cook in a bain marie until separated, then filter through another cloth. Scrape off the green deposit left on this cloth and work it into the softened butter. This butter is used to garnish hors d'oeuvres and cold dishes.

Lemon butter

Blanch the zest of a lemon, chop as finely as possible and work it into the softened butter in a blender with a dash of lemon juice, salt and pepper. This butter is used to garnish cold hors d'oeuvres.

Maître d'hotel butter

Work 2 tablespoons finely chopped parsley, 1–2 dashes lemon juice and a pinch of salt into the softened butter. This butter is served with grilled (broiled) fish, fish fried in an egg-and-breadcrumb coating, poultry or meat and various steamed or boiled vegetables.

Marchand de vin butter

Add 25 g (1 oz, ¼ cup) finely chopped shallots to 300 ml (½ pint, 1¼ cups) red wine and reduce by half. Add 300 ml (½ pint, 1¼ cups) beef consommé and reduce further until almost dry. Cream 150 g (5 oz, ⅔ cup) butter and mix it with the reduced wine mixture. Add 1 tablespoon finely chopped parsley and a little lemon juice and season with salt and pepper. Chill well.

Noisette butter

Butter heated until it becomes nut brown; it is used to add a finishing touch to a variety of dishes, particularly fish.

Sardine butter

Sardine butter is prepared in the same way as anchovy butter, using the filleted and skinned canned fish.

Condiments & seasonings

Apple compote

Prepare a syrup using 350 g (12 oz, 1½ cups) granulated sugar to 600 ml (1 pint, 2½ cups) water. Peel the apples, cut them into quarters, remove the pips (seeds) and cover them with lemon juice to prevent them from browning. Boil the syrup, add the apples and remove as soon as they are tender. Serve either warm or cold.

Cherry syrup

Reduce some stoned (pitted) cherries to a purée in a food processor or blender. Strain the purée through a very fine sieve and leave the juice to ferment, covered, at room temperature for at least 24 hours. Decant and filter the juice. Add 1.5 kg (3¼ lb, 6½ cups) granulated sugar per 1 litre (1¾ pints, 4⅓ cups) of cherry juice and leave to dissolve. Transfer the sweetened juice to a saucepan, bring to the boil and strain. Store in bottles with airtight seals and keep in a cool place away from the light.

Cranberry compote

Combine 500 g (18 oz, 2¼ cups) caster (superfine) sugar, the grated zest of ½ lemon and 200 ml (7 fl oz, ¾ cup) water in a saucepan; slowly bring to the boil, then boil for 5 minutes. Add 1 kg (2¼ lb) washed and stalked cranberries and cook over a high heat for 10 minutes. Remove the fruit from the liquid with a perforated spoon and place in a fruit dish. Reduce the syrup by one-third if the compote is to be eaten straight away, or by half if it is to be kept for a few days in the refrigerator. Pour the syrup over the fruit and allow to cool for 1 hour. Serve with vanilla-flavoured meringues.

Curry powder

This is a useful general spice mixture and enough for seasoning 600–900 ml (1–1½ pints, 2½–3¾ cups) sauce or a dish to yield 4–6 portions, depending on the ingredients. Place 1 cinnamon stick, 4 cloves, 4 green cardamoms, 2 tablespoons cumin seeds and 4 tablespoons coriander seeds in a small saucepan. Roast the spices gently, shaking the pan frequently, until they are just aromatic. Remove the spices from the pan and allow to cool, then grind them to a powder in a spice grinder or in a mortar with a pestle. Stir in 2 teaspoons ground fenugreek, ½ teaspoon ground turmeric and ½ teaspoon chilli powder.

Peach compote

Prepare a vanilla-flavoured syrup using the same proportions of sugar and water as for apple compote. Plunge the peaches in boiling water for about 30 seconds and cool them under cold running water. It should then be easy to peel them. Either leave them whole or cut them in half and remove the stones (pits). Poach the peaches in boiling syrup for 18 minutes if they are whole or for 13 minutes if they are halved.

Preserved lemons

Wash 1 kg (2¼ lb) untreated lemons, wipe and cut into thick round slices. (Small lemons can simply be quartered lengthways.) Dust with 3 tablespoons fine salt and leave them to discharge their juices for about 12 hours. Drain them, place in a large jar and cover completely with olive oil. Leave in a cool place for 1 month before use. Close the jar firmly after opening and keep in a cool place away from light.

Quatre épices or four spices

A mixture of spices, usually consisting of ground white pepper, grated nutmeg, powdered cloves and ground ginger or cinnamon. It is used in stews, *civets*, charcuterie, terrines and game dishes and is also found in Middle Eastern and Arab cookery.

Raspberry jelly

This is made with equal quantities of redcurrants and raspberries. Pour the redcurrants into a pan and add 120 ml (4½ fl oz, ½ cup) water per 1 kg (2¼ lb) fruit. Boil until the berries soften and the juice comes out. Leave to cool, then place the redcurrants and raspberries in a cloth over a bowl and twist the cloth to extract the juice (for a very clear jelly, pour the fruit into a jelly bag and leave to drip overnight). Pour the juice into a pan, add 1 kg (2¼ lb, 4½ cups, firmly packed) sugar per 1 litre (1¾ pints, 4⅓ cups) fruit juice, and boil quickly until setting point is reached. Remove from the heat and pour immediately into clean, sterilized jars. Cover, seal and label.

Redcurrant jelly (1)

Use either all redcurrants or two-thirds redcurrants and one-third white currants. Weigh 100 g (4⅔ oz) raspberries for each 1 kg (2¼ lb) currants.

Crush the currants and raspberries together and strain them through a cloth which is wrung at both ends. Measure the juice. Allow 1 kg (2¼ lb, 4½ cups) granulated sugar for each 1 litre (1¾ pints, 4⅓ cups) fruit juice. Heat the sugar in a pan with a little water – just enough in which to dissolve the sugar. Add the fruit juice and cook until setting point is reached, then pot and cover as usual.

Redcurrant jelly (2)

Put the prepared and weighed currants in a pan, add a small glass of water for each 1 kg (2¼ lb) currants, then heat them gently until the skins burst and the juices come out. Add raspberries (the same proportion as in the previous recipe) and boil for a few seconds only. Strain the fruit and filter the juice. Continue as described above.

Spiced salt

A mixture of dry table salt, ground white pepper and mixed spices in the proportions 10 : 1 : 1. It is used to season forcemeats, pies and terrines.

Forcemeats, panadas, sausagemeats & stuffings

Forcemeats, to prepare

Forcemeats are usually more refined and complex than stuffings. The ingredients for some forcemeats need to be very finely minced or even ground in a mortar or food processor and then forced through a sieve. Fine forcemeats need to be minced (ground) twice. Sometimes only some of the ingredients need to be minced. Season to taste and add 6 tablespoons brandy per 1 kg (2¼ lb) forcemeat. Allow 1 large egg to bind 450 g (1 lb) forcemeat.

Sausagemeat, to prepare

Sausagemeat is a mixture of equal parts of lean pork and pork fat finely chopped and salted. All sinews and gristle must be removed. A range of other meats and seasonings may be used to make sausages.

À gratin forcemeat

Fry 150 g (5 oz, 1 cup) finely chopped unsmoked bacon until cooked but not browned. Add 300 g (11 oz) chicken livers, 2 thinly sliced shallots, 50 g (2 oz, ⅔ cup) finely chopped mushrooms, ½ bay leaf and a thyme sprig. Season with salt, pepper and a little mixed spice and sauté quickly over a high heat. Allow to cool completely, then pound in a mortar (or purée in a blender) and press through a fine sieve. Cover with oiled greaseproof (wax) paper and chill until needed. This forcemeat is spread on the croûtons of fried bread that are used as a base for small roast game birds or served with salmis or *civets*.

American stuffing

Cut some smoked belly of pork into very small dice and fry. Add some finely chopped onion and allow to sweat without colouring. Remove from the heat and add fresh breadcrumbs until the fat is completely absorbed. Season with salt and pepper, a little ground sage and the finest thyme. This forcemeat is used for stuffing young cockerels, young pigeons, guinea fowls and poussins.

Chicken forcemeat

Dice 575 g (1¼ lb) chicken or other poultry meat, 200 g (7 oz) lean veal and 900 g (2 lb) bacon; work together in a blender until smooth. Add 3 eggs, 1 tablespoon salt and 200 ml (7 fl oz, ¾ cup) brandy. Mix well, press through a sieve and chill until required. This forcemeat is used for pâtés and terrines.

Fine sausagemeat or fine pork forcemeat

Using the same mixture as for the sausagemeat recipe, finely mince (grind) the ingredients twice, or chop once and then press through a fine sieve. The seasonings are the same.

Foie gras forcemeat

Finely pound in a mortar (or purée in a blender) 375 g (13 oz) lean pork, 450 g (1 lb) unsmoked streaky (slab) bacon and 250 g (9 oz) thinly sliced foie gras. Add 1½ teaspoons spiced salt and 100 ml (4 fl oz, 7 tablespoons) brandy, and press through a sieve. This forcemeat is used for making pâtés and terrines.

Forcemeat for poultry

This consists of fine sausagemeat mixed with one-fifth of its weight each of fresh breadcrumbs and finely chopped onion cooked in a little butter until soft, together with chopped parsley. Chill until required.

Game forcemeat

Prepare with the appropriate game meat in the same way as poultry forcemeat. To make it richer, add thin slices of fresh foie gras or game liver forcemeat. This forcemeat is used for making pâtés and terrines.

Godiveau lyonnais

The delicate forcemeat, consisting of veal and fat, is used to make quenelles, which are served as a hot entrée, used to fill vol-au-vent or to accompany meat dishes. The mixture, which must be very smooth, springy and yet firm, requires quite a long preparation time, because the raw meat and fat are pounded with cream or panada, eggs and seasoning.

Pound together in a mortar 500 g (18 oz) trimmed diced beef suet, 500 g (18 oz) frangipane panada and 4 egg whites (these ingredients may first be put through a blender). Add 500 g (18 oz) pike flesh and season with salt and pepper. Work vigorously with a spatula, then with a pestle. Rub through a fine sieve, place in an earthenware dish and work with a spatula until smooth.

Godiveau with cream

Chop up 1 kg (2¼ lb) fillet of veal and pound it. Also chop up and pound 1 kg (2¼ lb) beef suet. Mix these ingredients together and add 1 tablespoon salt, ¼ teaspoon pepper, a pinch of grated nutmeg, 4 eggs and 3 egg yolks, grinding vigorously with a pestle the whole time. Rub the forcemeat through a fine sieve and spread it on a board. Leave on ice or in the refrigerator until the next day. Put the forcemeat back in the mortar and pound it again, gradually adding 750 ml (1¼ pints, 3¼ cups) single (light) cream.

To test the consistency of the godiveau, poach a small ball and rectify if necessary, adding a little iced water if it is too firm or a little egg white if it is too light. Shape into quenelles and poach.

Liver forcemeat

Brown 250 g (9 oz, 12 slices) diced unsmoked streaky (slab) bacon in 25 g (1 oz, 2 tablespoons) butter in a sauté pan. Remove and drain. In the same fat, sauté 300 g (11 oz) pig's (pork), calf's, game or chicken liver cut into cubes. Mix 40 g (1½ oz, ¼ cup) finely chopped shallots and 75 g (3 oz, 1 cup) finely chopped cultivated mushrooms together. Replace the bacon in the sauté pan, add the mushrooms and shallots and season with salt, ground white pepper and allspice; then add a sprig of thyme and half a bay leaf. Mix together and sauté for 2 minutes.

Remove the cubes of liver. Deglaze the pan with 150 ml (¼ pint, ⅔ cup) dry white wine, pour the sauce over the cubes of liver and purée all the ingredients in a food processor or blender, together with 65 g (2½ oz, 5 tablespoons) butter and 3 egg yolks, until very smooth. Press the forcemeat through a sieve and store, covered, in the refrigerator. This forcemeat is used for making pâtés, terrines or meat loaves. Minced, cleaned truffle peelings can be added to it if wished. If game liver is used, add an equal amount of rabbit meat and replace the white wine with 100 ml (4 fl oz, 7 tablespoons) Madeira.

Mousseline forcemeat

Pound 1 kg (2¼ lb) boned veal, poultry or game in a mortar (or purée in a blender) then press through a fine sieve. Whisk 4 egg whites lightly with a fork and add them to the meat purée a little at a time. Season with 4 teaspoons salt and a generous pinch of ground white pepper. Press through the sieve a second time, place in a terrine, then chill for 2 hours. Put the terrine in a bowl of crushed ice and work in 1.5 litres (2¾ pints, 6½ cups) double (heavy) cream using a wooden spoon. (It is essential to keep the cream and the pâté as cold as possible to prevent the mixture from curdling.) This forcemeat is used for fine quenelles, mousses and mousselines.

Mushroom forcemeat

Sauté 2 peeled and finely chopped shallots and 175 g (6 oz, 2 cups) button mushrooms, also finely chopped, over a high heat in a frying pan, with 40 g (1½ oz, 3 tablespoons) butter and a generous pinch of grated nutmeg. When cooked, allow to cool. Make 100 g (4 oz) bread panada and purée it in a blender, adding the mushrooms and shallots. Finally, add 3 egg yolks and mix thoroughly (it is not necessary to sieve this forcemeat). It is used to stuff vegetables, poultry, game and fish.

Panada, to prepare

A paste of variable composition used to bind and thicken forcemeats. A flour panada is used to thicken quenelle forcemeats; the flour is added all at once to boiling salted and buttered water, and the mixture is beaten well over the heat until it thickens (as for a choux paste). A frangipane panada (made with flour and egg yolks) is used for poultry and fish forcemeats; bread panada for fish forcemeats; potato panada for quenelles of white meat; and rice panada for various forcemeats.

Panada, bread

Soak 250 g (9 oz, 4½ cups) fresh white breadcrumbs in 300 ml (½ pint, 1¼ cups) boiled milk until the liquid is completely absorbed. Pour this mixture into a saucepan and let it thicken over the heat, stirring it with a wooden spoon. Pour into a buttered dish and leave to cool.

Panada, flour

Place 300 ml (½ pint, 1¼ cups) water, 50 g (2 oz, ¼ cup) butter and ½ teaspoon salt in a saucepan and bring to the boil. Add 150 g (5 oz, 1¼ cups) plain (all-purpose) flour, beat well over the heat with a wooden spoon, then

cook until the mixture comes away from the edges of the saucepan. Pour the panada into a buttered dish, smooth the surface, cover with buttered paper and leave to cool.

Panada forcemeat with butter

Purée 1 kg (2¼ lb) minced (ground) veal or poultry in a blender with salt, ground white pepper and grated nutmeg. Also blend 450 g (1 lb) potato or flour panada with an equal quantity of butter. Add the puréed meat and beat the mixture vigorously. Then add 8 egg yolks, one at a time. Press the forcemeat through a fine sieve, place in a terrine and work with a spatula until smooth. Chill, covered, until required. This forcemeat is used for quenelles, borders and meat loaves, and to stuff poultry and joints of meat.

Panada forcemeat with cream

Pound 1 kg (2¼ lb) minced (ground) veal or poultry in a mortar (or reduce to a purée in a blender). Season with 2 teaspoons salt, a generous pinch of white pepper and some grated nutmeg. Add 4 lightly whisked egg whites one at a time, followed by 400 g (14 oz) bread panada. Beat vigorously until the mixture is very smooth. Press through a fine sieve over a terrine and chill for 1 hour, together with 1.5 litres (2¾ pints, 6½ cups) double (heavy) cream and 2 tablespoons milk. Then place the terrine in a basin of crushed ice or ice cubes. Add one-third of the cream to the forcemeat, working it in vigorously with a spatula. Lightly beat the remaining cream with the milk and then fold it into the forcemeat. Chill until needed. This forcemeat is used for quenelles.

Panada, frangipane

Put 125 g (4½ oz, 1¼ cups) plain (all-purpose) flour and 4 egg yolks in a saucepan. Mix well, then add 90 g (3½ oz, ⅓ cup) melted butter, ½ teaspoon

salt, some pepper and a pinch of nutmeg. Thin the mixture by blending it with 250 ml (8 fl oz, 1 cup) boiled milk, poured in gradually. Cook for 5–6 minutes, beating vigorously with a whisk. Pour the panada into a buttered dish, smooth the surface, cover with buttered paper and leave to cool.

Panada, potato

Boil 300 ml (½ pint, 1¼ cups) milk seasoned with ½ teaspoon salt, a pinch of pepper and a pinch of grated nutmeg until it has reduced by one-sixth. Add 20 g (¾ oz, 1½ tablespoons) butter and 250 g (9 oz, 1¼ cups) thinly sliced boiled potatoes. Cook gently for 15 minutes, then mix well to obtain a smooth paste. Use this panada while still warm.

Panada, rice

Add 200 g (7 oz, 1 cup) short-grain rice to 600 ml (1 pint, 2½ cups) white unclarified consommé to which 20 g (¾ oz, 1½ tablespoons) butter has been added and cook in a preheated oven at 160°C (325°F, gas 3) for about 50 minutes. Mix the cooked rice well with a wooden spoon to obtain a smooth paste. Leave to cool in a buttered dish.

Poultry forcemeat

Dice 575 g (1¼ lb) chicken or other poultry meat, 200 g (7 oz) lean veal and 900 g (2 lb) bacon; work together in a blender until smooth. Add 3 eggs, 1 tablespoon salt and 200 ml (7 fl oz, ¾ cup) brandy. Mix well, press through a sieve and chill until required. This forcemeat is used for pâtés and terrines.

Sausagemeat

Weigh out equal quantities of lean pork and fat bacon. Mince (grind) finely and add 3 tablespoons salt per 1 kg (2¼ lb) mince. Chopped truffle or truffle

peelings may be added, or the mince may be seasoned with finely chopped onions, garlic, salt, pepper and herbs. Chopped mushrooms, wild or cultivated, may also be added.

Truffled forcemeat

Truffle can be used to flavour any of the forcemeats, especially veal or game. The peelings can be cooked in the liquid to be used for a panada, and finely diced truffle or fine julienne can be added to the forcemeat after it has been sieved and mixed.

Veal forcemeat (fine)

Pound 1 kg (2¼ lb) lean minced (ground) veal in a mortar (or reduce to a purée in a blender). Season with 1 tablespoon salt, some white pepper and grated nutmeg. Purée 300 g (11 oz) flour panada; when really soft, add the veal, together with 65 g (2½ oz, 4½ tablespoons) butter, and beat the mixture well. Finally, beating continuously, add 5 eggs and 8 yolks, one by one. Then add 1.25 litres (2¼ pints, 5½ cups) thick béchamel sauce. Press through a fine sieve and work with a spatula to make the forcemeat smooth. Chill until required. This forcemeat is used for borders and large quenelles.

Garnishes & accompaniments

Aubergine fritters

Peel some aubergines (eggplants), slice them and marinate for 1 hour in oil, lemon juice, chopped parsley, salt and pepper. Drain, dip in batter, deep fry in hot oil and serve with fried parsley. The same method may be used for broccoli, cardoons, celery, celeriac (celery root), courgettes (zucchini), cauliflower, marrow (squash) flowers, salsify, tomatoes and Jerusalem artichokes.

Baked apples

Make a light circular incision round the middle of some firm cooking apples. Core them then put them in a large buttered ovenproof dish. Fill the hollows with butter mixed with caster (superfine) sugar. Pour a few tablespoons of water into the dish and cook in a preheated oven at 220°C (425°F, gas 7) until the apples are just tender, about 30 minutes.

Boiled chestnuts

Place some peeled chestnuts in a saucepan and cover with cold water. Season with salt and pepper and add some chopped celery. Bring to the boil and simmer gently for 35–45 minutes. Drain well and serve with butter.

Braised chestnuts

Peel some chestnuts and spread them evenly over the bottom of a large greased casserole. Place a bouquet garni and a celery stick in the centre,

season with salt and pepper and add enough stock to just cover them. Cover the casserole and cook in a preheated oven at 220°C (425°F, gas 7) for about 45 minutes (do not stir the chestnuts during cooking in case they break). Serve with braised or roast meat.

Château potatoes

Scrub some fairly small new potatoes, wash and wipe. Heat some butter in a shallow frying pan, add the potatoes and cook gently with the lid on. Add salt and pepper and serve with roast meat or with braised meat or fish.

Conti, à la

Conti is the name given, in classic French cookery, to dressings made from lentils. For meat which is roasted, fried or braised, the garnish consists of a lentil purée cooked with streaky (slab) bacon cut into strips. Another Conti garnish consists of croquettes of lentil purée accompanied by potato rissoles. For eggs *sur le plat à la Conti*, the lentil purée should be piped along the edge of the dish. For Conti soup, the purée is diluted with stock and fresh butter and croûtons are added.

Corn fritters

Make a smooth batter using 100 g (4 oz, 1 cup) plain (all-purpose) flour, 2 eggs and 100 ml (4 fl oz, 7 tablespoons) water. Add 225 g (8 oz, 1 cup) thawed frozen or drained canned sweetcorn. Stir well, adding seasoning to taste and a little grated nutmeg. Shallow fry spoonfuls of the sweetcorn in batter in a mixture of sunflower oil and butter until the fritters are golden underneath and set. Turn and cook the second sides until golden. Serve with deep-fried breadcrumb-coated chicken and fried bananas as American Maryland chicken.

Dauphine potatoes

Peel 1 kg (2¼ lb) floury potatoes, cut into quarters and cook in salted water until very soft. Drain thoroughly and mash to a purée. Prepare some choux paste using 500 ml (17 fl oz, 2 cups) water, 125 g (4½ oz, ½ cup) butter, 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 7 eggs, a pinch of grated nutmeg, salt and pepper. Mix the dough with an equal volume of the potato purée. Heat some cooking oil to about 175°C (347°F) and drop the mixture into it a spoonful at a time. When the potato balls are puffed up and golden, drain on paper towels, dust with fine salt and serve very hot.

Diablotin

A very thin, small round slice of bread (sometimes first coated with reduced béchamel sauce) sprinkled with grated cheese and browned in the oven. *Diablotins* are usually served with soup, particularly consommé.

Financière, à la

This is a very rich classic garnish used for joints of meat, calves' sweetbreads and braised poultry. It may also be used as a filling for croûtes, timbales, bouchées or vol-au-vent. It consists of a ragoût of cockscombs, chicken quenelles, finely sliced mushrooms and shredded truffles flavoured with Madeira, all bound with a sauce containing Madeira and truffle essence. The same ingredients are used to make *attereaux à la financière*, the quenelles being optional. There is also a financière sauce which is flavoured with Madeira and truffles.

To make financière garnish, prepare some poached chicken quenelles and some cockscombs. Slowly cook some finely sliced mushrooms and shredded truffles in butter. Add a little Madeira. Bind all these ingredients with financière sauce (2).

Française, à la

This describes a preparation of joints of meat served with asparagus tips, braised lettuce, cauliflower florets coated with hollandaise sauce and small duchess-potato nests filled with diced mixed vegetables. The sauce served with dishes *à la française* is a thin demi-glace – or a clear veal gravy.

Peas *à la française* are prepared with lettuce and onions.

French beans in tomato sauce

Boil the French (green) beans in salted water until they are three-quarters cooked, and drain thoroughly. Cook them gently in butter for about 5 minutes, add a few tablespoons of concentrated tomato sauce and simmer. Turn into a dish and sprinkle with chopped parsley or basil.

French beans with cream

Boil the French (green) beans in salted water until they are three-quarters cooked, Drain. Cover with single (light) cream and simmer until the cream is reduced by half. Add salt and pepper and transfer to a serving dish. A sprinkling of chopped parsley can also be added.

This dish can be prepared *à la normande*: for every 450 g (1 lb) beans, add 1 egg yolk and 40 g (1½ oz, 3 tablespoons) butter after removing the pan from the heat.

Game chips or crisps (potato chips)

Crisps are served in France and Britain with apéritifs or with grills and roasts. This method of preparing fried potatoes is a very old one: it used to be called *pommes en liards* (the *liard* once being a small coin of some European countries). In the United States they are known as potato chips.

Wash and peel some large firm potatoes. Cut them into very thin round

slices (preferably with a mandolin cutter or in a food processor) and immediately place them in cold water. Leave to soak for 10 minutes and then dry them thoroughly. Plunge the slices once only into frying oil at 185°C (365°F). Drain on paper towels and sprinkle with salt.

Gratin dauphinois or potatoes dauphinois

Peel and thinly slice 1 kg (2¼ lb) potatoes and arrange them evenly in a generously buttered dish. Mix 2 whole eggs with a little milk, add 1 teaspoon salt, then whisk together with 600 ml (1 pint, 2½ cups) warmed milk or cream. Pour this mixture over the potatoes and dot with knobs of butter. Cook in a preheated oven at 220°C (425°F, gas 7) for about 50 minutes, if necessary protecting the top of the dish with foil towards the end of the cooking period.

The bottom of the dish can be rubbed with garlic, and a little grated nutmeg may be added at the same time as the salt. Some grated Gruyère may also be added: one layer is placed on the bottom of the dish and more grated Gruyère is sprinkled on the top.

Milanaise, à la

Food prepared in the style of Milan is generally dipped in egg and breadcrumbs mixed with grated Parmesan cheese, then fried in clarified butter.

The name also describes a method of preparing macaroni (served in butter with grated cheese and tomato sauce), and a garnish for cuts of meat, made from macaroni with cheese, coarsely shredded ham, pickled tongue, mushrooms and truffles, all blended in tomato sauce.

Dishes cooked au gratin with Parmesan cheese are also described as *à la milanaise*.

Mushrooms cooked in cream

Sauté the mushrooms in butter, cover them with boiling double (heavy) cream and simmer for 8–10 minutes, until reduced.

This preparation may be used as a filling for flans or vol-au-vent.

Pasta dough

Sift 500 g (18 oz, 4½ cups) strong plain (bread) flour into a bowl and make a well in the middle. Dissolve 2 teaspoons salt (or less to taste) in 2 tablespoons water, put it in the well, then add 3 beaten eggs and 6 egg yolks. Gradually work the liquids into the flour to make a firm dough. Knead the dough thoroughly, working it with the heel of the hand until the dough is smooth and firm. Wrap the dough in a cloth or cling film (plastic wrap) and leave it in a cool place, but not the refrigerator, for 1 hour so it loses its elasticity.

To make noodles, divide the dough into pieces about the size of an egg and roll these into balls. Roll out each piece into a very thin pancake shape and lightly dust with flour then roll up loosely. Cut the dough into strips 1 cm (½ in) wide, then unroll the strips on a flat surface.

To cook the noodles, plunge them into boiling salted water, using 2.5 litres (4¼ pints, 11 cups) water for every 250 g (9 oz) fresh noodles. Boil fast for about 3 minutes, drain and serve tossed with butter.

Peas à la française

Place 800 g (1¾ lb, 5¼ cups) fresh shelled peas in a saucepan with a shredded lettuce, 12 new small (pearl) onions, a bouquet garni composed of parsley and chervil, 75 g (3 oz, 6 tablespoons) butter cut into small pieces, 1 teaspoon salt, 2 teaspoons sugar and 4½ tablespoons cold water. Cover the pan, bring gently to the boil and simmer for 30–40 minutes. Remove the bouquet garni and mix in 1 tablespoon fresh butter just before serving.

Piémontaise, à la

This describes various dishes that incorporate a risotto, sometimes accompanied by white Piedmont truffles. Arranged in a variety of ways – in darioles, in timbale moulds or as *coquettes* – the risotto is used to garnish poultry, meat and fish.

Pilaf rice

Sweat some very finely chopped onions in butter without browning. Add the unwashed rice and stir until it becomes transparent. Add 1½ times its volume in boiling water. Season with salt and add a bouquet garni. Put some greaseproof (wax) paper over the rice and cover with a lid. Cook for 16–18 minutes in a preheated oven at 200°C (400°F, gas 6). Remove from the oven and allow to stand for 15 minutes. Add butter and fork the grains.

Polenta

A cornmeal porridge that is the traditional basic dish of northern Italy (both Venice and Lombardy claim to have invented it). Polenta is traditionally made with water in a large copper pot, stirred with a big wooden spoon. The porridge is cooled in a round wooden tray and then cut into squares or diamond shapes. It can also be made with milk (for desserts), stock or with a mixture of white wine and water. Like rice and pasta, polenta is very versatile and is used for a large number of dishes: fritters, croquettes, gratins, croûtes and timbales. Served plain, with butter and cheese, in a sauce, or even flavoured with vegetables, ham or white truffle, polenta may accompany fish stews, meat ragoûts or brochettes of small birds.

Boil 1 litre (1¾ pints, 4⅓ cups) water with 1–2 teaspoons salt (or to taste), then add 250 g (9 oz, 2 cups) cornmeal and mix together thoroughly. Cook for 25–30 minutes, stirring continuously with a wooden spoon. Then add

50–65 g (2–2½ oz, 4–5 tablespoons) butter. Pour the porridge on to a damp plate, spreading it out in an even layer, and leave to cool completely. Cut into squares or diamond shapes and fry in butter until golden. Arrange on a serving dish and sprinkle with grated Parmesan cheese and noisette butter.

Pommes Anna

Peel 1 kg (2¼ lb) potatoes and cut into thin even round slices. Wash, wipe and season with salt and pepper. Slightly brown 75 g (3 oz, 6 tablespoons) butter in a special casserole (or in a sauté pan) and arrange the potatoes in circular layers, making sure that they are evenly coated with butter, then compress them into a cake with a wooden spatula. Cover and cook in a hot oven for 25 minutes. Quickly turn the whole cake over on to a flat dish and slide it back into the casserole to brown the other side.

Portugaise, à la

This describes various dishes (eggs, fish, kidneys, small pieces of meat and poultry) in which tomatoes predominate or are used as the garnish, often filled with a simple stuffing.

Potato galette

Bake 6 large floury (baking) potatoes in the oven for 45–60 minutes until soft. Cut them open and remove the flesh, then mix 400 g (14 oz, 3¾ cups) of this with 4 egg yolks, added one by one, and 1 teaspoon salt. Soften 150 g (5 oz, ⅔ cup) butter with a spatula and mix it in. Roll the potato dough into a ball and flatten it with the palm of the hand. Shape it into a ball again and repeat the operation twice more. Butter a baking sheet and flatten the dough to form a galette 4 cm (1½ in) thick. Trace a pattern on the top with the point of a knife, brush it with beaten egg, and bake in a preheated oven at 220°C (425°F,

gas 7) until golden brown. If the galette is to be served as a dessert, add to the dough 125 g (4½ oz, ½ cup) sugar, orange-flower water and chopped blanched orange and lemon rind (zest).

Potato gnocchi

Cook 3 medium potatoes in boiling salted water for about 20 minutes. Meanwhile, grate 6–7 medium peeled potatoes and squeeze them in a cloth to extract as much water as possible. Peel and mash the cooked potatoes, then mix them with the grated raw potatoes. Add 100–125 g (4–4½ oz, 1 cup) plain (all-purpose) flour, a little grated nutmeg, salt and pepper, then 2 eggs, one after the other. Mix thoroughly. Boil some salted water and use 2 spoons to shape the paste into small, round portions. Drop them into the water and simmer for 6–8 minutes. Drain the gnocchi and place them on a cloth. Butter a gratin dish and arrange the gnocchi in it, coated with 200 ml (7 fl oz, ¾ cup) crème fraîche and sprinkled with grated cheese. Brown in a very hot oven.

Potatoes à la boulangère

Slice 800 g (1¾ lb) peeled potatoes and brown them in 40 g (1½ oz, 3 tablespoons) butter. Slice 400 g (14 oz) onions and brown in 20 g (¾ oz, 1½ tablespoons) butter. Arrange alternate layers of potatoes and onions in a buttered ovenproof dish. Season with salt and pepper, then cover completely with stock. Cook in a preheated oven at 200°C (400°F, gas 6) for about 25 minutes, then reduce the heat to 180°C (350°F, gas 4) and leave to cook for 20 minutes more. If required, add a little stock while the potatoes are cooking.

Ratatouille niçoise

Trim the ends of 6 courgettes (zucchini) and cut them into rounds (do not peel them). Peel and slice 2 onions. Cut the stalks from 3 green (bell) peppers,

remove the seeds and cut them into strips. Peel 6 tomatoes, cut each one into 6 pieces and seed them. Peel and crush 3 garlic cloves. Peel 6 aubergines (eggplants) and cut them into rounds. Heat 6 tablespoons olive oil in a cast-iron pan. Brown the aubergines in this, then add the peppers, tomatoes and onions, and finally the courgettes and the garlic. Add a large bouquet garni containing plenty of thyme, salt and pepper. Cook over a low heat for about 30 minutes. Add 2 tablespoons fresh olive oil and continue to cook until the desired consistency is reached. Remove the bouquet garni and serve very hot.

Rice à la créole

Thoroughly wash 500 g (18 oz, 2½ cups) long-grain rice and pour it into a sauté pan. Add salt and enough water to come 2 cm (¾ in) above the level of the rice. Bring to the boil and continue to boil rapidly with the pan uncovered. When the water has boiled down to the same level as the rice, cover the pan and cook very gently until the rice is completely dry (about 45 minutes). If preferred, the second part of the cooking process may be carried out in a cool oven.

Rice à la grecque

Heat 3 tablespoons olive oil in a large saucepan until very hot, add 250 g (9 oz, 1¼ cups) unwashed long-grain rice and stir with a wooden spoon until the grains become transparent. Then add 2½ times its volume of boiling water, a handful of raisins, a small bouquet garni, a chopped onion, a small chopped garlic clove and season with salt and pepper. Lower the heat, cover the saucepan and leave to simmer for 16 minutes. Remove the bouquet garni. If wished, 2 tablespoons finely diced red (bell) pepper (which has been cooked in butter or oil) and 150 g (5 oz, 1 cup) peas (cooked and drained) may be added to the rice.

Risotto à la milanaise

Heat 40 g (1½ oz, 3 tablespoons) butter or 4 tablespoons olive oil in a saucepan and cook 100 g (4 oz, ¾ cup) chopped onions very gently, without allowing them to brown. Add 250 g (9 oz, 1¼ cups) rice and stir until the grains are transparent. Add twice the volume of stock, a ladleful at a time, stirring with a wooden spoon and waiting until all the liquid has been absorbed before adding more. Taste and adjust the seasoning, add a small bouquet garni, then add 200 ml (7 fl oz, ¾ cup) thick tomato fondue, 500 g (18 oz) pickled ox (beef) tongue, ham and mushrooms (in equal proportions, all chopped) and a little white truffle and cook until heated through. Serve the risotto immediately.

Risotto à la piémontaise

Prepare the rice as for risotto *à la milanaise*, but omit the tomato fondue, tongue, ham and mushrooms. Add 75 g (3 oz, ¾ cup) grated Parmesan cheese and 25 g (1 oz, 2 tablespoons) butter. Saffron may also be added.

Romaine, à la

The name given to various French dishes inspired by the cuisine of the Italian region of Latium; these dishes include eggs with spinach, anchovies and Parmesan cheese; small birds casseroled with peas and ham; spinach loaf or soufflé. Sauce *à la romaine* is the classic sauce to serve with roast venison; it is a sweet-and-sour sauce made with dried vine fruits, game stock and pine kernels. Gnocchi *à la romaine* are made from semolina and grated cheese and are usually served as a first course. When used to garnish large joints of meat, they are put into tartlet cases (shells) and browned in the oven; they may be accompanied by small spinach loaves with a light tomato sauce or veal stock thickened with tomato.

Royale, plain

A royale is a moulded custard which is cut into small dice, diamonds or stars, and used as a garnish for clear soup. Made from consommé and eggs, or a vegetable or poultry purée thickened with eggs, it is cooked in dariole moulds in a bain marie. When cooked, it is unmoulded and cut into the desired shapes.

Put some chervil into 150 ml (¼ pint, ⅔ cup) boiling consommé and leave to infuse for 10 minutes. Beat 1 egg with 2 yolks and add the consommé gradually, stirring constantly. Strain through a sieve lined with muslin (cheesecloth), skim and cook in a bain marie as for royale of asparagus.

Royale of asparagus

Cook 75 g (3 oz) asparagus tips and 5 or 6 fresh spinach leaves in boiling water for a few minutes, then drain them. Add 1½ tablespoons béchamel sauce and 2 tablespoons consommé. Press through a sieve. Bind the mixture with 4 egg yolks, pour into dariole moulds and cook in a bain marie in a preheated oven at 200°C (400°F, gas 6) for 30 minutes.

Royale of tomatoes

Mix 100 ml (4 fl oz, 7 tablespoons) concentrated tomato purée (paste) with 4 tablespoons consommé. Add salt and pepper, bind with 4 egg yolks and cook in a bain marie as for royale of asparagus.

Russian salad

Boil and finely dice some potatoes, carrots and turnips; boil some French (green) beans and cut into short pieces. Mix together equal quantities of these ingredients and add some well-drained cooked petits pois. Bind with mayonnaise and pile up in a salad bowl. Garnish with a julienne of pickled tongue and truffles and add some finely diced lobster or langouste meat.

For a more elaborate dish, the ordinary mayonnaise can be replaced by thickened mayonnaise and the salad is poured into mould lined with aspic and garnished with slivers of truffle and pickled tongue. Chill in the refrigerator for 4 hours and remove from the mould just before serving.

Salpicon

Ingredients that are diced, often very finely, then bound with sauce. Cooked meat or egg salpicons can be hot or cold. Savoury salpicons are used for filling or garnishing barquettes, vol-au-vent, canapés, croustades, croûtes, small meat pies, rissoles and tartlets. They are also used for making shaped cutlets, kromeskies and croquettes and for stuffing and garnishing poultry, game and some cuts of meat.

Salpicons of meat, poultry, game, offal or egg

- *with brains* Diced poached brains, bound with allemande, béchamel or velouté sauce (hot).
- *à l'écossaise* Pickled tongue cut into small cubes and diced truffles, bound with reduced demi-glace (hot).
- *with foie gras* Finely diced foie gras, bound with Madeira, port or sherry sauce or game fumet (hot), or with aspic (cold); sautéed chicken livers can be added.
- *with game* Finely diced game meat bound either with white or brown sauce made with game fumet (from the same game as the salpicon) or with aspic.
- *with ham* Diced York, Prague or Paris ham, bound with demi-glace (hot), or with vinaigrette or mustard-flavoured mayonnaise (cold).
- *with hard-boiled (hard-cooked) eggs* Diced whites and yolks, bound with allemande, béchamel, cream or velouté sauce (hot), or with vinaigrette or mayonnaise with herbs (cold).

- *with lamb's or calf's sweetbreads* Sliced sweetbreads cooked in butter, bound with allemande, béchamel, demi-glace, Madeira or suprême sauce (hot).
- *with meat* Finely diced leftover beef, veal, mutton or pork, bound with white or brown sauce (used particularly for croquettes and kromeskies and for filling pies).
- *with poultry* Diced white poultry meat, bound with allemande, béchamel, cream, velouté, brown or demi-glace sauce or with veal stock (hot, for filling vol-au-vent, barquettes, croustades and poached eggs and croquettes), or with vinaigrette with herbs for filling cold barquettes or hard-boiled eggs.
- *à la reine* Diced white chicken meat, mushrooms and truffles, bound with allemande sauce (hot).
- *à la Saint-Hubert* Diced game meat, bound with reduced demi-glace made with game fumet (hot).
- *with veal* Diced cooked veal, bound with allemande, béchamel or demi-glace sauce or with veal stock (hot).

Salpicon of truffles with cream sauce (hot)

Cut fresh truffles (raw or cooked in Madeira) or canned truffles into large or small dice, according to the requirements of the recipe. Sprinkle with salt and pepper. Cook gently in butter and bind with a few tablespoons of velouté or cream sauce.

Straw potatoes

Peel some large firm potatoes, cut them into very thin strips and leave them to soak in plenty of cold water for 15 minutes. Drain and wipe thoroughly, then cook them in deep-frying oil at 180–190°C (350–375°F) until they are golden (about 5 minutes). Drain them on paper towels, dust them with fine salt and serve them piping hot.

Sauerkraut à l'alsacienne

Thoroughly wash 2 kg (4½ lb) raw sauerkraut in cold water, then squeeze and disentangle it with your fingers. Peel 2 or 3 carrots and cut into small cubes. Peel 2 large onions and stick a clove in each.

Coat the bottom and sides of a flameproof casserole with goose fat or lard. Pile in half the sauerkraut and add the carrots, onions, 2 peeled garlic cloves, 1 teaspoon ground pepper, 1 tablespoon juniper berries and a bouquet garni. Add the rest of the sauerkraut, a raw knuckle of ham and 1 glass of dry white Alsace wine and top up with water. Season lightly with salt, cover and bring to the boil. Then transfer to a preheated oven at 190°C (375°F, gas 5) and cook for 1 hour. Add a medium-sized smoked shoulder of pork and 575–800 g (1¼–1¾ lb) smoked belly (salt pork). Cover, bring to the boil on the hob (stove top), then cook in the oven for a further 1½ hours.

Meanwhile, peel 1.25 kg (2¾ lb) potatoes. After 1½ hours, remove the pork belly from the casserole and add the potatoes. Leave to cook for a further 30 minutes. During this time, poach 6–8 Strasbourg sausages in barely simmering water. When the sauerkraut is cooked, remove and discard the bouquet garni and the cloves and return the pork belly for 10 minutes to reheat it. Arrange the sauerkraut in a large dish and garnish with the potatoes, sausages and meat cut into slices.

Spätzle

Blend together 500 g (18 oz, 4½ cups) sifted plain (all-purpose) flour, 4 whole eggs, 2 tablespoons double (heavy) cream and 1 tablespoon fine salt. Season with pepper and grated nutmeg. Boil plenty of salted water in a large pan. Drop small spoonfuls of the dough into the boiling water, using a second spoon to shape them into little dumplings. Leave the spätzle to poach until they rise to the surface.

Spinach in butter

Wash, trim and parboil some spinach, then drain and dry in a cloth. Melt a little butter in a frying pan and add the spinach. Season with salt, pepper and a little grated nutmeg. When all the moisture has evaporated, add more butter, allowing 50 g (2 oz, ¼ cup) butter to 500 g (18 oz, 3½ cups) cooked spinach. Arrange in a vegetable dish and garnish with fried croûtons. The spinach may also be sprinkled with noisette butter, if desired.

Toulousaine, à la

This term describes a garnish for poached or pot-roasted poultry or a filling for croustades, tarts or vol-au-vent. It consists of a ragoût of small quenelles of poultry, lamb's sweetbreads or cockscombs and kidneys, mushrooms and truffles, bound with allemande sauce (or toulousaine sauce, a suprême sauce thickened and enriched with egg yolks and cream). Nowadays, the expression is more frequently applied to various dishes from south-western France.

Vegetable macédoine with butter or cream

Peel and dice 250 g (9 oz) each of new carrots, turnips, French (green) beans and potatoes. Prepare 500 g (18 oz, 3½ cups) shelled peas. Add the carrots and turnips to a pan of boiling salted water. Bring back to the boil and add the beans, then the peas and finally the potatoes. Keep on the boil but do not cover. When the vegetables are cooked, drain them then tip into a serving dish and add butter or cream. Sprinkle with chopped herbs.

Vegetable salpicons with cream sauce (hot)

Cut vegetables into large or small dice, according to requirements and partially cook as below. Finish cooking the salpicon in a little butter and bind with a few tablespoons of thick cream sauce or reduced velouté sauce.

- *artichoke hearts* Half-cooked in white stock.
- *aubergines (eggplants)* Half-cooked in butter or olive oil.
- *carrots* Three-quarters cooked in water and butter.
- *ceps or button mushrooms* Half-stewed in butter or oil.
- *green asparagus or French (green) beans* Half-cooked in salted boiling water.
- *onions* Half-cooked in butter.
- *tomatoes* Blanched for 1 minute and peeled.

Vegetable salpicons with mayonnaise (cold)

Cook the chosen vegetable completely and leave to cool. Cut into small dice and bind with mayonnaise, which may be flavoured, coloured or thickened. Use any of these vegetables: artichoke hearts cooked in white stock; asparagus tips or French (green) beans cut into short pieces, boiled in salted water; peeled, diced celeriac, boiled in salted water; mushrooms cooked in butter; or potatoes, boiled in their skins then peeled.

Vegetable salpicons with vinaigrette (cold)

Cook the chosen vegetable completely. Cool, dice and dress with seasoned vinaigrette flavoured with finely chopped herbs. Use any of the following: diced cooked beetroot with chervil and parsley; raw cucumber, sprinkled with salt, left to stand, rinsed, patted dry and diced, with mint or tarragon; tomatoes, blanched, peeled, seeded and diced, with basil or tarragon.

Vichy carrots

Cut 800 g (1¾ lb) young carrots into thin rounds. Place in a sauté pan and just cover with water, adding 1 teaspoon salt and a generous pinch of sugar per 500 ml (17 fl oz, 2 cups) water. Cook gently until all the liquid is absorbed. Serve the carrots sprinkled with small pieces of butter and chopped parsley.

Pastry & doughs

Barquette cases

A barquette case is a a small boat-shaped tart made of shortcrust pastry (basic pie dough) or puff pastry, baked blind and then filled with various sweet or savoury ingredients. Sometimes the pastry boats are filled before they are baked. Savoury barquettes are served hot or cold as hors d'oeuvre or entrées.

Bouchée cases

Dust the working surface with flour and roll out some puff pastry to a thickness of about 5 mm (¼ in). Using a round, crinkle-edged pastry (cookie) cutter, 7.5–10 cm (3–4 in) in diameter, cut out circles of pastry and place them on a damp baking sheet, turning them over as you do so. Use a 7.5–10 cm (3–4 in) ring cutter to stamp out rings of pastry. Brush the edge of the pastry bases with beaten egg and place the rings on top. Chill the cases in the refrigerator for about 30 minutes. Bake in a preheated oven at 220°C (425°F, gas 7) for 12–15 minutes. Using the point of a knife, cut out a circle of pastry from inside each bouchée, lift it out and set aside to use as a lid. If necessary remove any soft pastry inside the case. The bouchées are now ready to be filled.

Bread croustades

Cut some thick stale bread into slices 5–6 cm (2–2½ in) thick, remove the crusts and trim to the desired shape. On the top, make a circular incision with the tip of a knife to a depth of 4–5 cm (1½–2 in) to mark the lid. Deep-fry the croustades in oil heated to 175–180°C (347–356°F) until they are golden.

Drain. Take off the lid and remove all the crumb from the inside. Line the croustades with a thin layer of forcemeat (according to the filling). Leave for 5–6 minutes at the front of a hot oven with the door open. Fill with the chosen mixture. All the fillings recommended for timbales and vol-au-vent are suitable for bread croustades. These croustades may also be made using round bread rolls.

Brioche dough

Soften 225 g (8 oz, 1 cup) butter at room temperature. Crumble 7 g (¼ oz, ½ cake) fresh (compressed) yeast and stir in 1 tablespoon warm water. In a separate container stir 1 tablespoon sugar and a pinch of salt into 2 tablespoons cold milk. Sift 250 g (9 oz, 2¼ cups) strong plain (bread) flour, make a well in the centre, and add the yeast mixture and 1 lightly beaten egg. After working in a little flour, add the sugar and salt mixture, and another lightly beaten egg. Continue to work the dough until it becomes smooth and elastic. It should stretch easily. Mix a third of the dough with the softened butter, then add the second and finally the remaining third of the dough to the mixture.

Put the dough in a 2 litre (3½ pint, 9 cup) container, cover with a cloth, and leave to rise in a warm place until it has doubled in volume. Then separate the dough into 3 pieces, knead lightly and leave to rise again. Leave to rest for a few hours in a cool place: the dough is now ready to be shaped and baked.

- *Standard brioche dough* This is prepared in exactly the same way, but the quantity of butter is reduced to 175 g (6 oz, ¾ cup).
- *Pâte levée pour tartes* This yeasted brioche dough is used for tarts and flans. Prepare as for brioche dough, but use 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 7 g (¼ oz, ½ cake) fresh (compressed) yeast, ½ teaspoon salt, 2 teaspoons caster (superfine) sugar, 2 eggs, 100 g (4 oz, ½ cup) butter and 6 tablespoons milk.

Butter pastry for pâté en croûte

This pastry can be used for hot or cold pâtés. Put 500 g (18 oz, 4½ cups) sifted plain (all-purpose) flour in a heap on the worktop and make a well in the centre. Add 2 teaspoons salt, 125 g (4½ oz, ½ cup) butter, 2 whole eggs and about 3 tablespoons water. Mix together, then knead lightly. Roll into a ball, cover and keep cool for 2 hours before use.

Choux paste

To make about 40 small buns, 20 larger buns or éclairs, measure 250 ml (8 fl oz, 1 cup) water or milk and water (in equal proportions) into a saucepan. Add a large pinch of salt and 65 g (2½ oz, 5 tablespoons) butter cut into small pieces. Heat gently until the butter melts, then bring to the boil. As soon as the mixture begins to boil, take the pan off the heat, add 125 g (4½ oz, 1 cup) plain (all-purpose) flour all at once and mix quickly. Return the saucepan to the heat and cook the paste until it thickens, stirring: it takes about 1 minute for the paste to leave the sides of the saucepan. Do not overcook the mixture or beat it vigorously as this will make it greasy or oily. Remove from the heat and cool slightly. Beat in 2 eggs, then 2 more eggs, one after the other, continuing to beat hard until a smooth glossy paste is obtained. Use as required.

Flaky pastry

Mix 75 g (3 oz, ⅓ cup) butter with 75 g (3 oz, ⅓ cup) lard or white vegetable fat (shortening) by chopping both types of fat together. Divide into quarters and chill. Rub a quarter of the fat into 225 g (8 oz, 2 cups) plain (all-purpose) flour, then mix in 7–8 tablespoons cold water to make a soft dough.

Knead the dough lightly on a floured surface, then roll it out into a long rectangle measuring about 15 × 35 cm (6 × 14 in). Mark the pastry across into

thirds. Dot another quarter of the prepared fat in lumps over the top two thirds of the pastry. Fold the bottom third over the fat on the middle third, then fold the top third down. Press the edges together and give the pastry a quarter turn in a clockwise direction. Chill the pastry for 15 minutes, then roll it out as before and dot with another portion of fat. Fold and chill the pastry for 30 minutes. Repeat the rolling and folding twice more – once with the remaining portion of fat and once without any additional fat. Chill the pastry for 15–30 minutes between each rolling and at the end, before rolling it out and using as required.

Gougères (basic recipe)

Make 500 g (18 oz) unsweetened choux paste. After adding the eggs, blend in 100 g (4 oz, 1 cup) grated Gruyère cheese and a pinch of white pepper. Butter a baking sheet and shape the dough into small balls using a spoon or into a ring using a piping (pastry) bag. Brush with beaten egg, sprinkle with flakes of Gruyère and cook in the oven at 200°C (400°F, gas 6) for about 20 minutes until golden brown. Leave to cool in the oven with the heat switched off and the door half-open.

Hot water crust pastry

This close-textured firm pastry is used as a crust for raised or moulded pies, such as pork or game pies, or as a casing for pâtés. It is cooked at a lower temperature than puff or shortcrust pastries. Mix 350 g (12 oz, 1½ cups) plain (all-purpose) flour with ½ teaspoon salt in a bowl. Heat 4 tablespoons milk and 4 tablespoons water with 100 g (4 oz, ½ cup) lard or 50 g (2 oz, ¼ cup) each of lard and butter over gentle heat until the fat has melted completely. Then bring the mixture to the boil and immediately pour it into the flour. Working quickly, stir the liquid into the flour to make a dough, then

knead it lightly together by hand in the bowl. (Take care as the mixture is very hot.) Do not over-knead the dough or it will become greasy.

Press or roll out the dough as required. If the dough is rolled out into too large a sheet or too thinly, it breaks up easily, so for lining large moulds, begin by rolling out the dough, then press it into the mould, thinning it out evenly with the fingertips. For small pies, allow the dough to cool and set slightly (1–2 minutes is usually enough), when small portions can be rolled thinly and evenly to give a smooth result without breaking.

Lining pastry

This is a basic shortcrust pastry made by the French method and used for lining flans and tarts. Sift 250 g (9 oz, 2¼ cups) plain (all-purpose) flour on to a board. Make a well in the centre and add ½ teaspoon salt and 125 g (4½ oz, ½ cup) butter (softened at room temperature and cut into pieces). Start to mix the ingredients and then add 2 tablespoons water (the quantity of water required may vary depending on the type of flour used). Knead the dough gently, using the heel of the hand, shape it into a ball, wrap it in foil and set aside in a cool place for at least 2 hours if possible.

A richer pastry can be made by increasing the butter to 150 g (5 oz, ⅔ cup) and by adding 1 small egg and 2 tablespoons caster (superfine) sugar.

Profiteroles

Prepare some choux paste with 250 ml (8 fl oz, 1 cup) water, a pinch of salt, 2 tablespoons sugar, 125 g (4½ oz, 1 cup) plain (all-purpose) flour and 4 eggs. Using a piping (pastry) bag with a plain nozzle, pipe out balls of dough the size of walnuts on to a greased baking sheet and brush them with beaten egg. Cook in a preheated oven at 200°C (400°F, gas 6) for about 20 minutes until crisp and golden; allow to cool in the oven.

Puff pastry

Put 500 g (18 oz, 4½ cups) plain (all-purpose) flour on a board in a circle, making a well in the middle. Since flours differ, the exact proportion of water to flour is variable. Into the centre of this circle put 1½ teaspoons salt and about 300 ml (½ pint, 1¼ cups) water. Mix and knead until the dough is smooth and elastic. Form into a ball and leave to stand for 25 minutes.

Roll out the dough into square, mark a cross in the top and roll out the wedges to form an evenly thick cross shape. Put 500 g (18 oz, 2¼ cups) softened butter in the middle of this dough. (The butter should be softened with a wooden spatula until it can be spread easily.) Fold the ends of the dough over the butter in such a way as to enclose it completely. Leave to stand for 10 minutes in a cold place, until rested and firmed slightly.

The turning operation (called *tournage* in French) can now begin. Roll the dough with a rolling pin on a lightly floured board in such a way as to obtain a rectangle 60 cm (24 in) long, 20 cm (8 in) wide and 1.5 cm (⅝ in) thick. Fold the rectangle into three, give it a quarter-turn and, with the rolling pin at right angles to the folds, roll the dough out again into a rectangle of the same size as the previous one. Again fold the dough into three and leave to stand for about 15 minutes and chill if too sticky. Repeat the sequence (turn, roll, fold) a further 4 times, leaving the dough to stand for about 15 minutes after each folding. After the sixth turn, roll out the dough in both directions and use according to the recipe.

Puff pastry croustades

Sprinkle the worktop with flour and roll out puff pastry to a thickness of about 1–2 cm (½–¾ in). Using a pastry (cookie) cutter, cut rounds 7.5–10 cm (3–4 in) in diameter. With a smaller cutter, make a circle centred on the first, with a diameter 2 cm (¾ in) smaller, taking care not to cut right

through the pastry: this smaller circle will form the lid of the croustades. Glaze with egg yolk and place in a preheated oven at 230°C, (450°F, gas 8). As soon as the crust has risen well and turned golden, take the croustades out of the oven. Leave until lukewarm, then take off the lid and, with a spoon, remove the soft white paste which is inside. Leave to cool completely.

Alternatively, roll the pastry to a thickness of only 5 mm (¼ in) and cut half of it into circles 7.5–10 cm (3–4 in) in diameter, and the rest into rings of the same external diameter and 1 cm (½ in) wide. Brush the base of the rings with beaten egg and place them on the circles; glaze with beaten egg and cook.

Shortcrust pastry

Sift 225 g (8 oz, 2 cups) plain (all-purpose) flour into a bowl and stir in a pinch of salt, if required. Add 50 g (2 oz, ¼ cup) chilled butter and 50 g (2 oz, ¼ cup) chilled lard or white vegetable fat (shortening). Cut the fat into small pieces, then lightly rub them into the flour until the mixture resembles breadcrumbs. Sprinkle 3 tablespoons cold water over the mixture, then use a roundbladed knife to mix it in. The mixture should form clumps: press these together into a smooth ball. Chill the pastry for 30 minutes before baking. Roll out and use as required.

Vol-au-vent case

Prepare 500 g (18 oz) fine puff pastry. Divide it in half and roll out each half to a thickness of 5 mm (¼ in). Cut out 2 circles, 15 cm (6 in) in diameter. Place 1 pastry circle on a slightly dampened baking sheet. Using a 12–13 cm (4¾–5 in) round cutter, remove the centre of the second circle. Dampen the top of the pastry circle and place the outer ring from the second one on top. Turn the ring over as you place it on the circle so that the slightly floury underside is uppermost.

Roll the central circle of pastry from the ring to the same size as the vol-au-vent. Dampen the border of the vol-au-vent and place this third layer on top. Glaze the top with beaten egg top then use a small knife to score around the inside of the border. This marks the lid covering the well in the vol-au-vent; scoring it without cutting through completely makes it easier to remove when cooked. Mark a pattern on top of the lid by lightly scoring it in a criss-cross pattern.

Bake in a preheated oven at 220°C (425°F, gas 7) for about 15 minutes until well-risen and golden-brown. After taking it out of the oven, place the vol-au-vent on a wire rack; carefully cut out the lid without breaking it, place it on the wire rack, and remove the soft pastry from the inside of the vol-au-vent. Keep hot. Reheat the filling, fill the case with it, place the lid on top and serve very hot.

White bread

Blend 15 g (½ oz, 1 cake) fresh (compressed) yeast with a little warm water taken from 400 ml (14 fl oz, 1¾ cups). Add more of the water to thin the paste to a milky consistency, then cover and leave in a warm place until frothy. Alternatively, dissolve 1 teaspoon sugar in the warm water, then sprinkle on 2 teaspoons standard (regular) dried yeast. Leave in a warm place for 10 minutes until dissolved and frothy.

Mix 675 g (1½ lb, 6 cups) strong white (bread) flour and 2 teaspoons salt and rub in 15 g (½ oz, 1 tablespoon) butter. Add the yeast liquid to the dry ingredients and mix to form a firm dough, adding a little extra flour if it is too sticky. Turn the dough on to a lightly floured surface and knead until smooth and elastic. Shape the dough into a ball, place inside a large oiled plastic bag, and leave to rise in a warm place until doubled in size.

Remove from the plastic bag, then knock back (punch down). Shape into

loaves or rolls. Cover with a cloth and leave to rise until doubled in size.

Bake in a preheated oven at 200°C (400°F, gas 6) for about 40 minutes for a large loaf, 30–35 minutes for small loaves, or 15–20 minutes for rolls.

- *Using dried yeast* Always follow the packet instructions, as products vary. As a guide, standard (regular) dried yeast should be sprinkled over lukewarm water to which a little sugar has been added. Cover and leave, without stirring, until the yeast granules have absorbed the water, dissolved and become frothy. Then stir well.

Easy-blend dried (active dry) yeast should be added to the flour and other dry ingredients before any liquid is added. The liquid should be slightly hotter than normal – hand-hot, rather than lukewarm – and the dough should then be mixed and kneaded as usual.

Fast-action easy-blend dried (quick-rising dry) yeast should be mixed with the dry ingredients and the water and dough prepared as for easy-blend dried yeast. After kneading, the dough should be shaped and proved – this yeast requires one rising, not two.

Sauces, dressings & marinades

Aïoli

Peel 4 large garlic cloves (split them in two and remove the germ if necessary). Pound the garlic with 1 egg yolk in a mortar or blender. Add salt and pepper and, while pounding or blending, very gradually add 250 ml (8 fl oz, 1 cup) olive oil, as for a mayonnaise. The sauce is ready when it is thick and creamy. The bulk of the sauce is sometimes increased by adding 2 teaspoons mashed boiled potato.

Albufera sauce

Prepare a suprême sauce using 500 ml (17 fl oz, 2 cups) thick rich chicken velouté sauce, 400 ml (14 fl oz, 1¾ cups) white chicken stock, 400 ml (14 fl oz, 1¾ cups) crème fraîche and 50 g (2 oz, ¼ cup) butter. While the sauce is cooking, sweat 150 g (5 oz) sliced sweet (bell) peppers in 50 g (2 oz, ¼ cup) butter. Allow to cool, then purée the peppers in a blender. Work in 150 g (5 oz, ⅔ cup) butter and press through a sieve. Reduce the suprême sauce to 500 ml (17 fl oz, 2 cups), then add 3 tablespoons veal stock and 2 teaspoons of the pepper butter. Rub through a fine sieve. Serve the sauce hot.

Allemande sauce

(from Carême's recipe) Prepare some velouté; pour half of it into a saucepan with an equal quantity of good chicken consommé containing some mushroom skins and stalks but no salt. Place the pan on a high heat and stir with a

wooden spoon until it boils. Then cover the pan and simmer gently for about an hour to reduce the sauce; skim off the fat and return it to a high heat, stirring with the wooden spoon so that it does not stick to the pan. When the sauce is thoroughly reduced and well thickened, it should leave a fairly thick covering on the surface of the spoon. When poured, it should make a coating similar to that of redcurrant jelly at its final stage of cooking.

Remove the saucepan from the heat and make a liaison of 4 egg yolks mixed with 2 tablespoons cream. Put this through a sieve and add a knob of unsalted butter, the size of a small egg, cut up into small pieces. Pour this a little at a time into the velouté, taking care to stir with the wooden spoon to thicken as the liaison blends in. When completely thickened, place the allemande on a moderate heat, stirring all the time, and as soon as it has begun to bubble slightly, remove from the heat and add a dash of grated nutmeg. When well blended, press through a sieve.

Allemande sauce based on meat stock

Using a wooden spatula, mix together 2 or 3 egg yolks (according to size) and 400 ml (14 fl oz, 1¾ cups) white meat stock in a heavy-based saucepan over a low heat. Then stir in 500 ml (17 fl oz, 2 cups) velouté. Bring to the boil, whisking constantly to prevent the sauce from sticking, and reduce until it coats the spatula. Check seasoning. Cut 50 g (2 oz, ¼ cup) butter into small pieces and mix into the sauce. Place in a bain marie. This sauce may be flavoured with a fumet of truffle or mushrooms.

Apple sauce

Cook pieces of peeled apples with a small quantity of sugar until they are soft; flavour with a little ground cinnamon or cumin. In northern Europe, this sauce is served with roast pork as well as roast goose and duck.

Aurore sauce or pink sauce

The traditional sauce is made by adding 500 ml (17 fl oz, 2 cups) very thick puréed tomato sauce to 200 ml (7 fl oz, ¾ cup) velouté sauce. Finish with 50 g (2 oz, ¼ cup) butter and put the sauce through a sieve.

Today, however, sauce aurore is a light béchamel sauce flavoured with tomato purée (paste) and butter.

Béarnaise sauce

Put 1 tablespoon chopped shallots, 2 tablespoons chopped chervil and tarragon, a sprig of thyme, a piece of bay leaf, 2½ tablespoons vinegar, and a little salt and pepper in a pan. Reduce by two-thirds, then allow to cool slightly. Mix 2 egg yolks with 1 tablespoon water, add to the pan and whisk over a very low heat. As soon as the egg yolks have thickened, add 125 g (4½ oz, ½ cup) butter in small pieces, a little at a time, whisking continuously. Adjust the seasoning, adding a dash of cayenne pepper if desired, and a little lemon juice. Add 1 tablespoon each of chopped chervil and tarragon and mix. The sauce can be kept in a warm bain marie until required, but it must not be reheated once it has cooled.

Béchamel sauce

Gently heat 500 ml (17 fl oz, 2 cups) milk with 1 bay leaf, a thick slice of onion and 1 blade of mace. Remove from the heat just as the milk boils, cover the pan and set aside for at least 30 minutes. Strain the milk and discard the flavouring ingredients. Melt 40 g (1½ oz, 3 tablespoons) butter over a low heat in a heavy-based saucepan. Add 40 g (1½ oz, 6 tablespoons) flour and stir briskly until the mixture is smoothly blended, without allowing it to change colour. Gradually stir in the milk and bring to the boil, beating well to prevent any lumps from forming. Season with salt and pepper and (according

to the use for which the sauce is destined) a little grated nutmeg. Simmer the sauce gently for 3–5 minutes, stirring from time to time.

Beurre manié

Beurre manié is a classic thickening mixture for sauces, casseroles and other cooking liquors.

To thicken 500 ml (17 fl oz, 2 cups) stock or sauce, work together 25 g (1 oz, 2 tablespoons) butter and 25 g (1 oz, 4 tablespoons) plain (all-purpose) flour. Add this paste to the boiling liquid and whisk over the heat for 2 minutes.

Bitter orange sauce

Peel the rind (zest) of 1 Seville orange in strips running from top to bottom, ensuring that it is very thin: any pith left on it would make it bitter. Cut each strip into small pieces and place in a little boiling water. Allow to boil for a few minutes, then drain and put in a pan with some espagnole sauce, a little game extract, a pinch of coarsely ground pepper and the juice of ½ Seville orange. Boil for a few moments, then add a little good-quality butter.

Bordelaise sauce

(from a recipe by Carême) Place in a saucepan 2 garlic cloves, a pinch of tarragon, the seeded flesh of a lemon, a small bay leaf, 2 cloves, a glass of Sauternes and 2 teaspoons Provençal olive oil. Simmer gently. Skim off all the fat from the mixture and mix in enough espagnole sauce to provide sauce for an entrée and 3–4 tablespoons light veal stock. Reduce the mixture by boiling down and add half a glass of Sauternes while still simmering. Strain the sauce when it is the right consistency. Just before serving add a little butter and the juice of ½ lemon.

Breton sauce

Cut the white part of 1 leek, ¼ celery heart and 1 onion into thin strips. Soften gently in a covered pan with 1 tablespoon butter and a pinch of salt for about 15 minutes. Add 2 tablespoons thinly sliced mushrooms and 175 ml (6 fl oz, ¾ cup) dry white wine. Reduce until dry. Add 150 ml (¼ pint, ⅔ cup) thin velouté sauce and boil vigorously for 1 minute. Adjust the seasoning and stir in 1 tablespoon double (heavy) cream and 50 g (2 oz, ¼ cup) butter. Serve immediately.

Brown bitter orange sauce for roast duck

Cut the rind of 1 Seville orange (or 1 sweet orange) and ½ lemon into thin strips; blanch, cool and drain. Heat 20 g (¾ oz, 1½ tablespoons) granulated sugar and 1 tablespoon good wine vinegar in a saucepan until it forms a pale caramel. Add 200 ml (7 fl oz, ¾ cup) brown veal stock (or well-reduced bouillon) and boil vigorously for 5 minutes. Add the juice of the orange and a dash of lemon juice. Strain and add the blanched rind. The sauce can be flavoured with a small amount of Curaçao added just before serving.

Brown roux

Make a white roux, but cook it very gently for 15–20 minutes, stirring constantly, until it becomes a light brown colour.

Butter sauce (1)

Mix together 25 g (1 oz, 2 tablespoons) melted butter and 25 g (1 oz, ¼ cup) plain (all-purpose) flour in a heavy-based saucepan. Whisk in 250 ml (8 fl oz, 1 cup) salted boiling water. Over a very low heat, gradually incorporate 100 g (4 oz, ½ cup) butter cut into small pieces, stirring constantly. Season with salt and pepper and strain, if necessary.

Butter sauce (2)

(from Carême's recipe) Put 1 scant tablespoon flour and a little butter into a saucepan over a gentle heat. Blend them together with a wooden spoon, remove from the heat and add 4¼ tablespoons water or consommé, a little salt, some grated nutmeg and the juice of ½ lemon. Stir constantly over a brisk heat, and as soon as it comes to the boil, remove the sauce. Stir in a large piece of butter. The sauce should be velvety and very smooth, with a rich but delicate flavour.

Caper sauce

To accompany English-style boiled mutton, prepare melted butter sauce, adding the mutton cooking juices to the roux, followed by well-drained capers and a little anchovy essence (extract) or a purée of desalted anchovies.

Chambertin sauce

Peel and dice 2 carrots and 2 onions. Soften them with 20 g (¾ oz, 1½ tablespoons) butter in a shallow frying pan. Add a bouquet garni, 100 g (4 oz, 1¼ cups) chopped mushrooms (including stalks and peelings), half a chopped garlic clove, meat or poultry trimmings and season with salt and pepper. Moisten with 500 ml (17 fl oz, 2 cups) Chambertin (or another fine red burgundy) and cook for at least 20 minutes in a covered pan. Remove the lid and reduce by a third. Pass through a conical strainer and bind with 1 tablespoon beurre manié.

Charcutière sauce

Soften 3 tablespoons peeled chopped onions by frying gently in a covered pan, in 1 tablespoon lard (shortening). Sprinkle with 1 tablespoon white dried breadcrumbs until lightly coloured. Add 3 tablespoons white wine and

3 tablespoons stock and boil for 3–4 minutes. Stir in 2 tablespoons finely diced gherkins (sweet dill pickles) and then 1 tablespoon mustard. Adjust the seasoning before serving.

Chasseur sauce

Sauté 150 g (5 oz, 1⅓ cups) finely chopped mushrooms (mousserons if possible) and 2 chopped shallots in butter. Add 100 ml (4 fl oz, 7 tablespoons) white wine and reduce by half. Then add 150 ml (5 fl oz, ⅔ cup) stock and 2 tablespoons reduced tomato sauce and reduce by a further third. Add 1 teaspoon beurre manié (or arrowroot) and boil for 2 minutes. Finally add 25 g (1 oz, 2 tablespoons) butter and 1 tablespoon chopped herbs (tarragon, chervil and parsley).

Chaud-froid sauce, brown for game

Mix 500 ml (17 fl oz, 2 cups) demi-glace and 500 ml (17 fl oz, 2 cups) greatly reduced and clarified game fumet (it must have the consistency of wobbly jelly). Gradually pour the hot mixture over 16 egg yolks and add 200 g (7 oz, ¾ cup) butter, whisking all the time.

Chaud-froid sauce, brown for meat

To make 500 ml (17 fl oz, 2 cups) sauce, put 350 ml (12 fl oz, 1½ cups) demi-glace glaze and 200 ml (7 fl oz, ¾ cup) light brown gelatinous stock into a heavy-based sauté pan. Reduce by a good third over a high heat, stirring with a spatula and gradually adding 400 ml (14 fl oz, 1¾ cups) aspic. Test the consistency by pouring a little sauce on to a chilled surface: if it is not thick enough, add several tablespoons of aspic and reduce again. Remove from the heat, add 2 tablespoons Madeira or any other dessert wine; strain through muslin (cheesecloth). Stir the sauce until completely cooled.

The following variations may be used for this brown chaud-froid sauce:

- *Game chaud-froid* Prepare a game fumet with the carcasses and trimmings of the game used; replace the light brown stock with 100 ml (4 fl oz, 7 tablespoons) game fumet and flavour the sauce with Madeira or any other dessert wine.
- *Niçoise, à la* Add 3–4 anchovy fillets, completely desalted, reduced to a purée and pressed through a sieve, then strain the sauce and add 1 tablespoon coarsely shredded tarragon leaves.
- *Orange, à l'* For ducks and ducklings. Prepare a duck fumet with the carcasses and giblets of the poultry and use it in place of the light brown stock; reduce the chaud-froid sauce more than usual so that adding orange juice does not make it too weak; blend the juice of 1 orange with the sauce, strain through muslin (cheesecloth), add 2 tablespoons orange zest cut into fine strips, blanched, cooled and drained.

Chaud-froid sauce for chicken

Soften 5 leaves of gelatine in 120 ml (4½ fl oz, ½ cup) cold water. Then dissolve the gelatine in the water. Make a very pale roux with 125 g (4½ oz, ½ cup) butter and 100 g (4 oz, 1 cup) plain (all-purpose) flour, leave it to cool, then gradually add 1 litre (1¾ pints, 4⅓ cups) reduced boiling stock, stir briskly over the heat. Leave to simmer gently for 10 minutes, then add a small glass of brandy and the same of port, and 400 ml (14 fl oz, 1¾ cups) double (heavy) cream, spoonful by spoonful. Finally stir in the dissolved gelatine. Leave this chaud-froid sauce to cool, stirring to prevent a skin from forming.

Chaud-froid sauce, white for poultry

Soak a knuckle of veal in cold water, drain and place it in a braising pan with 1.5 kg (3¼ lb) chicken and turkey carcasses, 3 litres (5 pints, 13 cups) cold

water, 3–4 onions cut into quarters, 1 onion stuck with 4 cloves, 3–4 white parts of leek, 3–4 celery sticks sliced and cut into sections, a large bouquet garni and some ground pepper. Do not add salt: the broth must reduce a great deal. Cover, bring to the boil, then half uncover and skim; leave to simmer gently for about 3 hours, occasionally skimming off the surface fat. Strain and leave to cool: the broth will change into jelly.

Bring the jellied broth back to the boil. For every 1 litre (1¾ pints, 4⅓ cups) broth, add 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream, one after the other, 16 egg yolks blended one at a time into the cream-jelly mixture and, as it cools, 300 g (11 oz, 1⅓ cups) fresh butter. Leave the sauce to cool, but for coating meat and poultry do not allow it to set.

Chivry sauce for eggs and poultry

Put 100 ml (4 fl oz, 7 tablespoons) dry white wine, 1 teaspoon finely chopped shallot and 1 tablespoon chopped chervil and tarragon in a small saucepan. Reduce by half. Add 300 ml (½ pint, 1¼ cups) chicken velouté and reduce by a third. Finally add 2 tablespoons chivry butter and press through a fine sieve.

Choron sauce

Dilute 200 ml (7 fl oz, ¾ cup) béarnaise sauce with 2 tablespoons well reduced and sieved tomato purée. The purée must be very concentrated.

Cream sauce

Add 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream to 200 ml (7 fl oz, ¾ cup) béchamel sauce and boil to reduce by one-third. Remove from the heat and add 25–50 g (1–2 oz, 2–4 tablespoons) butter and 60–100 ml (2–4 fl oz, ¼–scant ½ cup) double (heavy) cream. Stir well and strain. This sauce is served with vegetables, fish, eggs and poultry.

Demi-glace

Boil down to reduce by two-thirds a mixture of 500 ml (17 fl oz, 2 cups) espagnole sauce and 750 ml (1¼ pints, 3¼ cups) clear brown stock. Remove from the heat, add 3 tablespoons Madeira and strain. A handful of sliced mushroom stalks may be added during cooking.

Devilled sauce, English

Add 1 tablespoon chopped shallots to 150 ml (¼ pint, ⅔ cup) red wine vinegar and reduce by half. Then add 250 ml (8 fl oz, 1 cup) espagnole sauce and 2 tablespoons tomato purée (paste). Cook for 5 minutes. Just before serving, add 1 tablespoon Worcestershire sauce, 1 tablespoon Harvey sauce or spiced vinegar, and a dash of cayenne pepper. Strain the sauce. This sauce is generally served with grilled (broiled) meat.

Devilled sauce

Mix together 150 ml (¼ pint, ⅔ cup) dry white wine with 1 tablespoon vinegar, then add 1 tablespoon finely chopped shallots, a sprig of thyme, a small piece of bay leaf and a generous twist of the peppermill. Reduce the sauce by two-thirds, then add 200 ml (7 fl oz, ¾ cup) demi-glace and boil for 2–3 minutes. Strain the sauce through a sieve. Just before serving, add 1 teaspoon chopped parsley and check the seasoning, adding a little cayenne pepper if liked. Alternatively, omit straining the sauce and add 1 tablespoon butter or beurre manié.

Dried cherry sauce

(from Carême's recipe) Wash 225 g (8 oz, 1 cup) dried cherries. Pound them in a mortar and place them in a saucepan with 1½ tablespoons icing (confectioner's) sugar, 350 ml (12 fl oz, 1½ cups) good-quality Burgundy

wine, 2 tablespoons vinegar, a pinch of ground coriander and a little grated lemon zest. Bring to the boil and simmer for 20–25 minutes. Then stir in 4 tablespoons espagnole sauce and the juice of 1 lemon and mix well. Reduce the sauce, stirring continuously over a brisk heat, and then rub through a sieve. This sauce is served with venison.

Duxelles sauce

Prepare 4 tablespoons mushroom duxelles. Add 100 ml (4 fl oz, 7 tablespoons) white wine and reduce until almost completely dry. Add 150 ml (¼ pint, ⅔ cup) demi-glace sauce and 100 ml (4 fl oz, 7 tablespoons) sieved tomato sauce. Boil for 2–3 minutes, pour into a sauceboat (gravy boat), and sprinkle with chopped parsley.

Alternatively, the duxelles may be moistened with 150 ml (¼ pint, ⅔ cup) consommé and 100 ml (4 fl oz, 7 tablespoons) sieved tomato sauce and thickened with 1 tablespoon beurre manié.

Espagnole sauce (1)

(from Carême's recipe) Put 2 slices of Bayonne ham into a deep saucepan. Place a noix of veal and 2 partridges on top. Add enough stock to cover the veal only. Reduce the liquid rapidly, then lower the heat until the stock is reduced to a coating on the bottom of the pan. Remove it from the heat. Prick the noix of veal with the point of a knife so that its juice mingles with the stock. Put the saucepan back over a low heat for about 20 minutes. Watch the liquid as it gradually turns darker.

To simplify this operation, scrape off a little of the essence with the point of a knife. Roll it between the fingers. If it rolls into a ball, the essence is perfectly reduced. If it is not ready, it will make the fingers stick together.

Remove the saucepan from the heat and set it aside for 15 minutes for the

essence to cool. (It will then dissolve more readily.) Fill the saucepan with clear soup or stock and heat very slowly.

Meanwhile prepare a roux: melt 100 g (4 oz, ½ cup) butter and add to it enough flour to give a rather liquid consistency. Put it over a low heat, stirring from time to time so that gradually the whole mixture turns a golden colour. As soon as the stock comes to the boil, skim it, and pour 2 ladles into a roux. When adding the first ladleful of stock, remove the roux from the heat, then replace it and stir in the second ladleful until the mixture is perfectly smooth. Now pour the thickened sauce into the saucepan with the veal noix. Add parsley and spring onions (scallions), ½ bay leaf, a little thyme, 2 chives, and some mushroom trimmings. Leave to simmer, stirring frequently. After 1 hour skim off the fat, then 30 minutes later, skim off the fat again.

Strain through a cloth into a bowl, stirring from time to time with a wooden spoon so that no skin forms on the surface, as easily happens when the sauce is exposed to the air.

Espagnole sauce (2)

Make a brown roux with 25 g (1 oz, 2 tablespoons) butter and 25 g (1 oz, ¼ cup) plain (all-purpose) flour. Add 1 tablespoon mirepoix, 50 g (2 oz, ⅔ cup) chopped mushrooms and 1 kg (2¼ lb) crushed tomatoes. Stir in 2.25 litres (4 pints, 10 cups) brown stock and simmer gently for 3–4 hours, skimming the sauce occasionally. Pass through a very fine sieve, or preferably strain through muslin (cheesecloth), when cold.

Financière sauce (1)

(from Carême's recipe) Put some shredded lean ham, a pinch of mignonette (coarsely ground white pepper), a little thyme and bay leaf, some shredded mushrooms and truffles, and 2 glasses of dry Madeira into a saucepan and

simmer over a gentle heat until reduced. Add 2 tablespoons chicken consommé and 2 tablespoons well-beaten espagnole sauce. Reduce by half then press through a fine sieve. Strain the sauce, then heat it again, stirring in 3 tablespoons Madeira. Reduce to the desired consistency and serve in a sauceboat (gravy boat).

When this sauce is intended for a game entrée, the chicken consommé is replaced by game fumet. Add a little butter just before serving.

Financière sauce (2)

Make 200 ml (7 fl oz, ¾ cup) Madeira sauce, adding 100 ml (4 fl oz, 7 tablespoons) truffle essence while it is reducing. This sauce is usually used to bind the financière garnish.

Grand veneur sauce

Prepare a poivrade sauce using the trimmings from a piece of cooked venison, and boil it down to obtain at least 200 ml (7 fl oz, ¾ cup). Strain the liquid, then blend it with 1 tablespoon redcurrant jelly and 2 tablespoons cream. Whisk. If the sauce is to accompany hare, mix 1 tablespoon hare's blood with 2 tablespoons strained marinade and add this mixture to the reduced and strained sauce.

Green sauce

For 400 ml (14 fl oz, 1¾ cups) sauce, prepare 300 ml (½ pint, 1½ cups) mayonnaise and 100 ml (4 fl oz, 7 tablespoons) purée of green herbs (spinach, watercress, parsley, chervil and tarragon), blanched for 1 minute in boiling water, then cooled under cold running water. Dry thoroughly then pound in a mortar. Mix the 2 preparations together and rub through a sieve. Use like classic mayonnaise.

Hollandaise sauce

Pour 4 tablespoons water into a pan with a pinch of salt and a pinch of ground pepper. Place the base of the saucepan in a bain marie of hot water: do not allow the water to approach boiling point, but keep it hot. In another saucepan, melt 500 g (18 oz, 2¼ cups) butter without letting it get too hot. Beat 5 egg yolks with 1 tablespoon water and pour into the pan containing the warmed water. With the pan still in the bain marie, whisk the sauce until the yolks thicken to the consistency of thick cream; add the melted butter slowly, whisking all the time, and then add 2 tablespoons water, drop by drop. Adjust the seasoning and add 1 tablespoon lemon juice. The sauce can be strained.

Hungarian sauce

Peel and chop some onions and fry them in butter, without browning them. Season with salt and pepper and sprinkle with paprika. For 6 tablespoons cooked onion add 250 ml (8 fl oz, 1 cup) white wine and a small bouquet garni. Reduce the liquid by two-thirds. Pour in 500 ml (17 fl oz, 2 cups) velouté sauce (with or without butter enrichment). Boil rapidly for 5 minutes, strain through a strainer lined with muslin (cheesecloth) and finish with 50 g (2 oz, ¼ cup) butter.

Italian sauce

Clean and chop 250 g (9 oz, 2 generous cups) button mushrooms, 1 onion and 1 shallot. Heat 5 tablespoons olive oil in a saucepan, add the chopped vegetables and cook over a high heat until the juices from the mushrooms are completely evaporated. Add 150 ml (¼ pint, ⅔ cup) stock, 6 tablespoons tomato purée (paste), salt, pepper and a bouquet garni and cook gently for 30 minutes. Just before serving, add 1 tablespoon diced lean ham and 1 tablespoon chopped parsley.

Lyonnaise sauce

Cook 3 tablespoons finely chopped onions in 15 g (½ oz, 1 tablespoon) butter. When the onions are well softened, add 500 ml (17 fl oz, 2 cups) vinegar and 500 ml (17 fl oz, 2 cups) white wine. Reduce until almost evaporated, then add 200 ml (7 fl oz, ¾ cup) demi-glace. Boil for 3–4 minutes, then strain the sauce or serve it unstrained. Add 1 tablespoon tomato purée (paste) to this sauce if liked.

Alternatively, sprinkle the cooked onions with 1 tablespoon flour and cook until golden, deglaze with 175 ml (6 fl oz, ¾ cup) vinegar and 175 ml (6 fl oz, ¾ cup) white wine, then add some meat stock or pan juices. Boil for a few minutes and serve as above.

Madeira sauce (modern recipe)

Put 1 kg (2¼ lb) crushed veal bones into an ovenproof dish and place in a preheated oven at 240°C (475°F, gas 9). Turn the bones over from time to time so that they colour evenly. Meanwhile, dice 2 carrots and 1 large onion. When the bones are golden, add the vegetables and cook until golden, then drain the bones and vegetables and place in a large pan. Remove the fat from any juices in the cooking dish and add 1 litre (1¾ pints, 4⅓ cups) stock or water. Scrape the sides of the dish well and stir the residue into the liquid.

Quickly bring to the boil, skim, and add 2 finely chopped celery sticks, 200 g (7 oz) peeled and seeded tomatoes, 1 peeled crushed garlic clove, a bouquet garni and 1 tablespoon tomato purée (paste). Bring to the boil, cover and simmer gently for 2 hours. Strain and then add some tarragon and 100 g (4 oz, 1¼ cups) finely chopped mushrooms. Bring to the boil. Dissolve 1 tablespoon cornflour (cornstarch) in 200 ml (7 fl oz, ¾ cup) Madeira and pour in a stream into the boiling sauce, whisking it in. Strain and reheat before serving.

Madeira sauce (old recipe)

Add 3 tablespoons Madeira to 200 ml (7 fl oz, ¾ cup) reduced meat juices and heat through.

Marinade for ingredients of pâtés and terrines

Season the ingredients with salt, pepper and mixed spice. Add a little crushed thyme and a finely chopped bay leaf. Moisten with brandy – for example, about 150 ml (¼ pint, ⅔ cup) brandy for the ingredients of a duck terrine – and marinate for 24 hours in a cool place.

Marinade for large cuts of meat and game

Season the meat with salt, pepper and mixed spice. Place in a dish just large enough to hold it. Add 1 large chopped onion, 2 chopped shallots, 1 chopped carrot, 2 crushed garlic cloves, 2–3 sprigs of parsley, a sprig of thyme, ½ bay leaf (coarsely chopped) and a clove. (For a daube add a piece of dried orange peel.) Cover completely with red or white wine (according to the recipe) and 1 liqueur glass of brandy. Cover and marinate for 6 hours to 2 days in a cool place, turning the meat 2 or 3 times so it is thoroughly infused with the marinade. The marinade can be used in cooking if the meat is to be braised.

Marinade for meats en chevreuil

En chevreuil is the term used for meat prepared and served like venison. Roughly chop 75 g (3 oz) onions, 75 g (3 oz) carrots, 2 fine shallots, 3–4 celery sticks and 1 garlic clove and brown lightly in oil, adding a little chopped parsley and crumbled thyme, 1 clove, a piece of bay leaf and some ground pepper. Moisten with 750 ml (1¼ pints, 3¼ cups) white wine and 175 ml (6 fl oz, ¾ cup) white wine vinegar, and cook gently for 30 minutes. Leave to cool completely then pour over the meat, already seasoned with salt and pepper.

Marinade for small cuts of meat, fish and poultry

Season the meat or fish with salt and pepper and sprinkle with the following: 1 large chopped onion, 2 chopped shallots, 1 finely chopped carrot, a sprig of thyme, a finely chopped bay leaf, 1 tablespoon chopped parsley, a small crushed garlic clove, a clove and 12 black peppercorns. Moisten with the juice of a lemon and 300 ml (½ pint, 1¼ cups) oil (preferably olive oil) and marinate in a cool place for 2–12 hours.

Mayonnaise

Half an hour before making the mayonnaise, ensure that all the ingredients are at room temperature. Put 2 egg yolks, a little salt and white pepper, and a little vinegar (tarragon, if available) or lemon juice in a medium bowl. 1 teaspoon white mustard can also be added. Stir quickly with a wooden spoon or whisk and as soon as the mixture is smooth use a tablespoon to blend in about 300 ml (½ pint, 1¼ cups) olive oil. Add the oil drop by drop, with a few drops of vinegar, taking care to beat the sauce against the sides of the bowl. The whiteness of the sauce depends on this continued beating. As it increases in volume, larger quantities of oil can be added in a thin trickle and also more vinegar or lemon juice. It is essential to add the ingredients slowly and sparingly to avoid curdling.

Mornay sauce

Heat 500 ml (17 fl oz, 2 cups) béchamel sauce. Add 75 g (3 oz, ¾ cup) grated Gruyère cheese and stir until all the cheese has melted. Take the sauce from the heat and add 2 egg yolks beaten with 1 tablespoon milk. Bring slowly to the boil, whisking all the time. Remove from the heat and add 2 tablespoons double (heavy) cream (the sauce must be thick and creamy). For browning at a high temperature or for a lighter sauce, the egg yolks are omitted.

Mushroom duxelles sauce

Prepare 4 tablespoons mushroom duxelles. Chop 250 g (9 oz, 3 cups) button mushrooms very finely with 1 onion and 1 shallot. Melt a large knob of butter, add the vegetables, season and cook over a brisk heat until the vegetables are browned and the liquid from the mushrooms has evaporated. Add 100 ml (4 fl oz, 7 tablespoons) white wine and reduce until almost completely dry. Add 150 ml (¼ pint, ⅔ cup) demi-glace sauce and 100 ml (4 fl oz, 7 tablespoons) sieved tomato sauce. Boil for 2–3 minutes, pour into a sauceboat (gravy boat), and sprinkle with chopped parsley.

Alternatively, the duxelles may be moistened with 150 ml (¼ pint, ⅔ cup) consommé and 100 ml (4 fl oz, 7 tablespoons) sieved tomato sauce and thickened with 1 tablespoon beurre manié.

Mustard sauce with cream

Mix 1 part Dijon mustard with 2 parts double (heavy) cream. Season with salt, pepper and a little lemon juice. Whisk thoroughly until the sauce becomes slightly mousse-like. This sauce is served with white meat and poultry.

Noisette sauce

Noisette sauce is a hollandaise sauce to which a few spoonfuls of noisette butter are added.

Noisette butter is butter heated until it becomes nut brown; it is used to add a finishing touch to a variety of dishes.

Parsley sauce

Prepare 250 ml (8 fl oz, 1 cup) butter sauce then add 1 tablespoon chopped blanched parsley and sharpen with a little lemon juice. This sauce is served with calf's head, poached chicken, boiled rabbit, boiled ham and braised veal.

Périgueux sauce

Clean, peel and dice some truffles and gently braise them in butter for 10 minutes. Then add them to some Madeira sauce just before mixing in the cornflour (cornstarch) and Madeira.

Piquante sauce

Prepare 250 ml (8 fl oz, 1 cup) devilled sauce with wine vinegar. Just before serving, add 3 tablespoons coarsely chopped gherkins and 1 generous tablespoon chopped parsley. This sauce is served with pork chops, boiled tongue or slices of beef.

Poivrade sauce

Finely dice 150 g (5 oz) scraped or peeled carrots with the cores removed, 100 g (4 oz, ⅔ cup) onions and 100 g (4 oz) green (unsmoked) streaky (slab) bacon. Cut 50 g (2 oz, ½ cup) celery into thin strips. Sweat very gently for about 20 minutes with 25 g (1 oz, 2 tablespoons) butter, a sprig of thyme and half a bay leaf. Add 500 ml (17 fl oz, 2 cups) vinegar and 100 ml (4 fl oz, 7 tablespoons) white wine, then reduce by half.

Make a brown roux with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, ⅓ cup) plain (all-purpose) flour. Add 750 ml (1¼ pints, 3¼ cups) beef or chicken stock and cook gently for 30 minutes. Skim the fat from the mirepoix and add to the roux. Deglaze the mirepoix pan with 100 ml (4 fl oz, 7 tablespoons) white wine and add to the sauce, together with 2 tablespoons finely chopped mushrooms.

Cook gently for a further hour, adding a little stock if the sauce reduces too much. Crush about 10 black peppercorns, add to the sauce and leave to simmer for 5 minutes. Then strain the sauce through coarse muslin (cheesecloth) or a very fine strainer.

If this sauce goes with marinated meat, use the strained marinade to deglaze the cooking pan and dilute the roux. If it is to be served with game, cut the trimmings from the game into small pieces and add to the mirepoix.

Portuguese sauce

Finely chop 2 large onions and cook in 1 tablespoon olive oil until soft. Peel, seed and crush 4 tomatoes and add to the onions, together with 2 crushed garlic cloves. Bring to the boil, cover and cook slowly for 30–35 minutes, stirring from time to time, until the tomatoes are reduced to a pulp. Moisten with 150 ml (¼ pint, ⅔ cup) stock and season with ground pepper. Leave to cook for a further 10 minutes. Bind with 2 teaspoons beurre manié and sprinkle with chopped parsley.

Poulette sauce

Whisk 2 or 3 egg yolks with 400 ml (14 fl oz, 1¾ cups) white veal or poultry stock. Heat for about 10 minutes, whisking all the time, adding the juice of ½ or 1 lemon and 50 g (2 oz, ¼ cup) butter. Remove from the heat when the sauce coats the spoon. Keep the sauce warm in a bain marie until needed, stirring from time to time to stop a skin from forming.

Provençal sauce

Heat 2 tablespoons olive oil in a heavy-based saucepan. Soften in it without browning 3 tablespoons peeled and chopped onions, then add 800 g (1½ lb, 3 cups) peeled, seeded and crushed tomatoes and cook gently for about 15 minutes. Add a crushed garlic clove, a bouquet garni, 200 ml (7 fl oz, ¾ cup) dry white wine and 200 ml (7 fl oz, ¾ cup) meat stock. Leave to cook, covered, for 15 minutes, then adjust the seasoning, remove the lid and reduce the sauce by half. Add some fresh chopped parsley or basil just before serving.

Ravigote sauce (cold)

Prepare 120 ml (4½ fl oz, ½ cup) plain vinaigrette with mustard. Add ½ teaspoon chopped tarragon, 1 teaspoon chopped parsley, 1 teaspoon fines herbes, 2 teaspoons chervil, 1 finely chopped small onion and 1 tablespoon dried and chopped capers.

Red wine sauce

Cook the meat, game or poultry in 150 ml (¼ pint, ⅔ cup) mirepoix cooked in butter, 500 ml (17 fl oz, 2 cups) red wine, 1 garlic clove and some mushroom skins. Remove the main ingredients, then reduce the liquid by one-third. Thicken with beurre manié, add a few drops of anchovy essence, if liked, season with a pinch of cayenne pepper and strain.

Red wine sauce (bourguignonne style)

Cut 75 g (3 oz) bacon into small strips, blanch, drain and cook in butter until golden brown. Finely chop some onions and mushrooms, mix together and cook 4–5 tablespoons of the mixture in butter, together with 2 generous tablespoons mirepoix. Stir in the diced bacon and transfer the mixture to the pan in which the chicken or meat has been cooked. Stir well and cook until golden brown. Add 2 tablespoons flour and stir well. Then add 500 ml (17 fl oz, 2 cups) red wine, 200 ml (7 fl oz, ¾ cup) stock, a bouquet garni, salt and pepper. Reduce by two-thirds. When ready to use, sieve the sauce and thicken with 50 g (2 oz, ¼ cup) beurre manié.

Robert sauce

Cook 2 finely chopped onions until golden brown in 25 g (1 oz, 2 tablespoons) butter or lard. Sprinkle with 1 tablespoon flour and continue to cook until the mixture browns. Add 200 ml (7 fl oz, ¾ cup) white wine and 300 ml

(½ pint, 1¼ cups) stock, or 100 ml (4 fl oz, 7 tablespoons) white wine, 200 ml (7 fl oz, ¾ cup) vinegar and 100 ml (4 fl oz, 7 tablespoons) water, then boil until reduced by one-third. Adjust the seasoning. Mix together 1 tablespoon mustard and a little of the sauce, then add it to the rest of the sauce, mixing thoroughly away from the heat.

Rouennaise sauce

Pound 150 g (5 oz) duck livers in a mortar. Peel and chop 75 g (3 oz, ½ cup) shallots and cook until golden in 20 g (¾ oz, 1½ tablespoons) butter. Pour 325 ml (11 fl oz, 1⅓ cups) red wine into the pan and boil until the liquid is reduced by half. Add 25 g (1 oz, ¾ cup) chopped parsley and 2 litres (3½ pints, 9 cups) demi-glace sauce. Adjust the seasoning and put aside. Just before serving, reheat if necessary, add the pounded duck livers and mix well to obtain a smooth sauce.

Royale sauce

Mix together 200 ml (7 fl oz, ¾ cup) chicken velouté sauce and 100 ml (4 fl oz, 7 tablespoons) white chicken stock. Reduce by half, adding 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream during the reduction. Just before serving, add 2 tablespoons finely chopped raw truffle, then whisk in 50 g (2 oz, 4 tablespoons) butter, and finally add 1 tablespoon sherry.

Sainte-Menehould sauce

Melt 15 g (½ oz, 1 tablespoon) butter in a saucepan. Add 15 g (½ oz, 2 tablespoons) finely chopped onion, cover and cook very gently for 10 minutes until soft. Season with salt, pepper, a pinch of thyme and a pinch of powdered bay leaf and add 100 ml (4 fl oz, 7 tablespoons) white wine and 1 tablespoon vinegar. Reduce until all the liquid has evaporated, then moisten

with 200 ml (7 fl oz, ¾ cup) demi-glace sauce. Boil over full heat for 1 minute, then add a pinch of cayenne pepper. Remove from the heat and blend in 1 tablespoon each of mustard, very finely diced gherkins, chopped parsley and chervil.

Sauce with fines herbes

Make 250 ml (8 fl oz, 1 cup) demi-glace sauce or brown stock and add 2 tablespoons chopped parsley, chervil and tarragon. Reduce, press through a very fine sieve, add a few drops of lemon juice and adjust the seasoning. This sauce is served with poached poultry.

Supreme sauce

Prepare a velouté with a white roux, comprising 40 g (1½ oz, 3 tablespoons) butter and 40 g (1 ½ oz, 6 tablespoons) plain (all-purpose) flour and 750 ml (1¼ pints, 3¼ cups) well-seasoned and well-reduced chicken consommé. Add 500 ml (17 fl oz, 2 cups) white chicken stock and reduce it by at least half. Add 300 ml (½ pint, 1¼ cups) crème fraîche and reduce the sauce to about 600 ml (1 pint, 2½ cups), at which point it should be thick enough to coat the back of the spoon. Remove the pan from the heat and stir in 50 g (2 oz, ¼ cup) butter. Strain through a very fine sieve and keep warm in a bain marie until ready to use.

Tartare sauce

Prepare some mayonnaise, replacing the raw egg yolk with hard-boiled (hard-cooked) egg yolk. Add some finely chopped chives and chopped spring onion (scallion).

Alternatively, a mixture of raw egg yolk and hard-boiled egg yolk can be used, and chopped herbs can replace the chives and onion.

Tortue sauce

Infuse a bouquet garni and a few sprigs of basil in 500 ml (17 fl oz, 2 cups) dry white wine. Lightly cook in butter 150 g (5 oz) smoked ham, 3 onions and 3 carrots (both cut into dice). Sprinkle with 3 tablespoons flour and brown. Add the strained white wine and 300 ml (½ pint, 1¼ cups) beef stock. Add 2–3 tablespoons concentrated tomato purée (paste), cover and cook very gently for at least 30 minutes.

Truffle sauce

Cook a very fresh black truffle in a mixture of half Madeira, half meat stock, with a little tomato purée (paste), for 10 minutes. Drain and cut into julienne strips. Cover the pan tightly and reduce the liquid to a few teaspoonfuls, then add 2 egg yolks and the julienne. Thicken with 200 g (7 oz, ¾ cup) clarified butter, as for a béarnaise sauce. Season with salt and pepper.

This sauce is served with white meats, Lauris asparagus and poached fish.

Velouté sauce

Stir 2.75 litres (4¾ pints, 12 cups) white veal or chicken stock into a pale blond roux made with 150 g (5 oz, ⅔ cup) butter and 150 g (5 oz, 1¼ cups) plain (all-purpose) flour. Blend well together. Bring to the boil, stirring until the first bubbles appear. Cook the velouté very slowly for 30 minutes, skimming frequently. Strain the sauce through a cloth and stir until it is completely cold.

Velouté may be prepared either in advance or just before it is required. As the white stock used for making it is seasoned and flavoured, it is not necessary to add other flavourings. An exception is made for skins and trimmings of mushrooms, which may be added when available, this addition making the sauce yet more delicate.

Villeroi sauce

Prepare 200 ml (7 fl oz, ¾ cup) allemande sauce, dilute with 4 tablespoons white stock flavoured with a little mushroom essence, then reduce until it coats the back of a spoon. Put through a strainer and stir until the sauce is barely tepid.

White bitter orange sauce for roast duck

Deglaze the dish in which the duck has been cooked with 175 ml (6 fl oz, ¾ cup) dry white wine. Cut the rind of 1 Seville orange (or 1 sweet orange if Seville oranges are not available) and ½ lemon into thin strips; blanch, cool and drain. When the sauce has almost completely reduced, add 150 ml (¼ pint, ⅔ cup) white consommé or stock and boil for 5 minutes. Thicken the sauce with 1 teaspoon cornflour (cornstarch) or arrowroot mixed with 2 tablespoons cold water. Add the juice of the orange and a splash of lemon juice. Strain, add the rind and season with salt and pepper.

White roux

Melt the butter in a heavy-based saucepan, then clarify it. Add the same weight (or a little more) of sifted plain (all-purpose) flour – up to 125 g (4½ oz, 1 cup) flour for 100 g (4 oz, ½ cup) butter. To make 1 litre (1¾ pints, 4⅓ cups) béchamel sauce, the roux should contain 75 g (3 oz, ¾ cup) flour and the same weight of butter; to make 1 litre (1¾ pints, 4⅓ cups) velouté sauce, use 50–65 g (2–2½ oz, ½–⅔ cup) flour and the same weight of butter.

Mix the butter and flour, stirring constantly with a wooden spoon and covering the whole bottom of the saucepan, so that the roux does not colour unevenly and become lumpy. Continue to cook in this way for 5 minutes, until the mixture begins to froth a little. Take the pan off the heat and leave it to cool until time to add the liquid (milk, white stock, fish stock). To avoid

lumps forming this must be poured boiling on to the cold roux. Use a whisk to mix the roux and heat gradually while whisking constantly. (Alternatively, the cold liquid may be whisked gradually into the warm roux.)

White sauce

Make 100 g (4 oz, ½ cup) pale blond roux using 50 g (2 oz, ¼ cup) butter and 50 g (2 oz, ½ cup) plain (all-purpose) flour. Blend in 1 litre (1¾ pints, 4⅓ cups) white stock (chicken or veal). Bring to the boil and cook gently for 1½ hours, skimming from time to time.

Stocks, consommés, aspics & glazes

Aspic

- *Meat aspic* Brown 1 kg (2¼ lb) leg of beef and 500 g (18 oz) knuckle of veal, cut into pieces, 1 calf's foot, 500 g (18 oz) veal bones, and 250 g (9 oz) bacon rind, trimmed of fat, in a preheated oven at 200°C (400°F, gas 6). Peel and shred 2 onions, 4 carrots and 1 leek. Place all these ingredients in a stockpot together with a large bouquet garni, 1 tablespoon salt and pepper. Add 3 litres (5 pints, 13 cups) water and bring to the boil. Skim, then add a ladleful of very cold water and simmer for 5 hours. Carefully strain the liquid through a strainer lined with muslin (cheesecloth), let it cool completely and put it in the refrigerator so that the fat which solidifies on

the surface can be removed easily. Clarify the stock with 200 g (7 oz) lean beef, 2 egg whites and a small bouquet of chervil and tarragon.

- *Enriched aspic* The meat aspic can be flavoured with Madeira, port, sherry or with any other liquor. If this is done, the flavouring is added just before straining the aspic.
- *White aspic* This is made as for meat aspic, but the meat and bones are not browned.
- *Game aspic* This is obtained by adding to meat aspic 1.25 kg (2¾ lb) game carcasses and trimmings, which have been previously browned in the oven, and several juniper berries.
- *Chicken aspic* This is obtained by adding to meat aspic either a whole chicken or 1.5 kg (3¼ lb) chicken carcasses and giblets, both browned in the oven.

Beef consommé (clear)

For 3 litres (5 pints, 13 cups) stock, use 800 g (1¾ lb) lean beef, chopped and trimmed, 100 g (4 oz) carrots, 100 g (4 oz) leeks and 2 egg whites. Clean the carrots and leeks then cut them into small dice. Put them into a saucepan with the chopped beef and the egg whites. Add the stock cold, or at most, tepid. Heat gently, stirring constantly, until the stock is just boiling. Then reduce the heat, if necessary, to prevent the stock from boiling, and simmer very gently for 1½ hours. Remove surplus fat and strain the consommé through a damp cloth.

Beef consommé (simple)

Cut up 2 kg (4½ lb) lean beef and 1.5 kg (3¼ lb) shin of beef (beef shank) (with bone) and put them into a big stockpot. (To extract the maximum amount of flavour from the bones, ask the butcher to break them into

chunks.) Add 7 litres (12 pints, 7½ quarts) cold water. Bring to the boil and carefully remove the scum that forms on the surface. Season with coarse salt (it is better to adjust the seasoning at the end than to add too much at the beginning). Add 3 or 4 large carrots, 400 g (14 oz) turnips, 100 g (4 oz) parsnips, 350 g (12 oz) leeks tied in a bundle, 2 celery sticks, sliced, a medium-sized onion with 2 cloves stuck in it, a garlic clove, a sprig of thyme and half a bay leaf. Simmer very slowly so that boiling is hardly perceptible, for 4 hours. Remove the meat and very carefully strain the stock. Remove surplus fat carefully.

Brown veal stock

Bone 1.25 kg (2¾ lb) shoulder of veal and the same amount of knuckle of veal. Tie them together with string and brush with melted dripping. Crush 500 g (18 oz) veal bones as finely as possible. Brown all these ingredients in a large flameproof casserole or saucepan. Peel and slice 150 g (5 oz) carrots and 100 g (4 oz) onions, then add them to the pan. Cover and leave to sweat for 15 minutes. Add 250 ml (8 fl oz, 1 cup) water and reduce to a jelly-like consistency. Repeat the process. Add 3 litres (5 pints, 13 cups) water or white stock and bring to the boil. Skim and season. Leave to simmer very gently for 6 hours. Skim off the fat and strain through a fine sieve or, better still, through muslin (cheesecloth).

Chicken consommé (simple)

Proceed as for simple beef consommé, but replace the lean beef by a small chicken and 3 or 4 giblets browned in the oven, and the shin of beef (beef shank) by 800 g (1¾ lb) veal knuckle. For clarification, proceed as for clear beef consommé, using 4 or 5 chopped chicken giblets instead of the chopped beef. The chicken may then be used for croquettes or patties.

Court-bouillon with wine

The wine should be chosen for its fruity flavour. The amount of wine can be increased if the amount of water is reduced by the same quantity. Red wine may also be used, especially if the court-bouillon is to be used to make an aspic jelly, which will then have a pale pink colour. The most common use of court-bouillon is for poaching fish or shellfish; however, it is also used for offal (variety meats), such as brains, and for some white meat and poultry.

For every 2.5 litres (4¼ pints, 11 cups) water, add 500 ml (17 fl oz, 2 cups) dry white wine, 50 g (2 oz, ⅓ cup) grated carrot, 50 g (2 oz, ⅓ cup) grated onion, a sprig of thyme, a piece of bay leaf, 25 g (1 oz, 2 tablespoons) coarse salt and possibly a small celery stick, chopped, and a sprig of parsley (although these have a strong flavour). Add 2 teaspoons peppercorns 10 minutes before the end of the cooking time.

Giblet bouillon

Put the giblets from 2 chickens in a pan with 2 litres (3½ pints, 9 cups) cold water and bring to the boil. Chop 4 carrots, 2 turnips, 3 leeks (white part only), 2 celery sticks and a small piece of parsnip. Skim the liquid, then add the vegetables together with an onion stuck with cloves, a bouquet garni, salt and pepper. Simmer gently until completely cooked (about 1½ hours). Just before serving, bone the giblets and return the meat to the bouillon, adding the juice of ½ lemon and some chopped parsley. Adjust the seasoning.

If desired, this can be prepared in the Greek way by cooking 2 handfuls of rice in the stock and thickening it with a whole beaten egg.

Light brown stock

Scald 150 g (5 oz) fresh pork rind and 125 g (4½ oz) knuckle of ham for 4–5 minutes. Bone 1.25 kg (2¾ lb) lean stewing beef (leg or blade) and cut

into cubes, together with the same amount of knuckle of veal. Peel 150 g (5 oz) carrots and 150 g (5 oz) onions, cut into slices, then brown on the hob (stove top) in a large flameproof casserole with all the meat, 500 g (18 oz) crushed veal or beef bones and the pork rind. Add 1 bouquet garni, 1 garlic clove, 500 ml (17 fl oz, 2 cups) water and reduce to a jelly-like consistency. Add another 500 ml (17 fl oz, 2 cups) water and reduce to a jelly again. Add 2.5–3 litres (4¼–5 pints, 11–13 cups) water and 2 teaspoons coarse salt; bring to the boil and simmer very gently for 8 hours. Skim off the fat and strain through a fine sieve or, better still, through muslin (cheesecloth).

Meat glaze

This is commonly known as *glace de viande*. Remove all the fat from a brown stock. When it is as clear as possible, boil it down by half. Strain through a muslin cloth (cheesecloth), then boil it down again and strain. Continue this process until it will coat the back of a spoon, each time reducing the temperature a little more as the glaze becomes more concentrated. Pour the meat glaze into small containers and keep them in the refrigerator.

- *Poultry or game glaze* A similar method is used with a poultry or game stock to obtain a poultry or game glaze.

Stocks (quick)

Home cooks no longer have stockpots bubbling away permanently on a corner of the stove. However, stock is still the basis of many recipes, so here are a few simple and quick recipes. Depending on the purpose of these stocks, a little thyme or parsley and salt and pepper may be added. Stock can be kept for 2–3 days in the refrigerator or frozen for longer storage. Good-quality stock is also available from supermarkets, where it is usually sold chilled.

- *Beef* Roughly chop 100–150 g (4–5 oz) beef, 1 small carrot, 1 white leek,

1 small celery stick, 1 onion and a clove. Place all the ingredients in 1.5 litres (2¾ pints, 6½ cups) water and simmer gently for 20 minutes. Strain.

- *Veal* Use the same method as for quick beef stock but use lean veal.
- *Chicken* Use the same method as for quick beef stock but with 400–500 g (14–18 oz) chicken wings instead of the beef.

Thick veal stock

Reduce 2 litres (3½ pints, 9 cups) brown veal stock by a quarter. Thicken with 2 tablespoons arrowroot blended with 3 tablespoons clear cold veal stock. Strain through muslin (cheesecloth) or a fine sieve.

Tomato veal stock

Add 200 ml (7 fl oz, ¾ cup) fresh tomato purée to 2 litres (3½ pints, 9 cups) brown veal stock. Reduce by a quarter. Strain through a fine sieve or, better still, through muslin (cheesecloth).

Vegetable bouillon

Use vegetables that are generally included in a stockpot – carrots, onions, leeks, celery, garlic cloves, tomatoes and turnips are typical. Potatoes and parsnips tend to make the stock cloudy; strongly flavoured vegetables give the stock a distinctive flavour – for example, broccoli, cauliflowers, swede (rutabaga) or fennel. Chop the vegetables, put them in a large saucepan and cook them gently in butter, then pour boiling water over them to cover. A bouquet garni, salt and pepper (optional) should be added and the broth is simmered until the vegetables are cooked.

Alternatively, simply add all the ingredients to boiling water and simmer until cooked, either conventionally or using a pressure cooker. In both cases, the broth must be strained before it can be served.

White chicken stock

Prepare in the same way as for ordinary white stock, but with the addition of a small chicken (which can be used afterwards in another recipe) or double the quantity of giblets, that is from two chickens.

White stock

This is made with white meat or poultry, veal bones, chicken carcasses and aromatic vegetables.

Bone an 800 g (1¾ lb) shoulder of veal and a 1 kg (2¼ lb) knuckle of veal, then tie them together with string. Crush the bones. Put the bones, meat and 1 kg (2¼ lb) chicken giblets or carcasses in a pan. Add 3.5 litres (6 pints, 3½ quarts) water, bring to the boil and skim. Add 125 g (4½ oz) sliced carrots, 100 g (4 oz) onions, 75 g (3 oz) leeks (white part only), 75 g (3 oz) celery and 1 bouquet garni and season. Simmer gently for 3½ hours. Skim off the fat then strain the stock through a very fine sieve or muslin (cheesecloth).

Purées & vegetable flavouring mixtures

Chestnut purée

Boil some peeled chestnuts, drain them, press them through a sieve and place the purée in a saucepan. Add 150 ml (¼ pint, ⅔ cup) double (heavy) cream

per 1 kg (2¼ lb) chestnuts and reheat, stirring constantly. Then add 50 g (2 oz, ¼ cup) butter and adjust the seasoning. If the purée is too thick, add a little of the strained cooking liquid.

Chestnut purée can be used to make soup or a savoury soufflé.

Garlic purée

Blanch some garlic cloves, then gently sweat them in butter. Add a few spoonfuls of thick béchamel sauce and either press the mixture through a sieve or liquidize in a food processor or blender. Garlic purée is used in sauces and stuffings.

Matignon mixture

This is a vegetable mixture used as a complementary ingredient in various braised or fried dishes. For the *au maigre* (meatless) version, cook 125 g (4½ oz, 1¼ cups) sliced carrots, 50 g (2 oz, ½ cup) chopped celery, and 25 g (1 oz, ¼ cup) sliced onions gently in butter. Add salt, a sprig of thyme, ½ bay leaf and a pinch of sugar. When the vegetables are very soft, add 6 tablespoons Madeira and boil to reduce until the liquid has nearly evaporated.

For the *au gras* version (with meat), add 100 g (4 oz, ½ cup) lean diced bacon to the mixture with the onions.

Mirepoix with meat

Peel and finely dice 150 g (5 oz) carrots and 100 g (4 oz) onions. Cut 50 g (2 oz) celery and 100 g (4 oz) raw ham (or blanched streaky (slab) bacon) into fine strips. Heat 25 g (1 oz, 2 tablespoons) butter in a saucepan and add the ham and vegetables, together with a sprig of thyme and half a bay leaf. Stir the ingredients into the butter, cover and cook gently for about 20 minutes until the vegetables are very tender.

Mushroom duxelles

Clean and trim 250 g (9 oz, 3 cups) button mushrooms and chop them finely, together with 1 onion and 1 large shallot. Melt a large knob of butter in a frying pan, add the chopped vegetables, salt and pepper and a little grated nutmeg (unless the duxelles is to accompany fish). Cook over a brisk heat until the vegetables are brown and the water from the mushrooms has evaporated. If the duxelles is for use as a garnish, stir in 1 tablespoon cream at the last minute.

Soubise purée

Peel and thinly slice 1 kg (2¼ lb) white onions and place in a saucepan with plenty of salted water. Bring to the boil, then drain the onions and place in a saucepan with 100 g (4 oz, ½ cup) butter, salt, pepper and a pinch of sugar. Cover and cook over a gentle heat for 30–40 minutes (the onions should not change colour). Then add to the onions a quantity of boiled rice or thick béchamel sauce equal to one quarter of the volume of the onion. Mix thoroughly and cook for a further 20 minutes. Adjust the seasoning, press through a very fine sieve and stir in 75 g (3 oz, 6 tablespoons) butter.

Tomato fondue

A fondue is a preparation of vegetables cut into thin pieces and cooked slowly in butter over a very low heat until they are reduced to a pulp. Peel and chop 100 g (4 oz, ¾ cup) onions. Peel, seed and finely chop 800 g (1¾ lb) tomatoes. Peel and crush 1 garlic clove. Prepare a bouquet garni rich in thyme. Soften the onions in a heavy-based saucepan with 25 g (1 oz, 2 tablespoons) butter, or a mixture of 15 g (½ oz, 1 tablespoon) butter and 2 tablespoons olive oil, or 3 tablespoons olive oil. Then add the tomatoes, salt and pepper, the garlic and bouquet garni. Cover the pan and cook very gently until the tomatoes are

reduced to a pulp. Remove the lid, stir with a wooden spatula and continue cooking, uncovered, until the fondue forms a light paste. Taste and adjust the seasoning, then press through a sieve and add 1 tablespoon chopped parsley or other herbs.

Vegetable mirepoix

This mirepoix is cooked in the same way as mirepoix with meat, but the ham or bacon is omitted and the vegetables are shredded into a brunoise.

INDEX

A
à gratin forcemeat 421
accompaniments 429–45
Agnès Sorel tartlets 215
Agnès Sorel timbales 215
aiguillettes of duckling with honey vinegar 282
aioli 455
Albufera sauce 455
Algerian lamb with prunes, tea and almonds 121
allemande sauce 455–6
almonds, Algerian lamb with prunes, tea and 121
American stuffing 422
Amiens duck pâté 282–3
amourettes 165
  amourette fritters 165
  amourettes au gratin 165
anchovy butter 415
andouillettes
  andouillettes *à la lyonnaise* 207
  andouillettes *à la tourangelle* 207
  grilled andouillette 101
apples
  apple compote 417
  apple sauce 456
  baked apples 429
  boudin *à la normande* 209
  chicken with cider 247–8
  goose in the pot 312
  guinea fowl salad with fruit 330
  knuckle of veal braised in cider 72–3
  pheasant *à la normande* 355–6
  roast goose with fruit 313–14
  roast turkey stuffed with dessert apples 318–19
  wild duck *à la tyrolienne* 392
  wild duck *à la Walter Scott* 392
Armagnac, sautéed woodcock in 396
artichoke hearts
  chicken medallions Beauharnais 241
  chicken with artichokes 246
  escalopes casimir 68–9
  medallions of veal Alexandre 73
  noisettes Beauharnais 143
  sauté of lamb with artichokes 151
  tournedos marigny 60
  tournedos masséna 60
artichokes, Jerusalem, roast loin of pork with 115–16
asparagus
  calves' sweetbreads princesse 189

chicken *à la chivry* 226
chicken princesse 245
stuffed pigeons with asparagus tips 364
aspic 480–1
aspic of ham and veal (or chicken) 92
ballotine of chicken in aspic 216–17
ballotine of lamb in aspic 122
ballotine of pheasant in aspic 352
chicken in aspic with champagne 237
chicken with tarragon in aspic 252
cold fillet of beef in aspic 28
duck Voisin 291–2
stuffed partridges in aspic 350–1
attereaux of chicken livers *à la mirepoix* 216
aubergines (eggplants)
aubergine fritters 429
beef hash with aubergines au gratin 15
chicken medallions *à l'égyptienne* 241
escalopes with aubergines and courgettes 69
lamb noisettes *à la turque* 136
moussaka 139–40
ratatouille niçoise 437–8
sauté of lamb with aubergines 151–2
veal piccata with aubergines and tomatoes 89
aurore sauce 457

B

bacon
à gratin forcemeat 421
calf's liver with bacon 186
chicken forcemeat 422
foie gras forcemeat 422
prunes with bacon 113
red kidney beans with red wine and bacon 113–14
see also gammon; ham
baekenofe 121–2
ballotine of chicken in aspic 216–17
ballotine of chicken in chaud-froid sauce 217
ballotine of duck 284
ballotine of goose with Savigny-lès-Beaune 306–7
ballotine of guinea fowl Jeanne d'Albret 328
ballotine of lamb in aspic 122
ballotine of pheasant in aspic 352
ballotine of veal 61
bamboo shoots, chicken with 246–7
baron of lamb *à la périgourdine* 122
barquette cases 446
basil, chicken with 247
batters
coating batter 413
fritter batter 413–14
savoury crêpe batter 414
béarnaise sauce 457
béchamel sauce 457–8
beef 13–61
boiled dishes
beef émincés with bordelaise sauce 14
beef émincés with mushrooms 14
beef miroton 15
boiled beef 20
sliced meat *à l'italienne* 53

braised dishes
à la bourgeoise 22
à la créole 22–3
à la gardiane 23
à la mode 23
à l'ancienne 22
braised beef 21
braised beef porte-maillot 23–4
braised paupiettes of beef 24
braised rib of beef 24
braised rump of beef 25
braised sirloin 25–6
faux-filet braised *à la bourgeoise* 33–4
fillet of beef *à la matignon* 35
fillet of beef *à la périgourdine* 35
fillet of beef Prince Albert 36–7
paupiettes of beef *à la hongroise* 46
paupiettes of beef Sainte-Menehould 47
sirloin *à la d'Albufera* 53
burgers and minced beef
beef croquettes 13–14
beef patties *à l'andalouse* 16–17
bitoke 17–18
hamburgers 42
kromeskies *à la bonne femme* 44
steak tartare 56
cold dishes
carpaccio 27
cold fillet of beef *à la niçoise* 27
cold fillet of beef *à la russe* 28
cold fillet of beef in aspic 28
jellied beef aiguillettes 43–4
pressed beef 49
fried dishes
entrecôte *à la ménagère* 32
flank with shallots 37
fried entrecôte 37
fried entrecôte *à la bourguignonne* 38
fried entrecôte *à la fermière* 38
fried entrecôte *à la hongroise* 38
fried entrecôte *à la lyonnaise* 38-9
fried entrecôte with mushrooms 39
fried fillet steaks 39
fried onglet with shallots 39–40
steak with oysters 56–7
sukiyaki 57
tournedos *à la portugaise* 58
tournedos Brillat-Savarin 59
tournedos Rossini 60
grilled dishes
brochettes of marinated fillet of beef 26
devilled beef 31
entrecôte Bercy 32
entrecôte marchand de vin 32
entrecôte mirabeau 32–3
grilled beef fillet steaks 40
grilled Chateaubriand 40
grilled entrecôte 40
grilled entrecôte *à la bordelaise* 41
grilled filets mignon 41
grilled flank 41
grilled onglet 41
tournedos (filet mignons) *à la bordelaise* 58
hash
beef hash *à l'italienne* 14–15

beef hash with aubergines au gratin 15
boiled beef hash 20
hachis Parmentier 42
pies
empanada 31
fillet of beef *en brioche* 35–6
pâté en croûte 'pavé du roy' 45-6
steak and kidney pie 54–5
roast beef
fillet of beef *à la Frascati* 34–5
oven-roast rib of beef 45
roast faux-filet 49–50
roast fillet of beef 50
roast rib of beef *à la bouquetière* 50–1
roast sirloin 51
spit-roasted fillet of beef 54
spit-roasted rib of beef 54
sautés
beef Stroganov 17
entrecôte grand-mère 32
filets mignons of beef *en chevreuil* 34
sautéed Chateaubriand 51
sautéed filet mignons 52
sautéed or grilled tournedos 52–3
steak *à cheval* 55
steak *au poivre* 55
steak Dumas 56
tournedos *au lissé fermier* 58–9
tournedos chasseur 59
tournedos Helder 60
tournedos marigny 60
tournedos masséna 60
soups
beef consommé 481–2
consommé croûte *au pot* 28
consommé Florette 28
consommé Léopold 29
consommé Monte-Carlo 29
consommé Princess Alice 29
consommé with profiteroles 29
consommé with rice 29
consommé with wine 29
petite marmite *à la parisienne* 47–8
soupe albigeoise 53–4
stews and casseroles
baekenofe 121–2
beef Brandenburg 13
beef on a string 15–16
boeuf *à la mode* 18
boeuf *à la mode de Beaucaire* 19
boeuf bourguignon 19
bollito misto 21
broufado 26
carbonade *à la flamande* 27
daube of beef *à la béarnaise* 30
daube of beef *à la provençale* 30–1
estouffade of beef 33
Hungarian goulash 42–3
paleron ménagère 45
poached rump of beef 48
pot-au-feu 48–9
tajine of beef with cardoons 58
West Indian ragoût 61
stocks
light brown stock 483
quick stock 484
see also oxtail
beer
carbonade *à la flamande* 27

chicken cooked in beer 232–3
choesels *à la bruxelloise* 189
Bercy butter 415
beurre manié 458
bitter orange sauce 458
blanquette of lamb *à l'ancienne* 123
blanquette of lamb with beans and lamb's feet 123–4
blanquette of veal 61–2
boar *see* wild boar
boeuf *à la mode* 18
boeuf *à la mode de Beaucaire* 19
boeuf bourguignon 19
bollito misto 21
bone marrow
amourettes 165
veal forcemeat ring with calves' marrow or brains 167
bordelaise sauce 458
bouchée cases 446
bouchées *à la reine* 217–18
boudin *à la normande* 209
boudin *à la Richelieu* 218
boudin antillais 207–8
boudin bearnais 209–10
boudin blanc, grilled 218
boudin blanc with prunes 218
boudin noir 208–9
bouillon
court-bouillon with wine 483
giblet bouillon 483
vegetable bouillon 485
brains 166–7
brain forcemeat 166
calves' brain *à l'allemande* 166
calves' brain *à la poulette* 167
calves' brain crépinettes 166
ring of calves' brains *à la piémontaise* 167
salpicon 441
veal forcemeat ring with calves' marrow or brains 167
brawn
boar's-head brawn (head cheese) 388–9
pistachio brawn 173–4
bread
bread panada 425
breaded lamb cutlets 127
croustades 446–7
diablotin 431
white bread 453–4
see also croûtes
Bresse chicken liver terrine 219–20
Breton sauce 459
brioche
brioche dough 447
fillet of beef *en brioche* 35–6
foie gras *en brioche* 310–11
broad beans
neck of pork with broad beans 106
tajine of spring lamb 159–60
broccoli, steamed stuffed chicken with ragoût of 275–6
brochettes
attereaux of chicken livers *à la mirepoix* 216
calf's liver brochettes 185
chicken liver brochettes *à l'italienne* 238
dagh kebab 67
frogs' legs 403
grilled calf's heart on skewers 175
lamb brochettes 132
lambs' kidneys *à l'anglaise* 179

lambs' kidneys
brochettes 180
lamb's liver
brochettes 187
lambs' or sheep's
tongue
brochettes 203–4
marinated fillet of
beef 26
shish kebab 153
broufado 26
brown bitter orange
sauce for roast
duck 459
brown roux 459
brown veal stock 482
Burgundy sauce for
venison 379
butter pastry for *pâté en croûte* 448
butters 415–17
anchovy butter 415
Bercy butter 415
beurre manié 458
butter for snails 406
butter sauce 459–60
Chivry butter 415
green butter 416
lemon butter 416
maître d'hôtel
butter 416
marchand de vin
butter 416
noisette butter 416
noisette sauce 472
sardine butter 417

C

cabbage
chartreuse of
partridge 343
confit of goose with
green cabbage 308
farci 99
loin of pork with red
cabbage 106
partridge salad with
cabbage 348
partridge with
cabbage 349
paupiettes of chicken
with cabbage 265
stuffed shoulder of
lamb *à la*
gasconne 158
calf's brains *see* brains
calf's head *see* head
calf's heart *see* heart
calf's kidneys *see* kidneys
calf's liver *see* liver
calf's sweetbreads *see*
sweetbreads
calf's tongue *see* tongue
calves' feet *à la Custine*
197
Camerani soup 220
cannelloni *à la béchamel*
220
capers
boiled leg of lamb with
caper sauce 124–5
caper sauce 460
haunch of roebuck
with capers 379–80
capons
roasted poached capon
with pumpkin
gratin 268–9
carbonade *à la*
flamande 27
cardoons, tajine of beef
with 58
Caribbean chicken with
pineapple and
rum 221
carpaccio 27
saddle of suckling
lamb prepared as
carpaccio 150
carrots, Vichy 445
casseroles *see* stews and
casseroles
cassoulet 96–7
cauliflower
lamb cutlets
Du Barry 134
ceps
chicken with ceps 247
rack of lamb *à la*
languedocienne 145
sauté of lamb with cep
mushrooms 152

Chambertin sauce 460
champagne, chicken in aspic with 237
chanterelles, partridge Monselet with 347
charcutière sauce 460–1
chartreuse *à la parisienne en surprise* 221–2
chartreuse of partridge 343
chasseur sauce 461
château potatoes 430
chaud-froid of chicken with tarragon 222–3
chaud-froid of duckling 285–6
chaud-froid of pheasant 353
chaud-froid sauce 461–3
cheek, braised ox 168
cheese
  gratin savoyard of frogs' legs 405
  Mornay sauce 471
  pheasant with walnuts 357
  risotto *à la piémontaise* 439
  small ham and cheese quiches 118
  tourte of veal with Parmesan cheese 83
  veal chop Foyot 84–5
  veal hash *à la Mornay* 88
cherries
  cherry syrup 417
  dried cherry sauce 464–5
  hare with cherries 340
  quails with cherries 369
  sautéed roebuck cutlets with cherries 385
chestnuts
  ballotine of goose with Savigny-lès-Beaune 306–7
  baron of lamb *à la périgourdine* 122
  boiled chestnuts 429
  braised chestnuts 429–30
  chestnut purée 486
  civet of hare *à la lyonnaise* 334
  guinea fowl salad with chestnuts 330
  hare mousse with chestnuts 338–9
  pheasant *à la Douro* 354
  roast turkey stuffed with chestnuts 318
  woodcock soufflé with chestnuts 399
chick peas, ragoût of mutton with 147
chicken 213–81
  suprême of chicken 277
  appetizers
  chicken croûtes ambassadrices 233
  baked dishes
  cannelloni *à la béchamel* 220
  chartreuse *à la parisienne en surprise* 221–2
  chicken *au gratin* with sauerkraut 230–1
  chicken in a salt crust 236–7
  suprêmes *à la florentine* 279
  turban of poultry 281
  braised dishes
  braised ballotine of chicken 218–19
  chicken clos-jouve 232
  chicken Demidof 235
  chicken with hazelnuts 248
  chicken with sherry 251
  paupiettes of chicken with cabbage 265
  suprême of chicken with Sauternes and preserved lemon 277
  suprêmes *à blanc* 278

suprêmes with mushrooms 279
cold dishes
aspic 481
aspic of ham and veal (or chicken) 92
ballotine in aspic 216–17
ballotine in chaud-froid sauce 217
chaud-froid of chicken with tarragon 222–3
chicken *à la néva* 227
chicken *à la parisienne* 228
chicken in aspic with champagne 237
chicken pâté pantin 243
chicken with tarragon in aspic 252
galantine of chicken 262–3
egg dishes
omelette *à la Célestine* 265
royale of chicken purée 269
scrambled eggs *à la reine* 274
soft-boiled or poached eggs *à la reine* 274
fried dishes
chicken *à la viennoise* 229
chicken crépinettes 233
chicken Maryland 241
chicken medallions *à l'égyptienne* 241
chicken with morels 249
fried spring chicken 262
minute fricassée of chicken 264
grilled dishes
chicken *à la lyonnaise en crapaudine* 226
chicken yassa 253
coquelets *en crapaudine à l'américaine* 258
grilled chicken *à la tyrolienne* 263
mousses
Agnès Sorel timbales 215
chicken mousse 242-3
pies and pastries
Agnès Sorel tartlets 215
bouchées *à la reine* 217–18
chicken koulibiac 238
chicken pie 244
coq *en pâté* 257–8
tarte cauchoise 280
poached and steamed dishes
chicken *à la bourguignonne* 225
chicken *à la chivry* 226
chicken *à la d'Albufera* 226
chicken *à l'ivoire* 224
chicken *à la reine* 229, 259
chicken *au blanc* 230
chicken dauphinoise 234
chicken demi-deuil braised in white stock 235
chicken princesse 245
chicken rosière 245
chicken with bamboo shoots 246–7
chicken with rice and suprême sauce 251
chicken with tarragon 251–2
steamed stuffed chicken with ragoût of broccoli 275–6
stuffed chicken *à la mode de Sorges* 276
pot-roasts
Caribbean chicken with pineapple and rum 221

chicken *à la bourgeoise* 225
chicken *à la Chantilly* 226
chicken *à la portugaise* 229
chicken ambassadrice 229–30
chicken bonne femme 231
spring chickens *à la piémontaise* 274–5
rice dishes
chicken jambalaya 237
chicken pilaf 244
chicken with rice *à la Bourbon* 250–1
roast chicken
chicken *à la piémontaise* 228
devilled spring chicken 259
roast chicken 267
roast chicken Rossini 267
roasted poached capon with pumpkin gratin 268–9
spring chickens *à la sicilienne* 275
truffled chicken *à la périgourdine* 280–1
sauces
chaud-froid sauce for chicken 462
sausages
boudin *à la Richelieu* 218
boudin blanc, grilled 218
boudin blanc with prunes 218
sautés
chicken *à brun* 223–4
chicken *à l'ancienne* 224
chicken *à l'italienne* 224
chicken *à la minute* 227
chicken *à la niçoise* 227
chicken *à la polonaise* 228
chicken Annette 230
chicken boivin 231
chicken medallions Beauharnais 241
chicken medallions Fédora 242
chicken mireille 242
chicken petit-duc 243
chicken with artichokes 246
chicken with basil 247
chicken with ceps 247
chicken with cream 248
chicken with oysters 249
poulet sauté archiduc 266
sautéed chicken *à la biarrote* 69–70
sautéed chicken *à la bohémienne* 270
sautéed chicken *à la fermière* 270
sautéed chicken *à la zingara* 271
sautéed chicken Alexandra 271
sautéed chicken chasseur 271–2
sautéed chicken Demidof 272
sautéed chicken Doria 272
sautéed chicken Stanley 273
sautéed chicken with mangoes 273
sautéed chicken with tarragon 273
shaped chicken cutlets Helder 274
suprêmes *à brun* 278
suprêmes *à la financière* 278
suprêmes *à la périgourdine* 279
suprêmes *à l'anglaise* 278

suprêmes
ambassadeur 279
soups
chicken
consommé 482
chicken velouté
soup 245
consommé *à l'impériale* 255
consommé *à l'infante* 255
consommé *à la madrilène* 254
consommé *à la parisienne* 254
consommé *à la reine* 254
consommé *au diablotins* 255
consommé Bizet 255
consommé Brillat-Savarin 255
consommé Colbert 256
consommé Dalayrac 256
consommé Leverrier 256
consommé Pépita 256
consommé princesse 256
consommé with chicken pinions 256
cream of chicken soup 259
stews and casseroles
chicken *à blanc* 223
chicken casserole 232
chicken cooked in beer 232–3
chicken curry 233–4
chicken *en capilotade* 236
chicken fricassée *à la berrichonne* 236
chicken waterzooi 246
chicken with cider 247–8
chicken with lemon 248–9
chicken with plantains 249–50
chicken with preserved lemon 250
chicken with vinegar 253
coq au vin 257
country-style coq au vin 258
fricassée *à la berrichonne* 260
fricassée Cardinal La Balue 261
fricassée with Anjou wine 261
Mme Maigret's coq au vin 264–5
poule au pot à la béarnaise 266
tajine of chicken with quince 280
stocks
quick stock 484
white chicken stock 486
white stock 486
stuffings
chicken forcemeat 422
poultry forcemeat 427
stuffed turkey grand-duc 320
terrines
potjevfleisch 112
see also cockscombs
chicken livers
à gratin forcemeat 421
attereaux of chicken livers *à la mirepoix* 216
Bresse chicken liver terrine 219–20
calves' kidneys with chicken livers 178
Camerani soup 220
chicken liver brochettes *à l'italienne* 238
chicken liver croustades 239
chicken liver flan chavette 239
chicken liver fritots 240
chicken liver fritters 240

chicken liver timbale 240
feuilletés of chicken or duck liver 260
Hungarian soup with liver dumplings 264
risotto with chicken livers 267
chillies
turkey mole 321–2
Chinese duck smoked over tea leaves 286
chips, game 432–3
Chivry butter 415
Chivry sauce 463
chocolate
financière garnish 431
hare with chocolate 340–1
turkey mole 321–2
choesels *à la bruxelloise* 189
Choron sauce 463
choux paste 448
profiteroles 450
cider
chicken with cider 247–8
duck with crystallized turnips and cider 292
knuckle of veal braised in cider 72–3
wild rabbit with farm cider 376–7
civet of hare 332–3
civet of hare *à la flamande* 333
civet of hare *à la française* 334
civet of hare *à la lyonnaise* 334
civet of saddle of hare with fresh pasta 335
coating batter 413
cockscombs
cockscombs *en attereaux à la Villeroi* 254
financière garnish 431
salpicon of cockscombs 269
vol-au-vent financière 195–6
condiments 417–20
confits
goose 307
goose *à la béarnaise* 307
goose *à la landaise* 308
goose *à la sarladaise* 308
goose with green cabbage 308
consommé
beef consommé 481–2
chicken consommé 482
consommé *à l'impériale* 255
consommé *à l'infante* 255
consommé *à la madrilène* 254
consommé *à la parisienne* 254
consommé *à la reine* 254
consommé *au diablotins* 255
consommé Bizet 255
consommé Brillat-Savarin 255
consommé chasseur 379
consommé Colbert 56
consommé croûte *au pot* 28
consommé Dalayrac 256
consommé Florette 28
consommé Léopold 29
consommé Leverrier 256
consommé Monte-Carlo 29
consommé Pépita 256
consommé Princess Alice 29
consommé princesse 256
consommé with chicken pinions 256

consommé with profiteroles 29
consommé with rice 29
consommé with wine 29
simple game consommé 386
Conti, *à la* 430
coq au vin 257
country-style coq au vin 258
Mme Maigret's coq au vin 264–5
coq *en pâté* 257–8
coquelets *en crapaudine à l'américaine* 258
corn fritters 430
cornmeal, polenta 435–6
courgettes (zucchini)
escalopes with aubergines and courgettes 69
ratatouille niçoise 437–8
court-bouillon with wine 483
cranberry compote 418
crayfish
chartreuse *à la parisienne en surprise* 221–2
fricassée of chicken Cardinal La Balue 261
cream sauce 463
crêpes
ham crêpes 102
savoury crêpe batter 414
crisps, game 432–3
croquettes, beef 13–14
croustades
bread croustades 446–7
chicken liver croustades 239
partridge croustades 344–5
puff pastry croustades 451–2
quail croustades *à la périgueux* 367
croûtes
braised oxtail with horseradish croûtes 196–7
chicken croûtes ambassadrices 233
croûtes *à la diable* 98
croûtes *à la rouennaise* 287
croûtes Brillat-Savarin 190
fillets of hare on croûtes 336
cucumber
chicken medallions Fédora 242
sautéed chicken Doria 272
curries
chicken curry 233–4
curry powder 418
lamb curry 133
custards
ballotine of goose with Savigny-lès-Beaune 306–7
royale 440

D

dagh kebab 67
daubes
beef *à la béarnaise* 30
beef *à la provençale* 30–1
pigs' trotters 197–8
turkey *à la bourgeoise* 316
ravioli of daube of duck with red wine 299
Dauphine potatoes 431
demi-glacé 464
devilled beef 31
devilled lambs' or sheep's tongues 203
devilled sauce 464
English devilled sauce 464
devilled spring chicken 259
devilled tongue 203
diablotin 431

dodine of duck 287–8
dough, pasta 434
duck 282–304
  aiguillettes of duckling with honey vinegar 282
  Amiens duck pâté 282–3
  ballotine of duck 284
  braised duck 284–5
  braised Rouen duck 285
  brown bitter orange sauce for roast duck 459
  chaud-froid of duckling 285-6
  Chinese duck smoked over tea leaves 286
  cold duck pâté 287
  dodine of duck 287–8
  duck *à l'agenaise* 288–9
  duck *à l'orange Lasserre* 289
  duck in bitter orange sauce 290
  duck saupiquet 291
  duck suprêmes with truffles 291
  duck Voisin 291–2
  duck with crystallized turnips and cider 292
  duck with mangoes 293
  duck with olives 293–4
  duck with peas 294
  duck with pineapple 294–5
  duckling with lavender honey and lemon 295–6
  ducklings *à la d'Albufera* 295
  glazed duck with foie gras 296–7
  jellied fillets of Rouen duck *à l'orange* 297
  magrets of duck 297–8
  magrets of green peppercorns 298
  ravioli of daube of duck with red wine 299
  roast duck 299–300
  roast duck with maple syrup 300
  roast duck with peaches 301
  Rouen duck *en chemise* 301
  Rouen duck in port 301–2
  Rouen duck (or duckling) soufflé 302–3
  stuffed duck *à la rouennaise* 303
  terrine of duckling 304
  white bitter orange sauce for roast duck 479
  see also wild duck
duck liver
  cold duck foie gras escalopes with grapes and truffles 286–7
  croûtes *à la rouennaise* 287
  duck foie gras mousse 290–1
  duck foie gras with grapes 289
  duck foie gras with white pepper and green leeks 290
  feuilletés of duck liver 260
  glazed duck with foie gras 296–7
  Rouennaise sauce 476
  steamed duck foie gras with Sauternes 303
dumplings
  Hungarian soup with liver dumplings 264
  spätzle with noisette butter 443
duxelles, mushroom 488
duxelles sauce 465

E

ears
- boiled pigs' ears 169
- braised pigs' ears 169
- calf's ears braised *à la mirepoix* 172
- stuffed and fried pigs' ears 174
- stuffed calves' ears du Bugey 174

eggs
- Chivry sauce for 463
- omelette *à la Célestine* 265
- salpicon 441
- scrambled eggs *à la reine* 274
- soft-boiled or poached eggs *à la reine* 274

empanada 31
enchaud 98–9
English devilled sauce 464
epigrammes 129
escargots *à la arlésienne* 407
espagnole sauce 465–6
estouffade of beef 33

F

falettes 129–30
farci 99
feet 197–200
- blanquette of lamb with beans and lamb's feet 123–4
- calves' feet *à la Custine* 197
- daube of pigs' trotters 197–8
- pigs' trotter sausages 107
- sheeps' trotters *à la rouennaise* 199
- sheeps' trotters with pieds-de-mouton mushrooms 200
- zampone 120

feuilletés of chicken or duck liver 260
feuilletés with calves' sweetbreads 190
feuilleton of veal *à l'ancienne* 69–70
feuilleton of veal l'Échelle 70
figs
- fresh figs with Parma ham 100
- lamb cutlets with figs and honey 134–5

financière, à la 431
financière sauce 466–7
fines herbs, sauce with 477
fish, marinade for small cuts of 471
flaky pastry 448–9
flans *see* tarts
flour panada 425–6
foie gras
- baked foie gras 305
- ballotine of pheasant in aspic 352
- cold duck foie gras escalopes with grapes and truffles 286–7
- duck foie gras with grapes 289
- duck foie gras with white pepper and green leeks 290

duck or goose foie gras mousse 290–1
fillet of beef Prince Albert 36–7
foie gras *en brioche* 310–11
foie gras forcemeat 422
foie gras, prepared and poached 305
foie gras purée 311
foie gras Souvarov 308
glazed duck with foie gras 296–7
goose foie gras with sultanas 311
ham cornets with foie gras mousse 102
noix of veal Brillat-Savarin 74–5

partridge *à la Souvarov* 344
partridge Monselet 347
partridge Monselet with chanterelles 347
pheasant *à la Douro* 354
potted foie gras with truffles 312–13
roast chicken Rossini 267
salpicon 441
steamed duck foie gras with Sauternes 303
stuffed quails *à la Monselet* 370
stuffed quails *à la Souvarov* 371
stuffed turkey grand-duc 320
suprêmes of chicken *à la périgourdine* 279
tournedos Rossini 60
truffled foie gras with Madeira 314–15
truffled pâté de foie gras 315
truffled turkey 321
forcemeats 421–8
à gratin forcemeat 421
brain forcemeat 166
chicken forcemeat 422
farci 99
fine pork forcemeat 422
foie gras forcemeat 422
forcemeat for poultry 422
game forcemeat 423
godiveau lyonnais 423
godiveau with cream 423
liver forcemeat 424
mousseline forcemeat 74, 424
mushroom forcemeat 425
panada forcemeat with butter 426
panada forcemeat with cream 426
poultry forcemeat 427
truffled forcemeat 428
veal forcemeat 428
veal forcemeat ring with calves' marrow or brains 167
française, à la 432
frangipane panada 426–7
French beans
French beans in tomato sauce 432
French beans with cream 432
fricassée with Anjou wine 261
fricassée of chicken *à la berrichonne* 260
fricassée of chicken Cardinal La Balue 261
fritters
amourette fritters 165
aubergine fritters 429
chicken liver fritots 240
chicken liver fritters 240
corn fritters 430
fritter batter 413–14
frogs'-leg fritots 404
kromeskies *à la bonne femme* 44
sweetbread fritters 192
turkey pinion fritters 322–3
frogs 403–5
brochettes of frogs' legs 403
fried frogs' legs 403–4
frogs'-leg fritots 404
frogs' legs *à la lyonnaise* 404
frogs' legs *à la meunière* 404
frogs' legs with garlic purée and parsley juice 404–5
gratin savoyard of frogs' legs 405

G
galantine of chicken 262–3
galette, potato 436–7
game 325–99
  aspic 481
  chaud-froid sauce for 461
  game consommé 483
  game forcemeat 423
  game soufflé with Périgueux sauce 353
  marinades for large cuts of 470
  rich game stock 483–4
  salpicon 441
  see also individual types of game
game chips or crisps 432–3
gammon
  farci 99
  glazed ham reine pédauque 100
  see also bacon; ham
garlic
  aioli 455
  ballotine of goose with Savigny-lès-Beaune 306–7
  frogs' legs with garlic purée and parsley juice 404–5
  garlic purée 487
  goose *à l'instar de Visé* 309
  guinea fowl Catalan style 329–30
  lamb's liver with garlic 187
  roast leg of lamb with 40 cloves of garlic 148
  shoulder of mutton *en pistache* 154–5
  shoulder of mutton with garlic 155
garnishes 429–45
giblets
  giblet bouillon 484
  giblets *à la bourgeoise* 316–17
  giblets *à la bourguignonne* 317
glaze, meat 485
gnocchi, potato 437
godiveau lyonnais 423
godiveau with cream 423
goose 305–15
  ballotine of goose with Savigny-lès-Beaune 306–7
  confit of goose 307
  confit of goose *à la béarnaise* 307
  confit of goose *à la landaise* 308
  confit of goose *à la sarladaise* 308
  confit of goose with green cabbage 308
  goose *à l'alsacienne* 309
  goose *à la bourguignonne* 309–10
  goose *à l'instar de Visé* 309
  goose *en daube Capitole* 310
  goose hearts *en papillotes* 311–12
  goose in the pot 312
  goose rillettes 312
  roast goose with fruit 313–14
  roast goose with sage and onion stuffing 314
  see also foie gras
gougères 449
goulash, Hungarian 42–3
grand veneur sauce 467
grapes
  cold duck foie gras escalopes with grapes and truffles 286–7
  duck foie gras with grapes 289
  partridge *à la vigneronne* 344
  partridges with grapes 350

pheasant *à la géorgienne* 354–5
quail casserole with grapes 367
sautéed roebuck cutlets with grapes 385
sweetbreads with grapes 194
gratins
amourettes au gratin 165
beef hash with aubergines au gratin 15
chicken *au gratin* with sauerkraut 230–1
gratin dauphinois 433
gratin savoyard of frogs' legs 405
lambs' or sheep's tongues au gratin 204
roasted poached capon with pumpkin gratin 268–9
green butter 416
green sauce 467
grouse, roast 327
guinea fowl 328–31
ballotine of guinea fowl Jeanne d'Albret 328
breast of guinea fowl with potatoes Alex Humbert 329
guinea fowl Catalan style 329–30
guinea fowl salad with chestnuts 330
guinea fowl salad with fruit 330
stuffed guinea fowl Jean Cocteau 330–1

H

hachis Parmentier 42
halicot of mutton 131
ham
aspic of ham and veal (or chicken) 92
braised ham 93
braised ham *à la bayonnaise* 93–4
braised ham *à la crème* 94–5
braised ham porte-maillot 95
braised ham with Madeira 95
braised ham with pineapple 95–6
cold ham mousse 97–8
croûtes *à la diable* 98
fresh figs with Parma ham 100
glazed ham 100
glazed ham reine pédauque 100
ham *à la chablisienne* 101–2
ham cornets with foie gras mousse 102
ham crêpes 102
ham saupiquet 102–3
ham soufflé 103
Landes ham with honey 104
melon with Parma ham 106
poached ham in pastry *à l'ancienne* 108
rabbit rillettes *en terrine* with Parma ham 374
risotto *à la milanaise* 439
salpicon 441
salt pork with lentils 116–17
small ham and cheese quiches 118
tortue sauce 478
veal and ham pâté 83–4
see also bacon; gammon
hamburgers 42
hare 332–42
civet of hare 332–3
civet of hare *à la flamande* 333

civet of hare *à la française* 334
civet of hare *à la lyonnaise* 334
civet of saddle of hare with fresh pasta 335
fillets of hare, to prepare 335–6
fillets of hare on croûtes 336
hare *à la royale* 336–7
hare cutlets with mushrooms 337
hare *en cabessal* 337–8
hare mousse 338
hare mousse with chestnuts 338–9
hare pâté 339
hare with cherries 340
hare with chocolate 340–1
roast hare *en saugrenée* 341
roast saddle of hare 341–2
saddle of hare *à l'allemande* 342
haricot (navy) beans
blanquette of lamb with beans and lamb's feet 123–4
cassoulet 96–7
falettes 129–30
palette of pork with haricot beans 107
hazelnuts, chicken with 248
head 169–74
boar's-head brawn (head cheese) 388–9
boudin bearnais 209–10
calf's head *à la lyonnaise* 170
calf's head *à l'occitane* 170
calf's head *en tortue* 170–1
calf's head in crépinettes 172
calf's head in a poupeton 171
mock turtle soup 172–3
pistachio brawn 173–4
see also ears
heart 175–6
casserole of calf's heart *à la bonne femme* 175
goose hearts *en papillotes* 311–12
grilled calf's heart on skewers 175
matelote of ox heart 175
roast calf's heart 176
sautéed lambs' hearts 176
stuffed calf's heart 176
herbs
green sauce 467
sauce with fines herbes 477
hollandaise sauce 468
honey
aiguillettes of duckling with honey vinegar 282
duckling with lavender honey and lemon 295–6
lamb cutlets with figs and honey 134–5
Landes ham with honey 104
tajine of mutton with prunes and honey 159
hop shoots
escalopes *à l'anversoise* 67
lamb cutlets with hop shoots 135
veal sweetbreads with hop shoots 195
horseradish croûtes, braised oxtail with 196–7
hot water crust pastry 449–50
Hungarian goulash 42–3

Hungarian sauce 468
Hungarian soup with liver dumplings 264

I
intestines *see* tripe and intestines
Italian sauce 468

J
jambalaya, chicken 237
jellied beef aiguillettes 43–4
jellied fillets of Rouen duck *à l'orange* 297
jellied stuffed quails *à la périgourdine* 635
jelly
raspberry jelly 419
redcurrant jelly 419–20
Jerusalem artichokes, roast loin of pork with 115–16
juniper berries, sautéed roebuck cutlets with 385

K
kebabs *see* brochettes
kidneys 177–83
calf's kidney *à la bonne femme* 177
calves' kidneys *à la Bercy* 177
calves' kidneys Alibaba 177–8
calves' kidneys Collioure 178
calves' kidneys with chicken livers 178
choesels *à la bruxelloise* 189
grilled calf's kidneys 179
lambs' kidneys *à l'anglaise* 179
lambs' kidneys brochettes 180
lambs' kidneys sautéed with mushrooms 179
lambs' kidneys Turbigo 180
ox kidney with lardons 180–1
pigs' kidneys 181
roast calf's kidney with mustard 181
sautéed calf's kidney *à la bordelaise* 181–2
sautéed calf's kidney with Madeira and three mustards 182
sautéed calf's kidney with wholegrain mustard 182–3
steak and kidney pie 54–5
kiwi fruit, pork chops with 110
koulibiac, chicken 238
kromeskies *à la bonne femme* 44
Kurdish milk lamb 132

L
lamb 121–60
braised, boiled and baked dishes
boiled leg of lamb with caper sauce 124–5
braised ballotine of lamb 125
braised leg of lamb *à la bordelaise* 125–6
braised leg of lamb with spring onions 126
braised shoulder of lamb 127
lamb chops Maintenon 132–3
lamb cutlets Pompadour 134
moussaka 139–40
paupiettes of lamb *à la créole* 144–5
rack of lamb with thyme 146

stuffed breasts of lamb 157
stuffed shoulder of lamb *à la gasconne* 158
cold dishes
ballotine of lamb in aspic 122
fried dishes
lamb cutlets with figs and honey 134–5
lamb noisettes *à la turque* 136
grilled dishes
epigrammes 129
grilled lamb cutlets 130
grilled lamb cutlets *à la paloise* 130–1
grilled loin of lamb 131
grilled shoulder of lamb 131
lamb brochettes 132
lamb cutlets Du Barry 134
loin of lamb *en crépine* 138
mignonettes of milk lamb 139
pot-roasts
loin of lamb *à la bonne femme* 137
loin of lamb *à la bordelaise* 137
loin of lamb Clamart 138
loin of lamb Parmentier 138–9
rack of lamb *à la niçoise* 145
stuffed shoulder of lamb *à l'albigeoise* 158–9
roast lamb
baron of lamb *à la périgourdine* 122
chump end of lamb Belle Otéro 128
chump end of lamb Callas 128–9
Kurdish milk lamb 132
Léa's roast leg of lamb 136
pascaline 144
rack of lamb *à la languedocienne* 145
roast leg of lamb 147
roast leg of lamb *à la boulangère* 147–8
roast leg of lamb *en chevreuil* 148
roast leg of lamb with 40 cloves of garlic 148
roast loin of lamb 149
roast milk lamb 149
roast shoulder of lamb *en ballotine* 149–50
saddle of suckling lamb prepared as carpaccio 150
shoulder of lamb *à l'albigeoise* 153–4
shoulder of lamb *à la boulangère* 154
spit-roast leg of lamb with parsley 156
stuffed milk lamb 157–8
sautés
breaded lamb cutlets 127
lamb cutlets *à la maréchale* 133–4
lamb cutlets with hop shoots 135
lamb noisettes Melba 136
loin of lamb La Varenne 138
minute sauté of lamb 139
noisettes Beauharnais 143
noisettes chasseur 143
noisettes Rivoli 143
noisettes of the Tour d'Argent 143
sauté of lamb *à l'ancienne* 192
sauté of lamb chasseur 151

sauté of lamb with artichokes 151
sauté of lamb with aubergines 151–2
sauté of lamb with cep mushrooms 152
sauté of lamb with paprika 152
sauté of lamb with tomatoes 153
sautéed lamb cutlets 153
stews and casseroles
Algerian lamb with prunes, tea and almonds 121
blanquette of lamb *à l'ancienne* 123
blanquette of lamb with beans and lamb's feet 123–4
lamb curry 133
lamb fricassée 135
navarin of lamb 142
tajine of spring lamb 159–60
see also heart; kidneys; liver; mutton; tongue
Landes ham with honey 104
Léa's roast leg of lamb 136
leeks
boudin bearnais 209–10
duck foie gras with white pepper and green leeks 290
lemon
chicken with lemon 248–9
chicken with preserved lemon 250
duckling with lavender honey and lemon 295–6
filets mignons of veal with lemon 71
guinea fowl Catalan style 329–30
lemon butter 416
preserved lemons 419
suprême of chicken with Sauternes and preserved lemon 277
lentils
partridge with lentils 349–50
salt pork with lentils 116–17
light brown stock 483
lime sorbet, roast pork with mint and 116
lining pastry 450
liver 184–8
calf's liver *à l'anglaise* 184
calf's liver *à la Bercy* 186
calf's liver *à la bordelaise* 184
calf's liver *à la bourgeoise* 184–5
calf's liver *à la bourguignonne* 185
calf's liver *à la créole* 186
calf's liver *à la espagnole* 184
calf's liver *à la lyonnaise* 185
calf's liver brochettes 185
calf's liver with bacon 186
fried calf's liver *à la florentine* 186–7
Hungarian soup with liver dumplings 264
lamb's liver brochettes 187
lamb's liver with garlic 187
liver forcemeat 424
pig's liver with mustard 187
roast calf's liver 188
stuffed shoulder of lamb *à l'albigeoise* 158–9
see also chicken liver; duck liver
Lyonnaise sauce 469

M
Mme Maigret's coq au vin 264–5
Madeira
braised ham with Madeira 95
Madeira sauce 469–70
sautéed calf's kidney with Madeira and three mustards 182
truffled foie gras with Madeira 314–15
maître d'hôtel butter 416
mallard with green peppercorns 298–9
mangoes
duck with mangoes 293
sautéed chicken with mangoes 273
maple syrup, roast duck with 300
marchand de vin butter 416
marinades 470–71
marmalade
wild duck *à la Walter Scott* 392
marrow *see* bone marrow
matelote of ox heart 175
matignon mixture 488
mayonnaise 471
green sauce 467
tartare sauce 477
vegetable salpicons with mayonnaise 445
meat aspic 480–1
meat glaze 485
melon with Parma ham 106
milanaise, à la 433
mirepoix, vegetable 489
mirepoix with meat 488
mock turtle soup 172–3
morels
chicken mireille 242
chicken with morels 249
noix of veal Brillat-Savarin 74–5
tournedos Brillat-Savarin 59
Mornay sauce 471
mother's cretons 106
moussaka 139–40
mousseline forcemeat 74, 424
mousses
chicken mousse 242–3
cold ham mousse 97–8
duck or goose foie gras mousse 290–1
hare mousse 338
hare mousse with chestnuts 338–9
mushrooms
amourettes au gratin 165
andouillettes *à la tourangelle* 207
beef émincés with mushrooms 14
beef Stroganov 17
braised leg of lamb *à la bordelaise* 125–6
calves' feet *à la Custine* 197
Chambertin sauce 460
chasseur sauce 461
chicken liver flan chavette 239
chicken mireille 242
chicken with ceps 247
chicken with morels 249
chump end of lamb Belle Otéro 128
chump end of lamb Callas 128–9
civet of hare *à la française* 334
duxelles sauce 465
escalopes *à la mandelieu* 68
financière garnish 431
fried entrecôte with mushrooms 39
goose *en daube Capitole* 310
hare cutlets with mushrooms 337
Italian sauce 468
knuckle of veal braised in cider 72–3

lamb chops
Maintenon 132–3
lambs' kidneys sautéed with mushrooms 179
loin of lamb *à la bordelaise* 137
mushroom duxelles 488
mushroom duxelles sauce 472
mushroom forcemeat 425
mushrooms cooked in cream 434
noisettes chasseur 143
noix of veal Brillat-Savarin 74–5
oiseau sans tête 144
partridge Monselet with chanterelles 347
pâté with calves' sweetbreads 191
rack of lamb *à la languedocienne* 145
sauté of lamb chasseur 151
sauté of lamb with cep mushrooms 152
sautéed chicken chasseur 271–2
sautéed roebuck cutlets *à la minute* 384–5
sautéed veal chops *à la duxelles* 78
sheeps' trotters with pieds-de-mouton mushrooms 200
suprêmes of chicken with mushrooms 279
tournedos *au lissé fermier* 58–9
tournedos Brillat-Savarin 59
veal Orloff 88–9
vol-au-vent financière 195–6
mustard
mustard sauce with cream 472
pig's liver with mustard 187
rabbit with mustard 375
roast calf's kidney with mustard 181
sautéed calf's kidney with Madeira and three mustards 182
sautéed calf's kidney with wholegrain mustard 182–3
mutton
baekenofe 121–2
braised mutton cutlets 126–7
falettes 129–30
halicot of mutton 131
leg of mutton *en chevreuil* 137
mutton broth 140
mutton chops Maintenon 132–3
mutton cutlets *à la fermière* 140
mutton cutlets *à la Villeroi* 141
mutton cutlets champvallon 141
mutton cutlets chasseur 141
mutton fillets in red wine 142
oiseau sans tête 144
ragoût of mutton *à la bonne femme* 146–7
ragoût of mutton with chick peas 147
shish kebab 153
shoulder of mutton *en ballon* 154
shoulder of mutton *en pistache* 154–5
shoulder of mutton with garlic 155
spelt broth 156
stuffed breast of mutton *à l'ariégeoise* 156
tajine of mutton with prunes and honey 159
yalanci dolmas (stuffed vine leaves) 160

N

navarin of lamb 142
noisette butter 416
noisette sauce 472

O

offal (variety meats) 163–211
oiseau sans tête 144
olives
  calf's head *en tortue* 170–1
  duck with olives 293–4
  entrecôte mirabeau 32
  goose *en daube Capitole* 310
  pork chops *à la gasconne* 109
  shoulder of roebuck with olives 386–7
onions
  ballotine of goose with Savigny-lès-Beaune 306–7
  boudin bearnais 209–10
  calf's head *à la lyonnaise* 170
  calf's liver *à la lyonnaise* 185
  fried entrecôte *à la lyonnaise* 38–9
  lamb chops Maintenon 132–3
  paupiettes of lamb *à la créole* 144–5
  potatoes *à la boulangère* 437
  roast leg of lamb *à la boulangère* 147–8
  sauté of veal *à la lyonnaise* 78
  shoulder of lamb *à la boulangère* 154
  soubise purée 488
orange
  bitter orange sauce 458
  brown bitter orange sauce for duck 459
  duck *à l'orange Lasserre* 289
  duck in bitter orange sauce 290
  fillets of wild duck in bitter orange sauce 296
  jellied fillets of Rouen duck *à l'orange* 297
  pheasant *à la géorgienne* 354–5
  slices of pheasant with orange juice 359
  white bitter orange sauce for roast duck 479
osso buco *à la milanaise* 75
ox cheek, braised 168
ox heart *see* heart
ox kidney *see* kidneys
ox tongue *see* tongue
oxtail
  braised oxtail with horseradish croûtes 196–7
  choesels *à la bruxelloise* 189
  grilled oxtail Sainte-Menehould 198
  oxtail hotchpotch 198–9
  oxtail soup 199
  terrine of oxtail in tarragon jelly 200–1
oysters
  chicken with oysters 249
  steak with oysters 56–7

P

paleron ménagère 45
panada 425
  bread panada 425
  flour panada 425–6
  frangipane panada 426
  potato panada 427
  rice panada 427
paprika
  Hungarian goulash 42–3
  sauté of lamb with paprika 152

Parma ham
fresh figs with Parma ham 100
melon with Parma ham 106
rabbit rillettes *en terrine* with Parma ham 374
parsley
maître d'hôtel butter 416
parsley sauce 472
spit-roast leg of lamb with parsley 156
partridge 343–51
boned partridge Brillat-Savarin 343
chartreuse of partridge 343
partridge *à la coque* 343
partridge *à la Souvarov* 344
partridge *à la vigneronne* 344
partridge croustades 344–5
partridge cutlets Romanov 345–6
partridge *en pistache* 346–7
partridge Monselet 347
partridge Monselet with chanterelles 347
partridge salad with cabbage 348
partridge with cabbage 349
partridge with lentils 349–50
partridges *en vessie* 348–9
partridges with grapes 350
stuffed partridges in aspic 350–1
pascaline 144
pasta dough 434
pastry 446–54
bouchée cases 446
feuilletés of chicken liver 260
feuilletés with calves' sweetbreads 190
poached ham in pastry *à l'ancienne* 108
puff-pastry piroshki 391
scrambled eggs *à la reine* 274
snail feuilletés 408–9
truffled pâté de foie gras 315
vol-au-vent financière 195–6
see also pies; tartlets; tarts
pastry
butter pastry for *pâté en croûte* 448
choux paste 448
flaky pastry 448–9
hot water crust pastry 449–50
lining pastry 450
puff pastry 451
puff pastry croustades 451–2
shortcrust pastry 452
vol-au-vent case 452–3
pâté en croûte, butter pastry for 448
pâtés
Amiens duck pâté 282–3
chicken pâté pantin 243
cold duck pâté 287
hare pâté 339
hot snipe pâté Lucullus 378
hot woodcock pâté *à la perigourdine* 395–6
marinade for ingredients of 470
pâté en croûte 'pavé du roy' 45–6
pâté with calves' sweetbreads 191
pork pâté *à la hongroise* 111–12
quail pâté 367–8
veal and ham pâté 83
woodcock pâté 398

peaches
guinea fowl salad with fruit 330
peach compote 418
roast duck with peaches 301
pears
pan-fried venison with pears 380
roast duck with maple syrup 300
roebuck noisettes with red wine and roast pear 382
saddle of roebuck *à la berrichonne* 383
wild duck with pears 393
peas
chicken *à la chivry* 226
confit of goose *à la landaise* 308
duck with peas 294
loin of lamb Clamart 138
peas *à la française* 434
quails *à la romaine* 368
squabs with peas 363
pease pudding, boiled salt pork with 92–3
peppercorns
magrets of green peppercorns 298
mallard with green peppercorns, 298–9
steak *au poivre* 55
peppers (bell)
Albufera sauce 455
calf's liver brochettes 185
lamb's liver brochettes 187
ratatouille niçoise 437–8
sautéed chicken *à la bohémienne* 270
périgueux sauce 473
petite marmite *à la parisienne* 47–8
pheasant 351–60
ballotine of pheasant in aspic 352
casserole of pheasant 352–3
chaud-froid of pheasant 353
game soufflé with Périgueux sauce 353
grilled pheasant *à l'américaine* 354
pheasant *à l'alsacienne* 354
pheasant *à la Douro* 354
pheasant *à la géorgienne* 354–5
pheasant *à la languedocienne* 355
pheasant *à la normande* 355–6
pheasant *à la Sainte-Alliance* 356
pheasant Périgueux 356
pheasant with port 356
pheasant with truffles 357
pheasant with walnuts 357
roast pheasant 358
salmi of pheasant 358
sautéed pheasant 359
slices of pheasant with orange juice 359
terrine of pheasant 359–60
pickled ox tongue 206
piémontaise, à la 435
pies
chicken koulibiac 238
chicken pie 244
cold timbale of woodcock 395
coq *en pâté* 257-8
empanada 31
steak and kidney pie 54–5
tourte of veal with Parmesan cheese 83
see also pastry
pigeon 361–4
pigeon compote 361
pigeons *à la niçoise* 361
roast pigeons with shallot vinegar 362

squab *à la minute* 362–3
squabs *en papillotes* 363
squabs with peas 363
stuffed pigeons with asparagus tips 364
pigs' ears *see* ears
pigs' kidneys 181
pig's liver with mustard 187
pig's trotters *see* feet
pike
godiveau lyonnais 423
pilaf, chicken 244
pilaf rice 435
pineapple
braised ham with pineapple 95–6
Caribbean chicken with pineapple and rum 221
duck with pineapple 294–5
loin of pork with pineapple 105
pink sauce 457
piquant sauce 473
pistachio nuts
loin of pork with pistachios 105
pistachio brawn 173–4
plantains, chicken with 249–50
poivrade sauce 473–4
polenta 435–6
pommes Anna 436
pomponnettes 380–1
pork
fried dishes
pork chops *à la gasconne* 109
pork chops pilleverjus 110
pork chops with kiwi fruit 110
grilled dishes
glazed spare ribs 100-1
grilled pork chops 101
pork brochettes with prunes 108
pork chops with Robert sauce 110–11
pâtés and cold dishes
mother's cretons 106
pork pâté *à la hongroise* 111–12
potjevfleisch 112
rillettes de Tours 114
rillons 114–15
pot-roasts
loin with pineapple 105
loin with pistachios 105
shoulder of pork with five spices 118
roast pork
loin *à l'alsacienne* 104
loin *à la languedocienne* 104
loin bonne femme 105
loin with red cabbage 106
roast loin with Jerusalem artichokes 115–16
roast loin with various garnishes 115
roast pork with lime sorbet and mint 116
roast sucking pig 116
stuffed sucking pig *à l'occitane* 118–20
sautés
pork chops *à l'alsacienne* 109
pork chops *à la bayonnaise* 108–9
pork chops charcutière 109
sautéed pork chops 117
stews and casseroles
baekenofe 121–2
cassoulet 96–7
enchaud 98–9
stuffings and forcemeats
American stuffing 422
fine pork forcemeat 422
foie gras forcemeat 422
see also bacon; ham; salt pork; sausages

port
pheasant with port 356
Rouen duck in port 301–2
portugaise, à la 436
Portuguese sauce 474
pot-au-feu 48–9
potatoes
baekenofe 121–2
braised leg of lamb *à la bordelaise* 125–6
breast of guinea fowl with potatoes Alex Humbert 329
château potatoes 430
Dauphine potatoes 431
gratin dauphinois 433
loin of lamb Parmentier 138–9
loin of pork bonne femme 105
mutton cutlets champvallon 141
pommes Anna 436
potato chips 432–3
potato galette 436–7
potato gnocchi 437
potato panada 427
potatoes *à la boulangère* 437
roast leg of lamb *à la boulangère* 147–8
roast pigeons with shallot vinegar 362
sauerkraut *à l'alsacienne* 443
shoulder of lamb *à la boulangère* 154
straw potatoes 442
stuffed shoulder of lamb *à l'albigeoise* 158–9
stuffed shoulder of lamb *à la gasconne* 158
potjevfleisch 112
poule au pot à la béarnaise 266
poulet sauté archiduc 266
poulette sauce 474
poultry 213–323
chaud-froid sauce for 462–3
Chivry sauce for 463
forcemeat for poultry 422
marinade for small cuts of 471
poultry forcemeat 427
salpicon 442
see also individual types of poultry
poupeton of turkey Brillat-Savarin 317
poussins *see* spring chickens
pressed beef 49
profiteroles 450
consommé with profiteroles 29
Provençal sauce 474
prunes
Algerian lamb with prunes, tea and almonds 121
boudin blanc with prunes 218
duck *à l'agenaise* 288
loin of pork with pistachios 105
pork brochettes with prunes 108
prunes with bacon 113
sautéed rabbit with prunes 376
tajine of mutton with prunes and honey 159
puff pastry 451
puff pastry croustades 451–2
puff-pastry piroshki 391
pumpkin gratin, roasted poached capon with 268–9

Q

quail 365–72
grilled quails 635
grilled quails petit-duc 635
jellied stuffed quails *à la périgourdine* 635

minute quails 635–6
quail casserole 366
quail casserole *à la bonne femme* 366
quail casserole Cinq-Mars 366–7
quail casserole with grapes 367
quail croustades *à la périgueux* 367
quail pâté 367–8
quails *à la romaine* 368
quails *en chemise* 368
quails in vine leaves 369
quails with cherries 369
roast quails 369
stuffed quails *à la financière* 370
stuffed quails *à la gourmande* 370
stuffed quails *à la Monselet* 370
stuffed quails *à la Souvarov* 371
stuffed quails in cases 371
stuffed quails in cases *à la Lamballe* 371
stuffed quails in nests 372
quatre épices 419
quenelles
veal quenelles 90
soup with quenelles 90
quiches
quiche lorraine 113
small ham and cheese quiches 118
quinces
cutlets of marcassin with quinces 389–90
saddle of wild boar with quince sauce 390
tajine of chicken with quince 280

R

rabbit 372–7
potjevfleisch 112
rabbit coquibus 372
rabbit crépinettes 373
rabbit rillettes 373–4
rabbit rillettes *en terrine* with Parma ham 374
rabbit roasted in a caul 374
rabbit sautéed *à la minute* 375
rabbit with mustard 375
sautéed rabbit chasseur 375–6
sautéed rabbit with prunes 376
wild rabbit with farm cider 376–7
wild rabbit with Hermitage wine 377
ragoûts
chicken *en capilotade* 236
ragoût of mutton *à la bonne femme* 146–7
ragoût of mutton with chick peas 147
steamed stuffed chicken with ragoût of broccoli 275–6
West Indian ragoût 61
raspberry jelly 419
ratatouille niçoise 437–8
ravigote sauce 475
ravioli of daube of duck with red wine 299
red cabbage, loin of pork with 106
red kidney beans with red wine and bacon 113–14
red wine sauce 475
redcurrant jelly 419–20
rice
chicken jambalaya 237
chicken pilaf 244
chicken with rice *à la Bourbon* 250–1
chicken with rice and suprême sauce 251
consommé with rice 29
lamb noisettes *à la turque* 136
pilaf rice 435

rice *à la créole* 438
rice *à la grecque* 438
rice panada 427
yalanci dolmas (stuffed vine leaves) 160
see also risotto
rillettes
goose rillettes 312
rabbit rillettes 373–4
rabbit rillettes *en terrine* with Parma ham 374
rillettes de Tours 114
rillons 114–15
risotto
chicken *à la piémontaise* 228
piémontaise garnish 435
ring of calves' brains *à la piémontaise* 167
risotto *à la milanaise* 439
risotto *à la piémontaise* 439
risotto with chicken livers 267
spring chickens *à la piémontaise* 274–5
veal chops *à la piémontaise* 85
Robert sauce 475–6
pork chops with Robert sauce 110–11
roebuck *see* venison
romaine, à la 439
Rouen duck *en chemise* 301
Rouen duck in port 301–2
Rouen duck (or duckling) soufflé 302–3
Rouennaise sauce 476
roux
brown roux 459
white roux 479–80
royale 440
royale of chicken purée 269
royale of tomatoes 440
royale sauce 476
rum, Caribbean chicken with pineapple and 221
Russian salad 440–1

S

sage and onion stuffing, roast goose with 314
Sainte-Menehould sauce 476–7
salads
guinea fowl salad with chestnuts 330
guinea fowl salad with fruit 330
partridge salad with cabbage 348
Russian salad 440–1
salmi
salmi of pheasant 358
woodcock salmi 398–9
salpicon 441–2
salpicon of cockscombs 269
salsify, veal grenadins with 87–8
salt
chicken in a salt crust 236–7
spiced salt 420
salt (corned) beef 51
salt pork
boiled salt pork with pease pudding 92–3
home-salted pork 103
home-salted pork: rolled belly 104
palette of pork with haricot beans 107
palette of pork with sauerkraut 107
quiche lorraine 113
salt pork with lentils 116–17
sardine butter 417
sauces 455–80
aïoli 455
Albufera sauce 455
allemande sauce 455–6
apple sauce 456
aurore sauce 457

béarnaise sauce 457
béchamel sauce 457–8
bitter orange sauce 458
bordelaise sauce 458
Breton sauce 459
brown bitter orange sauce for roast duck 459
Burgundy sauce for venison 379
butter sauce 459–60
caper sauce 460
Chambertin sauce 460
charcutière sauce 460
chasseur sauce 461
chaud-froid sauce 461
Chivry sauce 463
Choron sauce 463
cream sauce 463
demi-glacé 464
devilled sauce 464
dried cherry sauce 464–5
duxelles sauce 465
English devilled sauce 464
espagnole sauce 465–6
financière sauce 466–7
grand veneur sauce 467
green sauce 467
hollandaise sauce 468
Hungarian sauce 468
Italian sauce 468
Lyonnaise sauce 469
Madeira sauce 469–70
Mornay sauce 471
mushroom duxelles sauce 472
mustard sauce with cream 472
noisette sauce 472
parsley sauce 472
périgueux sauce 473
piquant sauce 473
poivrade sauce 473–4
Portuguese sauce 474
poulette sauce 474
Provençal sauce 474
ravigote sauce 475
red wine sauce 475
Robert sauce 475–6
roebuck sauce 382–3
Rouennaise sauce 476
royale sauce 476
Sainte-Menehould sauce 476–7
sauce with fines herbes 477
suprême sauce 477
tartare sauce 477
tortue sauce 478
truffle sauce 478
velouté sauce 478
Villeroi sauce 479
white bitter orange sauce for roast duck 479
white sauce 480
sauerkraut
  chicken *au gratin* with sauerkraut 230–1
  goose *à l'alsacienne* 309
  loin of pork *à l'alsacienne* 104
  ox tongue *à l'alsacienne* 205
  palette of pork with sauerkraut 107
  pheasant *à l'alsacienne* 354
  sauerkraut *à l'alsacienne* 443
sausage rolls 76–7
sausagemeat 421, 427–8
  stuffed shoulder of lamb *à l'albigeoise* 158–9
sausages
  andouillettes *à la lyonnaise* 207
  andouillettes *à la tourangelle* 207
  boudin *à la normande* 209
  boudin antillais 207–8
  boudin bearnais 209–10
  boudin blanc, grilled 218
  boudin blanc with prunes 218

boudin noir 208–9
calf's head in crépinettes 172
calves' brain crépinettes 166
chicken crépinettes 233
grilled andouillette 101
lambs' or sheep's tongues *en crépinette* 204
pigs' trotter sausages 107
pork crépinettes 111
pork crépinettes Sainte-Menehould 111
sausages *à la catalane* 117
seasonings 417–20
shallots
Bercy butter 415
flank with shallots 37
fried onglet with shallots 39–40
sheep's tongues *see* tongue
sheep's trotters *see* feet
sherry, chicken with 251
shish kebab 153
shortcrust pastry 452
smoked pork
neck of pork with broad beans 106
sauerkraut *à l'alsacienne* 443
terrine de Body 82
snails 406–9
butter for snails 406
escargots *à la arlésienne* 407
snail broth 407
snail feuilletés 408–9
snails *à la bourguignonne* 407
snails *à la poulette* 408
snails grilled *à la mode du Languedoc* 409
snipe
hot snipe pâté Lucullus 378
sorbet, lime 116
sorrel
tendrons of veal with sorrel 81
veal fricandeau with sorrel 86–7
soubise purée 488
soufflés
game soufflé with Périgueux sauce 353
ham soufflé 103
Rouen duck (or duckling) soufflé 302–3
woodcock soufflé with chestnuts 399
soups
beef consommé 481–2
Camerani soup 220
Chicken consommé 482
chicken velouté soup 245
consommé *à l'impériale* 255
consommé *à l'infante* 255
consommé *à la madrilène* 254
consommé *à la parisienne* 254
consommé *à la reine* 254
consommé *au diablotins* 255
consommé Bizet 255
consommé Brillat-Savarin 255
consommé chasseur 379
consommé Colbert 256
consommé croûte au pot 28
consommé Dalayrac 256
consommé Florette 28
consommé Léopold 29
consommé Leverrier 256
consommé Monte-Carlo 29
consommé Pépita 256
consommé Princess Alice 29
consommé princesse 256

consommé with chicken pinions 256
consommé with profiteroles 29
consommé with rice 29
consommé with wine 29
cream of chicken soup 259
Hungarian soup with liver dumplings 264
mock turtle soup 172–3
mutton broth 140
oxtail soup 199
petite marmite *à la parisienne* 47–8
simple game consommé 386
snail broth 407
soupe albigeoise 53–4
spelt broth 156
tripe soup *à la milanaise* 210–11
veal soup with quenelles 90
spare ribs, glazed 100–1
spätzle 443
spelt broth 156
spiced salt 420
spices, quatre épices 419
spinach
falettes 129–30
fried calf's liver *à la florentine* 186–7
green butter 416
ham *à la chablisienne* 101–2
spinach in butter 444
suprêmes of chicken *à la florentine* 279
tendrons of veal with spinach 81
spring chickens
devilled spring chicken 259
fried spring chicken 262
spring chickens *à la piémontaise* 274–5
spring chickens *à la sicilienne* 275
spring onions, braised leg of lamb with 126
squab *à la minute* 362–3
squabs *en papillotes* 363
steak *see* beef
steak and kidney pie 54–5
stews and casseroles
Algerian lamb with prunes, tea and almonds 121
baekenofe 121–2
beef Brandenburg 13
beef on a string 15–16
blanquette of lamb *à l'ancienne* 123
blanquette of lamb with beans and lamb's feet 123–4
blanquette of veal 61–2
boeuf *à la mode* 18
boeuf *à la mode de Beaucaire* 19
boeuf bourguignon 19
bollito misto 21
broufado 26
carbonade *à la flamande* 27
casserole of calf's heart *à la bonne femme* 175
casserole of pheasant 352–3
casserole of veal chops *à la Parmentier* 65
casserole of veal chops *à la paysanne* 65
casserole of woodcock 394
casserole of woodcock *à la crème* 394
casseroled veal chops 65
casseroled veal chops *à la bonne femme* 66
casseroled veal chops *à la dreux* 66
cassoulet 96–7
chicken *à blanc* 223
chicken casserole 232
chicken cooked in beer 232–3

chicken curry 233–4
chicken *en capilotade* 236
chicken fricassé *à la berrichonne* 236
chicken waterzooi 246
chicken with cider 247
chicken with lemon 248
chicken with plantains 249–50
chicken with preserved lemon 250
chicken with vinegar 253
civet of hare 332–3
civet of hare *à la flamande* 333
civet of hare *à la française* 334
civet of hare *à la lyonnaise* 334
civet of saddle of hare with fresh pasta 335
coq au vin 257
country-style coq au vin 258
daube of beef *à la béarnaise* 30
daube of beef *à la provençale* 30–1
daube of pigs' trotters 197–8
enchaud 98–9
estouffade of beef 33
fricassée of chicken *à la berrichonne* 260
fricassée of chicken Cardinal La Balue 261
fricassée of chicken with Anjou wine 261
halicot of mutton 131
hare *à la royale* 336–7
Hungarian goulash 42
lamb curry 133
lamb fricassée 135
Mme Maigret's coq au vin 264–5
matelote of ox heart 175
navarin of lamb 142
osso buco *à la milanaise* 75
oxtail hotchpotch 198
paleron ménagère 45
pot-au-feu 48–9
poule au pot à la béarnaise 266
quail casserole 366
quail casserole *à la bonne femme* 366
quail casserole Cinq-Mars 366–7
quail casserole with grapes 367
rabbit coquibus 372
salmi of pheasant 358–9
tajine of beef with cardoons 58
tajine of chicken with quince 280
tajine of mutton with prunes and honey 159
tajine of spring lamb 159–60
West Indian ragoût 61
wild rabbit with Hermitage wine 377
woodcock casserole *à la perigourdine* 397
woodcock salmi 398–9
stocks 480–6
brown veal stock 482
court-bouillon with wine 483
giblet bouillon 483
light brown stock 483
quick stocks 484
thick veal stock 485
tomato veal stock 485
vegetable bouillon 485
white chicken stock 486
white stock 486
straw potatoes 442
stuffing, American 422
sucking pig
roast sucking pig 116
stuffed sucking pig *à l'occitane* 118–20
suet
godiveau lyonnais 423
godiveau with cream 423

sugarsnap (snow) peas
pigeons *à la niçoise* 361–2
sukiyaki 57
sultanas, goose foie gras with 311
suprême sauce 477
sweet-and-sour leg of marcassin (wild boar) 390–1
sweetbreads 188–96
calves' sweetbreads *à la financière* 188
calves' sweetbreads *à la périgourdine* 188
calves' sweetbreads princesse 189
calves' sweetbreads régence 189
chicken rosière 245
choesels *à la bruxelloise* 189
croûtes Brillat-Savarin 190
feuilletés with calves' sweetbreads 190
fried sweetbreads 190
grilled sweetbreads 190
pâté with calves' sweetbreads 191
poached sweetbreads 191
roast sweetbreads 191
salpicon 442
sauté of lamb *à l'ancienne* 192
steamed stuffed chicken with ragoût of broccoli 275–6
stuffed calves' ears du Bugey 174
sweetbread fritters 192
sweetbreads: blanched and pressed 193
sweetbreads braised in white stock 193
sweetbreads in breadcrumbs 193
sweetbreads with grapes 194
terrine of sweetbreads 194–5
veal sweetbreads with hop shoots 195
vol-au-vent financière 195–6
sweetcorn
corn fritters 430
Swiss chard
falettes 129–30

T

tails 196–7
braised oxtail with horseradish croûtes 196–7
grilled oxtail Sainte-Menehould 198
oxtail hotchpotch 198–9
oxtail soup 199
terrine of oxtail in tarragon jelly 200–1
tajines
beef with cardoons 58
chicken with quince 280
mutton with prunes and honey 159
spring lamb 159–60
tarragon
chaud-froid of chicken with tarragon 222–3
chicken with tarragon 251–2
chicken with tarragon in aspic 252
sautéed chicken with tarragon 273
terrine of oxtail in tarragon jelly 200–1
tartare sauce 477
tartlets
Agnès Sorel tartlets 215
barquette cases 446
bouchée cases 446
bouchées *à la reine* 217
chicken *à la reine* 259
chicken liver croustades 239
croûtes Brillat-Savarin 190

partridge croustades 344–5
roast chicken Rossini 267
small ham and cheese quiches 118
soft-boiled or poached eggs *à la reine* 274
tarts and flans
chicken liver flan chavette 239
quiche lorraine 113
small ham and cheese quiches 118
tarte cauchoise 280
tea
Algerian lamb with prunes, tea and almonds 121
Chinese duck smoked over tea leaves 286
terrines
Bresse chicken liver terrine 219–20
foie gras Souvarov 308
marinade for ingredients of 470
potjevfleisch 112
rabbit rillettes *en terrine* with Parma ham 374
terrine de Body 82
terrine of duckling 304
terrine of oxtail in tarragon jelly 200–1
terrine of pheasant 359–60
terrine of sweetbreads 194–5
terrine of veal with spring vegetables 82
truffled foie gras with Madeira 314–15
thyme, rack of lamb with 146
tomatoes
aurore sauce 457
French beans in tomato sauce 432
lamb noisettes Melba 136
moussaka 139–40
portugaise garnish 436
Portuguese sauce 474
Provençal sauce 474
ratatouille niçoise 437
royale of tomatoes 440
sauté of lamb with tomatoes 153
sautéed veal chops *à la provençale* 79
tomato fondue 488
tomato veal stock 485
veal piccata with aubergines and tomatoes 89
tongue 201–6
boiled calf's tongue 201
braised calf's tongue 202
calf's tongue *à l'italienne* 202–3
devilled lambs' or sheep's tongues 203
devilled tongue 203
lambs' or sheep's tongue brochettes 203–4
lambs' or sheep's tongues *au gratin* 204
lambs' or sheep's tongues *en crépinette* 204
ox tongue *à l'alsacienne* 205
ox tongue *à la bourgeoise* 205
pickled ox tongue 206
risotto *à la milanaise* 439
Valenciennes stuffed ox tongue 206
tortue sauce 478
toulousaine, à la 444
tourte of veal with Parmesan cheese 83
tripe and intestines 207–11
andouillettes *à la lyonnaise* 207
andouillettes *à la tourangelle* 207

boudin *à la normande* 209
boudin antillais 207–8
boudin bearnais 209–10
boudin noir 208–9
tripe soup *à la milanaise* 210–11
tripes *à la mode de Caen* 210
trotters see feet
truffles
calves' sweetbreads *à la financière* 188
calves' sweetbreads *à la périgourdine* 188
calves' sweetbreads régence 189
chartreuse *à la parisienne en surprise* 221–2
chicken *à la Chantilly* 226
chump end of lamb Callas 128–9
cold duck foie gras escalopes with grapes and truffles 286–7
confit of goose *à la sarladaise* 308
duck suprêmes with truffles 291
duck Voisin 291–2
fillet of beef *à la périgourdine* 35
financière garnish 431
partridge *à la Souvarov* 344
périgueux sauce 473
pheasant *à la Douro* 354
pheasant *à la Sainte-Alliance* 356
pheasant with truffles 357
potted foie gras with truffles 312–13
roast chicken Rossini 267
salpicon of truffles with cream sauce 442
stuffed quails *à la Monselet* 370
stuffed quails *à la Souvarov* 371
suprêmes of chicken *à la périgourdine* 279
suprêmes of chicken ambassadeur 279
tournedos Rossini 60
truffle sauce 478
truffled chicken *à la périgourdine* 280–1
truffled forcemeat 428
truffled pâté de foie gras 315
truffled roast woodcock 397
truffled turkey 321
tuna
cold veal *à l'italienne* 67
vitello tonnato 91–2
turban of poultry 281
turkey 316–23
braised turkey legs 316
daube of turkey *à la bourgeoise* 316
giblets *à la bourgeoise* 316–17
giblets *à la bourguignonne* 317
paupiettes of turkey *à la Crécy* 317
poupeton of turkey Brillat-Savarin 317
roast turkey 318
roast turkey stuffed with chestnuts 318
roast turkey stuffed with dessert apples 318–19
stuffed braised turkey pinions 319
stuffed roast turkey 320
stuffed turkey grand-duc 320
truffled turkey 321
turkey mole 321–2
turkey pinion fritters 322–3
turkey pinions *à la fermière* 333

turkey wings
Sainte-Menehould 333
turnips
duck with crystallized turnips and cider 292

V
Valenciennes stuffed ox tongue 206
veal 61–92
salpicon 442
baked dishes
veal émincés à *blanc* 86
veal piccata with aubergines and tomatoes 89
braised dishes
braised breast of veal *à l'alsacienne* 62
braised stuffed breast of veal 62–3
braised tendrons of veal *à la bourgeoisie* 63
braised veal chops *à la custine* 64
braised veal grenadins 64
feuilleton of veal l'Échelle 70
knuckle of veal braised in cider 72–3
noix of veal Brillat-Savarin 74–5
paupiettes of veal braised *à brun* 75–6
stuffed shoulder of veal 80–1
stuffed shoulder of veal *à l'anglaise* 81
tendrons of veal with spinach or sorrel 81
veal fricandeau with sorrel 86–7
veal grenadins with salsify 87–8
veal Orloff 88–9
cold dishes
aspic of ham and veal (or chicken) 92
ballotine of veal 61
cold best end of neck of veal 66
cold veal *à l'italienne* 67
potjevfleisch 112
terrine de Body 82
terrine of veal with spring vegetables 82
veal and ham pâté 83
forcemeats
godiveau lyonnais 423
godiveau with cream 423
mousseline forcemeat 74, 424
panada forcemeat with butter 426
panada forcemeat with cream 426
veal forcemeat 428
veal forcemeat ring with calves' marrow or brains 167
veal quenelles 90
fried dishes
escalopes *à la viennoise* 68
filets mignons of veal with lemon 71
fried grenadins in cream 71
tendrons of veal chasseur 81
veal chop cussy *en portefeuille* 84
veal chop Pojarski 85
veal chops *à la piémontaise* 85
grilled dishes
dagh kebab 67
grilled veal chops 72
grilled veal chops *en portefeuille* 72
hash
veal hash *à l'italienne* 88
veal hash *à la Mornay* 88
pies
sausage rolls 76–7
tourte of veal with Parmesan cheese 83

roast veal
roast noix of veal 76
veal chop Foyot 84–5
vitello tonnato 91–2
sautés
breaded veal chops *à la milanaise* 64
escalopes *à l'anversoise* 67
escalopes *à la mandelieu* 68
escalopes casimir 68–9
escalopes with aubergines and courgettes 69
medallions of veal Alexandre 73
minute sauté of veal 74
sauté of veal *à la lyonnaise* 78
sauté of veal clamart 77
sauté of veal with red wine 77–8
sautéed veal chops *à la crème* 78
sautéed veal chops *à la duxelles* 78
sautéed veal chops *à la provençale* 79
sautéed veal chops *en portefeuille* 79
sautéed veal Marengo 79
veal chops *en papillotes* 86
veal chops with fines herbes 86
veal sauté *à la portugaise* 90
soups
veal soup with quenelles 90
steamed dishes
veal steamed with vegetables 91
stews and casseroles
blanquette of veal 61–2
casserole of veal chops *à la Parmentier* 65
casserole of veal chops *à la paysanne* 65
casseroled veal chops 65–6
casseroled veal chops *à la bonne femme* 66
casseroled veal chops *à la dreux* 66
choesels *à la bruxelloise* 189
feuilleton of veal *à l'ancienne* 69–70
knuckle of veal *à la provençale* 72
osso buco *à la milanaise* 75
stocks
brown veal stock 482
quick stock 485
thick veal stock 485
tomato veal stock 485
vegetables
fried entrecôte *à la fermière* 38
matignon mixture 487
mirepoix with meat 487
navarin of lamb 142
pot-au-feu 48–9
sukiyaki 57
terrine of veal with spring vegetables 82
veal steamed with vegetables 91
vegetable bouillon 485
vegetable macédoine with butter or cream 444
vegetable mirepoix 489
vegetable salpicons with cream sauce 444–5
vegetable salpicons with mayonnaise 445
vegetable salpicons with vinaigrette 445
see also individual types of vegetable
velouté sauce 478
venison 379–87
Burgundy sauce for venison 379
consommé chasseur 379

grand veneur sauce 467
haunch of roebuck with capers 379–80
pan-fried venison with pears 380
pomponnettes 380–1
roast haunch of roebuck 381
roast saddle of roebuck with poivrade sauce 381
roebuck filets mignons 382
roebuck noisettes with red wine and roast pear 382
roebuck sauce 382–3
saddle of roebuck *à la berrichonne* 383
saddle of roebuck grand veneur 384
sautéed roebuck cutlets 384
sautéed roebuck cutlets *à la crème* 384
sautéed roebuck cutlets *à la minute* 384
sautéed roebuck cutlets *à la mode d'Uzès* 385
sautéed roebuck cutlets with cherries 385
sautéed roebuck cutlets with grapes 385
sautéed roebuck cutlets with juniper berries 385
shoulder of roebuck with olives 386–7
simple game consommé 386
three-hour leg of roebuck 387
Vichy carrots 445
Villeroi sauce 479
vinaigrette
ravigote sauce 475
vegetable salpicons with vinaigrette 445
vine leaves
quails in vine leaves 369
roast quails 369
yalanci dolmas 160
vinegar, chicken with 253
vitello tonnato 91–2
vol-au-vents
scrambled eggs *à la reine* 274
vol-au-vent case 452–3
vol-au-vent financière 195–6

W

walnuts
pheasant *à la géorgienne* 354–5
pheasant with walnuts 357
West Indian ragoût 61
white aspic 481
white bitter orange sauce for roast duck 479
white bread 453–4
white chicken stock 486
white roux 479–80
white sauce 480
white stock 486–7
wild boar 388–91
boar's-head brawn (head cheese) 388–9
cutlets of marcassin with quinces 389–90
saddle of wild boar with quince sauce 390
sweet-and-sour leg of marcassin (wild boar) 390–1
wild duck 391–3
fillets of wild duck in bitter orange sauce 296
mallard with green peppercorns 298–9
puff-pastry piroshki 391
wild duck *à la tyrolienne* 392
wild duck *à la Walter Scott* 392
wild duck au Chambertin 392

wild duck with pears 393
wine
ballotine of goose with Savigny-lès-Beaune 306–7
braised ham with Madeira 95
Burgundy sauce for venison 379
chicken in aspic with champagne 237
civet of hare *à la flamande* 333
consommé with wine 29
coq au vin 257
country-style coq au vin 258
court-bouillon with wine 483
fricassée with Anjou wine 261
goose *à la bourguignonne* 309
Mme Maigret's coq au vin 264–5
marchand de vin butter 416
mutton fillets in red wine 142
ravioli of daube of duck with red wine 299
red kidney beans with red wine and bacon 113–14
red wine sauce 475
roebuck noisettes with red wine and roast pear 382
sauté of veal with red wine 77–8
sautéed calf's kidney with Madeira and three mustards 182
steamed duck foie gras with Sauternes 303
suprême of chicken with Sauternes and preserved lemon 277
truffled foie gras with Madeira 314–15
wild duck au Chambertin 392
wild rabbit with Hermitage wine 377
woodcock 394–9
casserole of woodcock 394
casserole of woodcock *à la crème* 394
cold timbale of woodcock 395
cold woodcock *à la Diane* 395
hot woodcock pâté *à la perigourdine* 395–6
pheasant *à la Sainte-Alliance* 356
roast woodcock on toast 396
sautéed woodcock in Armagnac 396
truffled roast woodcock 397
woodcock *à la Riche* 397
woodcock casserole *à la perigourdine* 397
woodcock pâté 398
woodcock salmi 398–9
woodcock soufflé with chestnuts 399

Y
yalanci dolmas (stuffed vine leaves) 160

Z
zampone 120

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Contents

Useful information *8*

Introduction *9*

Vegetables *10*
- Artichokes (globe) *13*
- Asparagus *21*
- Aubergines (eggplant) *27*
- Avocado *33*
- Barley *37*
- Beans, fresh & dried *38*
- Beetroot (beet) *48*
- Broccoli *52*
- Brussels sprouts *53*
- Buckwheat *55*
- Bulgur *56*
- Cabbage *56*
- Cardoons *65*
- Carrots *67*
- Cauliflower *71*
- Celeriac (celery root) *74*
- Celery *77*
- Chestnuts *80*
- Chick peas *83*
- Chicory (endive) *84*
- Courgettes (zucchini) & marrows (summer squash) *87*
- Cucumbers & gherkins *92*
- Custard marrow *97*
- Endive (chicory) *98*
- Fennel *100*
- Fern *101*
- Garlic *102*
- Jerusalem artichokes *105*
- Leeks *106*
- Lentils *110*
- Lettuce *112*
- Maize *115*
- Mushrooms *118*
- Okra *137*
- Onions & shallots *138*
- Palm hearts (hearts of palm) *144*
- Peas *146*
- Peppers (bell peppers) *150*
- Potatoes *153*
- Pumpkin *176*
- Radish *177*
- Rice *178*
- Salsify *181*
- Sorrel *184*
- Spinach *187*
- Sweet potato *193*
- Swiss chard *194*
- Tomatoes *197*
- Turnips *207*
- Watercress *210*

Mixed vegetables & salads *212*

Basic recipes & classic additions *240*
- Batters *243*
- Butters *245*
- Dressings & mayonnaise *246*
- Mirepoix, forcemeats & sausagemeat *248*
- Pastry *251*
- Sauces & purées *255*
- Stocks, consommés & glazes *268*

Index *276*

Acknowledgements *304*

Useful information

How to use this book

The recipes are divided into two main chapters: Vegetables and Mixed vegetables & salads. Within these chapters entries are grouped by main ingredient in A–Z order. The third chapter, Basic recipes & classic additions, has recipes for the batters, pastry, sauces and so on referred to in the first two chapters.

When an entry refers to another recipe, it may be found by first referring to the relevant section and then to the food or dish type. A comprehensive index of entries lists the entire contents.

Weights & measures

Metric, imperial and American measures are used in this book. As a general rule, it is advisable to follow only one set of measures and not to mix metric, imperial and/or cup quantities in any one recipe.

Spoon measures

Spoon measures refer to standard measuring utensils. Serving spoons and table cutlery are not suitable for measuring as they are not standard in capacity.

¼ teaspoon = 1.5 ml
½ teaspoon = 2.5 ml
1 teaspoon = 5 ml
1 tablespoon = 15 ml

Oven temperatures

Below are the standard settings for domestic ovens. However, ovens vary widely and manufacturer's instructions should be consulted. Individual ovens also perform differently and experience of using a particular appliance is invaluable for adjusting temperatures and cooking times to give the best results. Those working with commercial cooking appliances will be accustomed to using the higher temperatures attained. Many chefs' recipes refer to glazing or cooking in a hot oven for a short period: as a rule, the hottest setting for a domestic appliance should be used as the equivalent.

Temperatures and timings in the recipes refer to preheated ovens.

If using a fan-assisted oven, follow the manufacturer's instructions for adjusting timing and temperature.

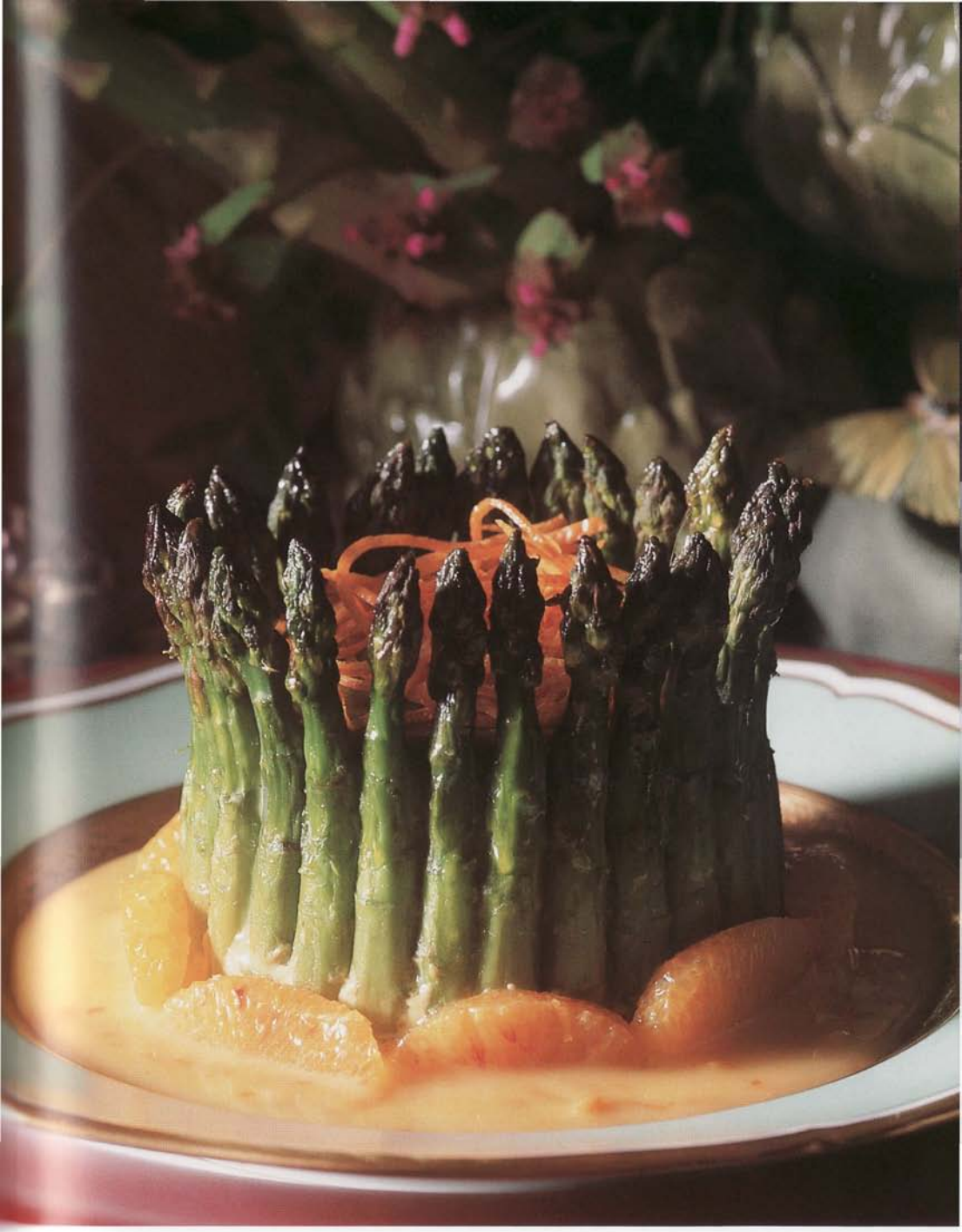
Centigrade	Fahrenheit	Gas mark
110°C	225°F	gas ¼
120°C	250°F	gas ½
140°C	275°F	gas 1
150°C	300°F	gas 2
160°C	325°F	gas 3
180°C	350°F	gas 4
190°C	375°F	gas 5
200°C	400°F	gas 6
220°C	425°F	gas 7
230°C	450°F	gas 8
240°C	475°F	gas 9

Introduction

Larousse Gastronomique is the world's most famous culinary reference book. It was the vision of Prosper Montagné, a French chef who was responsible for the first edition published in Paris in 1938. His aims were to provide an overview of 20th-century gastronomy and its history, as well as a source of reference on the more practical aspects of cookery. Twenty-three years later the first English edition was published and it immediately became the culinary bible of chefs, cooks and food aficionados.

A new English edition of this monumental work was published in 2001. Completely revised and updated, it reflected the social and cultural changes, together with advances in science and technology, that have dramatically influenced our ideas about food, the way we cook and how we eat.

Distilled from the latest edition, in one convenient volume, is this collection of over 600 vegetable and salad recipes, together with over 80 recipes for sauces, dressings, pastry, butters and stocks. Whether your interest is in the great traditions of French cuisine or in the wide spectrum of food as the international subject it has become, the recipes reflect the diversity of the world of cooking in the 21st century.



Asparagus mousse with orange butter
Recipe on page 23



Asparagus velouté soup
Recipe on page 25



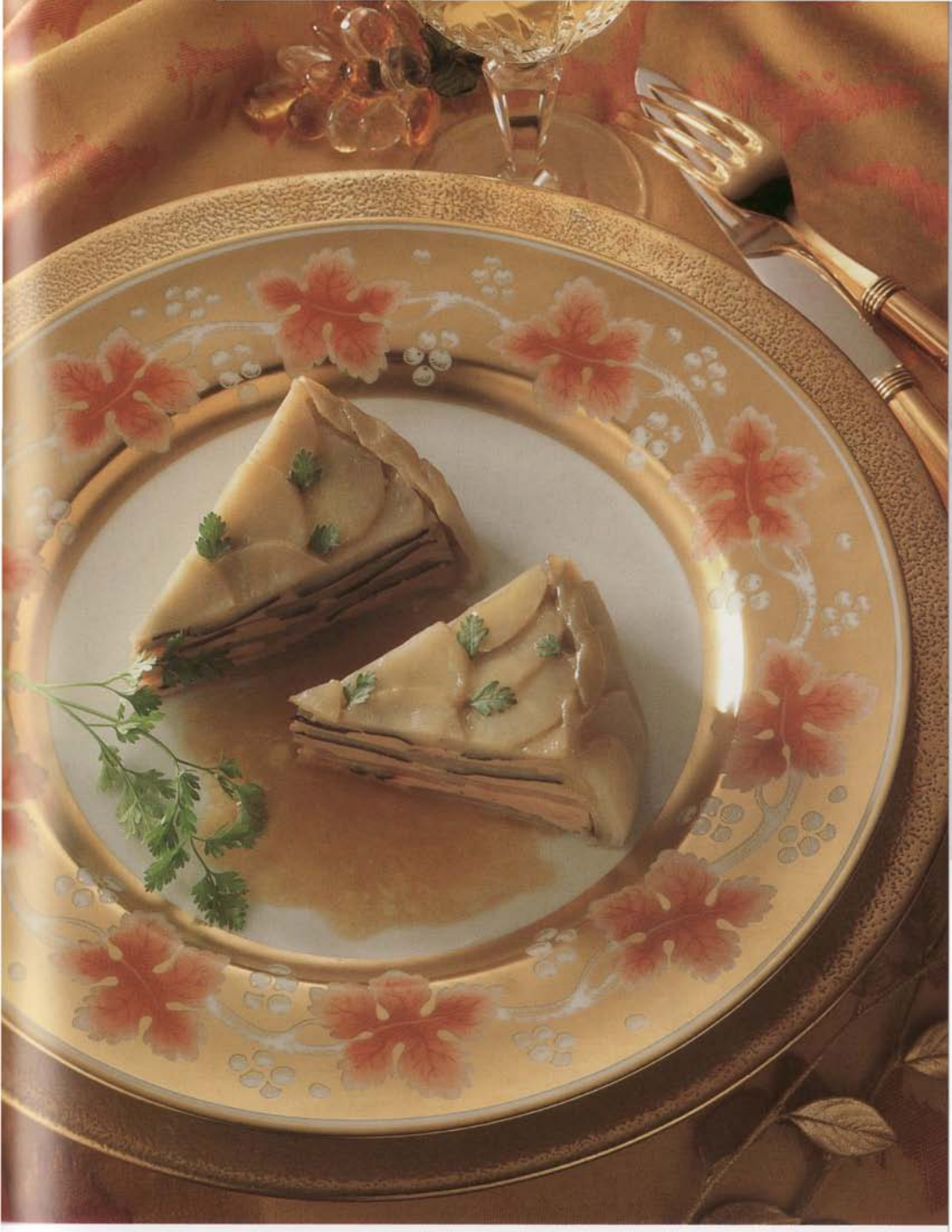
Cabécou figs en coffret with bean salad
Recipe on page 39



Sauerkraut à l'alsacienne
Recipe on page 61



Gougères with celeriac, celery and cream of caviar
Recipe on page 75



Jerusalem artichoke pie with foie gras and truffle
Recipe on page 105



Fiddlehead fern and Matane prawn salad
Recipe on page 101



Salade gourmande
Recipe on page 229

VEGETABLES

Artichokes, globe

To prepare

Break off the stalk of the artichoke by bending it until it comes away from the base; the stringy parts will come away with the stalk. Using a very sharp knife, cut the base flat and then remove the tough outer leaves. Neatly trim the outside of the artichoke, then cut off the top and remove the choke. Rub with lemon to prevent it going black, even if it is to be used immediately.

Arles salad

Slice some boiled potatoes and quarter some boiled artichoke hearts. Mix together and dress with vinaigrette, sprinkle with chopped chervil and tarragon, and garnish with curly endive (frisée) and tomato quarters. Garnish with drained canned anchovy fillets arranged in a criss-cross pattern, with a stoned (pitted) black (ripe) olive placed in the centre. Pour some vinaigrette (seasoned with very little salt) over the garnish just before serving.

Artichoke fritters

Trim some small, young globe artichokes (harvested before their chokes have formed). Blanch for 5 minutes until just tender, then drain and cut each

artichoke into four pieces. Sprinkle with plenty of lemon juice and a little olive oil, season with salt and and a few turns of pepper and leave to marinate for 30 minutes. Drain the artichoke pieces. Dip them in batter, deep-fry in hot oil, drain again and serve on a napkin. (Brussels sprout fritters are prepared in the same way.)

Artichoke hearts à la florentine

Slowly cook some artichoke hearts and some spinach in butter in separate pans. Stuff each artichoke heart with a heaped tablespoon of prepared spinach and coat with Mornay sauce. Sprinkle with grated cheese and brown in a preheated oven at 240°C (475°F, gas 9).

Artichoke hearts à la piémontaise

Cook some artichoke hearts in melted butter. Prepare a risotto *à la piémontaise* and garnish each artichoke heart with a dome of 2 tablespoons risotto. Sprinkle the artichoke hearts with grated Parmesan cheese and a little melted butter and brown in a preheated oven at 240°C (475°F, gas 9). Serve with tomato sauce.

Artichoke mirepoix

Prepare 12 small young artichokes. Place 200 ml (7 fl oz, I cup) fondue of vegetable mirepoix with some butter in a sauté pan and add 2 tablespoons finely diced lean ham. Arrange the artichokes in the sauté pan and cover with a lid. Cook very gently for 5 minutes, then moisten with 4 tablespoons dry white wine and reduce. Add 100 ml (4 fl oz, ½ cup) veal gravy, cover the pan once more and cook for 35 minutes.

Arrange the artichokes in a vegetable dish, pour the mirepoix over the top of them and sprinkle with chopped parsley. Serve immediately.

Artichoke omelette

Slice 4 artichoke hearts and sauté them in butter until they are half-cooked, without letting them brown. Add the artichoke slices to 8 eggs and beat together; cook the omelette as usual. It can be garnished with a row of sliced sautéed artichoke hearts and surrounded with a ribbon of reduced veal stock.

Artichoke ragoût

Prepare 2 kg (4½ lb) small artichokes. Heat some oil in a large flameproof casserole and toss the artichokes in it. Brown them, stirring constantly, for 5 minutes. Add sufficient water to cover, season with salt and pepper and, without covering the casserole, simmer very gently for 15 minutes. Sauté 2 kg (4½ lb) small new potatoes in a little oil. Blanch 150 g (5 oz) lean diced bacon and add to the potatoes. Cook for 5 minutes to brown. Drain and add to the artichokes, cover and complete the cooking without stirring (this takes about 20 minutes).

Artichokes à la barigoule

Prepare the artichokes for stuffing. Clean and chop 75 g (3 oz, 1 cup) mushrooms for each artichoke. Mince (grind) 50 g (2 oz) fat bacon and the same quantity of ham. Mix these ingredients together with chopped parsley, salt and pepper. Fill the artichokes with the mixture, cover with fat bacon, tie up with string, and braise in white wine with a little olive oil. Thicken the cooking liquor with a very small amount of softened butter.

Artichokes à la bretonne

These are boiled artichokes accompanied by a white sauce prepared from the cooking liquid and enriched with crème fraîche; butter is added to the sauce just before serving.

Artichokes à la cévenole

Blanch the artichokes and gently cook them in butter. Garnish with chestnut purée flavoured with Soubise purée. Sprinkle with grated Parmesan cheese and melted butter and brown in the oven or under the grill (broiler).

Artichokes à la duxelles

Blanch the artichokes and cook gently in butter, then stuff with finely chopped mushroom duxelles.

Artichokes à la lyonnaise

Choose medium-sized artichokes with long spread-out leaves, either the green or the violet variety. Break off the stalks, chop the artichokes into four, cut the leaves down to two-thirds their length and remove the choke. Plunge the artichokes into a saucepan of boiling water, half-cook them and then drain them thoroughly.

Heat a mixture of equal parts of oil and butter in a flameproof pan and soften a chopped onion in it. Add the artichokes, season with salt and pepper and cook over a moderate heat until the vegetables begin to brown. Add 1 tablespoon flour and about 300 ml (½ pint, 1¼ cups) stock. When the artichokes are cooked, arrange them on a vegetable dish and keep them hot. Add a little more stock to the pan and reduce. Add some chopped parsley and then stir in a good-sized piece of unsalted butter and the juice of ½ lemon. Pour the sauce over the artichokes and serve.

Artichokes à la niçoise

Blanch the artichokes and sauté in olive oil. Garnish with thick tomato sauce, sprinkle with white breadcrumbs and olive oil, and brown in the oven or under the grill (broiler).

Artichokes à la portugaise

Gently cook the prepared artichokes in oil with chopped onion. Add 2 peeled seeded chopped tomatoes, a little grated garlic and some chopped parsley. Cover and cook over a very low heat. Garnish with a well-reduced tomato sauce and sprinkle with chopped parsley.

Artichokes aux fines herbes

Lightly blanch the artichokes, then sauté them (either whole or sliced) in butter. Arrange in a vegetable dish and sprinkle with chopped chervil and parsley. If the artichokes are very tender, the raw hearts may be sliced, rubbed with lemon and sautéed in butter.

Artichokes Clamart

Clean a lettuce and cut it into long thin shreds. Wash 12 small young globe artichokes; break off the stalks and cut away the large leaves. Butter a flameproof casserole and arrange the artichokes in it. Add 500 ml (17 fl oz, 2 cups) shelled fresh green peas, the lettuce, some salt, 1 teaspoon caster (superfine) sugar and 3 tablespoons water. Cover and cook very gently. Serve in the cooking dish, adding 1 tablespoon butter at the last minute.

Artichokes cooked in butter or à la crème

Prepare and trim the artichoke hearts. Rub them with lemon and blanch for 10 minutes in boiling salted water with a few drops of lemon juice. Drain the hearts, arrange in a well-buttered sauté pan and season with salt and pepper. Sprinkle with melted butter and cook, covered, for about 20 minutes. The artichoke hearts may then be served *à la crème* by covering them with hot crème fraîche that has been reduced by half. They may be cut into slices if they are too large.

Artichokes Crécy

Prepare 12 very small fresh artichokes and put them in a generously buttered sauté pan. Turn 800 g (1¾ lb) small new carrots and add them to the sauté pan. Season with salt and a pinch of sugar. Moisten with 4 tablespoons water, cover, and cook slowly for about 40 minutes. Add 1 tablespoon unsalted butter just before serving.

Artichokes Soubise

Blanch the artichokes and steam them in butter. Garnish with Soubise purée. Sprinkle with a little Parmesan cheese and brown lightly in the oven or under the grill (broiler).

Artichoke velouté soup

Prepare a white roux with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) flour. Moisten with a generous 750 ml (1¼ pints, 3¼ cups) chicken consommé. Blanch 8 small artichoke hearts, cut into slices, and simmer in 40 g (1½ oz, 3 tablespoons) butter for about 20 minutes. Add them to the consommé, bring to the boil and cook until the vegetables break up. Reduce the mixture to a purée in a food processor or blender. Dilute with a little consommé to obtain the desired consistency and heat. Remove from the heat and thicken the soup with a mixture of 3 egg yolks beaten with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Finally, whisk in 75 g (3 oz, 6 tablespoons) butter. Reheat but do not boil.

Boiled artichokes

Using scissors or a very sharp knife, trim off the top third of the outer leaves of the artichokes and wash the heads in plenty of water. Break off the stalk level with the leaves (do not cut it); the stringy parts will come away with the

stalk. Tie up each artichoke with string so that the head retains its shape during cooking and plunge the vegetables into acidulated boiling salted water. Keep the water boiling vigorously. The cooking time (average 30 minutes) depends on the size and freshness of the artichokes. (Allow 10–12 minutes after the steam begins to escape when using a pressure cooker.) The artichokes are cooked when the outside leaves come away when pulled upwards. Drain the artichokes by placing them upside down in a colander, remove the string and serve immediately. If they are to be eaten cold, put them under the cold tap as soon as they are cooked and then drain them; do not untie them until the last moment. To serve, take out and discard the centre leaves which hide the choke and remove the choke by scooping it out with a small spoon.

Artichokes may be eaten hot with melted butter, a white sauce (prepared with the cooking water enriched with fresh cream), a cream sauce (or simply cream flavoured with lemon and heated), a hollandaise sauce or a mousseline sauce. Cold artichokes may be served with mayonnaise, mustard sauce, soy sauce, tartare sauce, or vinaigrette and flavoured, if desired, with chopped parsley or chervil.

Braised stuffed artichokes

Trim and tie large artichokes. Blanch for 5 minutes in boiling water, cool under the tap, drain and remove the small central leaves and the choke. Season with salt and pepper. Fill the artichokes with a meat stuffing (made, for example, with 4 parts sausagemeat to 1 part onion softened in butter, and some chopped parsley). Wrap them in thin slices of fat bacon and tie them. Butter a sauté dish and line the base with bacon rashers (slices), and sliced onions and carrots. Place the artichokes on top, season with salt and pepper, and add a bouquet garni. Cover and begin cooking over a low heat. Moisten

with a small quantity of dry white wine, and reduce. Add a few tablespoons of veal stock, cover and cook in a preheated oven at 180°C (350°F, gas 4) for about an hour, basting frequently. Drain the artichokes, untie them and remove the bacon rashers. Arrange the artichokes on a round dish. Strain and skim fat from the cooking liquor, add some demi-glace or any other reduced sauce, and use to coat the artichokes.

Casseroled artichokes

Choose small Italian or violet Provençal artichokes, and trim the leaves to two-thirds of their length. Blanch the artichokes, drain, remove the centre leaves and choke, and fill them with a stuffing made from breadcrumbs, chopped garlic, capers, parsley and salt and pepper. Arrange the artichokes close together in a casserole, moisten with a generous quantity of olive oil and season with salt and pepper. Cook in a preheated oven at 180°C (350°F, gas 4), uncovered, for about 50 minutes, basting from time to time. To serve, arrange the artichokes on a dish and pour the cooking juices over them.

Noisettes Beauharnais

Braise some small artichoke hearts in butter. In another pan, sauté some lamb noisettes in butter, arrange them on fried croûtons and keep hot. Prepare some noisette potatoes and a béarnaise sauce, and pour the sauce over the artichoke hearts. Deglaze the meat pan with Madeira, boil down to reduce and add some chopped mushrooms. Arrange the noisettes on a serving dish with the artichoke hearts and the noisette potatoes and cover with the sauce.

Scrambled eggs with artichokes

Cook the artichokes in water until tender and remove the leaves and the choke. Slice the artichoke hearts crossways and sauté them in butter. Make

the scrambled eggs and add half the artichoke hearts. Arrange the mixture on a dish, garnish the top with the remaining slices of artichoke and fried croûtons, and surround with a ribbon of concentrated veal stock.

Young whole, trimmed artichokes

These may be braised without stuffing, devilled, cooked *à la lyonnaise* or *à la mirepoix*, or used in any of the recipes for artichokes.

Asparagus

To prepare

Lay the asparagus stalks flat on a chopping board and cut them all to the same length. Peel them, working from the tip to the base, and clean the tips with a pointed knife if necessary. Wash the asparagus in plenty of water but do not soak. Drain and tie into bunches or small bundles.

Plunge the bundles of asparagus into boiling salted water – 1½ teaspoons salt to 1 litre (1¾ pints, 4⅓ cups) – water and cook for 20–30 minutes depending on the thickness. Remove the asparagus as soon as it is tender, and drain either on a plate covered with a napkin or on a draining rack. There are special cylindrical pans for cooking asparagus. The stalks are held upright and water is added to cover the stems but not the tips. The lid is replaced during cooking. The tips are more tender if they are cooked in the steam.

At the end of the season, asparagus becomes a little bitter. Blanch for 5 minutes and drain it, then complete cooking in fresh water.

Asparagus à la flamande

Cook some asparagus in salted boiling water. Serve hot with melted butter to which sieved yolks of hard-boiled (hard-cooked) eggs and chopped parsley have been added.

Asparagus à la polonaise

Clean some asparagus and trim to the same length. Tie into small bunches and cook for 25 minutes in plenty of boiling salted water (to which may be added 1 tablespoon flour to help the asparagus keep its colour). Drain thoroughly and arrange in a long buttered dish, in staggered rows, so that the tips show clearly. Sprinkle with sieved hard-boiled (hard-cooked) egg yolk and chopped parsley. Lightly brown some breadcrumbs in noisette butter and pour over the asparagus. Serve immediately.

Asparagus aspic

Coat the base and sides of ramekins with aspic jelly. Cut asparagus tips to the height of the ramekins and arrange them so that they stand upright around the edge, closely pressed together. Fill the centre of the ramekins with a purée of foie gras. Cover with aspic and leave to chill in the refrigerator for several hours before serving.

Asparagus au gratin

Cook the asparagus in boiling salted water, drain and arrange on an ovenproof dish, staggering the layers in order to expose the tips and hide the stalks. Coat the tips with a layer of Mornay sauce. Place a strip of foil over the uncoated parts. Sprinkle with grated Parmesan cheese, drizzle over melted butter and brown in the oven or under the grill (broiler). Remove the foil just before serving.

Asparagus charlotte

Trim 1 kg (2¼ lb) very fine green asparagus. Cook it in a generous quantity of salted water and then drain. Set aside 6 asparagus tips and pass the remainder through a fine sieve or a blender. Pour the resulting purée into a small saucepan and dry it out over a very gentle heat.

Plunge 12 cherry tomatoes into boiling water, peel and halve them, and remove the seeds. Soften them over a gentle heat and add salt and pepper. Peel 12 small pearl (button) onions, brown them in butter, add some stock and cook them until they are very tender. Make a zabaglione with 1 egg yolk, omitting the sugar.

Beat 2 eggs in a bowl with some salt and pepper. Add the tomatoes, asparagus purée, onions and half the zabaglione. Stir gently with a wooden spoon until thoroughly mixed. Warm 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream, whisk it slightly, and then add it to the vegetable mixture.

Pour the preparation into a buttered charlotte mould. Place it in a preheated oven at about 160°C (325°F, gas 3) and cook for just under 1 hour. Heat the 6 asparagus tips in a bain marie. Turn out the cooked charlotte on to a serving dish and surround with a rosette of asparagus tips. Coat with the remaining zabaglione.

Asparagus mousse with orange butter

Cook 200 g (7 oz) trimmed green asparagus spears in well-salted boiling water. Cool down quickly in a bowl of iced water, drain and dry on a cloth. Place in a blender with 2 whole eggs, 1 egg yolk, 50 g (2 oz) uncooked white chicken meat and 2 tablespoons crème fraîche. Add 7 tablespoons pouring cream, 2 tablespoons truffle juice, salt and pepper. Purée in a blender until the mixture is smooth.

Butter 4 stainless steel rings 6 cm (2½ in) in diameter and 4 cm (1½ in)

high. Place on a roasting tin (pan) which will act as a bain marie. Cook 100 g (4 oz) green asparagus tips, 5 cm (2 in) long. (Check that there are sufficient asparagus tips to line the sides of the rings.) Carefully arrange them vertically at regular intervals around the edge of each ring. Next fill the rings to the top with the asparagus mousse so that the asparagus tips stick out by 1 cm (½ in). Pour water into the tin up to one-third the height of the rings. Cook in a preheated oven at 110°C (225°F, gas ¼) for 20 minutes.

In a small sauté pan, reduce the juice of an orange with the blanched, finely shredded zest of ½ orange. (Reserve the remaining blanched zest for garnishing.) Whisking continually, add 100 g (4 oz, ¼ cup) butter cut into small pieces. Season with salt and pepper. Put aside in a warm place. Carefully transfer each stainless steel ring to a serving dish, slide a thin knife blade round the ring to loosen the mousse and remove the ring. Pour the orange butter around the mousse. Garnish with orange segments and blanched zest.

Asparagus ragoût with young garden peas

Take equal quantities of shelled young garden peas and peeled asparagus. Cut the asparagus into 2 cm (¾ in) lengths. Sauté some small onions in a pan with butter, oil or, ideally, goose fat. When they have browned, add the asparagus and peas, cover, and sweat for 5 minutes. Add salt, pepper, a little sugar and enough chicken stock to just cover. Cover the pan and cook over a low heat for 15 minutes. Arrange the ragoût in a vegetable dish and serve.

Asparagus tart

Cover a pastry case (pie shell), baked blind, with a layer of creamed chicken purée. Garnish with asparagus tips that have been gently cooked in butter. Coat with cream sauce or suprême sauce. Sprinkle with fried breadcrumbs and brown in the oven.

Asparagus velouté soup

Prepare a white roux with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) flour. Moisten with a generous 750 ml (1¼ pints, 3¼ cups) chicken consommé. Cut 400 g (14 oz) washed asparagus into pieces, blanch for 5 minutes in boiling water, drain and then simmer with 40 g (1½ oz, 3 tablespoons) butter for about 10 minutes. Reduce to a purée in a food processor or blender and add to the consommé. Dilute with a little consommé to obtain the desired consistency and heat. Remove from the heat and thicken the soup with a mixture of 3 egg yolks beaten with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Finally, whisk in 75 g (3 oz, 6 tablespoons) butter. Reheat but do not boil. Garnish with cooked asparagus tips and chopped parsley.

Buisson of asparagus in pastry

Buisson is the term for a traditional method of arranging food, especially crayfish and asparagus, pressed together in a pyramid. The term is now also used for fried smelts and *goujonnettes* of sole arranged in a dome with a garnish of fried parsley.

Cook some very thick white asparagus tips in salted water, keeping them slightly firm. Drain and wipe dry. One by one, coat them in a little mayonnaise stiffened with gelatine. Bake a thin pastry case (pie shell) blind and half-fill with a salad of green asparagus tips and very fine slices of truffle. Arrange the white asparagus tips on top in a pyramid.

Canapés with asparagus

Spread some thickened mayonnaise on rectangular slices of bread. Arrange very small asparagus tips on each canapé and 'tie' each bunch with a thin strip of green or red sweet pepper.

Cream of asparagus soup

Shred and blanch 400 g (14 oz) asparagus tips, then cook them in 40–50 g (1½–2 oz, 3–4 tablespoons) butter. Prepare 750 ml (1¼ pints, 3¼ cups) white sauce using 900 ml (1½ pints, 1 quart) milk to a white roux of 25 g (1 oz, 2 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour and purée with the cooked asparagus in a food processor or blender. Reheat and season the soup, then thin with a little cream before serving.

Royale of asparagus

Cook 75 g (3 oz) asparagus tips and 5 or 6 fresh spinach leaves in boiling water for a few minutes, then drain them thoroughly. Add 1½ tablespoons béchamel sauce and 2 tablespoons consommé. Press through a sieve. Bind the mixture with 4 egg yolks, pour into buttered dariole moulds and cook in a bain marie in a preheated oven at 200°C (400°F, gas 6) for 30 minutes. Unmould and serve.

Aubergines (eggplant)

To prepare

Traditionally, the slightly bitter taste of aubergines (eggplants) was minimized by sprinkling the sliced or cut up flesh with salt and leaving it for 30 minutes to draw out bitter juices. The aubergine was then rinsed and dried before cooking. This process of degorging is no longer necessary as commercially cultivated aubergines are no longer as bitter as they used to be.

Aubergines may be stuffed in two ways depending on their size and shape. They may be cut in half lengthways and the flesh scooped out of each half. Alternatively, the top may be removed and the aubergine hollowed out inside. Use a sharp knife to remove the flesh, leaving a thickness of 5 mm (¼ in) around the edge, and scoop out the remainder of the flesh from the base with a grapefruit knife. Sprinkle the empty case and the flesh with lemon juice to prevent discoloration.

Aubergine caviar

Cook 3 big, heavy, whole aubergines (eggplants), in a preheated oven at about 200°C (400°F, gas 6) for 15–20 minutes until tender. Hard boil (hard cook) 4 eggs, cool under a cold tap and shell them. Peel and seed 2 tomatoes and chop the flesh. Peel and finely chop an onion. Cut the aubergines in half, remove the flesh and chop it up with a knife. Mix the tomatoes, aubergine flesh and onion in a salad bowl. Season with salt and pepper and slowly work in 1 small glass olive oil, stirring as for mayonnaise. Alternatively, purée the mixture in a blender. Place in the refrigerator until ready to serve. Garnish with quarters of hard-boiled eggs and tomato slices.

Aubergine fritters

Peel some aubergines (eggplants), slice them and marinate for 1 hour in olive oil, lemon juice, chopped parsley, salt and pepper. Mix together with a fork (or in a blender) some hard-boiled (hard-cooked) egg yolk, a little butter and some chopped parsley. Spread the mixture on the aubergine slices. Dip the slices in batter, deep-fry in hot oil, drain and serve on a napkin. The same method may be used for broccoli, cardoons, celery, celeriac (celery root), courgettes (zucchini), cauliflower, marrow (squash) flowers, salsify, tomatoes and Jerusalem artichokes.

Aubergine omelette

Add 2 tablespoons diced aubergines (eggplants), sautéed in oil, to 8 eggs and beat together. Cook the omelette.

Aubergine papeton

Prepare 500 ml (17 fl oz, 2 cups) very reduced tomato fondue. Peel 2 kg (4½ lb) aubergines (eggplants), cut them into cubes, sprinkle with fine salt and leave them to exude their juice for 1 hour. Wash the aubergine cubes in cold water, wipe them thoroughly, then sprinkle lightly with flour and cook very gently in 4 tablespoons olive oil until soft. Season with salt and leave to cool, then purée in a food processor or blender.

Mix 7 large eggs, beaten as for an omelette, with 100 ml (4 fl oz, 7 tablespoons)milk, 2 finely crushed garlic cloves, some salt, pepper and a pinch of cayenne. Stir in the aubergine purée and pour into a buttered manqué mould or soufflé dish. Place this mould in a bain marie, bring it to the boil on the top of the stove, then transfer it to a preheated oven and cook at 180°C (350°F, gas 4) for 1 hour. Turn out on to a warmed serving dish and coat with the hot tomato fondue.

Aubergine soufflés

Cook 3 big, heavy, whole aubergines (eggplants), in a preheated oven at about 200°C (400°F, gas 6) for 15–20 minutes until tender. Cut the aubergines in half, remove the flesh and chop it up with a knife. Press the flesh through a sieve or purée in a blender and add an equal quantity of reduced béchamel sauce. Bind with egg yolks and season with salt, pepper and grated nutmeg. At the last moment, fold in very stiffly whisked egg whites. Fill the aubergine cases with the mixture and arrange them in a gratin dish. Sprinkle with Parmesan cheese, if desired, and cook in a preheated oven at 200°C (400°F, gas 6) for about 10 minutes.

For aubergine soufflés *à la hongroise*, add 2 tablespoons chopped onion softened in butter to the filling and season with paprika.

Caponata

Peel 4 aubergines (eggplants), cut into large dice and sprinkle with salt. When they have lost some of their water, wash and wipe them and fry in oil. Cut the following ingredients into very small pieces: 100 g (4 oz, ¾ cup) olives, a head of celery scalded in salted water, 4 desalted anchovies and 50 g (2 oz, 3 tablespoons) capers. Slice an onion and brown in oil. Heat up 200 ml (7 fl oz, ¾ cup) tomato passata (purée) with 50 g (2 oz, ¼ cup) sugar until it is well reduced and darker in colour, then add 3 tablespoons vinegar and leave to simmer for a few minutes. Season with salt and pepper, add some chopped parsley, then mix the sauce with the aubergines and other ingredients. Allow to cool thoroughly. Arrange in the shape of a dome in a vegetable dish.

Gratin languedocien

Half-cook in oil 4 peeled and sliced aubergines (eggplants), seasoned with salt and pepper, and 12 halved, seasoned tomatoes. Arrange them in alternate

layers in a flameproof dish. Cover with a mixture of breadcrumbs, chopped garlic and parsley. Sprinkle with olive oil. Begin cooking on the top of the stove, then bake slowly in a preheated oven at 180°C (350°F, gas 4) until the top is well browned.

Imam bayildi

A Turkish dish of stuffed aubergines (eggplants) whose name means 'the imam fainted'. According to legend, when aubergines prepared in this way were offered to a certain imam (priest), he was so moved by the fragrant odour of the dish that he fainted from sheer gastronomical joy!

Soak 200 g (7 oz, 1 cup) currants in a little tepid water. Wipe 4 long aubergines (eggplants) and, without peeling them, slice them in half lengthways. Carefully remove the pulp without piercing the skin, cut it into small dice and sprinkle with lemon juice. Peel and chop 4 large onions; peel, seed and crush 8 large tomatoes; and chop a small bunch of parsley. Heat 4–5 tablespoons olive oil and brown the diced aubergine, tomato pulp, chopped onion and parsley. Add salt, pepper, a sprig of thyme and a bay leaf. Cover the pan and cook gently over a low heat for about 20 minutes. Then add 2 crushed garlic cloves and the drained currants. Mix everything together thoroughly and cook for a further 5 minutes. Grease an ovenproof dish remove the thyme and the bay leaf, arrange the aubergine halves in the dish, and fill them with the mixture. Pour some olive oil around the aubergines and add a little fresh thyme and some crumbled bay leaf. Cook in a preheated oven at 160°C (325°F, gas 3) for 2 hours. Serve hot, warm or cold.

Rougail of aubergines

Remove the stalks from 2 or 3 aubergines (eggplants) weighing in total about 300 g (11 oz) and cook them for 20–25 minutes in a preheated oven at 220°C

(425°F, gas 7). Meanwhile, in a food processor, purée 1 small new onion, a small piece of fresh root ginger, ½ red chilli pepper, ½ teaspoon salt, the juice of ½ lemon and 3–4 tablespoons olive oil. Halve the aubergines and remove the pulp with a spoon. Mix this pulp with the other ingredients and blend well to obtain a fine paste. Chill until ready to serve.

Sautéed aubergines

Cut the aubergines (eggplants) into 2 cm (¾ in) cubes and coat with flour. Sauté the cubes in olive oil in a frying pan. Arrange in a vegetable dish and sprinkle with chopped parsley.

Stuffed aubergines

Cook 6 small aubergines (eggplants) in a preheated oven at about 200°C (400°F, gas 6) for 15–20 minutes until tender. Cut the aubergines in half, remove the flesh and chop it with a knife. Sprinkle each hollow shell with salt and 1 tablespoon olive oil and arrange in an ovenproof dish. Cook them in a preheated oven at 220°C (425°F, gas 7) for 15 minutes. Place all the diced flesh in another dish, cover and cook it in the oven at the same time. Meanwhile, stone (pit) and finely chop 100 g (4 oz) large black olives and put them in a large bowl. Heat 1 tablespoon olive oil in a frying pan, add 6 anchovy fillets and mash them to an oily purée. Pour this purée into the bowl of olives and add the cooked crushed aubergine flesh and 1 crushed garlic clove and some thyme. Season with salt and pepper and mix well. Fill the aubergine shells with the mixture and flatten with a fork. Heat thoroughly in the hot oven.

Stuffed aubergines à la catalane

Cut 2 good-sized aubergines (eggplants) in half lengthways to form boat shapes. Leaving a 1 cm (½ in) rim around the top, scoop out the flesh without

damaging the skin. Chop the flesh together with 2 hard-boiled (hard-cooked) eggs, 2 crushed garlic cloves and some parsley. In olive oil, lightly cook 2 large chopped onions per aubergine, add it to the egg and aubergine mixture, and fill the aubergine boats. Arrange in an ovenproof dish, sprinkle with fresh breadcrumbs and oil, and cook in a preheated oven at 220°C (425°F, gas 7–8).

Stuffed aubergines à l'italienne

Cook 6 small aubergines (eggplants) in a preheated oven at about 200°C (400°F, gas 6) for 15–20 minutes until tender. Cut the aubergines in half, remove the flesh and chop it with a knife. Mix the chopped flesh with an equal quantity of risotto seasoned with chopped parsley and garlic. Fill the aubergine shells with this mixture and sprinkle breadcrumbs over the top. Sprinkle with olive oil and brown in the oven or under the grill.

Avocado

Alienor salad

Mix 2 tablespoons grated horseradish with enough crème fraîche to give a smooth sauce with a strong flavour. Trim 2 smoked trout and remove the fillets, taking out all the bones. Cover 4 plates with lettuce. Cut a large avocado – stone (pit) removed – into thin slices; arrange the slices on the plates and sprinkle them with lemon juice. Arrange 2 fillets of trout, coarsely shredded, on each plate. Coat with the horseradish sauce. Sprinkle with a few flaked (slivered) almonds and complete with slices of gherkin.

Avocado and prawn barquettes

A barquette is a small boat-shaped tart made of short-crust pastry (basic pie dough) or puff pastry, baked blind and then filled with various sweet or savoury ingredients.

Mix some mashed avocado to which some lemon juice has been added with an equal volume of mayonnaise. Season with salt and pepper and add a little cayenne. Fill the cooked barquettes with this mixture and garnish with shelled prawns (shrimp).

Avocado salad archestrate

Cut the heart of a head of celery into thin strips. Dice 3 cooked artichoke hearts and 3 peeled and seeded tomatoes. Halve 4 avocados and carefully remove the flesh, keeping each half intact. Slice the flesh and sprinkle with lemon juice. Season the avocado and vegetables with vinaigrette, arrange in a salad bowl and sprinkle with chopped herbs.

Avocado salad with crab

Cut 3–4 avocados in half and scoop out the flesh with a small spoon. Mix the flesh with crumbled crabmeat, diced tomato flesh, slices of hard-boiled (hard-cooked) egg, pepper and a little tomato purée or ketchup. Sprinkle with chopped herbs and serve cold.

Avocado salad with cucumber

Assemble equal quantities of avocado (halved, stoned, peeled, diced and sprinkled with lemon juice) and halved, seeded and sliced cucumber in a salad bowl. Dress with vinaigrette, flavoured with mustard, and sprinkle with some chopped mixed herbs.

Avocado sauce

Blend together avocado flesh with lemon juice in the following proportions: 2 tablespoons lemon juice to a medium-sized avocado. Mix with an equal volume of whipping cream. Serve very cold with hot or cold meat or poultry, with quarters of lemon.

Avocados stuffed with crab

Prepare a mayonnaise and season it with mustard and cayenne pepper. Crumble some crabmeat (fresh, canned or frozen). Halve the avocados and scoop out the flesh in large pieces, then cut it into even-sized cubes. Sprinkle the flesh and the insides of the avocado shells with lemon juice and season them with salt and pepper to taste. Mix the mayonnaise with the crabmeat and carefully stir in the chopped avocado flesh. Pile the filling into the avocado shells. If you like, the avocados can be garnished with mayonnaise flavoured with a little tomato purée (paste) piping it with a star (fluted) nozzle. Dust with paprika.

Avocados stuffed with shrimps

Prepare a mayonnaise and season it with mustard and cayenne pepper. Mix the mayonnaise with shrimps (fresh, canned or frozen). Sprinkle the flesh and the insides of the avocado shells with lemon juice and season them with salt and pepper to taste. Mix the mayonnaise with the shrimps and carefully add the chopped avocado flesh. Pile the filling into the shells. If you like, the avocados can be garnished with mayonnaise flavoured with a little tomato purée (paste) piping it with a star (fluted) nozzle. Dust with paprika.

Californian avocado salad

Peel 2 grapefruit, removing all the pith, then cut the segments from between the membranes. Place the fruit segments in a salad bowl. Halve 3 avocados, remove the flesh, dice it and sprinkle with lemon juice. Add to the salad bowl together with 150–200 g (5–7 oz) shelled shrimps. Sprinkle with 2 tablespoons gin or brandy and add 3–5 tablespoons mayonnaise flavoured with a little ketchup and cayenne pepper. Garnish with slices of lemon.

Cornmeal pancakes with avocados

Make a pancake batter with 250 g (9 oz, 2 cups) cornmeal, 3 eggs, salt, pepper, 2–3 tablespoons oil or melted butter and 500 ml (17 fl oz, 2 cups) warm milk, or a mixture of milk and water. Beat the ingredients together until smooth then set the batter aside. Purée the flesh of 3 avocados in a food processor or blender, adding cayenne, salt, pepper and 3 tablespoons olive oil. Cover with cling film (plastic wrap) and put in a cool place. Add some chopped tarragon to the cornmeal batter and make the pancakes, then allow them to cool. Spread the pancakes with avocado purée, roll them up and hold them together with cocktail sticks (toothpicks). Serve cold, with a tomato salad sprinkled with snipped chives.

Grilled avocado with mozzarella

Mix 4 finely chopped spring onions (salad onions) with 100 g (4 oz) finely diced mozzarella cheese and the grated rind (zest) from 1 lemon. Peel, seed and dice 2 tomatoes. Halve and stone (pit) 2 firm but ripe avocados, then arrange them in a fireproof tin (pan) or dish, supporting them with crumpled foil. Sprinkle with lemon juice and trickle with olive oil. Grill (broil) until hot and lightly browned. Divide the tomatoes between the avocados, sprinkle with seasoning, then top with the mozzarella mixture. Continue grilling until golden brown and bubbling. Serve at once.

Guacamole

Finely chop ¼ small onion and mix with 2 peeled, seeded and diced tomatoes, 1 seeded and finely chopped green chilli, 1 finely chopped large garlic clove, the juice of ½ lime and a little grated zest from about a quarter of the lime. Mash the flesh from 2 large ripe avocados in a mixing bowl, then add the vegetable mixture and gradually beat in 2 tablespoons olive oil. Stir in 2–3 tablespoons chopped fresh coriander (cilantro) and seasoning to taste.

Iced avocado velouté soup

Using a melon baller, scoop out some balls of pulp from a small peeled and seeded cucumber. Blanch them rapidly in boiling water. Peel a firm ripe tomato after dipping it in boiling water, and cut the flesh into very small dice. Halve 3 avocados, remove the stones (pits) and scoop out all the pulp with a spoon. Put the pulp through a food processor or blender, adding the juice of 1 lemon, 4 tablespoons crème fraîche and 100 ml (4 fl oz, 7 tablespoons) milk. Season with salt and dust with cayenne pepper. Place in the refrigerator to chill. Pour the soup into 4 bowls and garnish with the cucumber balls, the diced tomato and 6 finely chopped mint leaves. Serve ice cold.

Barley

To prepare

Pearl barley is the hulled and milled grain, pot barley is unhulled; both are used chiefly in soups, broths and stews, such as oxtail soup, *cholent* and Scotch broth. Pearl barley can be boiled and served as an alternative to rice.

Consommé with pearl barley

Wash 100 g (4 oz, ½ cup) pearl barley in warm water and add it, with 1 celery stick, to 2.5 litres (4¼ pints, 11 cups) clarified beef stock. Simmer for 2 hours, then remove the celery and serve the soup in cups.

Cream of barley soup

Wash 300 g (11 oz, 1½ cups) pearl barley and soak it for 1 hour in warm water. Add the drained barley and 1 sliced celery stick to 1 litre (1¾ pints, 4⅓ cups) clear white stock and simmer for 2½ hours. Rub the soup through a fine sieve and dilute with a few tablespoons of stock or milk. Heat the soup through again and add 200 ml (7 fl oz, ¾ cup) double (heavy) cream.

Polish kasha with barley

Pick over 350 g (12 oz, 1⅓ cups) pearl barley and blanch in boiling water for 2 minutes. Bring 3 litres (5 pints, 13 cups) milk and 65 g (2½ oz, 5 tablespoons) butter to the boil, then add the barley. Bring to the boil, reduce the heat so that the mixture simmers and cook, stirring frequently, until the barley is soft – about 1 hour. Take the pan off the heat and add 200 g (7 oz, 1 cup) butter. Cool for about 10 minutes before stirring in 6 lightly beaten

eggs and 100 ml (4 fl oz, 7 tablespoons) soured (sour) cream. Pour the mixture into a buttered charlotte mould and cook in a preheated oven at 200°C (400°F, gas 6) until set and golden on top. Serve it in the mould with double (heavy) cream served separately.

Beans, fresh & dried

To prepare dried beans

Dried beans are usually soaked before cooking, as this reduces the cooking time. Soaking also allows the skins to rehydrate and the beans to plump up, preventing both from separating during boiling. Overnight soaking in plenty of cold water is best, though soaking in boiling water will reduce the time. Beans should not be left in warm water or in a warm room and they should not be soaked for more than 24 hours, as they may ferment and produce poisonous substances. For this reason always use fresh water for cooking.

Boil beans rapidly to destroy natural toxins, then reduce the heat to keep the water just on the boil. Cook for 45 minutes to 1½ hours, or longer for soya beans to become tender. A bouquet garni, 1 onion studded with 2 cloves, 1 garlic clove and 1 diced carrot can be added during cooking. Do not add salt, as this will prevent the beans from becoming tender or will even harden part-cooked beans. Season beans when they are thoroughly tender. The old way was to include a pinch of bicarbonate of soda (baking soda) in the cooking water to speed cooking, but this is not advised now, for nutritional reasons.

To prepare podded fresh haricot beans

Remove the fresh beans from their pods. Cook in boiling salted water with a bouquet garni and vegetables to flavour (such as carrots, turnips, leeks and diced celery).

Alternatively, cook either 1 sliced onion and 1 sliced carrot or the white parts of leeks and some sliced celery sticks in butter until soft. Then add sufficient water to amply cover the beans when they are put in, together with a bouquet garni and a 300 g (11 oz) blanched and drained piece of lean green bacon. Cook for 30 minutes, add the beans, and simmer until they and the bacon are cooked (the time required will depend on the freshness and tenderness of the beans).

Broad beans with savory

Shell, skin and cook some broad beans in salted boiling water with a bunch of savory. Drain them well and heat in a shallow frying pan for a few moments until thoroughly dry. Add a generous knob of butter and a little cream. Mix gently over a low heat for a few seconds, taking care to ensure that the beans do not break.

Cabécou figs en coffret with bean salad

Coarsely chop a small bunch of chives. Cook 400 g (14 oz) very fine green beans in salted water, keeping them al dente. Soak 65 g (2½ oz, ⅓ cup) sultanas (golden raisins) in 60 ml (2 fl oz, ¼ cup) vinaigrette until very soft.

Cut 2 Cabécou goat's cheeses into quarters. Cut 8 figs 1.5 cm (¾ in) from the top, reserving the tops, and remove one-third of the flesh. Fill each fig with one quarter of Cabécou. Using a pastry (cookie) cutter with a fluted edge, cut out 6 cm (2½ in) rounds of very thinly rolled puff pastry and brush with beaten egg. Place a fig on each piece of puff pastry and bake in a

preheated oven at 200°C (400°F, gas 6) for 20 minutes. After 15 minutes, replace the tops of the figs.

Toss the green beans with the sultana vinaigrette and add the chives. Arrange 2 figs in puff pastry on each plate and add some of the bean salad. Sprinkle with toasted flaked almonds and serve at once.

Cockle salad with fresh broad beans

Heat some cockles until they open, remove the walnut-sized pieces of flesh and keep warm. Peel some fresh broad (fava) beans, blanch them for 5 minutes in boiling salted water, then rinse in cold water. Pour some vinaigrette mixed with chopped herbs into a salad bowl. Add the beans and the cockles, toss quickly and serve.

Crab and beansprout salad

Clean and cook 2 large crabs. Wash, scald and cool 500 g (18 oz, 4½ cups) bean sprouts and dry them. Mix 4 tablespoons mayonnaise, 1 tablespoon ketchup or very concentrated sieved tomato purée and at least 1 tablespoon brandy. Mix the crabmeat, the bean sprouts and the sauce and serve on a bed of lettuce leaves. Sprinkle with chopped herbs.

Estouffat of haricot beans à l'occitane

Estouffat is a Languedoc dialect word for a dish that is stewed very slowly. In that region it is used mainly for a stew of pork and haricot (navy) beans, flavoured with garlic, onions and tomatoes.

Brown a diced carrot and a sliced onion in either goose fat or lard in a pan. Add 1.5 litres (2¾ pints, 6½ cups) water and a bouquet garni, bring to the boil and simmer for about 20 minutes. Add 1.5 litres (2¾ pints, 6½ cups) fresh white haricot (navy) beans and cook until almost tender, then drain. Cut

250 g (9 oz) slightly salted belly bacon into cubes, blanch and brown in goose fat or lard. Add to the pan 150 g (5 oz, ¾ cup) chopped onions, 2 large tomatoes (peeled and crushed) and 1 crushed garlic clove, and cook for a further 10 minutes. Then add the drained beans, cover the pan and gently simmer until cooking is completed.

If liked, 200 g (7 oz) rind from preserved pork may be added to the bean cooking liquid. When cooked, the rind is cut into squares and added to the beans in the serving dish.

Feijoada

A Brazilian speciality whose basic ingredient is the black bean (*frijol negro*). It is a complete dish served on special occasions: a mixture of meat and beans is poured into the centre of a plate and surrounded by rice *au gras*, green cabbage (thinly sliced and fried) and a few slices of orange (peel and pith removed). A mixture of grilled (broiled) manioc flour, onion and other ingredients, together called *farofa*, is sprinkled over the whole plate. The dish is served with a very spicy sauce, *molho carioca*, made with cayenne pepper, vinegar, the cooking liquid from the beans, chopped tomatoes and onions.

Soak 1 kg (2¼ lb) black beans in cold water for 12 hours and, in another container, 1 semi-salted pig's tail and 500 g (1 lb 2 oz) lean, smoked bacon, changing the water in both containers several times. Peel 5 garlic cloves. Drain the beans and put them in a large braising pan. Cover with plenty of water and season with salt. Add 4 garlic cloves and 3 bay leaves. Bring to the boil and simmer gently for 1 hour. Drain the meats and boil for 10 minutes, then set aside. Seed 2 sweet (bell) peppers and cut into strips. Scald 500 g (1 lb 2 oz) tomatoes, peel, seed and crush. Finely chop 1 small bunch parsley and 1 small bunch chives. Heat 3 tablespoons oil in a frying pan. Add 1 chopped onion and fry until golden. Add the peppers, tomatoes, the remaining garlic clove

and the parsley. Cook for 20 minutes over a medium heat, stirring all the time. Season to taste. When the beans can be crushed between the fingers, remove a ladleful of them and a ladleful of cooking liquid. Purée the beans and return to the pan. Sprinkle with chives and set aside. Slice 6 small fresh sausages, 6 small smoked sausages and 1 chorizo. Add the various meats to the pan. Season with salt and paprika. Cook for a further hour, stirring in the tomato and onion purée halfway through cooking.

Prepare the farofa. Soak 100 g (4 oz, ⅔ cup) raisins in lukewarm water for 10 minutes. Melt 40 g (1½ oz, 3 tablespoons) butter in a frying pan and fry 1 large chopped onion. Add salt and 100 g (4 oz, 1 cup) manioc flour, then 40 g (1½ oz, 3 tablespoons) butter to obtain a kind of light, sand-coloured mixture. Add 1 sliced banana, the drained raisins and 50 g (2 oz, ½ cup) grilled (broiled) cashew nuts.

Serve with rice mixed with slices of orange and onion, allowing each person to sprinkle over more farofa.

French bean salad

Cook the beans just long enough for them to remain slightly crisp. Drain them and dry off any remaining water. Cut them in two and leave them to cool. Add a few chopped spring onions (scallions) and some well-flavoured vinaigrette. Mix and sprinkle with chopped parsley. Alternatively, the beans can be tossed in olive oil, sprinkled with pine kernels, and arranged in a lattice with long strips of marinated red peppers.

French beans à la lyonnaise

Cook the beans in boiling salted water and drain them well. For every 800 g (1¾ lb) beans, prepare 225 g (8 oz) sliced onions and cook gently in butter in a sauté pan until golden brown. Add the beans, season with salt and pepper,

and sauté until the beans are slightly browned. Add 1 tablespoon vinegar and mix well. Turn into a dish and sprinkle with chopped parsley.

French beans in tomato sauce

Boil the beans in salted water until they are three-quarters cooked, and drain thoroughly. Cook them gently in butter for about 5 minutes, add a few tablespoons of concentrated tomato sauce and simmer. Turn into a dish and sprinkle with chopped parsley or basil.

French beans sautéed à la provençale

Cook the beans and drain them thoroughly. Heat some olive oil in a large saucepan and brown the beans lightly. At the last moment add some chopped garlic and parsley; use 1 garlic clove and a small bunch of parsley for every 800 g (1¾ lb) beans.

French beans with cream

Boil the beans in salted water until they are three-quarters cooked, Drain. Cover with single (light) cream and simmer until the cream is reduced by half. Add salt and pepper and transfer to a serving dish. A sprinkling of chopped parsley can also be added.

This dish can be prepared *à la normande*: for every 450 g (1 lb) beans, add 1 egg yolk and 40 g (1½ oz, 3 tablespoons) butter after removing the pan from the heat.

Green beans bonne femme

Partially cook 1 kg (2¼ lb) green beans in salted water. Blanch 250 g (9 oz, 1½ cups) diced unsmoked streaky (slab) bacon. Brown the blanched bacon in a frying pan, then add the drained beans and 150 ml (¼ pint, ⅔ cup) rich

meat stock. Taste and adjust the seasoning, cover the pan and cook until the beans are tender. Dot them with butter and sprinkle with chopped parsley before serving.

Haricot bean salad

Cook the beans, allow them to cool and then drain. Add a chopped mild onion to the beans, mix with a well-flavoured vinaigrette, and sprinkle with chopped herbs (parsley, chervil and chives).

Haricot beans in tomato sauce

Cook the beans with 500 g (18 oz) lean bacon in one piece for each 1 kg (2¼ lb) beans. When the beans are cooked, drain them and mix with 300 ml (½ pint, 1¼ cups) tomato sauce. Drain the bacon, dice it and add it to the beans. Simmer for about 10 minutes and serve very hot. This dish can also be browned in the oven.

Haricot beans with onions

Cook and drain the beans. Cook some sliced onions gently in butter – allow 200 g (7 oz) onions for each 1 kg (2¼ lb) cooked beans. Add the beans, cover the pan, simmer for 6 minutes and serve sprinkled with chopped parsley.

Haricots à la crème

Cook the beans, drain them and warm them gently in a saucepan until nearly all the moisture has evaporated. Cover with crème fraîche, warm through again, add some chopped savory and serve very hot.

An alternative method is to butter a gratin dish, pour in the cooked beans mixed with cream, sprinkle the dish with white breadcrumbs and melted butter, and brown in a very hot oven or under the grill (broiler).

Maître d'hôtel French beans

String and slice the beans and place them in a large pan of boiling water. Cook at a rolling boil, uncovered, and season with salt halfway through cooking. Drain thoroughly and mix in 50 g (2 oz, ¼ cup) maître d'hôtel butter per 450 g (1 lb) cooked beans. Serve with a little chopped parsley.

Mixed green beans

Take equal quantities of French beans and flageolets and cook them separately. Drain well and mix together. Blend in some butter or cream and sprinkle with chopped *fines herbes*.

Purée of French beans

Half-cook the beans. Drain them thoroughly and then cook gently in butter for 7–8 minutes, allowing 50 g (2 oz, ¼ cup) butter for every 800 g (1¾ lb) beans. Purée the beans in an electric blender or rub them through a fine sieve. (A quarter of its volume of mashed potato can be added to the bean purée.) To serve, warm through and add more butter.

Purée of fresh broad beans

Shell and skin 500 g (18 oz) fresh broad beans and simmer in a covered pan with 7 tablespoons water, 50 g (2 oz, ¼ cup) butter, a sprig of savory, a pinch of salt and 1 teaspoon sugar. Pureé in a blender. Add some consommé to the purée if liked.

Purée of fresh podded haricot beans

Cook the fresh white beans using the basic method (page 39). Drain them, then rub through a sieve to remove the skins. Pour this purée into a saucepan and warm gently, stirring with a wooden spoon until the mixture is smooth.

If it seems to be too thick, add a few tablespoons of boiling cream or milk. Just before serving, blend in 50–100 g (2–4 oz, ¼–½ cup) butter for each 1 kg (2¼ lb, 4½ cups) purée.

Red beans à la bourguignonne

Soak and drain red kidney beans, then boil them for 10 minutes and drain. Cook the beans with a little streaky bacon in equal quantities of water and red wine until tender. When the beans are cooked, drain them a little and place in a deep sauté pan. Cut some bacon into dice, cook gently in butter, then add to the pan. Thicken with beurre manié and season to taste.

Shellfish and soya bean sprout salad

Cook a large crab in stock and 200 g (7 oz) prawns (shrimp) in salted water. Shell the crab and the prawns and flake the crabmeat. Place 500 g (18 oz, 4½ cups) soya bean sprouts in cold water, remove the debris that comes to the surface, drain and blanch for no more than 1 minute in salted boiling water. Drain and refresh in very cold water, then wipe them.

Place the flaked crab, prawns and bean sprouts in a salad bowl. Finely slice 2 spring onions (scallions) and add ½ teaspoon soy sauce, ½ teaspoon mustard, a pinch of sugar, 1 tablespoon brandy or sherry, 1 tablespoon vinegar, 2–3 tablespoons oil, pepper, a little salt and a few drops of Tabasco (or a small pinch of cayenne pepper). Pour the sauce on to the salad, mix well and sprinkle with chopped fresh coriander (cilantro).

Sobronade

Soak 800 g (1¾ lb, 4½ cups) dried haricot (navy) beans in cold water for 12 hours. Peel 2 turnips and cut into thick slices. Brown one third of these in a pan with 100 g (4 oz, ½ cup) chopped fat bacon. Drain the beans and put

them into a large saucepan, cover completely with cold water and add 250 g (9 oz, 1¼ cups) diced ham and a piece of fresh pork (fat and lean), weighing about 800 g (1¾ lb). Bring to the boil and skim; add all the turnip, 1 bouquet garni, 1 onion studded with 2 cloves, 4 carrots, 2 sliced celery sticks, 1 bunch of parsley and 2 chopped garlic cloves. Boil for about 20 minutes, then add 250 g (9 oz) thickly sliced potatoes and leave to cook for about 40 minutes. Garnish a soup tureen with slices of dried bread and pour the soup on top.

Soissonnais soup

Soak 350 g (12 oz, 2 cups) dried white haricot (navy) beans in cold water for 12 hours. Put them in a saucepan with 1.5 litres (2¾ pints, 6½ cups) cold water and bring to the boil. Add 1 onion studded with 2 cloves, 1 peeled diced carrot, 1 bouquet garni and 75 g (3 oz, ⅓ cup) slightly salted belly of pork or unsmoked streaky (slabs) bacon, blanched, diced and fried in butter. Cover, bring to the boil and cook until the beans break up. Remove the onion and the bouquet garni. Put the beans and some of the liquid through a blender or food processor. Return the purée to the saucepan, dilute with stock or consommé and adjust the seasoning. Bring to the boil and whisk in 50 g (2 oz, ¼ cup) butter. Serve with croûtons fried in butter.

Soya bean sprout salad

Place 500 g (18 oz, 4½ cups) soya bean sprouts in cold water, remove the scum that comes to the surface, drain and blanch for no more than 1 minute in salted boiling water. Drain and refresh in cold water, then dry them and lightly fry with 3 tablespoons hot oil. Hard boil (hard cook) and shell 4 eggs. Put the bean sprouts in a salad bowl and dress with a spicy vinaigrette seasoned with a little cayenne. Add a few slices of white chicken meat or cold roast duck. Mix and garnish with the quartered hard-boiled eggs.

Beetroot (beet)

To prepare

Beetroot (beet) can be eaten raw (peeled and grated) but it is usually cooked. Trim leaves and roots, leaving short lengths attached to the beetroot as the root will 'bleed' and lose colour if cut before boiling. Boil in salted water or bake wrapped in foil or in a covered dish in a preheated oven at 180°C (350°F, gas 4). Cooking time depends on size and age: small young beetroot are boiled for about 30 minutes. Larger and/or older vegetables require 45–60 minutes boiling or longer. Baking time is about 1–2 hours. Drain and peel while hot when the peel slips off easily.

Beetroot à la lyonnaise

Parboil some beetroot (beet) in salted water, peel and slice. Cook until tender in butter with thinly sliced onions. Add a little thickened brown stock or bouillon to which 10 g (⅓ oz, 1 teaspoon) of softened butter has been added. Heat through and serve.

Beetroot salad à l'alsacienne

Peel some baked beetroot (beet) and slice or dice. Make a vinaigrette dressing with mustard and add some finely chopped shallots and herbs. Pour over the beetroot and marinate for 1 hour. Garnish with sliced saveloy before serving.

Beetroot salad à la polonaise

Peel some cooked beetroot (beet) and cut into thin slices. Season with a highly spiced vinaigrette, pile in a salad bowl and sprinkle liberally with

chopped parsley and sieved hard-boiled (hard-cooked) egg yolk. Thin apple slices sprinkled with lemon juice may be added to the salad.

Braised beetroot with cream

Parboil some beetroot (beet) in salted water, peel and slice. Cook in a little butter in a covered pan until tender. Remove the beetroot and keep hot. Boil some double (heavy) cream, add to the cooking liquor and reduce to half its volume, seasoning with salt and pepper. Remove from the heat and stir in 25 g (1 oz, 1 tablespoon) butter. Pour this sauce over the beetroot slices.

Cold beetroot soup

Wash thoroughly 1 kg (2¼ lb) small raw beetroots (beets), cook gently in salted water, then add the juice of 1 lemon and allow to cool. Cook 3–4 egg whites in a small flat-bottomed dish in a bain marie. Wash and chop a few spring onions (scallions), including the stems. Peel the cold beetroot and slice into thin strips. Add with the diced egg whites, 2 diced Russian gherkins and the chopped onions to the liquid in which the beetroot was cooked, together with a generous pinch of sugar and 150–200 ml (5–7 fl oz, ⅔–¾ cup) crème fraîche. Stir well and place in the refrigerator. Just before serving, sprinkle chopped parsley over the soup.

Cream of beetroot soup

Cook 200 g (7 oz) beetroot (beet) in a preheated oven at 180°C (350°F, gas 4). Finely shred 50 g (2 oz) of the cooked beetroot and set it aside. Purée the remainder in a food processor or blender. Press through a sieve into a large saucepan and sprinkle with lemon juice. Prepare 500 ml (17 fl oz, 2 cups) white sauce by adding 600 ml (1 pint, 2½ cups) milk to a white roux of 25 g (1 oz, 2 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-

purpose) flour and add this to the saucepan with the same amount of milk. Cook for 10 minutes. Add 100 ml (4 fl oz, 7 tablespoons) single (light) cream and heat without boiling. Add the reserved beetroot and adjust the seasoning before serving.

Gratin of beetroot in verjuice

Slice 1 kg (2¼ lb) raw beetroot (beets) and cut into sticks. Cook in a white stock and drain without cooling. Gently heat 200 ml (7 fl oz, ¾ cup) single (light) cream without boiling, whisking all the time. Remove from the heat. Mix together half a glass of verjuice (obtained by pressing a large bunch of sour white grapes), 2 egg yolks, 1 tablespoon chopped parsley, salt and pepper. Gradually add this mixture to the cream. Arrange the vegetables in a baking dish and cover with the sauce. Sprinkle with grated Cantal cheese, add very small knobs of butter and cook *au gratin* by placing the dish in a very hot oven for a few minutes until the top is browned.

Scandinavian beetroot salad

Peel some baked beetroot (beet) and cut into cubes. Peel and slice some onions and separate the rings. Hard boil (hard cook) some eggs and cut into quarters. Cut some sweet smoked or unsmoked herring (a speciality of Scandinavia) into pieces. Sprinkle the beetroot with highly seasoned vinaigrette and place in a salad bowl. Garnish with the herrings, hard-boiled eggs and onions, and sprinkle with chopped parsley.

Ukrainian borsch

Fry 2 chopped onions and 200 g (7 oz) raw sliced beetroot (beet) in lard, cover and continue to cook gently. Bring 1 kg (2 lb) stewing (chuck) steak to the boil in 2.5 litres (4¼ pints, 11 cups) water, then skim. Add 500 g (18 oz)

shredded white cabbage, 3 carrots, a bunch of parsley, small trimmed celery sticks, and the beetroot and onion. Season with salt. Cook 4 ripe tomatoes in a little water, sieve and add them to the soup. Cook for 2 hours, then add a few potatoes, cut into quarters. Prepare a roux with lard and flour, mix with a little stock and pour it into the borsch with 2 tablespoons chopped fennel. Boil for a further 15 minutes and serve.

This Ukrainian borsch is served with a bowl of fresh cream, garlic cloves (which should be eaten between spoonfuls of soup), buckwheat kasha with bacon, and *piroshki*, little dumplings filled with meat, rice and cabbage.

Brussels sprouts

Brussels sprout purée

Purée some cooked buttered Brussels sprouts in a food processor, see Purée of Brussels sprout soup (page 54). Then pour into a saucepan and heat, stirring to lose some moisture. Add a quarter of its volume of potato purée and double (heavy) cream, using about 100 ml (4 fl oz, 7 tablespoons) cream for 1 litre (1¾ pints, 4⅓ cups) purée. Season with salt and pepper and serve very hot, preferably with roasted or braised white meat.

Brussels sprouts au gratin

Prepare some buttered Brussels sprouts. Butter a gratin dish, tip the sprouts into it, sprinkle with grated cheese and melted butter, and brown for about 10 minutes in a very hot oven.

Brussels sprouts Mornay

Heap some buttered Brussels sprouts in a buttered gratin dish, coat generously with Mornay sauce, sprinkle with grated cheese and melted butter, and brown for about 10 minutes in a very hot oven.

Brussels sprouts with butter or cream

Plunge the sprouts into boiling salted water and cook them quickly, uncovered. When they are still firm, remove and drain. Melt some butter in a shallow frying pan, using about 25 g (1 oz, 2 tablespoons) for 800 g (1¾ lb) sprouts, and brown the sprouts. Adjust the seasoning, cover and simmer until the sprouts are completely cooked.

Broccoli

Broccoli à la crème

Prepare 1 kg (2¼ lb) broccoli, then blanch it in 2 litres (3½ pints, 9 cups) boiling salted water for about 30 seconds. Drain the broccoli and chop very coarsely. Lightly brown 50 g (2 oz, ¼ cup) butter in a frying pan and add 150–200 ml (5–7 fl oz, ⅔–¾ cup) double (heavy) cream. When the cream is coloured, add the broccoli. Season with pepper and again with salt if necessary. Simmer for about 10 minutes. Serve the broccoli very hot with roast or sautéed meat or with certain types of fish, such as bass, cod or hake.

Broccoli, potato and bacon pot with soup

Soak a piece of unsmoked streaky bacon about 500 g (18 oz) in cold water, then place in a large saucepan with 2 litres (3½ pints, 9 cups) cold water; simmer for about 1½ hours. Add 1 kg (2¼ lb) prepared broccoli, 2 crushed garlic cloves, with a little salt. Add 575 g (1¼ lb) quartered potatoes and boil for 15 minutes.

Drain the meat and vegetables. Chop the broccoli coarsely and heat with 40 g (1½ oz, 3 tablespoons) butter. Cut the bacon into slices and brown in 25 g (1 oz, 2 tablespoons) butter. Slice the potatoes. Layer the broccoli, then the potatoes and finally the slices of bacon in a heated dish. Sprinkle with the butter used for cooking.

Add 25 g (1 oz, 2 tablespoons) butter to the water in which the bacon and vegetables were cooked. Pour this stock into a soup tureen over thin slices of wholemeal bread dried in the oven. Sprinkle with chopped parsley and serve the soup before the hotpot.

If desired, the sprouts may be coated with double (heavy) cream, using 100 ml (4 fl oz, 7 tablespoons) for 800 g (1¾ lb) vegetables, before they are covered to finish cooking.

Purée of Brussels sprout soup

Trim 500 g (18 oz) Brussels sprouts and blanch them for 2 minutes in boiling water. Rinse in cold water and drain thoroughly, then sweat gently in 50 g (2 oz, ¼ cup) butter. Purée the cooked sprouts in a food processor or blender. Pour the purée into a saucepan and add 1.75 litres (3 pints, 7½ cups) chicken stock and 250 g (9 oz) floury potatoes, cut into quarters. Bring to the boil and cook for about 30 minutes. Rub through a sieve and add sufficient stock to obtain the desired consistency. Adjust the seasoning. Just before serving, beat in 50 g (2 oz, ¼ cup) butter, cut into small pieces.

Sautéed Brussels sprouts

Cook some sprouts in boiling water until tender, then drain thoroughly. Melt some butter in a frying pan and toss the sprouts lightly in it. Transfer them to a vegetable dish and sprinkle with chopped parsley.

They may also be served with noisette butter (moistened first with lemon juice), *à l'indienne* (accompanied by a curry sauce and boiled rice), *à la milanaise* (sprinkled with grated Parmesan, then moistened with noisette butter), or *à la polonaise*, as for cauliflower.

Buckwheat

Russian kasha

Crush 500 g (18 oz, 3¾ cups) fresh buckwheat and soak in sufficient warm water to make a thick paste. Season with salt and put it in a deep cake tin (pan) or charlotte mould (traditionally an earthenware pot is used). Bake in a preheated oven at 180°C (350°F, gas 4) for 2 hours. Remove the thick crust formed on the surface and pour the remaining soft paste into a dish. Add 65 g (2½ oz, 5 tablespoons) butter and mix well with a spatula. Spread the paste out on a greased surface, cover it with a board, then press it until it is about 1 cm (½ in) thick. Cut into shapes with a pastry (cookie) cutter and fry in clarified butter until golden brown. Serve with soup.

Russian kasha with Parmesan cheese

Prepare a *kasha* of buckwheat as described. Spread a thin layer of the soft paste over the bottom of a buttered gratin dish. Sprinkle with grated Parmesan cheese and a little melted butter, alternating the layers until all the ingredients are used up. Smooth the final layer of *kasha* carefully, then sprinkle with Parmesan cheese, top with melted butter and brown in a preheated oven at 230°C (450°F, gas 8). Serve melted butter separately.

Bulgur

Tabbouleh

Put 250 g (9 oz, 2½ cups) bulgur wheat into a bowl. Add plenty of cold water to cover and leave to soak for 20 minutes; drain thoroughly in a fine sieve. Place the bulgar in a large salad bowl. Add 500 g (18 oz, 3 cups) finely diced juicy tomatoes with their juice, 250 g (9 oz, 1½ cups) finely chopped onions, 2 tablespoons of both chopped fresh mint and parsley. Season with salt and pepper. Mix in 100 ml (4 fl oz, 7 tablespoons) olive (or a mixture of olive and some sesame) oil and the juice of 3 lemons. Leave in a cool place for 2–3 hours, stirring occasionally. Just before serving, garnish with 8 spring onions (scallions) and leaves of fresh mint.

Cabbage

Bigos

The Polish national dish, bigos is also known as 'hunter's stew'. It is made of alternate layers of sauerkraut and meat simmered for a long time. Large Polish boiling sausage is also cut up and added to the stew, which often includes wild mushrooms.

Rinse 4 kg (9 lb) sauerkraut and drain it well. Peel, core and dice 4 dessert apples, sprinkling the pieces with lemon juice, and add to the sauerkraut with

2 large chopped onions. Melt 4 tablespoons lard in a flameproof casserole and cover with a fairly thick layer of sauerkraut, then add a layer of diced meat. Continue filling the pot with alternate layers of meat and sauerkraut, finishing with a layer of sauerkraut and adding a little lard every now and then. Pour in enough stock to cover the sauerkraut. Cover the pot and cook in a preheated oven at 180°C (350°F, gas 4) for 2–3 hours. Make a white roux and add some of the cooking liquor. Pour this sauce over the *bigos* and cook for a further 30 minutes.

Braised cabbage

Prepare a cabbage: blanch, drain, cool in cold water and drain once again. Separate the leaves and discard the large ribs. Scrape and dice a carrot. Line a flameproof casserole with bacon rashers (slices) stripped of half their fat and add the diced carrot, then the cabbage, forming a heap. Season with salt and pepper and add a little grated nutmeg, an onion stuck with a clove and a bouquet garni. Pour in stock to two-thirds cover the cabbage and place a very thin strip of bacon on top. Cover the casserole and bring the stock to the boil over a ring. Then place the casserole in a preheated oven at 180°C (350°F, gas 4) and cook for about 1½ hours.

Cabbage charlotte with olives

Blanch a cabbage, then cook in water and put through a vegetable mill. To the resulting purée add 100 ml (4 fl oz, 7 tablespoons) water, 1 egg yolk and a little grated cheese. Stone (pit) and coarsely chop 30 black (ripe) olives and add them to the cabbage purée with a stiffly whisked egg white. Mix well. Butter a charlotte mould and sprinkle with dried breadcrumbs. Pour the mixture into the mould and cook in a preheated oven at 220°C (425°F, gas 7) for about 30 minutes.

Chinese cabbage à la pékinoise

Remove the outer leaves from a Chinese cabbage and slice it into 10 cm (4 in) strips. Cut some very thin slices of ham to the same length and finely slice 5 or 6 spring onions (scallions) and their stems. Heat 2 tablespoons oil in a shallow frying pan, add the cabbage and brown for 2–3 minutes. Arrange the pieces of cabbage in a steaming basket, add the sliced onion and a little fine salt, and steam for 30 minutes. Then insert the slices of ham between the pieces of cabbage and steam for a further 4–5 minutes. Serve the cabbage and ham together.

Fried eggs à l'alsacienne (with sauerkraut)

Fry some eggs in goose fat, then arrange them on a bed of braised sauerkraut, alternating them with half-slices of ham. Surround the ingredients with a border of demi-glace sauce.

Green cabbage salad

Remove any withered outer leaves, cut the cabbage into four and cook for about 12 minutes in boiling salted water. Drain, cool and wipe. Cut the quarters into a julienne and season with a well-spiced vinaigrette. Sprinkle with chopped herbs or finely shredded spring onions (scallions).

Paupiettes of cabbage

Blanch a whole cabbage for 7–8 minutes in boiling salted water, then drain and cool it. Pull off the large outer leaves, removing the tougher ribs. Chop the leaves from the central heart and to them add an equal volume of forcemeat. Make paupiettes by rolling this mixture in the large leaves, using 1 tablespoon per leaf; tie them up with kitchen thread. Line a flameproof casserole with 100 g (4 oz) bacon, 150 g (5 oz, 1 cup) diced carrots and 150 g

(5 oz, 1 cup) finely diced onion. Put the cabbage paupiettes on top and barely cover with rich stock. Cover the pan, bring to the boil, then cook in a preheated oven at 200°C (400°F, gas 6) for 1¼ hours. Transfer to a serving dish and reduce the strained cooking liquor by half, then use to glaze the paupiettes. These paupiettes form a perfect garnish for braised meat.

Pickled red cabbage

Prepare the cabbage: cut it into quarters, remove and discard the large ribs, then cut it into strips. Place in a large basin, sprinkle with a generous tablespoon of fine salt and mix well. Cover and leave for at least 48 hours in a cool place, turning over the cabbage strips several times. Drain the cabbage and arrange it in layers in an earthenware jar, inserting between each layer 4–5 peppercorns, 3 small pieces of bay leaf and ½ garlic clove, chopped. Boil enough red wine vinegar to cover the cabbage, leave to cool, then pour it over the cabbage. Seal the jar and leave to marinate for at least 36 hours. The cabbage can be served in various hors d'oeuvre or as a condiment with cold beef or pork.

Red cabbage à la flamande

Remove any withered leaves, slice off the stump (core) at the base of the leaves and cut the cabbage into four sections, then into thin strips. Wash and dry. Melt 40 g (1½ oz, 3 tablespoons) butter in a saucepan, add the cabbage, sprinkle with salt and pepper, moisten with 1 tablespoon vinegar, then cover and cook over a gentle heat. Meanwhile, peel 3 or 4 tart apples, cut them into quarters, remove the cores and slice them finely. Add them to the cabbage after 1 hour of cooking, sprinkle with 1 tablespoon brown sugar, replace the lid and cook for a further 20 minutes. Serve the cabbage with boiled pork or boiled or braised beef.

Red cabbage à la limousine

Prepare the cabbage and cut it into thin strips. Melt 4 tablespoons lard (shortening) in a saucepan. Add the cabbage and about 20 large peeled sweet chestnuts. Add sufficient stock to barely cover the vegetables. Season with salt and pepper, cover the pan and leave to cook gently for about 1½ hours. Serve to accompany roast pork or pork chops.

Red cabbage salad

Select a very fresh and tender red cabbage (break off a large leaf to test it), remove the large outer leaves, cut the cabbage into four and remove the white centre. Slice the quarters into fine strips, about 5 mm (¼ in) wide, blanch them for 5 minutes in boiling water, then cool and wipe them. Place in a salad bowl, sprinkle with 200 ml (7 fl oz, ¾ cup) boiling red wine vinegar, mix, cover and leave to marinate for 5–6 hours. Drain the cabbage and season it with salt, pepper and oil. Unblanched red cabbage can be used for a very crisp salad: shred the wedges finely. Add 2 tablespoons of soft brown sugar with the vinegar if liked.

Sauerkraut

Remove the core and any green or damaged outer leaves from some white cabbages. Using a knife with a broad blade or a special shredder or food processor, cut the cabbages into very fine strips. Wash and drain thoroughly. Line the bottom of an earthenware crock with large cabbage leaves or vine leaves and arrange the shredded cabbage in layers, covering each layer with coarse salt, and sprinkling with juniper berries or other flavourings, if liked. Continue until the crock is two-thirds full. Put a handful of coarse salt on the final layer. Cover with a cloth to help exclude air, then with a wooden lid that fits down inside the crock. Place a heavy weight on this lid. By the next day, the

weight should have forced out sufficient liquid (water drawn out of the cabbage by the salt) to cover the lid. Make sure that there is always enough liquid to keep the weighted lid covered. Keep in a cool place, skimming off scum or foam.

After at least three weeks, when no more scum or foam forms above the cabbage, the sauerkraut is ready to eat. Each time some sauerkraut is taken out, ladle off the covering liquid, replace the cloth, the lid and the weight, and add fresh water to cover.

Sauerkraut is best eaten fresh and should be pale in colour and crunchy. It should not be kept too long; eventually it turns yellow and acquires a more pronounced flavour.

Sauerkraut à l'alsacienne

Thoroughly wash 2 kg (4½ lb) raw sauerkraut in cold water, then squeeze and disentangle it with your fingers. Peel 2 or 3 carrots and cut into small cubes. Peel 2 large onions and stick a clove in each.

Coat the bottom and sides of a large flameproof casserole with goose fat or lard. Pile in half the sauerkraut add add the carrots, onions, 2 peeled garlic cloves, 1 teaspoon ground pepper, 1 tablespoon juniper berries and a bouquet garni. Add the rest of the sauerkraut, a raw knuckle of ham and 1 glass of dry white Alsace wine and top up with water. Season lightly with salt, cover the casserole and bring to the boil. Then transfer the casserole to a preheated oven at 190°C (375 °F, gas 5) and cook for 1 hour. Remove from the oven, add a medium-sized smoked shoulder of pork and 575–800 g (1¼–1¾ lb) smoked belly (salt pork). Cover, bring to the boil on the hob (stove top), then cook in the oven for a further 1½ hours.

Meanwhile, peel 1.25 kg (2¾ lb) potatoes. After 1½ hours, remove the pork belly from the casserole and add the potatoes. Leave to cook for a further

30 minutes. During this time, poach 6–8 Strasbourg sausages in barely simmering water. When the sauerkraut is cooked, remove and discard the bouquet garni and the cloves and return the pork belly for 10 minutes to reheat it. Arrange the sauerkraut in a large dish and garnish with the potatoes, sausages and meat cut into slices.

Sauerkraut au gras for garnish

Follow the recipe above for sauerkraut *à l'alsacienne*, but replace the water with unskimmed stock and do not add meat. Cook gently for 3 hours. It is served as a garnish for poultry or meat.

Sauerkraut salad à l'allemande

Thoroughly wash 1 kg (2¼ lb) raw sauerkraut, squeeze and disentangle it with your fingers. Place it in a saucepan along with 2–3 large whole onions, salt and pepper, then cover with either stock or water to which 1 tablespoon cooking oil has been added. Cook over a gentle heat for about 2½ hours, then drain and leave to cool. Dice the onions and return them to the sauerkraut. Press the sauerkraut, season with vinaigrette and pile into a deep dish. Garnish with quarters of hard-boiled (hard-cooked) eggs and cubes of cooked beetroot (red beet).

Sichuan-style Chinese cabbage

Clean a Chinese cabbage and cut it into pieces about 3 cm (1¼ in) long. Wash, blanch, cool and drain. Heat 3 tablespoons oil in a frying pan. Chop a large garlic clove and lightly brown it in the oil. Add the cabbage, a little Sichuan pepper and some salt; stir well and leave to cook for 1 minute. Then add 1 teaspoon marc brandy and 1 teaspoon caster (superfine) sugar and stir well for 1 minute. Adjust the seasoning and serve very hot.

Soft-boiled or poached eggs à l'alsacienne

Cook the eggs. Put a layer of braised sauerkraut on a dish and place the boiled or poached eggs on it, alternating them with large strips of bacon which have been cooked in their own fat. Coat with a demi-glace sauce.

Sou-fassum

A whole cabbage stuffed with a forcemeat of Swiss chard, bacon, onions, rice and sausagemeat, typical of Nice, in France. Traditionally, it is wrapped in a net, known as a *fassumier*, and cooked in the stock of a mutton pot-au-feu.

Trim a large green cabbage, blanch for 8 minutes in boiling salted water, then cool and drain. Detach the large leaves, remove their ribs and spread them out flat on a net or a piece of muslin (cheesecloth), soaked and wrung out. Chop the remainder of the cabbage. Make the forcemeat by mixing 250 g (9 oz) blanched chopped Swiss chard leaves; 200 g (7 oz, 1 cup) lean bacon, diced and browned; 100 g (4 oz, ⅔ cup) chopped onions, fried in butter; 2 large tomatoes, peeled, seeded and crushed; 100 g (4 oz, ⅔ cup) blanched rice; 800 g (1¾ lb, 3 cups) sausagemeat and 1 crushed garlic clove.

Layer the forcemeat and chopped cabbage on the leaves, then fold them around the stuffing in a neat ball. Tie up the net or muslin, plunge the cabbage into a mutton pot-au-feu (or other) stock and simmer for about 3½ hours. Drain the cabbage, unwrap and arrange on a round dish. Pour over a few tablespoons of stock and serve hot.

Stuffed cabbage

Blanch a whole cabbage in salted boiling water for 7–8 minutes. Cool it in cold water, drain and remove the stump (core). Moisten a piece of fine cloth or muslin (cheesecloth), wring it out and lay it on the working surface. On top of the cloth, lay four lengths of kitchen thread to form a star shape. Place the

cabbage in the centre of the crossed threads and open out the larger leaves one by one. Remove the central heart, chop and mix with an equal volume of fine well-seasoned pork forcemeat. Fill the centre of the cabbage with the mixture, then fold back the large leaves to recreate the original shape. On top, place two very thin strips of fat bacon in a cross and secure them by knotting the threads over them. Wrap the cabbage in the cloth and tie it up.

Line a flameproof casserole with 100 g (4 oz) bacon, 150 g (5 oz, 1 cup) diced carrots and 150 g (5 oz, 1 cup) finely diced onion. Put the cabbage on top and barely cover it with rich stock. Cover, bring to the boil, then cook in a preheated oven at 200°C (400°F, gas 6) for 1½ hours. Drain the cabbage, unwrap it and remove the strips of fat bacon. (Alternatively, the cabbage may be prepared and cooked in a net, and without the strips of bacon.) Serve the cabbage in a deep dish, keeping it hot, and coat with the cooking juices, reduced by half.

Cardoons

To prepare

Clean the base of the cardoon, cutting off the hard stems. Remove the tender stalks, one by one, and cut into 7.5 cm (3 in) slices; sprinkle with lemon juice. Cut the heart into four and plunge the stalks and heart into boiling water. Bring back to the boil, cover and leave to simmer very gently until tender.

Buttered cardoons

Braise some blanched cardoons in butter for 20 minutes. Arrange in a vegetable dish and sprinkle with roughly chopped mint or parsley.

Cardoon purée

Prepare some buttered cardoons and reduce to a purée by pressing through a sieve or using a food processor or blender. If desired, a third of its volume of potato purée or a few tablespoons of thick béchamel sauce may be added. Add butter to serve.

Cardoon salad

Cut some cooked cardoons into thick matchsticks. Add some well-seasoned vinaigrette and sprinkle with chervil and roughly chopped parsley.

Cardoons à la lyonnaise

Clean some cardoons, cut them up and blanch them in white vegetable stock. Braise gently in butter. Add a few spoonfuls of lyonnaise sauce and simmer for about 10 minutes. Arrange the cardoons in a dish and serve very hot.

Cardoons in béchamel sauce

Drain the blanched cardoons and arrange on a flameproof dish. Add butter, cover and leave to simmer for 15 minutes. Now add some béchamel sauce and simmer for another 5 minutes. Serve in a vegetable dish.

Cardoons Mornay

Drain the cooked cardoons and arrange on a buttered gratin dish. Cover with Mornay sauce and sprinkle with grated Parmesan cheese and melted butter. Brown in a preheated oven at 240°C (475°F, gas 9).

Cardoons with herbs

Braise some blanched cardoons in butter for 10 minutes. Add several tablespoons of sauce with fines herbes and simmer for 10 minutes.

Fried cardoons

Drain cooked cardoons and marinate for 30 minutes in a mixture of olive oil, lemon juice and chopped parsley. Then dip the cardoons in batter and deep-fry in hot oil. Drain and season with salt.

Carrots

Carrot flan

Bake a pastry flan case blind and fill with a lightly sweetened carrot purée. Cover with slices of glazed carrot, pouring over their cooking juices, and place in a preheated oven at 240°C (475°F, gas 9) for a few minutes.

Carrot purée

Cook 500 g (18 oz) sliced new carrots in salted water to which 1 teaspoon granulated sugar and 1 tablespoon butter has been added. When the carrots are cooked, drain and make into a purée by pressing them through a fine sieve or using a blender. Heat the purée, adding a few spoonfuls of the carrots' cooking liquid if it is too thick. At the last moment, add 50 g (2 oz, ¼ cup) fresh butter. Mix well and arrange on a vegetable dish. Carrot purée can also be made using the carrots from a pot-au-feu.

Carrot purée with cream

Heat 4 tablespoons double (heavy) cream and add to some carrot purée.

Carrot salad with orange

Put 500 g (18 oz, 3¾ cups) grated carrots into a salad bowl. Remove the peel and pith from 4 oranges, separate the segments from the membrane and dice the flesh finely. Thinly slice 2 large mild onions and break up the slices into rings. Pour some lemon vinaigrette over the diced carrots just before serving, then add the diced orange to the salad bowl. Toss the carrot and orange and garnish with the onion rings.

Carrots à la forestière

Braise some carrots in butter, then add half their volume of mushrooms, also braised in butter. Adjust the seasoning and sprinkle with parsley.

Carrots with cream

Cut some old carrots into segments and hollow out the centres. Cook in salted water, and before they become soft, drain, cover with boiling double (heavy) cream and reduce by two-thirds. Arrange in a dish and serve very hot.

Carrots with raisins

Cut some new carrots into slices and fry in melted butter. Lightly sprinkle with flour, then add just enough water to cover them and 1 tablespoon brandy. Cover. Halfway through cooking (after about 15 minutes), add a handful of raisins. Finish cooking with the lid on over a gentle heat.

Crécy soup

Scrape 500 g (18 oz) very tender carrots, slice thinly and cook them with 50 g (2 oz, ¼ cup) butter in a covered pan. Add 1 tablespoon shredded onion, a pinch of salt and ½ teaspoon sugar. When the vegetables are soft, add 1 litre (1¾ pints, 4⅓ cups) beef or chicken consommé, bring to the boil and add 100 g (4 oz, ½ cup) rice. Cook slowly with the lid on for about 20 minutes, then put it through a blender and strain. Add a few more spoonfuls of consommé, heat and add 25 g (1 oz, 2 tablespoons) butter. Adjust the seasoning. Serve with small croûtons fried in butter.

Glazed carrots

Clean some new, preferably fat, carrots, leaving medium-sized ones whole, but cutting large ones into halves or quarters. Place in a frying pan large

enough to hold them all without overlapping. Cover with cold water. For every 500 ml (17 fl oz, 2 cups) water add 25 g (1 oz, 2 tablespoons) sugar, 50 g (2 oz, ¼ cup) butter and ½ teaspoon salt. (When old carrots are used, hollow out the centres, scald them and drain, then cook with sugar and butter.) Bring to the boil over a high heat. When the water is boiling briskly, lower the heat, cover the pan and leave to simmer until the liquid has almost completely evaporated. The carrots should now be cooked. Shake the pan so that the carrots are coated with the syrupy liquid.

Glazed carrots may be served with béchamel sauce (add a few spoonfuls of the sauce at the last moment), butter, cream (cover with boiling cream and reduce by two-thirds), herbs (sprinkle with chopped parsley or chervil) or meat juices (add a few spoonfuls of roast veal or poultry cooking juices).

Grated carrots with currants

Steep some dried currants in barely tepid lemon juice, then add them to grated raw carrots mixed with well-seasoned olive oil vinaigrette.

Royale of carrots à la Crécy

Cook 75 g (3 oz) carrots in butter over a low heat, adding salt and a pinch of sugar. Stir in 2 tablespoons béchamel sauce and the same amount of cream, and press through a sieve. Bind the mixture with 4 egg yolks, pour into dariole moulds and cook in a bain marie in a preheated oven at 200°C (400°F, gas 6) for 30 minutes.

Tajine of carrots

Put 1 kg (2¼ lb) sliced carrots into a tajine or saucepan. Add 5 tablespoons olive oil, then add 450 g (1 lb) finely sliced onions, a bouquet of coriander (cilantro), the same amount of parsley, 2 chopped garlic cloves, 1 teaspoon

ground ginger, a pinch each of ground cumin, paprika and saffron powder, 2 turns of the pepper mill and a large pinch of salt. Mix, cover and cook over a very low heat for 1½ hours (using a heat diffuser). Just before serving, add 150 g (5 oz, 1 cup) black (ripe) olives and sprinkle with lemon juice.

Vichy carrots

Peel 800 g (1¾ lb) young carrots and cut into thin rounds. Place in a sauté pan and just cover with water, adding 1 teaspoon salt and a generous pinch of sugar per 500 ml (17 fl oz, 2 cups) water. Cook gently until all the liquid is absorbed. Serve the carrots in a vegetable dish, sprinkled with small pieces of butter and chopped parsley.

Cauliflower

Cauliflower à la polonaise

Divide a cauliflower into large florets and cook in boiling salted water until just cooked (the cauliflower should stay slightly firm). Reshape it in a round serving dish, sprinkle with 2–3 chopped hard-boiled (hard-cooked) eggs and chopped parsley, and keep in a warm place. Crumble 75 g (3 oz, about 3 slices) stale bread in 75 g (3 oz, ⅓ cup) melted butter in a frying pan. Fry until golden and sprinkle over the cauliflower; serve immediately.

Cauliflower and tomato pickle

Divide 2 medium-sized cauliflowers into florets and arrange them in layers in a terrine with 675 g (1½ lb) firm tomatoes (quartered), 4 coarsely chopped onions and a chopped cucumber. Sprinkle each layer with an equal quantity of salt – a total of about 200 g (7 oz, 1 cup). Cover with cold water, place a sheet of foil over the top and leave in a cool place for 24 hours.

The next day put the vegetables into a strainer and rinse them under running water to remove the excess salt. Drain and place in a large saucepan. Sprinkle with 1 teaspoon mustard powder, 1 teaspoon ground ginger and 1 teaspoon black pepper and add 250 g (9 oz, 1½ cups, firmly packed) brown sugar. Pour in 750 ml (1¼ pints, 3¼ cups) white wine vinegar and bring to the boil over a medium heat, stirring frequently. Simmer for 15–20 minutes, stirring, until the vegetables are just beginning to soften but are still firm.

Remove the pan from the heat, put the vegetables in clean jars and completely cover with vinegar. The proportions given will make 3 kg (6½ lb) pickle. The jars should be stored in a cool, dry place away from the light.

Cauliflower au gratin

Divide the heart into florets and cook them in salted water or steam. Remove, drain and toss them in butter. Transfer to a buttered gratin dish, coat with Mornay sauce, sprinkle with grated Gruyère cheese and melted butter, and brown for about 10 minutes in a preheated oven at 230°C (450°F, gas 8).

Croûtes du Barry

Prepare some individual croûtes and top with cauliflower florets cooked gently in butter. Coat with Mornay sauce, sprinkle with grated cheese and brown in a preheated oven at 240°C (475°F, gas 9).

Du Barry cream soup

Steam a small fresh cauliflower until it breaks up easily. Put it through a food processor and pour it into a large saucepan. Prepare 500 ml (17 fl oz, 2 cups) white sauce by adding 600 ml (1 pint, 2½ cups) milk to a white roux of 25 g (1 oz, 2 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Mix this sauce with the cauliflower and simmer gently for 12–18 minutes. Press through a sieve if necessary. Dilute with a few tablespoons of white stock or milk. Heat and adjust the seasoning. Add 200 ml (7 fl oz, ½ cup) single (light) cream and stir while heating.

Du Barry salad

Steam some very small white cauliflower florets for about 4 minutes in a pressure cooker or about 12 minutes in an ordinary saucepan. Drain and cool completely, and heap them in a salad bowl. Garnish with radishes and small sprigs of watercress. Pour some well-seasoned vinaigrette with added lemon over the salad and sprinkle with chopped herbs. Toss the salad just before serving.

Du Barry soup

Cook a cauliflower in salted water, then press it through a sieve (or purée in a blender). Mix with it a quarter of its weight of potato purée, then add enough consommé or milk to obtain a creamy consistency. Finally, add some single (light) cream – about 150 ml (¼ pint, ⅔ cup) for 5 portions. Adjust the seasoning, and sprinkle with chopped parsley. Butter may also be added.

Omelette du Barry

Steam some very small florets of cauliflower. Take them out while they are still a little crisp and fry them in butter. Pour on eggs, beaten with salt, pepper and chopped chervil, and cook like a large pancake.

Sautéed cauliflower

Divide the heart into florets and steam them until they are still slightly firm and do not disintegrate. Heat some butter in a frying pan or sauté pan and lightly brown the florets. Arrange them in a dish and moisten with the cooking butter. Cauliflower may also be sautéed in olive oil with chopped garlic.

Celeriac (celery root)

To prepare

Peel like a potato, rinse and sprinkle with lemon juice. To cook, cut into pieces and blanch for 5 minutes in boiling salted water. To serve as a vegetable, celeriac may be braised, cooked in its juices or prepared as julienne and braised. It can also be prepared as a purée (like cardoons) and as a cream soup. Steamed in slices, it retains all its flavour. Celeriac can be preserved, especially grated and seasoned with vinegar, in pickles, etc.

Celeriac croquettes

Peel a celeriac root, cut it into pieces and blanch. Then cook in salted water for about 30 minutes. Add the same weight of peeled potatoes, cut into cubes, and simmer until cooked. Drain the vegetables and dry, either in the oven or in a saucepan. Pass them through a vegetable mill and mix the resulting purée with egg yolks – 4 per 1 kg (2¼ lb) of purée – and chopped parsley. Divide the paste obtained into little balls, flatten them out and coat in batter. Plunge the croquettes into boiling oil or fat and leave to turn golden, then remove and drain on paper towels. Serve the croquettes with roast beef, veal, pork, leg of lamb or leg of venison.

Celeriac en rémoulade

Peel a large celeriac root, grate it coarsely and blanch for 2 minutes in boiling salted water. Drain and refresh with cold water then dry thoroughly. Transfer to a vegetable dish, add rémoulade sauce and, if desired, sprinkle with chopped parsley.

Celeriac julienne

Peel a celeriac root and cut into thick strips. Blanch for 3 minutes in boiling salted water, then refresh in cold water and drain. Put the strips into a pan with a knob of butter and a little sugar, to taste. Cover and sweat for about 15 minutes. Adjust the seasoning and sprinkle with finely chopped herbs. Use to garnish roast meats, fried meats and braised fish, such as cod.

Celeriac velouté soup

Prepare a white roux with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) flour. Moisten with a generous 750 ml (1¼ pints, 3¼ cups) chicken consommé. Blanch 300 g (11 oz) sliced celeriac, and simmer in 40 g (1½ oz, 3 tablespoons) butter for about 20 minutes. Add to the consommé, bring to the boil and cook until the celeriac breaks up. Reduce to a purée in a food processor. Dilute with a little consommé to obtain the desired consistency and heat. Off the heat, thicken the soup with a mixture of 3 egg yolks beaten with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Finally, whisk in 75 g (3 oz, 6 tablespoons) butter. Reheat but do not boil.

Doria salad

Dress shredded celeriac (celery root) with rémoulade sauce and pile it in a deep salad bowl. Cover with thin slices of white truffle. Surround with a border of cooked green asparagus tips and thin strips of cooked beetroot (red beet) that has been seasoned with vinaigrette. Sprinkle with sieved hard-boiled (hard-cooked) egg yolk and chopped parsley.

Gougères with celeriac, celery and cream of caviar

Fit a piping (pastry) bag with a large, fluted nozzle. Prepare choux paste using 100 ml (4 fl oz, ½ cup) water and omitting the sugar. Beat 50 g (2 oz, ½ cup)

grated Gruyère cheese into the paste. Pipe 4 rings 10 cm (4 in) in diameter and bake in a preheated oven at 240°C (475°F, gas 9). Slice in half horizontally and cool on a wire rack.

Coarsely chop some frisée; season with salt, pepper and lemon juice. Cut celery and celeriac (celery root) into matchsticks. Mix the frisée, celery and celeriac with 200 ml (7 fl oz, 1 cup) whipped whipping cream and 25 g (1 oz, 1 generous tablespoon) caviar, working very gently with two forks in order not to damage the caviar.

Arrange a circle of lamb's lettuce around the edge of each plate and place the gougère bases in the middle. Carefully spoon the cream mixture on to the bases and cover with the gougère tops. Serve freshly filled, garnished with diced tomato.

Ragoût of celeriac

Peel a celeriac root and cut it into small oval-shaped pieces. Blanch these for 5 minutes in boiling water, then place in a flameproof casserole with butter, salt and pepper and let it stew gently, with the lid on, for about 30 minutes. Bind with cream sauce, sprinkle with coarsely chopped parsley and serve as a garnish to roast or braised white meat.

Salade à d'Albignac

Heap some shredded celeriac, dressed with mayonnaise, in a salad bowl or on a platter. Sprinkle the top of the salad with thinly sliced black truffle and around the edge arrange the following: thin slices of poached chicken breast dressed with lemon vinaigrette, prawns (shrimp) dipped in tomato ketchup, slices of white truffle dipped in olive oil seasoned with salt and pepper, tiny lettuce hearts, and quarters of hard-boiled (hard-cooked) eggs dressed with vinaigrette.

Stuffed celeriac à la paysanne

Cut some small celeriac roots in half and blanch them. Scoop out the pulp, leaving a lining at least 1 cm (½ in) thick. Dice the pulp and add an equal volume of both carrots and onions softened in butter. Season with salt and pepper. Fill the half celeriacs with this mixture and place on a buttered ovenproof dish. Sprinkle with grated Gruyère cheese and small knobs of butter. Pour 3 tablespoons stock into the dish and cook in a preheated oven at 220°C (425°F, gas 7) until browned.

Celery

Braised celery

Drain some blanched celery sticks on a cloth. Tie them in bunches of two or three, and place them in a buttered flameproof casserole lined with bacon rinds or chopped bacon, chopped onions and sliced carrots. Add sufficient stock to cover the vegetables and seasoning to taste. Bring to the boil over the heat, then cover and transfer to a preheated oven at 180°C (350°F, gas 4) to cook for 1½ hours.

Celery can be prepared *au maigre* by omitting the bacon rinds and replacing the stock with water.

Celery à la milanaise

Cut the sticks from a head of celery into strips, chop them into small pieces, and cook them *au blanc* or blanch for 10 minutes. Drain thoroughly and place

half of them in a buttered ovenproof dish. Sprinkle with grated Parmesan cheese, top with the remaining celery and sprinkle with more Parmesan cheese. Pour melted butter over the top and brown in a preheated oven at 240°C (475°F, gas 9). Just before serving, pour a few spoonfuls of noisette butter over the top.

Celery-flavoured consommé

Use beef or chicken consommé. Finely chop the inner sticks of a head of celery and add to the other ingredients when clarifying the consommé.

Celery in butter

Blanch and drain the sticks and place them in a well-buttered pan. Add salt and pepper. Moisten with several spoonfuls of white stock or water, cover and cook for about 45 minutes.

Celery sauce

Trim and slice the tender sticks and hearts from two bunches of celery. Place in a saucepan with a bouquet garni and an onion studded with cloves. Add sufficient stock just to cover the contents, cover and heat until simmering. Simmer until the celery is tender. Purée the celery with its cooking juices and return it to the rinsed pan. Add 200 ml (7 fl oz, ¾ cup) cream sauce, and reduce until the required consistency is achieved. Adjust the seasoning and sprinkle with very finely chopped parsley. This sauce can accompany boiled or braised poultry.

Celery with béchamel sauce

Braise the celery and arrange in a buttered dish. Sweat for 10 minutes. Cover with béchamel sauce and simmer for a few minutes.

Celery with cream

Blanch the celery and cut each stick in half lengthways. Arrange in a buttered flameproof casserole and season with salt and pepper. Cover with light stock and bring to the boil. Cover the casserole and transfer to a preheated oven at 180°C (350°F, gas 4) to cook for about 1 hour.

Drain the celery and bend the pieces in half, arranging them in a vegetable dish. To make the sauce, skim any butter off the cooking liquid, reduce, and add 3 tablespoons béchamel sauce. Moisten with 200 ml (7 fl oz, ¾ cup) double (heavy) cream and reduce by half. Add 1 tablespoon butter, mix, sieve and pour the sauce over the celery.

Cream of celery soup

Chop 2 celery hearts. Blanch, then cook them in a covered pan in 50 g (2 oz, 4 tablespoons) butter until tender. Prepare 500 ml (17 fl oz, 2 cups) white sauce by adding 600 ml (1 pint, 2½ cups) milk to a white roux of 25 g (1 oz, 2 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Mix this sauce with the celery and simmer gently for 12–18 minutes. Purée in a food processor or blender, then press through a sieve if necessary. Dilute with a few tablespoons of white stock or milk. Return to the heat then taste and adjust the seasoning. Add 200 ml (7 fl oz, ¾ cup) single (light) cream, stirring as you warm it through.

Purée of celery soup

Scrub 500 g (18 oz) celery sticks. Chop the celery or the same weight of blanched peeled celeriac and sweat in 50 g (2 oz, ¼ cup) butter. Purée the cooked celery in a food processor or blender. Pour the purée into a saucepan and add 1.75 litres (3 pints, 7½ cups) chicken stock and 250 g (9 oz) floury potatoes, cut into quarters. Bring to the boil and cook for about 30 minutes.

Rub through a sieve and add sufficient stock to obtain the desired consistency. Adjust the seasoning. Just before serving, beat in 50 g (2 oz, ¼ cup) butter, cut into small pieces.

Royale of celery

Cook 75 g (3 oz, ¾ cup) finely sliced celery sticks in butter; add 1 tablespoon béchamel sauce and 2 tablespoons consommé. Bind the mixture with 4 egg yolks, pour into dariole moulds and cook in a bain marie in a preheated oven at 200°C (400°F, gas 6) for 30 minutes.

Chestnuts

Boiled chestnuts

Place some peeled chestnuts in a saucepan and cover with cold water. Season with salt and pepper and add some chopped celery. Bring to the boil and simmer gently for 35–45 minutes. Drain well and serve with butter.

Braised chestnuts

Peel some chestnuts and spread them evenly over the bottom of a large greased casserole. Place a bouquet garni and a celery stick in the centre, season with salt and pepper and add enough stock just to cover them. Cover the casserole and cook in a preheated oven at 220°C (425°F, gas 7) for about 45 minutes (do not stir the chestnuts during cooking in case they break). Serve with braised or roast meat.

Chestnut purée

Boil some peeled chestnuts, drain them, press them through a sieve and place the purée in a saucepan. Add 150 ml (¼ pint, ⅔ cup) double (heavy) cream per 1 kg (2¼ lb) chestnuts and reheat, stirring constantly. Then add 50 g (2 oz, ¼ cup) butter and adjust the seasoning. If the purée is too thick, add a little of the strained cooking liquid. Chestnut purée can be used to make soup or a savoury soufflé.

Chestnut stuffing

Boil and peel 450 g (1 lb) chestnuts, then coarsely chop them. Finely chop 1 large onion, 1 celery stick and 1 garlic clove, and sweat with 2 crumbled bay leaves in a covered pan in 50 g (2 oz, ¼ cup) butter for about 30 minutes, until thoroughly softened but not browned. Stir in the grated zest of 1 lemon, 2 tablespoons lemon juice and 4 tablespoons brandy or sherry. Remove from the heat. Discard the bay leaves, then add 2 tablespoons thyme leaves, 1 tablespoon chopped tarragon and a handful of parsley, chopped. Stir in the chestnuts and season with salt, pepper and freshly grated nutmeg.

Consommé Nesselrode

Prepare some game consommé and make some small savoury choux buns. Mix some chestnut purée with one-third of its weight of Soubise purée and use the mixture to fill half of the choux. Fill the remainder with a very dry mushroom duxelles. Garnish the consommé with the choux buns.

Omelette à la châtelaine

Add 150 g (5 oz, ⅔ cup) finely sliced onions, softened in butter, to 500 g (18 oz, 3 cups) braised and coarsely crumbled chestnuts. Fill an omelette with this mixture and surround it with a thin line of cream sauce.

Purée of chestnut soup

Peel 575 g (1¼ lb) chestnuts and cook in a saucepan with 1.5 litres (2¾ pints, 6½ cups) stock or consommé until they begin to disintegrate. Peel 200 g (7 oz) celeriac, cut it into slices and blanch for 2 minutes in boiling water. Drain and pat dry. Sweat in 25 g (1 oz, 2 tablespoons) butter with 1 tablespoon finely chopped onion. Add the celeriac to the cooked chestnuts and cook together for a further 10 minutes. Put through a blender or food processor. Dilute with a little stock or boiled milk and whisk in 50 g (2 oz, ¼ cup) butter cut into small pieces. Serve with small croûtons fried in butter.

Roast chestnuts

Using a sharp pointed knife, cut a circular incision around the chestnuts through the husk and the inner skin. Roast in a pan over hot embers, shaking them often. Chestnuts can also be roasted in a very hot oven. In this case, add a little water to the pan.

Soft-boiled or poached eggs à la châtelaine

Prepare some shortcrust pastry tartlets and bake blind. Prepare some chestnut purée and add a quarter of its volume of Soubise purée. Season well. Fill the bottom of the tartlets with this mixture, place 1 soft-boiled (soft-cooked) or poached egg in each of them and coat with a chicken velouté sauce. Serve very hot.

Stewed chestnuts

Peel the chestnuts and place them in a buttered sauté pan. Cover them either with clear white stock or with water. Add a pinch of salt, 1 teaspoon caster (superfine) sugar and a chopped celery stick. Bring to the boil, cover and cook gently for about 45 minutes.

Chick peas

Chick peas à la catalane

Soak 500 g (18 oz, 3 cups) chick peas in cold water for at least 12 hours, changing the water several times. Drain them and place in a pan with a carrot, an onion, 2 celery sticks and the white part of a leek, all thinly sliced. Add a piece of smoked bacon weighing about 250 g (9 oz) and a bouquet garni and cover with 2 litres (3½ pints, 9 cups) cold water. Bring to the boil, skim, add salt and pepper, reduce the heat and add 3–4 tablespoons oil.

Simmer gently for 2–3 hours, depending on the quality of the chick peas. Then add a piece of strong *chorizo* and cook for a further 30 minutes. Remove the bouquet garni, the bacon and the *chorizo* and drain the chick peas. Then put the chick peas into a saucepan together with 200 ml (7 fl oz, ¾ cup) tomato sauce spiced with garlic. Cut the *chorizo* into slices, slice the bacon and add them to the chick peas. Simmer for 15 minutes, pour into a deep dish and serve piping hot.

Hummus

Soak 175 g (6 oz, 1 cup) chick peas overnight. Drain and bring to the boil in fresh water (not salted), cover and simmer for 2–2½ hours, until the chick peas are completely tender. Drain and purée in a food processor with 2 chopped garlic cloves until coarse, not completely smooth. Add 100 ml (4 fl oz, 7 tablespoons) tahini and 60 ml (2 fl oz, ¼ cup) freshly squeezed lemon juice, then process again, gradually adding 60 ml (2 fl oz, ¼ cup) olive oil. Stir in seasoning to taste with plenty of chopped parsley.

If a food processor is not available, the chick peas can be mashed and the

garlic crushed, then the remaining ingredients can be beaten in by hand. The hummus can be seasoned with ground roasted cumin seeds or ground roasted coriander seeds.

Socca

A flour made from chick peas in the Nice region of France. A thick porridge is made from it, which can be cooked au gratin, used to fill a tart, or sliced (when cold), fried in olive oil and served with sugar. The latter is a popular delicacy, which is sold in the streets.

Mix 125 g (4½ oz, 1 cup) chick pea flour with 250 ml (8 fl oz, 1 cup) water, salt, pepper and 1 tablespoon olive oil. Whisk vigorously. Pour into 2 large buttered gratin dishes. Cook in a preheated oven at 240°C (475°F, gas 9) for 20 minutes. Prick the bubbles that have formed on the surface of the socca, then grill (broil) until golden under a preheated grill (broiler).

Chicory (endive)

Braised chicory

Trim and wash 1 kg (2¼ lb) chicory (endive) and place in a flameproof casserole with 25 g (1 oz, 2 tablespoons) butter, a pinch of salt, the juice of a quarter of a lemon, and 3 tablespoons water. Bring quickly to the boil without a lid, then leave to boil over a medium heat for 35 minutes.

Chicory can also be braised very gently in 50 g (2 oz, 4 tablespoons) butter, with a little salt and lemon juice, but without water, for 45 minutes.

Chicory à la Mornay

Braise some chicory (endive) heads, drain them carefully, and stir 300 ml (½ pint, 1¼ cups) Mornay sauce into the cooking juices. Coat an ovenproof dish with this sauce and arrange the chicory heads in the dish. Cover the chicory with more Mornay sauce, sprinkle with grated Parmesan cheese and then lightly with melted butter, and brown in a preheated very hot oven at 240°C (475°F, gas 9).

Chicory au gratin

Braise some chicory heads and drain them thoroughly. Arrange them in a gratin dish that has been buttered and sprinkled with grated cheese (Comté, Gruyère, Parmesan or even dried Edam). Sprinkle the chicory with more grated cheese and melted butter, then brown in a preheated oven at 240°C (475°F, gas 9).

Chicory fritots

Braise some chicory heads, keeping them fairly firm, then drain thoroughly and leave to cool. Cut them into quarters and steep for 1 hour in olive oil containing some lemon juice and pepper. Drain, dip in batter and deep-fry in very hot oil (180°C, 350°F). When the fritters have turned golden, lift them out of the oil, drain on paper towels, sprinkle with fine salt and serve with fried parsley.

Chicory purée

Braise some chicory until very soft, then rub through a sieve or use a blender to obtain a purée. Butter or cream can be added (reduce the cream a little first), as can white sauce – use 300 ml (½ pint, 1¼ cups) sauce per 1 kg (2¼ lb) purée. The purée can be browned in a hot oven if desired.

Chicory salad à la flamande

Separate the chicory into leaves and divide them in half. Sprinkle lightly with lemon juice to prevent discoloration. Add some diced cooked beetroot (red beet) and garnish with orange segments. Season with a mustard vinaigrette and sprinkle with chopped hard-boiled (hard-cooked) egg yolk and chives.

Chicory soufflé

Prepare 250 g (9 oz) braised or stewed chicory (endive), dry it over the heat and rub through a sieve. Stir in 150 ml (¼ pint, ⅔ cup) béchamel sauce and 40 g (1½ oz, ⅓ cup) grated Parmesan cheese if desired. Sprinkle with nutmeg, add 3 fairly large egg yolks and fold in 3 egg whites whisked fairly stiffly. Preheat the oven for 15 minutes at 220°C (425°F, gas 7). Butter a soufflé mould 20 cm (8 in) in diameter and coat with flour. Pour in the mixture and bake in the preheated oven at 200°C (400°F, gas 6) for 25 minutes, without opening the door, until well risen and a deep golden-brown on top.

Chicory with ham

Braise some chicory heads. Prepare some very thick white sauce (enough for 2–4 tablespoons per head) and add 50 g (2 oz, ½ cup) grated Gruyère cheese per 250 ml (8 fl oz, 1 cup) sauce. Drain the chicory heads, wrap each in a slice of Paris ham and arrange side by side in a buttered gratin dish. Cover with the hot white sauce, sprinkle with grated Gruyère cheese and dot with butter. Brown in a preheated oven at 240°C (475°F, gas 9).

Chicory with noisette butter

Braise some chicory heads, drain them and put them in a serving dish. Add 20 g (¾ oz, 1½ tablespoons) butter to the cooking juices and reduce until they turn brown. Sprinkle the chicory with the noisette butter.

Chiffonnade of chicory with cream

Wash and dry the chicory (endive) and remove the small bitter cone situated at the root. Cut the leaves into thin strips 1 cm (½ in) wide. Melt some butter in a shallow frying pan and add the chicory – use 40–50 g (1½–2 oz, 3–4 tablespoons) butter for each 1 kg (2¼ lb) chicory. Stir and add ½ teaspoon sugar, 2 tablespoons lemon juice, and salt and pepper. Cover the pan and cook gently for 30–35 minutes. Stir in 100–150 ml (4–5 fl oz, ½–⅔ cup) double (heavy) cream and heat quickly. Serve very hot.

Courgettes (zucchini) & marrows (summer squash)

Courgette flowers with truffles

Chop 500 g (18 oz) button mushrooms and sprinkle them with the juice of ½ lemon. Melt 25 g (1 oz, 2 tablespoons) butter in a frying pan and add 1 tablespoon chopped shallots. As soon as the butter begins to sizzle, add the mushrooms, season with salt, stir and cook for 3–4 minutes. Drain in a fine colander over a small saucepan and reserve the liquid. Return the mushrooms to the pan and dry over a high heat, then reduce the heat to the minimum setting or turn it off. Pour 5 tablespoons single (light) cream into a mixing bowl, add 2 egg yolks and stir the mixture with a whisk. Add to the mushrooms, stirring, and cook very gently for 2 minutes. Do not overheat or boil the mixture as it will curdle. Check the seasoning and cool.

Drain 6 black truffles (each 15 g, ½ oz) and add their juice to that of the mushrooms. Taking great care not to damage them, wipe clean 6 courgette (zucchini) flowers without washing them. Open up the petals and put 2 teaspoons of the mushroom mixture inside each flower. Put 1 truffle in the middle of each flower and close up the petals again. Place the flowers in the top part of a couscous pan or steamer and cover with foil. Trim and wash 500 g (18 oz) tender spinach or lamb's lettuce (corn salad), and set aside.

Reduce the mushroom juice until only 3 tablespoons remains. Whisk in 250 g (9 oz, 1 cup) butter cut into small pieces. Season with salt and pepper and transfer to a bain marie.

Steam the flowers for 15 minutes. Arrange the spinach or lamb's lettuce on a dish and place the courgette flowers on it. Pour the butter sauce over the courgette flowers. Sprinkle with chervil and serve.

Courgette omelette

Slice some courgettes (zucchini) into thin rounds and sauté them in butter in a frying pan. Beat some eggs with chopped parsley, salt and pepper, pour them into the pan over the courgettes and cook the omelette on both sides like a thick pancake.

Courgette purée

Peel and slice the courgettes (zucchini), place them in a saucepan and just cover them with water. Add some salt and 3–4 garlic cloves and cook them, covered, for about 15 minutes. If the resulting purée is very watery, dry it carefully on the heat without allowing it to stick to the bottom of the pan. Add some butter. Pour the purée into a vegetable dish and sprinkle with chopped herbs, or spread it in a greased gratin dish, top with grated Gruyère cheese and butter, and brown in the oven.

Courgettes à la créole

Peel the courgettes (zucchini) and remove the seeds. Dice the flesh and cook in a little lard (shortening) until golden brown. Add salt, cover, and cook them over a very gentle heat, stirring from time to time. When completely softened (after 20–25 minutes), mash with a fork, and continue to cook, stirring continuously until the pulp is golden brown. Adjust the seasoning.

Courgette salad

Peel the courgettes (zucchini) and cut the flesh into fine strips. Toss with a little well-seasoned vinaigrette and sprinkle with a mixture of chopped chervil and tarragon. Serve at once.

Courgette salad with lime

Lightly peel and coarsely grate the courgettes (zucchini). Toss with a little lime juice and the grated zest of ½–1 lime. Add a generous sprinkling of snipped chives and a little chopped fresh coriander leaves (cilantro). Season to taste, toss well and serve at once.

Courgettes à la mentonnaise

Cut the courgettes (zucchini) in half lengthways. Make an incision around the pulp, 1 cm (½ in) from the edge, and several smaller incisions in the centre of the pulp. Season the courgettes with salt and put them upside down on paper towels to remove the excess moisture. Dry, then sauté gently in olive oil until they are golden brown. Drain, remove the pulp from the centre without damaging the skin, and chop it.

Blanch some spinach in boiling water, then drain, cool, chop and cook it in butter in a covered pan. Mix the courgette pulp with an equal amount of cooked spinach and fill the courgette halves with this mixture. Sprinkle with

1 tablespoon grated Parmesan cheese and add a little garlic and some chopped parsley. Sprinkle with breadcrumbs and olive oil and brown in the oven.

Courgettes à la niçoise

Partially peel the courgettes (zucchini), slice them thinly and sauté them in oil with an equal quantity of peeled tomatoes. Add some parsley and garlic, and season with salt and pepper.

Courgettes à la provençale

Do not peel the courgettes (zucchini). Cut them into long thick slices, sprinkle them with salt and leave for 15 minutes. Then pat them dry, coat them with flour and sauté them in oil in a frying pan. Brush a gratin dish with oil, cover the bottom with rice cooked in meat stock, then add some of the courgette slices. Sauté some slices of tomato and onion in oil and add chopped parsley and garlic. Place the onion and tomato slices in the gratin dish on the courgettes and cover with the remaining courgettes. Sprinkle with grated cheese and brown in a preheated oven at 230°C (450°F, gas 8).

Glazed courgettes

Cut the courgettes (zucchini) into small uniform olive-shaped pieces. Blanch them lightly in boiling salted water and drain them. Place them in a sauté pan with 2 tablespoons butter, a pinch of salt and a small amount of sugar. Cover the courgettes with cold water, bring to the boil and cook, covered, over a low heat until the liquid has almost completely evaporated. Sauté the courgettes in this reduced sauce.

Glazed courgettes may be used as a garnish for poached fish or roast, fried or sautéed white meats.

Sautéed courgettes

Slice the courgettes (zucchini) and toss them with a little flour. Season with salt and sauté in oil or butter. Sprinkle with freshly ground black pepper and a squeeze of lemon juice. Serve immediately.

Stuffed courgettes

Cut the courgettes (zucchini) in half lengthways and hollow out. Prepare the stuffing: cook some rice and drain. Mix with minced (ground) lamb, chopped onion and fennel softened in butter, crushed garlic and seasoning.

Fill the courgette halves with the stuffing and place them close together in a greased ovenproof dish. Cover and cook in a preheated oven at 180°C (350°F, gas 4) for about 1 hour or until the filling is cooked and the courgettes are tender. Uncover the dish for the final 20 minutes. Serve the courgettes coated with tomato sauce.

Marrow au gratin

Peel a large marrow (summer squash) and cut it into several medium-sized pieces. Blanch them in boiling salted water for 4–5 minutes, drain and pat them dry. Place them in a greased gratin dish on a layer of grated cheese. Pour some melted butter over the top and brown in a preheated medium oven.

Marrow au gratin may also be prepared with alternate layers of marrow and sliced onions (softened in butter) or with rice cooked in meat stock.

Marrow flower fritters

Pick very fresh marrow (summer squash) flowers and wash them only if really necessary. Pat them dry, dip them in a light batter and deep-fry them in hot fat at 180°C (350°F) until golden brown. Drain the fritters, sprinkle with salt and serve very hot as an hors d'oeuvre.

Scrambled eggs à l'arlésienne

Halve some courgettes (zucchini), remove most of the pulp and cut into dice. Cook the empty cases lightly in olive oil and also sauté the diced flesh in oil. Prepare a concentrated garlic-flavoured tomato fondue. Make the scrambled eggs and add the diced courgettes and the tomato fondue (1 tablespoon per 2 eggs). Fill the courgette shells with the mixture and arrange them in an oiled gratin dish. Sprinkle with grated Parmesan cheese and a little olive oil and brown quickly in a preheated oven at 240°C (475°F, gas 9).

Cucumbers & gherkins

Buttered cucumber

Place blanched segments of cucumber in a sauté pan with some butter – allow 50 g (2 oz, ¼ cup) per 1 kg (2¼ lb) of cucumber; add salt, pepper, and 2 tablespoons water. Begin by boiling fast, then cover and simmer very gently for about 30 minutes. Just before serving, add a fresh piece of butter, stir, pour into a vegetable dish and sprinkle with chopped herbs. Buttered cucumber can be served with poultry and white fish.

Cold cucumber soup

Cut a large cucumber into small pieces. Peel 12 small new onions and cut into quarters. Chop these vegetables in a food processor and put them into a blender with the same quantity of cottage cheese and some salt and pepper: the resultant purée should be well seasoned. Place in the refrigerator until

ready to serve. Then dilute the purée with iced water to obtain the consistency of a fairly thick soup and sprinkle with chopped chives or parsley.

Cucumber salad

Cut the cucumbers into semicircular slices. Add a well-seasoned vinaigrette generously flavoured with herbs (parsley, chervil, chives) or coarsely chopped fresh mint leaves. This salad can be served as an hors d'oeuvre or to accompany cold white meat or fish.

Cucumber salad with yogurt

Peel a large cucumber, split lengthways, and remove the seeds. Cut the flesh into very thin half-slices, dust with 1 teaspoon fine salt and leave for 30 minutes in a colander for the cucumber to lose some of its water. Rinse under the cold tap, wipe well and mix with 3 tablespoons yogurt sauce.

Cucumber stuffed with crab

Halve and hollow out 3 medium-sized cucumbers. Sprinkle with fine salt and leave to sweat for about 1 hour. Mash 250 g (9 oz, 1 cup) crabmeat (fresh or canned) and dice some fennel finely (enough for 3 tablespoons). Also dice very finely 150 g (5 oz) cooked ham. Make some mayonnaise with 1 egg yolk, 2 teaspoons mustard and 250 ml (8 fl oz, 1 cup) oil; add salt, pepper and 1 tablespoon each wine vinegar and tomato ketchup. Mix the mayonnaise, crabmeat, fennel and ham and season. Drain the cucumber halves thoroughly and fill with the stuffing. Keep in a cool place; when ready to serve, sprinkle the cucumbers with chopped herbs and arrange on lettuce leaves.

Instead of mayonnaise, double (heavy) cream flavoured with tomato ketchup, lemon juice and cayenne can be used, and shelled prawns (peeled shrimp) can be substituted for the crabmeat.

Cucumbers with cream

Cut the cucumber flesh into segments and blanch. Grease a sauté pan, add the pieces of cucumber with some salt and pepper, cover and cook very gently for about 10 minutes; then add some heated double (heavy) cream – allow 200 ml (7 fl oz, ¾ cup) per 1 kg (2¼ lb) cucumber – and continue cooking uncovered. The cucumber can also, after salting and draining, be cooked au gratin or served with Mornay sauce.

Gherkins à la russe

Boil some salted water with caster (superfine) sugar, using 1 tablespoon salt and 1 teaspoon sugar per 1 litre (1¾ pints, 4⅓ cups) water. Allow to cool completely. Wash some large fresh gherkins in warm water and cool them in cold water. Drain and pat dry. Layer them in a jar, separating each layer with a few fragments of fennel sprigs and, if available, a few fresh blackcurrant leaves (taken from the ends of the twigs). Press down well. Fill the jars with salted water (it should completely cover the gherkins) and leave to marinate in a cool place for at least 24 hours before serving. When preserving these gherkins, they can be sterilized, but they become softer in the process.

Gherkins pickled in vinegar (prepared cold)

Prepare and marinate the gherkins with salt as in the previous recipe. Then wash them in vinegared water, wipe them dry one by one and place them in jars. Add peeled white pickling onions, some fragments of bay leaf, sprigs of thyme and tarragon (which have been scalded, cooled and dried), 2–3 cloves, 1–2 small garlic cloves, 1 small chilli, a few black peppercorns and a few coriander seeds. Cover with white vinegar, seal the jars and store in a cool place. These gherkins can be eaten after 5–6 weeks, but they will improve with time (up to a year).

Gherkins pickled in vinegar (prepared hot)

Rub the gherkins with a rough cloth, then place them in a terrine. Add some coarse salt, stir and leave for 24 hours. Remove the gherkins and dry them one by one. Place them in a terrine and cover with boiled white wine vinegar. Marinate for about 12 hours. Strain off the vinegar and add 500 ml (17 fl oz, 2 cups) fresh vinegar to each 3 litres (5 pints, 13 cups) boiled vinegar, bring to the boil and, while still boiling, pour over the gherkins. Repeat the process the next day, then leave to cool completely. Scald some jars with boiling water and let them dry. Lay the gherkins in them in layers, adding seasoning every 2 layers (fragments of bay leaf, sprigs of thyme and tarragon, which have been scalded, cooled and dried, cloves and 1–2 chillies per jar). Cover with vinegar, cover the jars and store in a cool place.

Savoury orange and cucumber salad

Remove all the peel and pith from some oranges and slice them into rounds about 5 mm (¼ in) thick. Remove the seeds. Peel and finely slice some cucumber, sprinkle the slices with salt and leave them to drain. Rinse the slices in cold water and dry them. Arrange the slices of orange and cucumber alternately in a round glass dish. Dress with a well-seasoned vinaigrette.

Stuffed cucumber

Peel 2 medium even-shaped cucumbers, split them in half lengthways and remove the seeds and a little of the flesh. Prepare an *à gratin* forcemeat. Grease a gratin dish or, better still, line it with pieces of pork rind with the fat removed. Cover with a layer of finely chopped carrots and onions and sprinkle with a little chopped parsley. Fill the cucumber halves with the stuffing and arrange them in the dish. Add beef or chicken stock until it comes two-thirds of the way up the cucumber boats.

Bring to boiling point on the hob (stove top), then transfer to a preheated oven at 220°C (425°F, gas 7) and cook for 35 minutes. Cover with foil as soon as the top of the stuffing starts to dry out. Arrange the cucumbers on a serving dish and keep warm. Reduce the cooking liquid to 200 ml (7 fl oz, ¾ cup), thicken with beurre manié, pour over the cucumber and serve very hot.

Stuffed cucumber à la russe

Finely slice a cucumber and cut each slice into quarters. Cut 3 other cucumbers into boat shapes. Mash the contents of a can of tuna or salmon, roughly chop 6 small (pearl) onions and mix together the fish, onions, and quartered cucumber slices with 300 g (11 oz, 1⅓ cups) cottage cheese (well drained). Season with salt and pepper. Fill the cucumber boats with this mixture and put in a cool place. When ready to serve, sprinkle with 1 sieved hard-boiled (hard-cooked) egg and chopped herbs.

Tzatiki

Peel 1 cucumber (English cucumber) and cut it in half lengthways. Scoop out and discard the seeds from the middle, then coarsely grate the remainder of the vegetable. Place the grated cucumber in a sieve and sprinkle it lightly with salt. Leave to drain over a bowl for about 30 minutes. Squeeze the excess liquid from the cucumber, then place it in a bowl. Add 1 crushed garlic clove and a squeeze of lemon juice. Stir in 300 ml (½ pint, 1¼ cups) Greek yogurt. Finely chop the leaves from 2–3 sprigs of mint and add them to the tzatziki. Season with a little cayenne pepper and chill for about 1 hour before serving. Offer warm crusty bread with the tzatziki.

Custard marrow

To prepare

The custard marrow, also known as *chayote* in France, *christophine* or *brionne* in the West Indies and *chouchoute* in Madagascar and Polynesia, keeps for a long time. Before completely ripe, it may be consumed raw in salads, peeled, cored and finely sliced. It is especially common in Caribbean cookery. Not fully ripe until it starts to germinate, the gourd is peeled and puréed for making *acras* (savoury fritters) and very fine gratins.

Custard marrows à la martiniquaise

Press some boiled custard marrows in a cloth to extract the maximum amount of water and mix this pulp with bread soaked in milk. Brown some peeled and finely sliced spring onions (scallions) in butter, then blend with the mixture of bread and custard marrow. Season and spread out in a gratin dish, smoothing the top. Moisten with olive oil, sprinkle with fresh breadcrumbs and reheat in the oven.

Custard marrows au blanc

Divide the custard marrows into quarters and cut into large lozenge shapes. Cook in a blanc, keeping them slightly firm, or blanch for 5 minutes in salted water. Drain, dry and arrange them flat in a shallow frying pan in which 3 tablespoons white consommé or water have been heated. Cover and cook very gently. When cooked, arrange in a serving dish and pour over the buttery pan juice; alternatively, serve with béchamel sauce, cream, au gratin, in a salad, with a well-seasoned vinaigrette, with Mornay or tomato sauce.

Custard marrows braised in gravy

Divide the custard marrows into quarters and cut into lozenge shapes; blanch for 5 minutes in salted water and drain. Cover a shallow frying pan with bacon rinds, carrots and sliced onions, and put the custard marrows on top. Season with salt and pepper and cover with clarified stock. Cook quite gently, first covered, then uncovered. When the liquid is three-quarters reduced, add some meat juice and leave to simmer for a few minutes. Drain the custard marrows and keep them hot in the serving dish. Strain the pan juice, add butter and pour it over the custard marrows. Sprinkle with chopped parsley.

Endive (chicory)

Braised endive

Prepare the endive (chicory) as for endive *au gratin*. Make a white roux, using 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour for every 500 g (18 oz) endive; season with salt, pepper, a little sugar and some grated nutmeg, then add 600 ml (1 pint, 2½ cups) stock. Add the chopped endive and cook briefly on the hob (stove top) in a flameproof casserole. Then cover the casserole and cook in a preheated oven at 180°C (350°F, gas 4) for about 1½ hours. Veal gravy may be added.

Endive au gratin

Remove the hard or dark green leaves from the heads of curly endive. Cut off the remaining leaves at the beginning of the stump and rinse them well in

water. Drain and blanch for 10 minutes in plenty of boiling salted water. Cool, drain, chop finely and then mix with 4–5 tablespoons béchamel sauce per 450 g (1 lb) endive. Arrange the endive on a buttered gratin dish and sprinkle with 75 g (3 oz, ¾ cup) grated Gruyère cheese and 2 tablespoons melted butter. Brown in a preheated oven at 240°C (475°F, gas 9).

Endive salad with bacon

Cut 250 g (9 oz) smoked bacon for each head of curly endive into very fine strips and brown them in butter in a frying pan. Clean the endive, rinse it and dry it as thoroughly as possible. Season with a well-flavoured vinaigrette and then scatter the sizzling-hot bacon strips over the top. Tiny fried garlic-flavoured croûtons are usually added. Serve immediately.

Stewed endive

Prepare the endive as for braising, and place it in a saucepan with 50 g (2 oz, ¼ cup) butter for each 450 g (1 lb) endive. Season, add 500–600 ml (17–20 fl oz, 2–2½ cups) water, cover and cook in a preheated oven at 180°C (350°F, gas 4) for 1½ hours. When cooked, the endive may be tossed in butter, reduced cream or béchamel sauce just before serving.

Fennel

Braised fennel

Trim, halve and core fennel bulbs. Put them in an ovenproof dish. Sauté 2 diced bacon rashers (slices), 1 chopped onion and 1 diced carrot in a little olive oil until slightly softened, then sprinkle over the fennel. Moisten with a few tablespoons of chicken stock or dry white wine (or a mixture of both). Season to taste. Cover and cook in a preheated oven at 180°C (350°F, gas 4) for about 1 hour or until tender. Turn the fennel halfway through cooking and add a little extra stock or wine, if necessary, to keep the vegetables moist.

Fennel salad

Hard-boil (hard-cook) 2 eggs and shell them. Boil 100 g (4 oz, ¾ cup) long-grain rice. Leave to cool. Peel 12 small pickling (baby) onions. Clean 1 large bulb of fennel and slice it finely. Cut 4 small tomatoes into quarters. Add a little well-seasoned vinaigrette to the rice and put into a salad bowl. Place all the other ingredients on top of the rice, together with some black olives. Sprinkle with chopped herbs and serve with anchovy sauce.

Fennel sauce

Prepare 250 ml (8 fl oz, 1 cup) English butter sauce and add 1 tablespoon chopped blanched fennel. Serve with boiled or grilled (broiled) fish.

Fern

To prepare

The young shoots or fronds (also called 'violin scrolls') are harvested in Quebec and New Brunswick in early spring. They are shaken to remove the fine reddish dust covering them, then blanched for a few minutes. The shoots are either eaten cold or reheated in butter and sprinkled with lemon juice. They are a good accompaniment for meat and fish.

Fiddlehead fern and Matane prawn salad

Cook 575 g (1¼ lb) fiddlehead ferns for 3 minutes in boiling water. Drain well and set aside. Prepare a vierge sauce, made with 250 ml (8 fl oz, 1 cup) extra-virgin olive oil, the juice of 2 lemons, salt and pepper.

Brown 1 chopped onion in 100 ml (4 fl oz, 7 tablespoons) extra-virgin olive oil. Add 6 ripe tomatoes, peeled, seeded and crushed. Cook for 5 minutes over a high heat, stirring, then add 3 tablespoons sherry vinegar. Cook for 3 minutes to reduce then season to taste. Add 2 tablespoons snipped chives. Spoon the tomato mixture on to serving plates and top with fiddlehead ferns. Add 100 g (4 oz) peeled, cooked Matane prawns (shelled Matane shrimp). Garnish with unpeeled prawns (unshelled shrimp). Serve immediately with the vierge sauce.

Garlic

Aïgo boulido

This is the Provençal name for a soup made from boiled water (hence its name, which may also be spelled *bouïdo* or *bullido*) and garlic. It is one of the oldest culinary traditions of this region, where they have the saying *l'aïgo boulido suavo lo vito* (garlic soup saves one's life).

Bring 1 litre (1¾ pints, 4⅓ cups) water to the boil in a saucepan. Season with ½ teaspoon salt and 6 crushed garlic cloves. Boil for about 10 minutes, then add a small sprig of sage, preferably fresh, one quarter of a bay leaf and a small sprig of thyme to the soup. Immediately remove the pan from the heat and leave to infuse for several minutes. Remove the herbs and discard. Blend 1 egg yolk with a little of the cooled soup, then stir it back into the soup to thicken it. To serve, pour the soup over slices of bread which have been sprinkled with olive oil.

Aïgo boulido with poached eggs

Poach some eggs in aïgo boulido stock. Place a slice of bread in each hot soup plate and top this with a poached egg. Ladle the soup over and sprinkle with chopped parsley to serve.

If preferred, to make a more substantial dish, 2 chopped and seeded tomatoes, a small sprig of fennel, a pinch of saffron threads, a piece of dried orange zest and 4 sliced cooked and peeled potatoes may be added to the basic aïgo boulido stock. In this case, serve the poached eggs separately on the potatoes and pour the flavoured soup over the slices of bread sprinkled with chopped parsley.

Aillade sauce

Peel 4 garlic cloves, crush or finely chop them and place in a bowl with salt and pepper. Gradually blend in 2 tablespoons olive oil, stirring well. Mix in 2–3 teaspoons vinegar, a few sprigs of chopped parsley and, if desired, 2 teaspoons chopped shallots and chives.

Aïoli

Peel 4 large garlic cloves (split them in two and remove the germ if necessary). Pound the garlic with 1 egg yolk in a mortar or blender. Add salt and pepper and, while pounding or blending, very gradually add 250 ml (8 fl oz, 1 cup) olive oil, as for a mayonnaise. The sauce is ready when it is thick and creamy

Aïoli without eggs

Cook a whole head of garlic, unpeeled, in a hot oven for about 30 minutes. Peel the cloves and mash to a purée. Add salt and pepper, and thicken like a mayonnaise by working in 150 ml (¼ pint, ⅔ cup) olive oil and 150 ml (¼ pint, ⅔ cup) groundnut (peanut) oil.

Garlic butter with cooked garlic

Peel 8 large garlic cloves and plunge in boiling salted water. Boil for 7–8 minutes, dry and purée. Work into 250 g (8 oz) butter softened by creaming or in a food processor. Garlic butter is used to complete some sauces, and adds the final touch to garnishes for cold hors d'oeuvres.

Garlic butter with raw garlic

Crush 2–4 garlic cloves and add to 250 g (8 oz) butter softened by creaming or in a food processor. Mix well. A little finely chopped parsley and grated lemon zest can be added to complement the raw garlic.

Garlic oil

Blanch and crush garlic cloves, add olive oil and press through a sieve. Alternatively, add grated garlic to olive oil and press through a muslin cloth (cheesecloth). Garlic oil is used to season salads and raw vegetables.

Garlic purée

Blanch some garlic cloves, then gently sweat them in butter. Add a few spoonfuls of thick béchamel sauce and either press through a sieve or liquidize in a blender. Garlic purée is used in sauces and stuffings.

Garlic stuffing

Crush the yolks of hard-boiled (hard-cooked) eggs in a mortar with an equal quantity of blanched garlic cloves. Add fresh butter (half the volume of ingredients in the mortar), season with salt and pepper and press through a sieve or crush in a blender. Chopped herbs may also be added. This stuffing is used to garnish cold hors d'oeuvres and to spread on canapés.

Garlic toast

Cut some slices of bread 5 mm (¼ in) thick and grill (broil) them lightly. Spread them with garlic purée and sprinkle with a thin layer of breadcrumbs and a little olive oil. Brown quickly in a hot oven and serve hot with a salad.

Roast garlic

Remove any loose outer layers of papery covering from a large head of garlic and trim off the stalk at the top. Brush with a little oil and wrap in foil. Prepare 1 head for 2 portions. Cook in a preheated oven at 200°C (400°F, gas 6) for 30–40 minutes. Use a sharp knife to slice the head of garlic horizontally in half. Serve with salt, olive oil and warm crusty bread.

Jerusalem artichokes

Jerusalem artichoke and hazelnut salad

Peel the required quantity of Jerusalem artichokes and cook them for about 10 minutes in salted white wine. Drain and slice. Put the slices into a salad bowl and season with oil, mustard and lemon juice. Chop lightly toasted hazelnuts and scatter them over the artichokes.

Jerusalem artichoke pie with foie gras and truffle

Peel and finely cut 575 g (1¼ lb) pink Jerusalem artichokes into slices 3 mm (⅛ in) thick. Cook in stock for 5 minutes, then drain. Slice 50 g (2 oz) truffles very finely. Cut very thin slices across the width of a lobe of foie gras. Season with salt and pepper, and add some nutmeg. Line the bottom and sides of a well-buttered medium-sized soufflé mould with the slices of Jerusalem artichoke. Place a thin layer of truffle on top, then a layer of foie gras. Repeat the layering until all the ingredients are used up and cover with foil. Press down with a smaller mould. Cook in a bain marie in a preheated oven at 180°C (350°F, gas 4) for 20 minutes. Unmould on to a serving dish and pour over a warm vinaigrette made with walnut oil and sherry vinegar, flavoured with chervil or flat-leafed parsley.

Jerusalem artichokes à l'anglaise

Peel some Jerusalem artichokes, cut into quarters, and trim to egg shapes if they are large. Blanch for 5 minutes in boiling water, then dry them. Cook gently in butter in a covered pan for about 30 minutes. Stir in a few tablespoons of light béchamel sauce or double (heavy) cream and simmer for

about 10 minutes. Serve as a garnish for veal, for example, sprinkled with chopped chervil and tarragon.

Salad of Jerusalem artichokes

Prepare like a potato salad, using small new Jerusalem artichokes, cooked in water for 20 minutes, peeled and cut into uniform pieces. Dress with a sunflower oil vinaigrette seasoned with shallot and sprinkle with parsley.

Leeks

Boiled leeks

Trim and clean some young leeks, keeping only the white parts. Cut these all to the same length, split them, wash well and tie together in bunches. Cook for about 10 minutes in boiling salted water until just tender (they must not fall to pieces). Untie them, drain thoroughly on a cloth or paper towels, and arrange them in a warm dish. Garnish with chopped parsley and serve hot melted butter separately.

Alternatively, coat with melted butter seasoned and flavoured with lemon juice, or with reduced and seasoned cream.

Braised leeks

Trim and wash 12 leeks, keeping only the white parts. Cut into slices and place in a casserole with 50 g (2 oz, ¼ cup) butter, salt and pepper, and 5–6 tablespoons water or meat stock. Braise for about 40 minutes. Arrange

the leeks in a vegetable dish and pour the braising liquid, enriched with an extra 15 g (½ oz, 1 tablespoon) butter over them.

Cream of leek soup

Shred and blanch 500 g (18 oz) leeks, then cook them in 40–50 g (1½–2 oz, 3–4 tablespoons) butter in a covered pan. Prepare 750 ml (1¼ pints, 3¼ cups) white sauce by adding 900 ml (1½ pints, 1 quart) milk to a white roux of 25 g (1 oz, 2 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Mix this sauce with the leeks, them simmer gently for 12–18 minutes. Purée in a food processor or blender, then press through a sieve if necessary. Dilute with a few tablespoons of white stock or milk. Heat and adjust the seasoning. Add 200 ml (7 fl oz, ¾ cup) single (light) cream and stir while heating.

Leek flamiche

Make 500 g (1 lb 2 oz) shortcrust pastry (basic pie dough). Roll out two-thirds of the dough to line a 28 cm (11 in) pie plate. Cut and thinly slice 1 kg (2¼ lb) leeks (the white parts only) and slowly cook them in butter. Add 3 egg yolks and adjust the seasoning. Spread the mixture over the pastry on the pie plate. Roll out the remaining dough large enough to cover the top of the dish. Dampen and pinch the edges together to seal and mark a criss-cross pattern on the top with the tip of a knife. Glaze with beaten egg. Make a slit in the centre and bake in a preheated oven at 200°C (400°F, gas 6) until the pastry is golden brown.

Leek flan with cheese

Butter a 25 cm (10 in) flan ring (pie pan) and line it with 350 g (12 oz) shortcrust pastry (basic pie dough). Prick the base and bake blind in a

preheated oven at 200°C (400°F, gas 6) for 12 minutes. Allow to cool. Clean, trim and slice 800 g (1¾ lb) leeks (the white part only) and braise them gently for about 14 minutes in 40 g (1½ oz, 3 tablespoons) butter. Strain. Make 400 ml (14 fl oz, 1¾ cups) Mornay sauce and allow to cool. Completely cover the base of the flan with half the sauce. Spread the leeks on top and cover with the remainder of the sauce. Sprinkle with 40 g (1½ oz, ⅓ cup) grated Parmesan cheese and 25 g (1 oz, 2 tablespoons) knobs of butter and place in a preheated oven at 240°C (475°F, gas 9) until brown.

Leeks à la crème

Put the well-washed white parts of leeks into a buttered casserole. Add salt and pepper, cover and braise in butter for 15 minutes. Completely cover with crème fraîche, then continue to simmer, with the lid on, for 30 minutes. Arrange the leeks in a vegetable dish, add a few tablespoons of crème fraîche to the pan juices and pour over the leeks.

Leeks à la vinaigrette

Use the white part of the leeks only, wash well and cook in boiling salted water. Drain on a cloth to remove any surplus liquid and arrange in a dish. Season with vinaigrette, containing mustard if liked. Sprinkle with chopped parsley and chervil or sieved hard-boiled (hard-cooked) egg yolk.

Leeks au gratin

Trim the leeks and use only the white parts. Wash them well, blanch for 5 minutes in plenty of boiling salted water, drain them, then cook slowly in butter. Arrange the cooked leeks in an ovenproof dish, sprinkle with grated cheese (preferably Parmesan) and melted butter, and place in a preheated oven at 240°C (475°F, gas 9) until brown.

Leeks with béchamel sauce

Blanch the white parts of some trimmed washed leeks for 5 minutes in boiling salted water. Drain thoroughly and braise in butter. Prepare a béchamel sauce that is not too thick. Arrange the leeks in a long dish, cover with the sauce and serve hot.

Porée of Charente

Chop the whites of 1.5 kg (3¼ lb) leeks and soften them in 100 g (4 oz, ½ cup) slightly salted butter in a frying pan. Add 200 ml (7 fl oz, ¾ cup) fish stock, 200 g (7 oz, ¾ cup) crème fraîche, a pinch of coarse salt and the same of pepper. Arrange 6 fillets of turbot or John Dory, 6 pieces of monkfish, 6 scallops and 6 langoustine tails on top. Cover and poach for 8 minutes. Serve the fish on the bed of leeks. Thicken the liquid with 2 egg yolks and pour it over the fish. Garnish with chervil.

Terrine of leeks and fresh goat's cheese

Wash and tie into a bundle 1.25 kg (2¾ lb) leeks and cook in boiling salted water. Cut off the green part so that the white part is the same length as the terrine. Cool quickly in ice-cold water and drain for 2 hours under a press. Wash and trim 200 g (7 oz) tomatoes and cut into small cubes. Season with olive oil and chopped chives and chervil. Heat 500 ml (17 fl oz, 2 cups) chicken, ham or vegetable stock and dissolve 10 sheets of soaked leaf gelatine in it. Allow to cool.

Line the terrine with cling film (plastic wrap). Pour a little jelly over the bottom and line the sides with leeks, alternating green and white. Put a first layer of tomatoes with 5 small fresh goat's cheeses in the middle. Continue with a layer of jelly, a layer of tomatoes and then fill the mould with the remaining leeks and the jelly. Press to remove excess liquid. Place in the

refrigerator to chill for 14 hours. Unmould the terrine on a board and cut into slices. Pour some vinaigrette on top. Sprinkle with some fresh diced tomato, sprigs of chervil and chopped chives.

Vichyssoise

Slice 250 g (9 oz) leeks (white part only) and cut 250 g (9 oz) peeled potatoes into quarters. Soften the leeks in 50 g (2 oz, ¼ cup) butter in a covered saucepan or casserole without allowing them to brown. Then add the potatoes, stir and pour in 1.75 litres (3 pints, 7½ cups) water. Season with salt and pepper and add a small bouquet garni. Bring to the boil and cook for 30–40 minutes. Purée the potatoes and leeks in a food processor or blender and return to the pan. Blend in at least 200 ml (7 fl oz, ¾ cup) crème fraîche and return just to the boil, stirring frequently. Allow the soup to cool and chill in the refrigerator for at least 1 hour. Serve sprinkled with chopped chives in consommé cups.

Lentils

Green or brown lentil purée

Pick over the lentils and place them in a large saucepan, cover with plenty of cold water, bring to the boil, then skim. Add salt, pepper, a bouquet garni, a large onion stuck with 2 cloves and a small diced carrot. Cover and simmer gently for 30–45 minutes (the cooking time will depend on the type and freshness of the lentils). Remove the bouquet garni and the onion. Reduce the

lentils to a purée in a food processor or blender while still hot, then heat the purée through gently, beating in a knob of butter. If desired, add a little stock, water, boiled milk or cream before beating in the butter.

Hot lentil salad

Cook green or brown lentils in boiling water for 30–35 minutes, until tender but still whole. Cut thick bacon rashers (slices) into strips and brown the strips in a little butter. Allow about 100 g (4 oz) bacon for 350 g (12 oz, 1½ cups) lentils. Prepare a vinaigrette and add to it 1 tablespoon red wine. Drain the lentils and place them in a warm dish. Add the pork, dress with the vinaigrette and sprinkle with plenty of chopped parsley. Mix the salad and serve hot or cold. A little finely chopped mild onion or a chopped bunch of spring onions (scallions) can be added, and the vinaigrette can be flavoured with a crushed garlic clove.

Red lentil purée

Allow 450 ml (¾ pint, 2 cups) water for 225 g (8 oz, 1 cup) lentils. Add 1 finely chopped onion, 1 finely diced carrot and 1 bay leaf, bring to the boil, reduce the heat to the lowest setting and cover the pan tightly. Cook gently for 20–30 minutes, or until the water has been absorbed and the lentils are tender. Purée in a food processor or beat well, then press through a sieve, if required. Season and enrich with butter or cream.

Lettuce

Braised lettuce au gratin

Braise the lettuces in meat stock or water and arrange in an ovenproof dish. Cover with Mornay sauce, sprinkle with grated cheese, top with melted butter and cook in a preheated oven at 220°C (425°F, gas 7) until brown.

Chiffonnade of cooked lettuce

Wash and dry some lettuce leaves, discarding the coarser leaves. Roll up several leaves and cut each roll into very thin slices, then shake them out into strips. Melt some butter in a shallow frying pan and add the lettuce *chiffonnade* and some salt – use 40 g (1½ oz, 3 tablespoons) butter per 500 g (18 oz) lettuce leaves. Cook gently without a lid until all the juice from the lettuce has evaporated. Add 2 tablespoons double (heavy) cream and reheat.

Chiffonnade of raw lettuce

Wash and dry some lettuce leaves, discarding the coarser leaves. Roll up several leaves and cut each roll into very thin slices, then shake them out into strips. Toss in vinaigrette if it is to be used as a garnish for meat, fish or cold shellfish. It may also be mixed with green walnuts, a julienne of ham, meat or cold chicken and Emmental cheese, and then sprinkled with vinaigrette and chopped herbs.

Creamed lettuce with spring onion soufflés

Clean and trim 4 lettuces, blanch them in salted water and leave to cool. Press them dry in a cloth, then roll up, several leaves at a time, and slice very finely.

Melt 25 g (1 oz, 2 tablespoons) butter in a large saucepan. Peel and finely chop 1 onion and add to the butter. Add the lettuce chiffonade and sweat for 4–5 minutes. Pour in 1 litre (1¾ pints, 4⅓ cups) chicken stock. Cook for 5 minutes then pass through a blender and put to one side. Peel 30 small spring onions (scallions), keeping only the white part. Chop very finely and place in a saucepan. Add 2 tablespoons water and cook uncovered for 20 minutes. Purée the spring onions in a food processor or blender and then thicken 300 g (11 oz, 1½ cups) of the purée with 1 teaspoon cornflour (cornstarch) and 3 egg yolks. Season with salt. Whisk 5 egg whites and 25 g (1 oz, 3 tablespoons) albumen powder or powdered egg white until they form stiff peaks and carefully fold into the purée. Fill 6 buttered ramekins or ovenproof moulds with this mixture. Cook for 12 minutes in a preheated oven at 180°C (350°F, gas 4).

Reheat the creamed lettuce, add 100 ml (4 fl oz, 7 tablespoons) single (light) cream and 50 g (2 oz, ¼ cup) butter. Heat through without boiling and check the seasoning. Pour the creamed lettuce into bowls. Unmould the soufflés and place in the bowls. Add a slice of grilled, smoked streaky bacon to each soufflé.

Lamb's lettuce mixed salad

Peel and chop 200 g (7 oz, 1 cup) cooked beetroot (beet). Trim, wash and slice into rings 200 g (7 oz) chicory (endive). Wash 250 g (9 oz) lamb's lettuce (corn salad) and pat dry. Peel, core and thinly slice an eating apple, then sprinkle with lemon juice to prevent discoloration. Place all these ingredients in a salad bowl. Prepare a vinaigrette, seasoning it with mustard, pour on to the salad and mix together well. A small handful of coarsely chopped walnuts can be added to the salad, or a little Roquefort cheese can be mixed into the vinaigrette.

Lamb's lettuce salad with bacon

Cut 150 g (5 oz) thick rindless streaky (slab) bacon rashers (slices) into pieces. Trim, peel and wash 400 g (14 oz) lamb's lettuce (corn salad). Arrange in a salad bowl. Brown the bacon pieces in a little butter and add to the salad. Sprinkle with vinaigrette.

Lettuce à la crème

Braise the lettuces in stock or water. Divide each lettuce in two, folding each in half, and place in a buttered pan. Moisten with cream and simmer until the cream has reduced by half. Transfer to a dish and garnish with croûtons.

Lettuce à l'italienne

Braise some lettuce hearts, then drain them well and arrange them in a buttered gratin dish. Moisten with Italian sauce, using 1 tablespoon per lettuce. Cover the pan and simmer over a gentle heat for about 20 minutes. Place the lettuce hearts in a ring and arrange some sautéed veal around the outside. If desired, the lettuces can be sprinkled with a little lemon juice.

Lettuce salad

Prepare a lettuce chiffonnade, incorporating a julienne of unsmoked ham, breast of chicken, and either Gruyère or Emmental cheese. Dress with a vinaigrette made with walnut oil and sprinkle with chopped herbs.

Reine Pédauque salad

Mix together 200 ml (7 fl oz, ¾ cup) double (heavy) cream, 2 tablespoons oil, 1 tablespoon mustard, 2 tablespoons lemon juice, ½ teaspoon paprika and a little salt. Pour this mixture over a border of 12 lettuce-heart quarters arranged around a shallow dish. Garnish the centre with shredded lettuce

dressed with vinaigrette and sprinkled with fresh stoned (pitted) cherries. Place a slice of peeled orange, pith removed, on each lettuce-heart quarter.

Stuffed lettuce

Trim the lettuces, blanch for 5 minutes, cool under running water and blot dry. Halve each lettuce without cutting through the base. Season them inside. Fill each lettuce with a generous tablespoon of fine forcemeat mixed with mushroom duxelles. Tie each lettuce together and braise in stock or water.

Stuffed lettuce can be served on its own with fried croûtons, or it may be used as a garnish for roast or sautéed meat.

Maize

American salad

Line individual salad bowls with lettuce leaves. For each serving, mix together 1 tablespoon diced pineapple, 2 tablespoons sweetcorn, either canned or cooked in boiling water, 1 tablespoon shredded poached chicken breast, and 1 tablespoon peeled, seeded and diced cucumber. Dress with 2 tablespoons vinaigrette flavoured with tomato ketchup and pile in the bowls. Garnish each bowl with quarters of hard-boiled (hard-cooked) egg and tomato.

Attereaux à la piémontaise

Attereau, the name for a skewer, is a term for ingredients coated in breadcrumbs and fried. Prepare some polenta: boil 1 litre (1¾ pints, 4⅓ cups)

water with 1–2 teaspoons salt (or to taste), then add 250 g (9 oz, 2 cups) cornmeal and mix thoroughly. Cook for 25–30 minutes, stirring continuously with a wooden spoon. Then add 50–65 g (2–2½ oz, 4–5 tablespoons) butter and season with salt and pepper. Spread it over a lightly oiled square baking sheet and allow to cool completely. Cut into 4 cm (1½ in) squares and thread on to skewers. Coat in breadcrumbs and deep-fry in hot oil at 175–180°C (347–356°F) until brown. Drain on paper towels and arrange on a dish. Garnish with fried parsley and serve with a well-reduced tomato sauce.

Corn fritters

Make a smooth batter using 100 g (4 oz, 1 cup) plain (all-purpose) flour, 2 eggs and 100 ml (4 fl oz, 7 tablespoons) water. Add 225 g (8 oz, 1 cup) thawed frozen or drained canned sweetcorn. Stir well, adding seasoning to taste and a little nutmeg. Shallow fry spoonfuls of the sweetcorn in batter in a mixture of sunflower oil and butter until golden underneath and set. Turn and cook the second sides until golden. Serve with deep-fried breadcrumb-coated chicken and fried bananas as American Maryland chicken.

Fresh corn with béchamel sauce

Choose fresh cobs with tender grains. Leave only one layer of leaves on and cook in boiling salted water for about 15 minutes (be careful to keep the water on the boil). Drain the cobs and remove the leaves. Scrape the kernels from the cobs and serve with a light béchamel sauce.

Parmesan polenta

Boil 1 litre (1¾ pints, 4⅓ cups) water with 1–2 teaspoons salt (or to taste), then add 250 g (9 oz, 2 cups) cornmeal and mix together thoroughly. Cook for 25–30 minutes, stirring continuously with a wooden spoon. Then add

50–65 g (2–2½ oz, 4–5 tablespoons) butter and 75 g (3 oz, ¾ cup) grated Parmesan cheese. Pour the porridge on to a damp plate, spreading it out in an even layer, and leave to cool completely. Cut into squares or diamond shapes and fry in butter until golden. Arrange on a serving dish and sprinkle with grated Parmesan cheese and noisette butter.

Polenta gratin

Dice 2 boneless chicken breasts. Chop 2 onions and 75 g (3 oz, ½ cup) olives very finely. Season with salt, pepper and chopped fresh coriander (cilantro) and fry until golden. Remove from the pan. Brown 2 chopped onions and add 2 tomatoes, peeled, seeded and crushed, then remove. Brown 250 g (9 oz, 1¾ cups) cooked polenta (cornmeal), cut into squares, in the olive oil. Return the onions and tomatoes, shaking the pan to mix them with the polenta. In a roasting tin (pan), put a layer of chicken, then a layer of polenta. Continue this layering process until all the ingredients have been used up. Gratiné in a preheated oven at 240°C (475°F, gas 9) for 5 minutes and serve very hot.

Mushrooms

Baked ceps

Wipe 4 perfect cep caps. Make a cross-shaped cut on top of each and place in an ovenproof dish or roasting tin (pan). Season lightly with salt and pepper and add a drop of olive oil. Put in a preheated oven at 240°C (475°F, gas 9) for 5 minutes. Turn the ceps, season again and bake for a further 3 minutes. Arrange the ceps with their undersides facing upwards and garnish each with a very thin slice of lightly cooked foie gras or diced, lightly grilled Parma ham. Serve with a red chicory salad, in a dressing of sherry vinegar and olive oil.

Bouchées with mushrooms

Make smaller cases using a 6 cm (2½ in) diameter pastry (cookie) cutter. Fill with morel (or button) mushrooms in cream or in a cream sauce.

Canapés with mushrooms

Prepare a dry well-browned duxelles of mushrooms and add béchamel sauce (1 part to 3 parts duxelles). Spread this on lightly toasted slices of bread and sprinkle with fresh breadcrumbs and a little melted butter. Brown in a preheated oven at 230°C (450°F, gas 8).

Cep omelette

Brown 200 g (7 oz, 2 cups) sliced cep mushrooms in butter or oil and add them, with some chopped parsley, to 8 eggs, beating them all together. Cook the omelette. Garnish with a line of chopped ceps sautéed in butter or oil.

Any edible mushrooms can be used to flavour this omelette.

Ceps à la bordelaise

Trim the ceps; cut them into thin slices if they are very large, halve them if of medium size, or leave them whole if they are small. Put them in a shallow frying pan with oil and lemon juice, leave to cook slowly with the lid on for 5 minutes, then drain. Heat some oil in another frying pan, place the ceps in it and sprinkle with salt and pepper. Lightly brown them, then drain. Sprinkle with chopped parsley and serve very hot.

In Paris, ceps *à la bordelaise* are lightly fried and served with chopped shallots, fried bread and chopped parsley.

Ceps à la hongroise

Trim and wash 500 g (18 oz) ceps. Cut them into thin slices if they are large; leave them whole if they are small. Cook them slowly in butter with 2 tablespoons chopped onion, salt, pepper and 1 teaspoon paprika. Then add sufficient crème fraîche to cover the contents of the pan and reduce. Finally, sprinkle with chopped parsley if desired.

Ceps à la mode béarnaise

Trim and wash some large ceps and put them in the oven to release the excess juices. Stud them with garlic, sprinkle with salt and pepper, coat with oil and grill (broil) them. Mix some breadcrumbs, chopped garlic and parsley and brown this mixture in a frying pan with oil. Scatter the grilled ceps on top and serve immediately.

Ceps à la provençale

Prepare as for ceps *à la bordelaise*, but use olive oil and fry for longer. When the ceps are cooked, sprinkle them with finely chopped garlic as well as the chopped parsley.

Ceps au gratin

Trim the ceps, separating the caps from the stalks; season with salt and pepper, then coat with melted butter or oil. Arrange the caps in a buttered or oiled gratin dish with their tops downwards. Chop the stalks and add 1 chopped shallot for every 200 g (7 oz, 2 cups) stalks, together with some parsley; brown in oil and season with salt and pepper. Finally, add 1 tablespoon fresh breadcrumbs for every 200 g (7 oz, 2 cups) stalks and mix all the ingredients together. Fill the caps with this mixture, sprinkle with some more fresh breadcrumbs, moisten with oil or melted butter, and brown in a preheated oven at 240°C (475°F, gas 9) or under a hot grill (broiler).

Ceps en terrine

Trim and wash 800 g (1¾ lb) ceps and separate the caps from the stalks. Chop the stalks together with 3–4 garlic cloves, 3–4 shallots and a small bunch of parsley and brown everything in a shallow frying pan in 3 tablespoons olive oil. Add salt and pepper. Place the caps in a separate covered frying pan with 2 tablespoons olive oil and some salt, and heat gently until they have discharged their juices. Drain them. Line the bottom and sides of an ovenproof earthenware dish with very thin rashers (slices) of smoked streaky bacon. In it, place a layer of the caps, then the chopped mixture, then a second layer of caps. Cover with more smoked rashers, put the lid on the dish, place in a preheated oven at 200°C (400°F, gas 6) and cook for just under an hour.

Cream of mushroom soup

Clean 675 g (1½ lb) mushrooms, putting 100 g (4 oz) aside. Cook the remaining mushrooms in 40–50 g (1½--2 oz, 3–4 tablespoons) butter. Prepare 750 ml (1¼ pints, 3¼ cups) white sauce by adding 900 ml (1½ pints, 1 quart) milk to a white roux of 25 g (1 oz, 2 tablespoons) butter and 40 g

(1½ oz, 2 tablespoons) plain (all-purpose) flour. Mix this sauce with the lightly cooked mushrooms and simmer gently for 12–18 minutes. Purée in a food processor, then press through a sieve if necessary. Dilute with a few tablespoons of white stock or milk. Heat and adjust the seasoning. Finely shred the reserved mushrooms and sprinkle with lemon juice. Add to the soup with 200 ml (7 fl oz, ¾ cup) single (light) cream and stir while heating.

Croquettes Montrouge

Prepare a dry mushroom duxelles and add half its volume of chopped ham and a third of its volume of bread soaked in milk and then squeezed. Add some chopped parsley and 2 egg yolks for each 250 g (9 oz) of mixture, mix well and season to taste. Shape the preparation into balls the size of tangerines. Flatten them slightly, coat with egg and breadcrumbs, and deep fry in oil at 190°C (375°F). Drain on paper towels and sprinkle with salt.

Croustades Montrouge

Line some tartlet moulds with shortcrust pastry and bake blind. Fill them with a thick purée of creamed mushrooms. Sprinkle fresh breadcrumbs evenly over the purée and moisten with a little melted butter, then brown in a preheated oven at 240°C (475°F, gas 9).

Escalopes of foie gras Montrouge

Prepare a thick mushroom purée. Slice some foie gras and prepare an equal number of slices of bread of the same size. Fry the bread in butter. Sauté the foie gras in clarified butter and put each slice on a slice of fried bread. Arrange in a ring on a flat dish with the mushroom purée in the centre and keep warm. Deglaze the foie gras pan with Madeira and a little stock, boil down to reduce and thicken with a little arrowroot. Pour the sauce over the foie gras.

Flan Brillat-Savarin

Make a flan case (pie shell) of fine savoury pastry and bake blind. While still warm, fill with very creamy scrambled eggs with truffles. Heat some sliced truffles in clarified butter, season with salt and pepper, and arrange on the eggs. Sprinkle with grated Parmesan cheese and melted butter. Brown well.

Grilled ceps

Thoroughly clean and trim some fresh ceps. Cut shallow slits into the caps and marinate the ceps for at least 30 minutes in a mixture of olive oil, lemon juice, chopped garlic, chopped parsley, a pinch of cayenne, salt and pepper. Drain the ceps and grill (broil) them. Sprinkle with chopped parsley and serve very hot. Alternatively, the ceps may be moistened with melted butter or simply washed and wiped, sprinkled with salt and pepper, quickly grilled and basted with oil or melted butter at the time of serving.

Grilled saffron milk caps à la Lucifer

Blanch the caps from 575 g (1¼ lb) young saffron milk caps for 3 minutes, drain and blot dry.

Prepare 200 ml (7 fl oz, ¾ cup) devilled sauce, boil down to reduce, then add 1 teaspoon paprika, 300 ml (½ pint, 1¼ cups) brown sauce and 2 tablespoons tomato purée (paste). Stir, cook over a moderate heat and add salt. Add 1 tablespoon Worcestershire sauce and a generous pinch of cayenne. Strain through a sieve, return to the pan and keep hot in a bain marie.

Chop a small bunch of parsley and a little fennel. Brush the mushroom caps with olive oil and grill (broil) for 4 minutes. Then rub them with garlic and arrange them on a dish. Sprinkle them generously with the chopped parsley and fennel, together with about 100 g (4 oz, 1 cup) grated Parmesan cheese and some salt. Whisk the hot sauce and pour it over the mushrooms.

Hazelnut and Caesar's mushroom soup

The Caesar's mushroom is an edible wild mushroom with an orange-yellow cap, known as the royal agaric or the 'king of mushrooms' because of the fineness of its flesh and its scent.

Clean, peel and finely dice 675 g (1½ lb) Caesar's mushrooms, then wash and shred 6 round lettuces. Season the lettuce with salt and pepper and 1½ tablespoons caster (superfine) sugar. Heat 75 g (3 oz, 6 tablespoons) butter in a saucepan until it begins to turn brown, then put in the lettuce and the mushrooms; cook over a low heat, with the pan covered, for 30 minutes. Add a knuckle of veal, 1 litre (1¾ pints, 4⅓ cups) milk and 6 tablespoons rice which has been boiled for 1 minute. Salt lightly and mix in 1 tablespoon fairy-ring mushrooms (*Marasmius oreades*) or wood blewits (*Lepista nuda*) in dried or powdered form. Cook over a moderate heat for 2 hours.

Take out the knuckle and rub the soup through a fine sieve. Return it to a low heat. Pound a handful of shelled and skinned hazelnuts and mix them with 75 g (3 oz, 6 tablespoons) butter. Press this paste through a fine sieve into a hot soup tureen; add 3 egg yolks and 120 ml (4½ fl oz, ½ cup) double (heavy) cream. Pour on the soup, beating vigorously.

Leafy truffle salad

Prepare a vinaigrette by whisking together salt, 2½ teaspoons aged wine vinegar and 2½ teaspoons sherry vinegar, 5 tablespoons groundnut (peanut) oil, pepper and 1 tablespoon truffle juice.

Wash and trim 20 g (¾ oz) curly endive (frisée), 20 g (¾ oz) oak leaf lettuce, 20 g (¾ oz) lollo rosso, 20 g (¾ oz) red chicory (endive), 20 g (¾ oz) Batavia lettuce, 20 g (¾ oz) Nice mesclun, 20 g (¾ oz) lamb's lettuce (corn salad), 20 g (¾ oz) rocket (arugula), 10 g (⅓ oz) watercress, 7 g (¼ oz) marjoram, 10 g (⅓ oz) chervil, 10 g (⅓ oz) flat-leafed parsley, 7 g (¼ oz) sage,

10 g (⅓ oz) dill, 10 g (⅓ oz) tarragon, 4 small mint leaves and 4 small celery leaves. Place the herbs and salad leaves, except for the celery and mint, in a large salad bowl and toss. Add 10g (⅓ oz) chopped truffle, toss again, then add the prepared vinaigrette. Toss gently again to coat all the leaves. Arrange the salad in a pile on each of 4 plates. Sprinkle each with a little more chopped truffle and garnish with a celery leaf and a mint leaf. Sprinkle a few drops of aged wine vinegar on top and serve.

Marinated ceps

Trim and wash 800 g (1¾ lb) ceps and cut them into thin slices. Fry them in deep hot oil for 2 minutes, then cool them under cold water and wipe off the excess. To prepare the marinade, heat a mixture of 200 ml (7 fl oz, ¾ cup) olive oil, 3 tablespoons wine vinegar, 1 tablespoon chopped fennel, 2 teaspoons lemon peel, a bay leaf cut into four, 2 small sprigs of thyme, salt and freshly ground pepper. Bring this mixture to the boil and leave to boil for 5 minutes. Place the ceps in an earthenware dish and cover with the boiling marinade, strained through a sieve. Add 2 large garlic cloves and 1 tablespoon chopped parsley. Stir, then cover and leave to stand in a cool place for at least 24 hours before serving.

Morels à la crème

Clean 250 g (9 oz) morels. Wash them briskly in cold water and dry them thoroughly. Leave them whole if they are small, cut them up if they are large. Put the morels in a shallow frying pan with 15 g (½ oz, 1 tablespoon) butter, 1 teaspoon lemon juice, 1 teaspoon chopped shallots, salt and pepper. Braise for 5 minutes, then cover with double (heavy) cream and reduce until the sauce has thickened. Just before serving, add 1 tablespoon cream and some chopped parsley.

Morels in herb sauce

Put into a saucepan a pinch of rosemary, sage, thyme and basil, a quarter of a bay leaf, a clove, a little pepper and a little grated nutmeg. Add a shredded onion and a ladleful of good consommé and simmer for a few minutes, then strain through muslin (cheesecloth). Add about 30 cleaned morels to the strained liquid and bring to the boil, pour in some thick allemande sauce and reduce. Just before serving, add a little chicken stock, a little butter, some lemon juice and 1 tablespoon chopped chervil.

Mushroom barquettes

Prepare some scrambled eggs and a mushroom duxelles. Spread a layer of scrambled eggs and a layer of mushrooms in each cooked barquette. Fry some breadcrumbs and sprinkle over the barquettes. Bake for a few minutes in a preheated oven at 200°C (400°F, gas 6) just to warm the barquettes through.

Mushroom blanc

Bring 6 tablespoons water with 40 g (1½ oz, 3 tablespoons) butter, the juice of ½ lemon and 1 scant tablespoon salt to the boil. Add 300 g (11 oz, 3½ cups) mushrooms and boil for 6 minutes. Drain and retain the cooking stock to flavour a white sauce, fish stock or marinade.

Mushroom crêpes

Prepare some savoury crêpe batter and leave it to stand. Meanwhile, prepare a duxelles with 500 g (18 oz, 6 cups) mushrooms, 1 or 2 shallots, a small garlic clove, 20 g (¾ oz, 1½ tablespoons) butter, salt and pepper, and 300 ml (½ pint, 1¼ cups) béchamel sauce.

Make 12 crêpes, cooking each one as follows: melt a knob of butter in a frying pan and pour a small quantity of batter into the pan, tilting it in all

directions to spread a thin film of batter. Cook over a moderate heat until the crêpe slides when the pan is shaken. Then turn the crêpe over and cook the other side for about 2 minutes. Place a tablespoon of the mixed béchamel sauce and duxelles on each crêpe and roll it up. Arrange the crêpes close together on a lightly buttered ovenproof dish and sprinkle them with 50 g (2 oz, ½ cup) grated cheese. Top with 25 g (1 oz, 2 tablespoons) melted butter and either brown them under the grill (broiler) or reheat them in a preheated oven at 230°C (450°F, gas 8). Serve very hot.

The sauce may be replaced by 6 tablespoons double (heavy) cream.

Mushroom croquettes

Clean and dice some mushrooms, sprinkle with lemon juice and sauté them briskly either in oil or in butter. Add some chopped shallot and parsley, a little thyme, or bay leaf, a chopped garlic clove, salt and pepper. Bind this salpicon with a thick béchamel sauce and leave to cool. Chill. Divide the mixture into equal portions and roll them into cylinders. Dip the cylinders in batter, plunge into very hot oil and brown. Drain and dry on paper towels. Serve very hot (possibly with a tomato sauce), either as an entrée or as a vegetable.

Mushroom croûtes

Cut some round pieces of bread, 4–5 cm (1½–2 in) in diameter and 2 cm (¾ in) thick, from a stale loaf. Use a round cutter with a diameter smaller than that of the croûtes to press lightly on each croûte to mark the lid. Fry the croûtes in butter or oil. When they are golden, drain and remove the central circles for lids, then hollow out.

Fill them with mushrooms (preferably field mushrooms) *à la crème*. Sprinkle with breadcrumbs and brown in a preheated oven at 220°C (425°F, gas 7) or under the grill (broiler). Serve hot.

Mushroom duxelles

Clean and trim 250 g (9 oz, 3 cups) button mushrooms and chop them finely, together with 1 onion and 1 large shallot. Melt a large knob of butter in a frying pan, add the chopped vegetables, salt and pepper and a little grated nutmeg (unless the duxelles is to accompany fish). Cook over a brisk heat until the vegetables are brown and the water from the mushrooms has evaporated. If the duxelles is for use as a garnish, add 1 tablespoon cream.

Mushroom essence

Clean and dice about 450 g (1 lb) open-cap cultivated mushrooms, then place them in a saucepan and season with salt. Add a little white wine and water. Bring to the boil, stirring, then reduce the heat and cover the pan tightly. Cook for about 20 minutes, until the mushrooms are greatly reduced. Strain the liquor through a sieve, pressing or squeezing the mushrooms dry. Boil the liquor to reduce it to a full-flavoured essence.

Mushroom fritters

Wash some small, fresh button mushrooms. Pat dry and coat with flour. Dip in batter, deep-fry in hot oil and serve with a highly seasoned tomato sauce.

Mushroom purée

Prepare 200 ml (7 fl oz, ¾ cup) béchamel sauce. Add to it 6 tablespoons double (heavy) cream and stir over a brisk heat until reduced by a third. Chop 500 g (18 oz, 6 cups) mushrooms. Press through a sieve or blend in a food processor. Place the resulting purée in a frying pan and stir over a brisk heat until the vegetable juice has completely evaporated. Add the béchamel, a pinch of salt, a little white pepper and a dash of grated nutmeg. Stir again over the heat for several minutes. Off the heat, blend in 50 g (2 oz, ¼ cup) butter.

Mushroom salad

Clean some very fresh mushrooms. Slice them finely and sprinkle with lemon juice to prevent them from turning brown. They may be served with either a very highly seasoned vinaigrette dressing with added lemon juice and chopped herbs or with a mixture of cream, vinegar or lemon juice, salt, pepper and chopped chives. Keep in a cool place until ready to serve.

Mushrooms à la hongroise

Clean and wash some mushrooms and cut off the stalks. If the mushrooms are very small, leave them whole; if they are larger, cut them in quarters and dip them in lemon juice. Gently sauté them in butter without letting them colour. Pour off the butter from the sauté pan and replace it with cream, lemon juice, paprika, salt and pepper. Reduce by half, sprinkle with chopped parsley and serve very hot.

Mushrooms à l'anglaise

Choose good-quality cultivated mushrooms. Trim, wash and remove the stalks. Season the caps with salt and pepper. Butter small round lightly toasted pieces of bread. Place a mushroom, hollow side up, on each slice, garnished with a little maître d'hôtel butter. Arrange the toast in a gratin dish, cover and bake in a preheated oven at 180°C (350°F, gas 4) for 12–15 minutes.

Mushrooms à la poulette

Clean some mushrooms by rinsing them under water several times and draining well; then stew them in butter, without letting them colour. Add just enough poulette sauce to bind the mushrooms; check and adjust the seasoning if necessary. Serve the mushrooms sprinkled with chopped herbs in a warmed vegetable dish.

Mushrooms cooked in butter

Cut some raw cultivated mushrooms into thin slices. Season with salt and pepper, sauté in butter in a frying pan over a brisk heat and serve in a vegetable dish, possibly with chopped herbs or thinly sliced onions softened in butter, *à la lyonnaise*.

Mushrooms cooked in cream

Sauté the mushrooms in butter, cover them with boiling double (heavy) cream and simmer for 8–10 minutes, until reduced. This preparation may be used as a filling for flans or vol-au-vent.

Mushroom soufflés

Add 4 egg yolks to 400 ml (14 fl oz, 1¾ cups) mushroom purée, followed by 4 stiffly whisked egg whites. Butter some small ramekins and divide the mixture between them. Place them in a preheated oven at 190°C (375°F, gas 5) and cook for about 20 minutes without opening the oven door. The soufflés are cooked when they have filled the moulds and the tops have browned. Serve immediately.

Mushroom stuffing

Clean some mushrooms, remove the caps and set them aside to use as garnishes. Chop the stalks and toss them in very hot butter (or olive oil) with chopped shallots, salt, pepper and (optional) a dash of grated nutmeg. Then add some fresh breadcrumbs, chopped parsley, 1 egg (either whole or just the yolk), salt and pepper.

The stuffing may be used to fill mushroom caps or other vegetables, such as tomatoes, aubergines (eggplants), courgettes (zucchini) and cabbage, and also as a fish or meat stuffing.

Mushroom velouté soup

Prepare a white roux with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) flour. Moisten with a generous 750 ml (1¼ pints, 3¼ cups) chicken consommé. Simmer 400 g (14 oz, 4½ cups) sliced cultivated mushrooms in 40 g (1½ oz, 3 tablespoons) butter for about 20 minutes. Add them to the consommé, bring to the boil and cook for 10 minutes. Reduce the mixture to a purée in a food processor or blender. Dilute with a little consommé to obtain the desired consistency and heat. Remove from the heat and thicken the soup with a mixture of 3 egg yolks beaten with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Finally, whisk in 75 g (3 oz, 6 tablespoons) butter. Reheat but do not boil.

Omelette with green clitocybes

Clitocybes are characterized by having gills that extend along the stalk and a drooping cap with a depression in the centre; the name comes from the Greek *klitos* (sloping) and *kubê* (head). The best for eating are the funnel-shaped clitocybe (pale-buff or yellow-ochre cap), the nebulous or *petit-gris* clitocybe (grey-brown), the geotropic or *tête-de-moine* clitocybe (yellow-ochre) and the sweet-smelling clitocybe (green). All must be picked when young and consumed fresh, with the stalks discarded. Their aniseed, bitter almond or mint flavour is sometimes fairly strong. They must be cooked thoroughly.

Choose 18 caps of aniseed-flavoured green clitocybes and clean them thoroughly. Brown the 6 choicest ones whole in butter with 1½ teaspoons chopped onions. Cook in a covered pan for 10 minutes over a gentle heat. Season with salt and pepper and keep warm. Cut the remaining 12 caps into thin strips and cook in butter for 5 minutes over a moderate heat. Remove and drain in a fine sieve.

Beat 8 eggs lightly, add salt and a little curry powder, and blend in 8 knobs

of butter, then the drained julienne of mushrooms. Cook the omelette in very hot olive oil, constantly moving the frying pan over a brisk heat and lifting up the edges. Serve garnished with the 6 whole caps and accompanied with a green salad dressed in walnut oil containing ½ teaspoon anisette.

Oyster mushroom croûtes

Use a zester to pare the zest off 1 lemon in fine shreds. Mix the lemon zest with 1 finely chopped garlic clove and 1 teaspoon finely chopped fresh tarragon. Cut fairly thick slices off a baguette or ciabatta loaf at an angle, brush them with a little olive oil and bake in a preheated oven at 200°C (400°F, gas 6) for about 20 minutes or until lightly browned and crisp.

When the croûtes are almost ready, heat a large knob of butter with a good layer of olive oil in a large sauté pan. Add 1 teaspoon fennel seeds and allow them to sizzle gently for 1 minute. Trim and wipe small to medium oyster mushrooms; if using large mushrooms, cut them in half or quarters. Add the mushrooms to the pan. Sprinkle in the lemon zest, garlic and tarragon, then cook for about 3 minutes over medium heat, turning the mushrooms occasionally. Stir about 2 teaspoons Dijon mustard into the pan juices between the mushrooms. Sprinkle with salt and pepper and a generous quantity of chopped fresh dill, then toss lightly.

Spoon the oyster mushrooms on to the baked croûtes. Add wedges of lemon so that they can be squeezed over the mushrooms just before they are eaten. Serve at once.

Parasol mushrooms à la suprême

Prepare the caps of 1 kg (2¼ lb) young parasol mushrooms, without washing them. Make a white roux with 25 g (1 oz, 2 tablespoons) butter and 40 g (1½ oz, ⅓ cup) flour and then add 500 ml (17 fl oz, 2 cups) hot chicken stock.

Let it cook over a low heat for 15 minutes. Turn the heat up and thicken the sauce with 1 egg yolk mixed with 4 tablespoons double (heavy) cream. Season with salt and mild red paprika and keep warm in a bain marie. In a shallow frying pan, cook 65 g (2½ oz, ¼ cup) chopped onions seasoned with ½ teaspoon paprika in butter. When the onions start to turn pale golden, add the mushroom caps and sauté them briskly for 5 minutes, then season with salt, a little grated nutmeg and a bouquet garni to which sprigs of basil and tarragon have been added. Cover the pan and cook for 10 more minutes over a high heat. Drain the mushrooms and keep them hot in the pan with a little butter. Whisk the sauce and add to the mushrooms; check the seasoning. Serve piled up on small slices of white bread which have been fried golden brown in noisette butter.

Ragoût of mushrooms

Clean and slice 500 g (18 oz, 6 cups) large cultivated mushrooms, sauté them in butter or oil, then add a small glass of Madeira and some cream sauce. Reduce the sauce over a low heat until it is thick and creamy, sprinkle with coarsely chopped parsley and serve as a garnish for roast or braised white meat or for braised fish.

Ragoût of truffles

Peel 8 fresh 40 g (1½ oz) truffles, cut into quarters, and season with salt and pepper. Add 100 ml (4 fl oz, 7 tablespoons) dry Banyuls and marinate for 20 minutes at room temperature.

Reduce by half 200 ml (7 fl oz, ¾ cup) good full-bodied red wine in a flameproof casserole, lightly rubbed with garlic. Blend in 1 teaspoon flour mixed with 2 teaspoons butter, bring to the boil, then add the truffles and their wine marinade.

Cover with foil and put on the lid, bringing the edges of the foil over the top; cook in a preheated oven at 180°C (350°F, gas 4) for 10 minutes.

Cut some stale bread into 3–4 cm (1½ in) croûtons, dry them slightly in the oven, then rub with garlic and spread the soft side with goose or duck fat. Serve the truffle ragoût in its casserole, with the croûtons handed in a separate dish.

Salad of chanterelles with endive

Wash and drain 1 large endive (chicory) and 250 g (9 oz) chanterelles. Season the chanterelles with salt and pepper and sauté in butter for 2 minutes. Add 2 chopped shallots and 4 tablespoons chopped flat-leaf parsley and cook for 1 minute. Make a vinaigrette with 2 tablespoons wine vinegar, 6 tablespoons olive oil, 2 tablespoons groundnut (peanut) oil, 1 tablespoon walnut oil, salt and pepper. Toss half the dressing with the endive and the remainder with the warm chanterelles. Arrange the endive on plates and place the chanterelles on top. Sprinkle with chopped chives, parsley and chervil.

Sauté of Piedmont truffles

White or black truffles may be used for this recipe, which can be prepared at table in the following way. Finely slice the truffles. Place in a silver dish a few tablespoons of olive oil or butter and some good meat glaze, the size of an egg, cut into small pieces. Place the truffles on top with a little salt, white pepper and some grated nutmeg. Sprinkle with a few tablespoons of oil or a few pieces of fine butter. The silver dish, covered with its lid, is placed on a spirit heater in front of the host, who frequently stirs the truffles with a spoon, replacing the lid on the dish each time. About 8 minutes' cooking should be sufficient for the truffles. The host then squeezes in the juice of a lemon and serves his or her guests.

Scrambled eggs with ceps

Slice some cep mushrooms, season with salt and pepper, and sauté them in butter or oil with a little garlic. Make the scrambled eggs and add the ceps. Place in a serving dish with a generous tablespoon of fried ceps in the centre. Sprinkle with fried croûtons.

Other varieties of mushroom may be used: chanterelles, blewits, horn of plenty, or cultivated button mushrooms.

Soft-boiled (or poached) eggs brimont

Add some Madeira or cream to a chicken velouté and reduce. Fill a cooked, shallow puff pastry pie crust (shell) with mushrooms cooked in cream. Arrange the eggs in a ring on top. Fill the centre with small chicken croquettes. Coat with the reduced velouté sauce and garnish each egg with a slice of truffle.

Stuffed mushrooms

Choose large mushrooms of a similar size. Remove the stalks so that the cavities of the caps are fully exposed. Arrange the caps in a buttered or oiled dish and season with salt and pepper. Coat with oil or melted butter and place them in a preheated oven at 200°C (400°F, gas 6) for 5 minutes. Stuff each one with duxelles. Dust with fine breadcrumbs, sprinkle with olive oil and brown.

Mushrooms may be filled with different mixtures, such as chopped vegetables, forcemeat, mirepoix, salpicon or risotto.

Truffle-flavoured consommé

Use beef or chicken consommé. Add 40 g (1½ oz, ⅓ cup) fresh truffle peelings to the consommé 5 minutes before it has finished clarifying, and pour 1 tablespoon port or sherry into each soup dish.

Truffle salad

Clean some raw truffles and slice finely or cut into julienne strips. Make a vinaigrette with oil, vinegar, salt, pepper and lemon juice, but without herbs. (When fresh truffles are not available, preserved truffles can be used.)

The truffles may be mixed with sliced boiled potatoes (demi-deuil salad) or sliced artichoke hearts (impératrice salad).

Truffle sauce

Cook a very black fresh truffle in a mixture of half Madeira, half meat stock, with a little tomato purée (paste), for 10 minutes. Drain and cut into julienne strips. Cover the pan tightly and reduce the liquid to a few teaspoonfuls, then add 2 egg yolks and the julienne. Thicken with 200 g (7 oz, ¾ cup) clarified butter, as for a béarnaise sauce. Season with salt and pepper.

This sauce is served with poached fish, white meats and asparagus.

Truffles with champagne

Take 1.4 kg (3 lb) large well-rounded truffles, ideally ones that are of a good black colour. Rinse them in two or three lots of water. When they are well drained, place them in a saucepan lined with slices of bacon and cover with more bacon.

Coarsely dice 450 g (1 lb) desalted ham, and also the same quantity of fillets of veal and fresh pork. Cook in butter in a saucepan, adding finely sliced carrots and onions, sprigs of parsley, a few pieces of thyme, bay leaf, basil, half a garlic clove and 2 cloves; season with a little salt, white pepper, grated nutmeg and a dash of spices. When these ingredients begin to colour slightly, pour on 2 bottles of champagne (Ay is best); bring to the boil; skim and leave to simmer on a low heat without reducing. Then press through a sieve and pour it over the truffles.

Start cooking the truffles 1 hour before serving. Leave to boil gently for 45 minutes, then remove from the heat and keep very hot, without boiling. Just before serving, drain them and arrange them on a napkin folded on a silver dish; cover to keep them piping hot.

Truffle tourte à la périgourdine

Line a pie dish, 4–5 cm (1½–2 in) deep, with lining pastry and place on a baking sheet. Arrange on the bottom a layer of uncooked foie gras cut into large dice, seasoned with salt and pepper and sprinkled with *quatre épices* 'four spices' and Cognac, covering the pastry to within 1 cm (½ in) of the edge. Top with scrubbed and peeled whole truffles, seasoned with salt and pepper and sprinkled with *quatre épices* and Cognac. Place small slices of foie gras, seasoned with salt and pepper, on the truffles. Cover with a thin layer of pastry and seal the edges. Garnish the top with cut-out shapes of pastry and place a funnel in the centre. Brush with egg and bake in a preheated oven at 200°C (400°F, gas 6) for 40–45 minutes. Pour through the funnel a few tablespoons of reduced demi-glace sauce, flavoured with Madeira and truffle essence. The tourte is served hot or cold.

Okra

To prepare

When quickly fried in very hot oil, tender young okra retain their texture and do not become slimy, so stir-frying and deep-frying are useful methods. They can be cooked in butter or cream, braised with bacon, fried, puréed, or prepared with lime or rice. Okra are added to tajines, foutou and Caribbean ratatouille, and eaten with mutton in Egypt and chicken in the United States. When added early on in the cooking, the okra thicken the cooking liquor; added at the end, the young whole vegetables remain crisp.

Okra à la créole

Wash the okra carefully. If using dried vegetables, soak them in cold water for about 12 hours. Top and tail (stem and head) and put in a saucepan. Cover them amply with cold water and cook for 10–25 minutes, skimming from time to time. Drain and dry them. Peel and finely slice 150 g (5 oz) onions and cook in 2 tablespoons oil until soft. Add the okra and brown very gently. Scald, peel and seed 4 large tomatoes. Crush them and add to the okra with 2 crushed garlic cloves, salt, pepper, a little cayenne and powdered saffron. Cover and leave to cook very gently for at least 1 hour (more if using dried okra). Adjust the seasoning. Serve in a dish with a border of rice *à la créole*.

Onions & shallots

Bercy butter or shallot butter for meat

Poach 500 g (18 oz) diced beef marrow in salted water and drain. Cook 1 tablespoon chopped shallots in 1 tablespoon butter in a saucepan without browning. Add 200 ml (7 fl oz, ¾ cup) dry white wine and heat gently. Soften 200 g (7 oz, ¾ cup) butter and add to the pan, together with the marrow, 1 tablespoon chopped parsley, the juice of ½ lemon, salt and a generous pinch of milled pepper. This butter is poured on top of grilled (broiled) meat or fish and may also be served separately in a sauceboat.

Bercy sauce or shallot sauce for fish

Cook 1 tablespoon chopped shallots gently in 1 tablespoon butter without browning in a saucepan. Add 100 ml (4 fl oz, 7 tablespoons) white wine and 100 ml (4 fl oz, 7 tablespoons) fish stock. Reduce to half the volume. Add 200 ml (7 fl oz, ¾ cup) thin velouté sauce and boil vigorously for a few moments. Chop a small bunch of parsley. Remove the pan from the heat and add 50 g (2 oz, ¼ cup) softened butter; finally, add the chopped parsley and season with salt and pepper. This sauce is a suitable accompaniment to poached fish.

Fried onions

Peel some onions, slice them into rings 5 mm (¼ in) thick and separate the rings. Season with salt, dip in flour and fry in very hot oil. Drain them on paper towels and sprinkle with fine salt. They can also be marinated in oil and lemon juice for 30 minutes, then dipped in batter and fried.

Gratinée

This Parisian speciality is an onion soup topped with a gratin of bread and cheese. Finely slice 4 large onions. Heat 40 g (1½ oz, 3 tablespoons) butter and 4 tablespoons oil in a frying pan. Add the onions and stir until they are golden brown. Sprinkle with 25 g (1 oz, ¼ cup) plain (all-purpose) flour and stir until brown. Add 200 ml (7 fl oz, ¾ cup) dry white wine, reduce for a few minutes over a gentle heat, then pour in 1 litre (1¾ pints, 4⅓ cups) water or stock. Season with salt and pepper, add 2 small crushed cloves of garlic and a bouquet garni, then bring to the boil and cook very gently for 1 hour.

Meanwhile, in the oven dry some slices of bread cut from a long, thin French loaf. Mix 3 egg yolks with 6 tablespoons Madeira or port. Preheat the oven to 220°C (425°F, gas 7) and put a bain marie into it. When the onion soup is cooked, remove the bouquet garni, gradually add the mixture of egg yolks and Madeira, then divide the soup among 4 individual ovenproof soup bowls. Generously sprinkle the dried slices of bread with Gruyère and arrange on the surface of the soup. Place the soup bowls in the bain marie in the oven and cook until the top of the bread is well browned. Serve immediately.

Onion and honey tart

Peel and thinly slice 1 kg (2¼ lb) new onions. Cook in boiling water for 3 minutes and drain. Melt 25 g (1 oz, 2 tablespoons) butter in a thick-based saucepan, add the well-drained onions and cook without browning. Add 3 generous tablespoons mixed-flower honey, salt, 1 teaspoon ground cinnamon and a little pepper. Stir thoroughly and remove from the heat.

Line a flan tin (pie pan) with 300 g (11 oz) thinly rolled out shortcrust pastry (basic pie dough). Fill with the onions and bake in a preheated oven at 230°C (450°F, gas 8). When the tart is half-cooked, cover it with foil. Serve the tart warm either as an entrée or as a dessert.

Onion crêpes

Prepare some crêpes using batter for buckwheat crêpes or galettes. Fill each one with 1 tablespoon onion purée, roll it up and arrange in a lightly buttered ovenproof dish. Sprinkle with 50 g (2 oz, ½ cup) grated cheese. Top with 25 g (1 oz, 2 tablespoons) melted butter and either brown the crêpes under the grill (broiler) or reheat them in a preheated oven at 230°C (450°F, gas 8). Serve very hot.

Onion sauce

Cook 100 g (4 oz, ¾ cup) chopped onions in 300 ml (½ pint, 1¼ cups) milk seasoned with salt, pepper and nutmeg. As soon as the onions are cooked, strain and use the milk in which the onions were cooked to make a white sauce by stirring it into a roux made with 20 g (¾ oz, 1½ tablespoons) butter and 20 g (¾ oz, 3 tablespoons) plain (all-purpose) flour. Bring to the boil, add the chopped onions and cook gently for 8 minutes.

This traditional English sauce is poured over lamb or mutton, chicken, braised game or rabbit.

The onions can also be cooked in milk, then the liquid thickened with beurre manié, using the above proportions of butter and flour.

Onion soup

Finely chop 250 g (9 oz, 1½ cups) onions and fry them in butter without letting them get too brown. When they are almost ready, sprinkle with 25 g (1 oz, ¼ cup) plain (all-purpose) flour. Continue cooking for a minute or two, stirring the onions, then pour on 2 litres (3½ pints, 9 cups) white stock and flavour with 2 tablespoons port or Madeira. Continue to cook for a further 30 minutes. Put some slices of bread, which have been dried in the oven, into a soup tureen and pour the soup over them.

Onion tart

Line a buttered 28 cm (11 in) flan tin (tart pan) with 400 g (14 oz) shortcrust pastry and cook it blind. Meanwhile, prepare a Soubise purée with 1 kg (2¼ lb) onions. Spread this in the flan case, sprinkle with fresh breadcrumbs, dot with butter and brown it in a hot oven for about 15 minutes.

Périgord tourin

Lightly brown in goose fat, in a frying pan, 150 g (5 oz, 1 cup) finely chopped onion. Sprinkle with 1 tablespoon flour and add 2 crushed garlic cloves and a few tablespoons of boiling water. Stir to avoid lumps. Cook 2 large seeded tomatoes in 2 litres (3½ pints, 9 cups) stock. Drain, crush and return to the stock. Add the contents of the frying pan and boil for 45 minutes. Just before serving, blend in 2 egg yolks mixed with a few tablespoons of stock. Pour into a soup tureen over some thin slices of farmhouse bread.

Piémontaise sauce

Finely dice 2 large onions and brown in clarified butter. Strain, then cook in a good stock, skimming off all the fat. Blend in enough béchamel sauce to accompany an entrée, together with 225 g (8 oz, 2 cups) diced Piedmont truffles and 2 tablespoons pine nuts (kernels). After the sauce has boiled for a short while, add a little chicken glaze, a little garlic butter and the juice of 1 lemon. (The quantity of truffles can be reduced.)

Pissaladière

Prepare 675 g (1½ lb) bread dough, and work into it 4 tablespoons olive oil. Knead it by hand, roll it into a ball and leave to rise for 1 hour at room temperature. Soak 12 salted anchovies for a short while in cold water (or use 24 drained canned anchovy fillets).

Chop 1 kg (2¼ lb) onions and fry them gently until soft in a covered frying pan with 4–5 tablespoons olive oil, a pinch of salt, a little pepper, 3 crushed garlic cloves, 1 sprig of thyme and 1 bay leaf. Fillet the anchovies. Strain 1 tablespoon pickled capers, pound to a purée and add to the onions.

Flatten three-quarters of the dough to form a circle. Place on an oiled baking sheet and spread with the onion and caper mixture, leaving a rim around the edge. Roll up the anchovy fillets and press them into the onions, together with 20 or so small black (ripe) olives. Shape the rim of the dough to form a wide border that will retain the filling. Roll out the remainder of the dough and cut it into thin strips. Place these in a criss-cross pattern over the filling, pressing the ends into the border. Brush the dough with oil and cook in a pre-heated oven at 240°C (475°F, gas 9) for about 20 minutes.

The strips of dough may be replaced by anchovy fillets arranged in a criss-cross pattern if preferred.

Sage and onion sauce

Cook 2 large onions for 8 minutes in salted boiling water. Drain them and chop them. Put the chopped onion into a saucepan with 100 g (4 oz, 2 cups) fresh white breadcrumbs and 25 g (1 oz, 2 tablespoons) butter. Season with salt and pepper and add 1 tablespoon chopped fresh sage. Cook for 5 minutes, stirring constantly. Just before serving, add 3 tablespoons pan juices from the roast pork or goose that this sauce is served with.

Shallot butter

Peel 150 g (5 oz) shallots and chop finely. Blanch for 2–3 minutes in boiling water, blot and purée in a blender. Work into 150 g (5 oz, ⅔ cup) softened butter. Season with salt and pepper. This butter is served mainly with grilled (broiled) fish and meat.

Shallot sauce

Peel some shallots and chop them very finely. Add to a good wine vinegar and season with salt and pepper. This sauce is traditionally served with oysters or raw mussels.

Spanish onion chutney

Peel and slice 2 kg (4½ lb) Spanish onions or large mild onions. Tip them into a large saucepan along with 675 g (1½ lb, 3½ cups) brown sugar, 400 g (14 oz, 2½ cups) raisins or sultanas (golden raisins), 400 ml (14 fl oz, 1¾ cups) dry white wine, 400 ml (14 fl oz, 1¾ cups) white wine vinegar, 2 garlic cloves, 300 g (11 oz) crystallized (candied) ginger cut into pieces, a pinch of curry powder and 5 cloves. Boil for 1¾–2 hours, leave to cool completely, then pot.

Stuffed onions

Peel some large onions, taking care not to split the outer layer; cut them horizontally at the stalk end, leaving about three-quarters of their total height. Blanch them in salted water for 10 minutes, then refresh and drain them. Scoop out the insides, leaving a thickness all round of 2 layers.

Chop the scooped-out onion finely and mix it with some finely chopped pork, veal, beef, lamb or mutton. Season well. Stuff the onions with this mixture, put them in a buttered flameproof casserole and moisten with a few tablespoons of slightly thickened brown veal stock. Start the cooking, with the lid on, on the hob (stove top), then continue cooking in the oven, basting frequently to glaze the onions. A few minutes before they are cooked, sprinkle with breadcrumbs or Parmesan cheese, moisten with melted butter and brown the surface.

Onions can also be stuffed in the following ways:

- *à la catalane:* rice cooked in meat stock with sweet (bell) peppers fried

in olive oil and chopped hard-boiled (hard-cooked) eggs.

- *à l'italienne:* rice cooked in meat stock with finely chopped onion, cooked lean ham and Parmesan cheese.
- *à la parisienne:* finely chopped onion mixed with a duxelles of mushrooms and chopped cooked lean ham.

Tourin des noces

Brown 1 large grated onion and 6 quartered tomatoes in lard or goose fat. Add 1.25 litres (2¼ pints, 5½ cups) hot water. Season well with salt and pepper. When the vegetables are cooked, rub them through a sieve. Add 1 tablespoon vermicelli and some small grilled (broiled) croûtons to the soup and boil for a few minutes more. Season with pepper and serve.

Palm hearts (hearts of palm)

To prepare

The terminal buds of certain palm trees, in particular the West Indian cabbage palm, which is also known as the 'coconut cabbage', 'glug-glug cabbage' or 'ti-coco cabbage'. The tender parts are eaten raw, thinly sliced in salad; the firmer parts are cooked and used to prepare *acras*, gratins or fillings for omelettes. The flavour is similar to that of artichoke. Canned palm hearts are also available.

Braised palm hearts

Rinse some palm hearts in water and wipe well. Melt some pork dripping (fatback) in a shallow frying pan. Cut some pieces of palm hearts about 5 cm (2 in) long, tie them together in bunches and lightly brown them in the fat over a gentle heat for 30 minutes. Add 1 teaspoon flour, blending it in, then mix in 1 tablespoon tomato purée (paste) and some very concentrated chicken stock. Bring to the boil, stirring and cook for several minutes, then simmer gently until the sauce is reduced. Serve with a little of the sauce.

Palm hearts in salad

Drain a can of palm hearts, refresh them in cold water, wipe them and cut them into round slices. Peel a cucumber, remove the seeds and cut the pulp into dice. Peel, seed and dice 4 ripe firm tomatoes. Using a melon baller, scoop out some small balls from the pulp of an avocado. Mix together 200 ml (7 fl oz, ¾ cup) double (heavy) cream, some chopped chives, 2 tablespoons vinegar and 1 tablespoon lemon juice. Season liberally with salt and pepper. Combine the other ingredients with the sauce. Garnish some individual dishes with a lettuce chiffonnade. Divide the preparation between them and chill until time to serve.

Palm hearts with prawns

Thoroughly drain some canned palm hearts, refresh them in cold water, then wipe and coarsely shred them. Prepare a light well-seasoned mayonnaise coloured either with tomato ketchup or with a very reduced strained tomato sauce. Peel some cooked prawns (shrimps). Scald some bean sprouts, refresh them in cold water and dry them. Mix all the ingredients together and put in a cool place. Line some individual dishes with a lettuce chiffonnade, divide the mixture among them and serve chilled.

Peas

To prepare

When buying peas, make sure that the pods are smooth and bright green. The peas should be shiny and not too large, tender but not floury. The sooner peas are eaten after picking, the better they taste. Peas can be boiled or cooked in butter (*à la française*), with lettuce and small onions. They can also be cooked with bacon (*à la bonne femme*) or carrots (*à la fermière*) or flavoured with mint. The cooking time is quite short for freshly picked peas, but longer for those picked a few days previously.

Shell the peas and cook them in boiling salted water in an uncovered saucepan. They should be tender without becoming mushy or losing their colour (10–20 minutes depending on size and freshness). Drain them thoroughly and serve with butter. The peas can be flavoured by cooking them with a sprig of fresh fennel or mint and serving them sprinkled with chopped fresh fennel or mint.

Ambassadeur soup

To 1.5 litres (2¾ pints, 6½ cups) Saint-Germain soup (page 149), add 3 tablespoons shredded sorrel or a mixture of sorrel and lettuce softened in butter, 1½ tablespoons rice cooked in consommé, and some sprigs of chervil.

Lamballe soup

Prepare 750 ml (1¼ pints, 3¼ cups) Saint-Germain purée (page 149). Add 750 ml (1¼ pints, 3¼ cups) consommé with tapioca cooked in it and mix well. Garnish with chervil leaves.

Peas à la bonne femme

Melt some butter in a frying pan and lightly brown 12 baby (pearl) onions and 125 g (4½ oz, ½ cup) diced lean bacon. Remove the onions and bacon from the pan, add 1 tablespoon flour to the hot butter and cook for a few minutes, stirring with a wooden spoon. Stir in 300 ml (½ pint, 1¼ cups) white consommé, boil for 5 minutes, then add 675 g (1½ lb, 4½ cups) fresh shelled peas. Add the onions and bacon together with a bouquet garni and cook, covered, for about 30 minutes.

Peas à la crème

Boil 800 g (1¾ lb, 5¼ cups) fresh peas, shelled, drain them and put them back in the saucepan. Dry out a little over a brisk heat, then add 150 ml (¼ pint, ⅔ cup) boiling crème fraîche and boil until reduced by half. Adjust the seasoning and add a large pinch of sugar. Just before serving, add 2 tablespoons crème fraîche, blend well and sprinkle with chopped herbs.

Peas à la fermière

Clean 500 g (18 oz) baby carrots and peel 12 baby (pearl) onions. Brown them in butter in a saucepan. When the carrots are brown but still firm, add 800 g (1¾ lb, 5¼ cups) fresh peas, shelled, a coarsely shredded lettuce and a bouquet garni composed of parsley and chervil. Season with salt and sugar, moisten with 2 tablespoons water, cover the pan and simmer gently for about 30 minutes. Remove the bouquet garni. Blend in 40 g (1½ oz, 3 tablespoons) butter just before serving.

Peas à la française

Place 800 g (1¾ lb, 5¼ cups) fresh peas, shelled, in a saucepan together with a lettuce shredded into fine strips, 12 new small (pearl) onions, a bouquet garni

composed of parsley and chervil, 75 g (3 oz, 6 tablespoons) butter cut into small pieces, 1 teaspoon salt, 2 teaspoons caster (superfine) sugar and 4½ tablespoons cold water. Cover the pan, bring slowly to the boil and simmer gently for 30–40 minutes. When the peas are cooked, remove the bouquet garni and stir in 1 tablespoon fresh butter then transfer to a vegetable dish and serve.

Peas in butter

Cook the peas in boiling salted water, drain them, and put them back in the saucepan over a brisk heat, adding a pinch of sugar and 100 g (4 oz, ½ cup) fresh butter per 1 kg (2¼ lb, 6¾ cups) fresh peas, shelled. Serve hot, sprinkled with chopped herbs.

Peas with ham à la languedocienne

Cut a medium onion into quarters and brown in goose fat in a sauté pan with 125 g (4½ oz) lean unsmoked raw ham. Add 800 g (1¾ lb, 5¼ cups) fresh shelled peas and brown lightly. Sprinkle with 1 tablespoon flour and cook for a few minutes. Then add 300 ml (½ pint, 1¼ cups) water, season with salt and caster (superfine) sugar, add a small bouquet garni and bring to the boil. Reduce the heat to a simmer and cook, uncovered, for about 45 minutes. Remove the bouquet garni and serve hot.

Peas with mint

Cook the peas with a few mint leaves in boiling salted water, drain them, and put them back in the saucepan over a brisk heat, adding a pinch of sugar and 100 g (4 oz, ½ cup) fresh butter per 1 kg (2¼ lb, 6¾ cups) fresh peas, shelled. To serve, arrange the peas in a vegetable dish and sprinkle them with scalded chopped mint leaves.

Saint-Germain purée

Prepare in the same way as Saint-Germain soup, but add 100–150 ml (4–5 fl oz, ½–⅔ cup) double (heavy) cream to the sieved peas.

Saint-Germain soup

Shell 800 g (1¾ lb) fresh peas and put into a saucepan with a lettuce heart, 12 small new onions, a bouquet garni with chervil added, 50 g (2 oz, ¼ cup) butter, 1 teaspoon salt and 1 tablespoon granulated sugar. Add 250 ml (8 fl oz, 1 cup) cold water, bring to the boil and cook gently for 30–35 minutes. Remove the bouquet garni and rub the vegetables through an ordinary sieve, then a fine one. Add a little consommé or hot water to obtain the desired consistency of soup and heat through. Add 25 g (1 oz, 2 tablespoons) butter, beat well and sprinkle with chopped herbs. If desired, a few peas and croûtons can be added to garnish.

Split pea purée

Soak some split peas for 1½ hours in cold water, drain, then place them in a saucepan with 2 litres (3½ pints, 9 cups) fresh cold water per 500 g (18 oz, 2⅓ cups) peas. Add 1 carrot, 1 celery stick, the white part of 1 leek and 1 onion, all chopped as for a mirepoix. Then add 1 bouquet garni including the green part of the leek and, if possible, a knuckle of ham and some lettuce leaves. Bring slowly to the boil, skim and season with salt and pepper. Simmer gently with the lid on for about 2½ hours. Then remove the bouquet garni and the ham. Rub the peas through a fine sieve or reduce to a purée in a blender or food processor. Pour the purée into a heavy-based saucepan and heat, stirring continuously with a wooden spoon and slowly pouring in a little of the strained cooking liquid. Blend in some cream, remove from the heat, add a knob of butter and serve piping hot.

Split pea soup

Rub some cooked split peas through a fine sieve or reduce to a purée in a blender or food processor, together with the vegetables they were cooked with. Add equal amounts of the cooking liquid and milk (or use one-third of this volume of cream instead of milk and replace the cooking liquid with consommé). Stir well and adjust the seasoning. Sprinkle with chervil. Fry some croûtons in butter or oil and serve separately. The ham used for cooking the split peas may also be added after being finely diced.

Peppers (bell peppers)

Grilled pepper salad

Cut some green (bell) peppers in half, removing the stalks and the seeds. Oil them very lightly and cook in a very hot oven or under the grill (broiler), skin side up, until the skin blisters and blackens. Peel them and cut into strips. Make a vinaigrette with olive oil, very finely chopped garlic, chopped parsley, lemon juice and a very small quantity of vinegar. Sprinkle over the pepper strips while they are still warm, marinate at room temperature for at least 2 hours, then chill in the refrigerator. Serve as a cold hors d'oeuvre with toast spread with tapenade, shrimps, small octopuses in salad and so on.

Peppers à la piémontaise

Grill (broil) some peppers or cook in a very hot oven until the skins blister and blacken. Peel them, remove the seeds and cut into strips. Make a risotto *à*

la piémontaise (page 180). Arrange alternate layers of peppers and risotto in a buttered gratin dish. Finish with a layer of peppers, sprinkle with grated Parmesan cheese and melted butter, and brown in a hot oven.

Peppers à l'orientale

Cut the stalk ends off 500 g (18 oz) green (bell) peppers and remove the seeds. Grill, peel and cut into large dice. Gently fry 100 g (4 oz, 1 cup) chopped onions in a saucepan, without allowing them to brown, then add the peppers, a pinch of powdered garlic, 150 ml (¼ pint, ⅔ cup) clear stock and pepper. Simmer for 30–35 minutes, then adjust the seasoning and serve very hot as a garnish for white meat or mutton.

Ragoût of sweet peppers à l'espagnole

Seed and peel 6 sweet (bell) peppers, and cut them into large strips. Fry 100 g (4 oz, ⅔ cup) finely sliced onions in some olive oil in a shallow frying pan. Add the strips of pepper, some salt, pink pepper, and a large crushed garlic clove. Stir in 1 tablespoon flour and add 300 ml (½ pint, 1¼ cups) beef stock and 2 tablespoons tomato purée (paste). Cook very gently, covered, for 35 minutes. Taste and adjust the seasoning. Serve in a vegetable dish sprinkled with chopped parsley.

Stuffed pepper fritters

Peel and seed some very small green (bell) peppers, as for stuffed peppers *à la turque*. Marinate for 1 hour in a mixture of olive oil, lemon juice and chopped garlic, seasoned with salt, pepper and a pinch of cayenne. Peel and chop equal quantities of onions and mushrooms. Gently fry them in butter, add an equal volume of well-reduced tomato sauce, then some chopped garlic and parsley. Cook this mixture until it has the consistency of a thick paste. Drain and dry

the peppers and stuff them with the mixture. Dip them in a light fritter batter and fry in very hot fat (180°C, 350°F) until golden. Drain and serve with a well-reduced tomato sauce.

Stuffed peppers

Cut the stalk ends off 12 very small green (bell) peppers. Remove the seeds and blanch for 5 minutes in boiling salted water. Prepare a stuffing by coarsely chopping 2 handfuls of very fresh sorrel leaves, 4 peeled seeded tomatoes, 3 Spanish onions, 3 green peppers and a small sprig of fennel. Place in a saucepan with 2 tablespoons warm olive oil and cook gently, stirring, until soft but not brown. Strain to remove the liquid and mix with an equal volume of rice cooked in meat stock.

Stuff the peppers with this mixture. Pour a little oil in a deep frying pan and arrange the stuffed peppers in it, closely packed together. Half-fill the pan with thin tomato sauce to which lemon juice and 200 ml (7 fl oz, ¾ cup) olive oil have been added. Cook for about 25 minutes with the lid on. Arrange the peppers in a shallow dish together with their cooking liquid. Leave to cool then refrigerate for at least 1 hour. Serve as an hors d'oeuvre.

Stuffed peppers à la turque

Cut away a small circle around the stalks of some (bell) peppers and put them in a very hot oven or under the grill (broiler) until the skin has blistered and blackened. Peel, cut off the stalk ends and seed them. Blanch for 5 minutes in boiling water. Cool, drain and dry thoroughly. Mix equal quantities of rice cooked in meat stock and cooked coarsely chopped mutton. Add some crushed garlic, chopped parsley and well-reduced tomato sauce; a handful of raisins soaked for 1 hour in warm water may also be added. Slightly widen the opening in the peppers and stuff them with the rice-and-mutton mixture.

Peel and chop some onions and fry them gently in olive oil in a casserole without allowing them to brown. Then add the stuffed peppers, packing them tightly together. Pour in a mixture of equal proportions of stock and tomato sauce to come a quarter of the way up the peppers. Adjust the seasoning. Bring to the boil, cover and cook in a preheated oven at 230°C (450°F, gas 8) for 30–35 minutes. Arrange the stuffed peppers in a serving dish and pour the cooking liquid over them.

Potatoes

Aligot

Smoothly mash 1 kg (2¼ lb) soft *potato fondantes* (cooked very slowly in butter in a covered pan), add 1–2 crushed garlic cloves, 1 tablespoon bacon fat and sufficient milk to make a purée. Turn the purée into a bain marie, add 575 g (1¼ lb) thinly sliced fresh Laguiole cheese and stir vigorously with a wooden spoon until the cheese is evenly blended into the potato. The aligot is cooked when a smooth flowing elastic purée is formed.

Allumette potatoes

Cut some potatoes into small matchsticks 5 mm (¼ in) thick, using a variety that does not disintegrate during cooking. Wash and dry them, then plunge them into very hot fat and cook without letting them change colour. Drain, then plunge them back into the hot fat once again and cook until just golden. Drain and serve.

Baked potatoes with garlic

Peel 1.5 kg (3¼ lb) potatoes, cut them into slices, wash and pat dry on paper towels. Heat a mixture of oil and butter in a flameproof casserole, then add 4 chopped garlic cloves and 3 thinly sliced onions. Fry gently, stirring until soft. Add the potatoes and mix well. Cover the casserole and cook in a preheated oven at 200°C (400°F, gas 6) for about 1 hour, until the potatoes are tender. Sprinkle with chives.

Baked stuffed potatoes

Peel some large potatoes, trim off the ends and carefully scoop out the inside to leave cylinder shapes. Blanch the potato cylinders, drain and pat dry. Season them with salt and pepper inside and out, fill them with the chosen stuffing, then arrange them closely packed together in a buttered flameproof dish. Half-cover them with clear stock. Bring to the boil, then cover and cook in a preheated oven at 200°C (400°F, gas 6) for 30–35 minutes.

Drain the potatoes and arrange in a buttered ovenproof dish. Sprinkle with breadcrumbs or grated cheese (or a mixture of both), pour melted butter over them and brown in a preheated oven at 230°C (450°F, gas 8). The cooking juice may be used as the base for a sauce to go with the potatoes.

- *potatoes stuffed with duxelles:* Fill the potatoes with a highly seasoned duxelles.
- *stuffed potatoes à la charcutière:* Fill the potatoes with sausagemeat mixed with plenty of chopped parsley and garlic and, if desired, chopped onion fried in butter.
- *stuffed potatoes à la provençale:* Mix equal amounts of canned tuna in oil and chopped hard-boiled (hard-cooked) egg yolks. Bind with well-reduced tomato fondue or a rich tomato sauce and adjust the seasoning; this stuffing must be highly spiced.

Chatouillard potatoes

Pare some potatoes in a spiral to obtain strips 3 mm (⅛ in) thick; wash, wipe and deep-fry in oil heated to only 160°C (325°F). Gradually increase the temperature until the strips rise to the surface – at about 170°C (338°F). Drain them and leave them to cool slightly. Just before serving, plunge them into the oil heated to 180°C (350°F); they must swell up. Drain on paper towels before serving.

Darphin potatoes

Peel 1 kg (2¼ lb) potatoes, rinse and soak in cold water for 1 hour; grate or cut into thin matchsticks and remove excess moisture with a cloth. Pour 250 ml (8 fl oz, 1 cup) oil into a flan tin (pie pan) or dish and heat in a preheated oven at 240°C (475°F, gas 9). Melt 50 g (2 oz) butter in a frying pan, add half the potatoes and sauté them for 5 minutes. Then transfer them to the flan tin and press down. Repeat with the remaining potatoes. Sprinkle with a little extra oil and cook in the oven for about 20 minutes. Turn out the potato cake and serve very hot.

Dauphine potatoes

Peel 1 kg (2¼ lb) floury potatoes, cut them into quarters and cook in boiling salted water until very soft. Drain thoroughly and mash to a purée. Prepare some choux paste using 500 ml (17 fl oz, 2 cups) water, 125 g (4½ oz, ½ cup) butter, 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, 7 eggs and a pinch of grated nutmeg and season with salt and a grinding of pepper. Mix the dough with an equal volume of the potato purée. Heat oil for deep-frying to about 175°C (347°F) and drop the mixture into it a spoonful at a time. When the potato balls are puffed up and golden, drain on paper towels, dust with fine salt and serve very hot.

Deep-fried potatoes

Peel or scrub the potatoes, slice or cut into fingers for making British-style chips. Cut fine fingers for French fries. Rinse, then dry the potatoes thoroughly. Heat the oil for deep-frying to 180°C (350°F). This temperature will drop to 150°C (300°F) when the potatoes are added and the oil should be reheated to 180°C (350°F). Continue cooking, uncovered, until the potatoes turn golden. Shake the basket or rearrange the potatoes occasionally so that they cook evenly.

Thick and fine chips (French fries), known as *pont-neuf* potatoes in French, should be drained when they are tender before they have turned brown. Reheat the oil and then add the potatoes again and cook until crisp and brown. This double-frying process gives chips a crisp, light finish.

When potatoes are cut very finely into potato straws, they will cause only a small drop in the temperature of the fat and need to be immersed only once.

Demi-deuil salad

Boil 675 g (1½ lb) potatoes until tender. Drain, cool, peel and slice the cooked potatoes. Cut 75–100 g (3–4 oz) truffles into thin strips. Make a sauce using 3 tablespoons single (light) cream, 1 teaspoon mustard, salt and pepper.

In a large salad bowl make a bed of lettuce seasoned with a little vinaigrette. Place the potatoes mixed with the sauce on it, then sprinkle with the strips of truffle.

Duchess potato croustades

Spread duchess potato mixture in a 4–5 cm (1½–2 in) thick layer on an oiled baking sheet and leave to cool completely. Use a smooth round cutter to cut into shapes 7.5 cm (3 in) in diameter. Coat these croustades with egg and breadcrumbs. To mark the lid, make a circular incision in the top 1 cm (½ in)

from the edge and 3–4 cm (1¼–1½ in) deep. Deep-fry in oil heated to 180°C (356°F) until golden. Drain and dry on paper towels. Remove the lid and hollow out the inside, leaving only a base and a wall, about 1 cm (½ in) thick. Fill the croustades according to the instructions given in the recipe.

Duchess potatoes

Cut 500 g (18 oz) peeled potatoes into thick slices or quarters. Boil them briskly in salted water. Drain, put in a warm oven for a few moments to evaporate excess moisture, and press through a sieve. Put the purée into a saucepan and dry off for a few moments on the hob (stovetop), turning with a wooden spoon. Add 50 g (2 oz, ¼ cup) butter and season with salt, pepper and a little grated nutmeg. Mix in 1 egg and 2 yolks.

This mixture is easier to pipe while hot: it may be piped for borders or into swirls on a greased baking sheet to be served as duchess potatoes proper. Brush the cooled potatoes with beaten egg and brown them in a hot oven.

Alternatively, spread the purée on a buttered baking sheet, leave until cold and shape as indicated in the recipe.

Flat omelette à la savoyarde

Slice 250 g (9 oz) potatoes and sauté them in 40 g (1½ oz, 3 tablespoons) butter. Season with salt and pepper. Beat 8 eggs seasoned with salt and pepper and add 100 g (4 oz, 1 cup) Gruyère cheese in thin shavings. Add the potatoes to this mixture and pour it into a large frying pan. Cook on both sides like a thick pancake.

Flemish salad

Cook some peeled potatoes in salted water and lightly blanch some large peeled onions. Cut the potatoes into slices and chop the onions coarsely.

Clean some chicory (endive) and cut the leaves lengthways and across. Place all the ingredients in a salad bowl and mix with a fairly well-seasoned vinaigrette. Arrange in a dome and garnish with fillets of salt herring cut into strips. Sprinkle with chopped parsley and chervil.

Fried duchess potatoes

Heat some oil for deep-frying to about 180°C (350°F). Put some cooled duchess potato mixture in a piping (pastry) bag with a plain nozzle about 2 cm (¾ in) in diameter and pipe the mixture into the hot oil, cutting it off into about 4 cm (1½ in) lengths. Cook until golden brown, drain on paper towels and serve very hot.

Instead of piping the mixture, it may be spread out on a buttered baking sheet, cooled and cut into even-sized rectangles. These can be rolled into cylinders and then deep-fried.

German salad

Coarsely chop 400 g (14 oz, 2⅓ cups) boiled potatoes and 200 g (7 oz, 1⅓ cups) tart eating apples and mix with 2 tablespoons mayonnaise. Place in a salad bowl; garnish with a shredded gherkin and 2 herring fillets. Sprinkle with chopped parsley. Garnish with slices of cooked beetroot (red beet) and onion. Pour over a mustard-flavoured vinaigrette just before serving.

Gratin dauphinois

Peel and thinly slice 1 kg (2¼ lb) potatoes and arrange them in a generously buttered dish. Mix 2 whole eggs with a little milk, add 1 teaspoon salt, then whisk together with 600 ml (1 pint, 2½ cups) warmed milk or cream. Pour this mixture over the potatoes and dot with knobs of butter. Cook in a preheated oven at 220°C (425°F, gas 7) for about 50 minutes, if necessary

protecting the top of the dish with foil towards the end of the cooking period.

The bottom of the dish can be rubbed with garlic, and a little grated nutmeg may be added at the same time as the salt. Grated Gruyère may also be added: one layer on the bottom of the dish and another on the top.

Gratin of potatoes à la hongroise

Bake the potatoes in their skins in the oven or in hot embers. Cut them in half and scrape out the insides; rub this through a sieve. Peel and chop some onions (use half the weight of the sieved potato) and soften them in butter in a covered pan. Season with salt, pepper and a sprinkling of paprika, then mix with the sieved potato. Stuff the potato jackets with this mixture and put in a buttered ovenproof dish. Cover with breadcrumbs, moisten with melted butter and brown in a preheated oven at 240°C (475°F, gas 9).

Hashed potatoes

Boil some potatoes in salted water, drain and chop up roughly. Sauté them well in butter in a frying pan. Add salt and pepper. Press them well down into the form of a cake, leave to brown and then turn out on a warm dish. Chopped onions fried in butter may be added to these hashed and browned potatoes, which are typical of American cooking.

Lorette potatoes

Prepare a dauphine potato mixture and add grated Gruyère cheese, using 100 g (4 oz, 1 cup) for 675 g (1½ lb) potato mixture. Divide the mixture into portions of about 40 g (1½ oz, 3 tablespoons) and mould into crescent shapes, or use a piping (pastry) bag to make stick shapes or knobs. Allow to dry for 30 minutes in the refrigerator, then deep-fry until golden brown. Drain on paper towels.

Lyonnaise potatoes

Parboil some potatoes and slice them. Melt some butter in a frying pan and add the potatoes. When they start to turn golden brown, add some finely chopped onions that have been softened in butter; allow 4 tablespoons onion per 675 g (1½ lb) potatoes. Sauté the mixture well. Arrange in a vegetable dish and sprinkle with chopped parsley.

Macaire potatoes

Bake 4 large floury unpeeled potatoes in the oven. Cut in half and remove the pulp. Mash the potato pulp with butter until smooth, allowing 100 g (4 oz, ½ cup) butter per 1 kg (2¼ lb) potato. Season with salt and pepper. Heat some butter in a frying pan and add the mashed potato, spreading it out into a flat round cake. Cook until golden, then, with the aid of a plate, turn the potato cake over and cook the other side.

Mashed potatoes

Peel and quarter potatoes or cut them into chunks if they are large. Boil in salted water for about 15 minutes or until tender. Drain thoroughly, then return them to the pan. Heat, shaking the pan, for a few seconds to evaporate moisture. Then remove from the heat and add 75 g (3 oz, 6 tablespoons) butter to each 800 g (1¾ lb) potato. Mash, then add a little milk and beat the potatoes with a wooden spoon until smooth. Adjust the seasoning, adding freshly ground white pepper.

The mash may be flavoured with grated cheese 75 g (3 oz, ¾ cup) per 800 g (1¾ lb) mash or placed in a buttered dish, sprinkled with a little melted butter and browned in the oven or under the grill (broiler).

Alternatively, a potato ricer, mouli grater or vegetable mill may be used to make the mash instead of a hand masher.

Pommes Anna

Peel 1 kg (2¼ lb) potatoes and cut into thin even round slices. Wash, wipe and season with salt and pepper. Slightly brown 75 g (3 oz, 6 tablespoons) butter in a special casserole (or in a sauté pan) and arrange the potatoes in circular layers, making sure that they are evenly coated with butter, then compress them into a cake with a wooden spatula. Cover and cook in a hot oven for 25 minutes. Quickly turn the whole cake over on to a flat dish and slide it back into the casserole to brown the other side.

Pont-neuf potatoes

Peel some large waxy potatoes, wash them and cut into sticks 1 cm (½ in) thick and 7 cm (2¾ in) long. Wash well and dry thoroughly in a cloth then deep-fry in oil heated to 170°C (338°F) for 7–8 minutes, until the potatoes begin to colour, then drain on paper towels. Just before serving, fry the potatoes once more in the oil, reheated to 180°C (350°F), until golden. Drain and sprinkle with fine salt.

Port-Royal salad

Mix together slices of boiled potato, chopped cooked French (green) beans, and slices of peeled apple lightly sprinkled with lemon juice. Add some mayonnaise to this mixture. Heap up in a salad bowl, pour over some more mayonnaise and garnish with French beans in a star shape. Surround with small lettuce hearts and quarters of hard-boiled (hard-cooked) eggs.

Potage julienne Darblay

Prepare 1 litre (1¾ pints, 4⅓ cups) puréed potatoes and dilute with about 500 ml (17 fl oz, 2 cups) consommé. Add 4 tablespoons julienne of vegetables which have been gently cooked in butter. Mix 3 egg yolks with 100 ml

(4 fl oz, 7 tablespoons) double (heavy) cream and use this liaison to thicken the soup. Before serving, blend in about 50 g (2 oz, ¼ cup) butter and garnish the soup with chervil.

Potato and leek soup

Cut off the green part of 12 leeks and remove the withered leaves. Peel and quarter 4 large potatoes. Thinly slice the cleaned green parts of the leeks, place in a large saucepan and fry in 25 g (1 oz, 2 tablespoons) butter. Add 1.5 litres (2¾ pints, 6½ cups) boiling water, bring back to the boil, then add the potatoes. Season with salt and pepper and leave to cook gently with the lid on for about 1 hour. Put through a food processor or blender and pour into a soup tureen. Sprinkle with chopped parsley and serve with small slices of bread dried in the oven.

Potato and turnip purée

Peel 800 g (1¾ lb) turnips and 800 g (1¾ lb) potatoes. Cut them separately into cubes. Put 8 juniper berries, 4–5 slices fresh root ginger, 1 teaspoon rosemary leaves and 1 teaspoon black peppercorns in a small linen bag. Peel and chop 2 medium-sized onions. Peel and chop 2 garlic cloves. Heat 3 tablespoons goose fat or duck fat in a flameproof casserole. Add the diced turnips. Season lightly with salt and a pinch of sugar, then brown. Add the potatoes and sauté them, then stir in the chopped onion and garlic. Moisten with a little chicken stock and cook over a low heat until the stock has evaporated. Meanwhile, heat 1 tablespoon fat in a frying pan and fry 12 croûtons on both sides.

Remove the linen bag from the vegetables, purée the vegetables in a food processor and correct the seasoning. Sprinkle with a little roasting juice if desired and serve garnished with the croûtons.

Potato cocotte

Cut some peeled potatoes into finger shapes, then trim into oblongs 4–5 cm (1½–2 in) long (keep the trimmings for a soup). Wash and drain the potatoes, place in a saucepan, cover with cold, unsalted water and bring rapidly to the boil. Drain the potatoes.

Heat a knob of butter and a little oil in a sauté pan big enough to hold the potatoes in a single layer. As soon as the fat is hot, add the potatoes, seal them over a brisk heat, then sauté them gently for about 15 minutes. Cover and place them in a preheated oven at 200°C (400°F, gas 6) and continue cooking for about 10 minutes. Check the potatoes while cooking and remove from the oven as soon as they have browned. Drain and season them with fine salt. Serve in a vegetable dish or next to the meat to be garnished, sprinkled with chopped parsley.

Potato croquettes

Peel and quarter 1.5 kg (3¼ lb) floury potatoes and cook in a saucepan of salted boiling water until they are quite tender (about 20 minutes). Drain the potatoes and dry them out over a low heat. Press through a sieve or blend them to a purée, add about 50 g (2 oz, ¼ cup) butter and gradually work in 4 beaten egg yolks with a fork. Spread the purée in a buttered dish and leave to cool completely.

Work the purée into a ball, using floured hands, then roll the ball into a long narrow cylinder; cut it into sections about 6 cm (2½ in) long. Round these sections slightly. Roll them in flour, coat with a mixture of 2 eggs lightly beaten with 1 tablespoon oil, and cover with breadcrumbs. Deep-fry the croquettes in oil heated to 180°C (350°F) for about 3 minutes, until they turn golden. Drain on paper towels and serve very hot with roast or grilled (broiled) meat.

Potatoes à la berrichonne

Chop 2 onions. Cut 100 g (4 oz) streaky bacon into small strips. Brown the onions and bacon in a flameproof casserole, then add 1 kg (2¼ lb) very small potatoes and brown slightly. Pour in just enough stock to cover, add a bouquet garni and season with salt and pepper, then cover and cook gently for 20–25 minutes. Serve sprinkled with chopped parsley.

Potatoes à la boulangère

Prepare 800 g (1¾ lb) peeled potatoes, cut into slices and brown them in 40 g (1½ oz, 3 tablespoons) butter. Slice 400 g (14 oz) onions and brown in 20 g (¾ oz, 1½ tablespoons) butter. Arrange alternate layers of potatoes and onions in a buttered ovenproof dish. Season with a little salt and pepper, then cover completely with stock. Cook in a preheated oven at 200°C (400°F, gas 6) for about 25 minutes, then reduce the oven temperature to 180°C (350°F, gas 4) and leave to cook for a further 20 minutes. If required, add a little extra stock while the potatoes are cooking.

Potatoes à la crème

Boil some firm, unpeeled potatoes in salted water. Peel them immediately, cut into thick slices and arrange them in a lightly buttered casserole. Cover with crème fraîche, season with salt, pepper and nutmeg, and cook them in a preheated oven at 200°C (400°F, gas 6) until the cream has completely reduced and the potatoes are tender. Add a little extra cream just before serving and sprinkle with chopped herbs.

Potatoes à la Cussy

Cut off both ends of big yellow potatoes, and cut them with a special cutter (called a *colonne*) into cork-shaped chunks, about 2.5 cm (1 in) in diameter.

Cut them into slices 5 mm (¼ in) thick. Dry on a cloth to absorb all water. Put them into a big pan with 225 g (8 oz, 1 cup) hot clarified butter and cook gently so that they colour without sticking to the pan or drying up. In the meantime, slice 6–8 truffles, toss them in butter with 1 tablespoon Madeira and a walnut-sized piece of chicken aspic. When the potatoes are cooked and have acquired a fine golden colour, remove them from the heat. Add the truffles and the juice of ½ lemon and serve piping hot.

Potatoes à la landaise

Fry 100 g (4 oz, ⅔ cup) chopped onions and 150 g (5 oz, 1 cup) diced Bayonne ham in goose fat or lard. When both are browned, add 500 g (18 oz) potatoes cut into large dice. Season with salt and pepper, cover and cook, stirring from time to time. Just before serving, add 1 tablespoon chopped garlic and parsley.

Potatoes à la maître d'hôtel

Put some potatoes in a saucepan of cold salted water, bring to the boil and boil until cooked. Peel and cut into thin slices. Place in a sauté pan and cover with boiling milk or water. Add 40 g (1½ oz, 3 tablespoons) butter per 800 g (1¾ lb) potatoes. Season with salt and pepper. Cover the pan and boil until the liquid has reduced. Turn into a dish and sprinkle with chopped parsley.

Potatoes à la normande

Peel 800 g (1¾ lb) potatoes, slice them thinly, wash and dry them, and sprinkle with salt and pepper. Butter a flameproof casserole and put in half the potatoes. Clean and slice 3 large leeks and chop a small bunch of parsley. Spread the leeks and parsley over the potatoes in the casserole, then cover with the rest of the potatoes. Add sufficient meat or chicken stock to cover the

potatoes and dot with 50 g (2 oz, ¼ cup) butter cut into small pieces. Cover the casserole, bring to the boil, then transfer to a preheated oven at 220°C (425°F, gas 7) and cook for about 45 minutes, or until the potatoes are tender.

Potatoes à la paysanne

Peel and slice 1 kg (2¼ lb) waxy potatoes. Braise 100 g (4 oz, 3 cups) chopped sorrel in 25 g (1 oz, 2 tablespoons) butter with a crushed garlic clove, 1 tablespoon chopped chervil and some salt and pepper. Put a layer of potatoes in a buttered sauté pan, then a layer of the cooked sorrel and top with the remaining potatoes. Sprinkle lightly with salt, add a generous quantity of pepper and pour in sufficient stock to just cover the contents of the pan. Sprinkle with 25 g (1 oz, 2 tablespoons) butter cut into small pieces. Cover the pan and bring to the boil. Then transfer to a preheated oven at 200°C (400°F, gas 6) and cook for 50–60 minutes.

Potatoes à la sarladaise

Peel and wash 1.5 kg (3¼ lb) potatoes. Cut in half lengthways, then cut each half into quarters. Heat 2 tablespoons goose fat in a flameproof casserole until it turns a beautiful rich brown colour. Add the potatoes and cook over a high heat, stirring often. Remove the excess fat. Season with salt and pepper. Crush 4 garlic cloves, whole but not peeled, and add to the potatoes. If in season, add the stalks of 2 fresh ceps, cut into quarters. Cover and cook in a preheated oven at 200°C (400°F, gas 6) for 40 minutes.

Potatoes au jus

Peel some potatoes and cut into quarters. Butter a flameproof casserole and arrange the potatoes in layers. Half-cover with meat glaze or stock. Season with salt and pepper. Cover and bring to the boil, then cook in a preheated

oven at 200°C (400°F, gas 6) for about 40 minutes, adding a little stock if necessary (these potatoes must be very soft). Sprinkle with chopped parsley.

Potatoes émiellées

Sauté some thinly sliced peeled potatoes in butter in a heavy-based frying pan, together with some small pieces of bacon and a bay leaf. Cover the pan when the potatoes are half-cooked so that they remain soft. When they are brown and well cooked, bring the pan to the table, break 1 egg per person into it and stir together so that the eggs set quickly. Serve with a salad.

Potatoes en papillotes

Wash some large potatoes thoroughly under cold running water, but do not dry them. Wrap each potato in a piece of foil and cook for 40–45 minutes, either in a preheated oven at 230°C (450°F, gas 8) or in the hot ashes of a fire.

Potatoes Mère Carles

Peel some waxy potatoes and cut out of them 28 large cork shapes about 5 cm (2 in) long. Pack the potato shapes tightly in a sauté pan and completely cover with cold salted water. Bring to the boil to blanch the potatoes, then drain.

Brown 50 g (2 oz, ¼ cup) butter in a sauté pan, then add the drained potato shapes, season with pepper and cover. Leave to brown for about 20 minutes, stirring frequently. Remove from the heat and leave to cool.

Remove the rind from 14 rashers (slices) of smoked streaky bacon and cut each rasher in half. Roll each potato shape in a half-rasher of smoked bacon. Arrange these in a sauté pan and cook, uncovered, in a preheated oven at 180°C (350°F, gas 4) for 10 minutes. Drain the cooking fat from the sauté pan and replace with 25 g (1 oz, 2 tablespoons) fresh butter. Roll the potatoes in this butter before serving.

Potato mousseline

Bake some unpeeled potatoes in the oven, peel them and rub the pulp through a sieve. Stir this mash over the heat, adding 200 g (7 oz, ¾ cup) butter per 1 kg (2¼ lb) mash, then 4 egg yolks. Season with salt, white pepper and grated nutmeg. Remove from the heat and add 200 ml (7 fl oz, ¾ cup) whipped cream. Heap the mixture in a buttered ovenproof dish, sprinkle with melted butter and brown in a preheated oven at 230°C (450°F, gas 8).

Potatoes vendangeurs de bourgogne

Place in a cast-iron or copper terrine 175 g (6 oz) smoked streaky bacon rashers (slices) with the rinds removed, then 225 g (8 oz) thinly sliced raw potatoes. Sprinkle with grated Gruyère cheese. Then add 150 g (5 oz) slightly salted belly pork, blanched and thinly sliced, and cover with 225 g (8 oz) potatoes, 50 g (2 oz, ½ cup) grated Gruyère cheese, then a further 150 g (5 oz) slightly salted belly pork prepared in the same way. Finish with 225 g (8 oz) potatoes, 50 g (2 oz, ½ cup) grated Gruyère cheese and a further 175 g (6 oz) smoked streaky bacon rashers with the rinds removed. Season lightly with pepper, scatter with a few knobs of butter and cook in a preheated oven at 200°C (400°F, gas 6) for 1¼ hours or until cooked through. Unmould and serve piping hot.

Potatoes with bacon

Heat 25 g (1 oz, 2 tablespoons) butter or lard in a flameproof casserole and sauté in it 125 g (4½ oz, ⅔ cup) diced blanched bacon together with 10 small (pearl) onions. Drain and remove. Cut some potatoes into oval shapes or cubes and brown them in the casserole. Season with salt and pepper, replace the bacon and onions, cover and cook gently for about 15 minutes. Sprinkle with chopped parsley and, if desired, finely chopped garlic.

Potato fondantes

Peel some potatoes and trim them to the shape of small eggs. Fry gently in butter for 5 minutes, then drain. Add more butter, cover and finish cooking in a preheated oven at 200°C (400°F, gas 6). When cooked, remove from the oven, add 4 tablespoons white stock and leave until the potatoes have absorbed the stock. Serve in a vegetable dish, without parsley.

Alternatively, fry the potatoes in butter in a sauté pan. When cooked, remove the potatoes, wipe out the pan with paper towels, then add fresh butter – 100 g (4 oz, ½ cup) per 1 kg (2¼ lb) potatoes. Replace the potatoes, cover and keep warm over a very gentle heat or in a preheated oven at 150°C (300°F, gas 2) until all the butter is absorbed.

Potato galette

Bake 6 large floury (baking) potatoes in the oven for 45–60 minutes until soft. Cut them open and remove the flesh, then mix 400 g (14 oz, 3¾ cups) of this with 4 egg yolks, added one by one, and 1 teaspoon salt. Soften 150 g (5 oz, ⅔ cup) butter with a spatula and mix it in. Roll the potato dough into a ball and flatten it with the palm of the hand. Shape it into a ball again and repeat the operation twice more. Butter a baking sheet and flatten the dough to form a galette 4 cm (1½ in) thick. Trace a pattern on the top with the point of a knife, brush it with beaten egg, and bake in a preheated oven at 220°C (425°F, gas 7) until golden brown. If the galette is to be served as a dessert, add to the dough 125 g (4½ oz, ½ cup) sugar, orange-flower water and chopped blanched orange and lemon rind (zest).

Potato gnocchi

Cook 3 medium-sized potatoes in boiling salted water for about 20 minutes. Meanwhile grate 6–7 medium-sized peeled potatoes and squeeze them in a

cloth to extract as much water as possible. Peel and mash the cooked potatoes, then mix them with the grated raw potatoes. Add 100–125 g (4–4½ oz, 1 cup) plain (all-purpose) flour, a little grated nutmeg, salt and pepper, then 2 eggs, one after the other. Mix thoroughly. Use 2 spoons to shape the paste into small, round portions. Drop them into a pan of boiling salted water and leave to simmer for 6–8 minutes. Drain the gnocchi and place on a cloth then put them in a buttered gratin dish and coat with 200 ml (7 fl oz, ¾ cup) crème fraîche and sprinkle with grated cheese. Brown in a very hot oven.

Potato nests

Peel some firm potatoes. Using a mandoline, cut them into very fine strips (matchsticks). Line the larger nest basket with an even layer of potato matchsticks, overlapping them slightly. Press them against the sides and trim them. Place the smaller basket inside the larger one so that the matchsticks are held in position. Deep-fry in hot oil at 180°C (350°F) for 5–6 minutes. Open the basket and the nest should come out quite cleanly.

Potato pancakes

Peel and wash some potatoes, pat them dry and grate coarsely. Drain on paper towels, then place in a bowl. Add salt and pepper, and for every 500 g (18 oz, 2½ cups) potatoes add 2 eggs beaten with 100 ml (4 fl oz, 7 tablespoons) milk and 1½ tablespoons melted butter. Mix thoroughly. Fry spoonfuls of the potato mixture in a buttered frying pan, distributing the potato evenly to make small, thick pancakes. When set and golden underneath, turn the pancakes and fry until golden on the second side. Keep cooked pancakes hot until the entire batch of batter is cooked. Serve in a warm dish.

A little grated cheese or grated garlic and chopped herbs can be added to this mixture. These pancakes may be served with coq au vin or roast meats.

Potato soufflé

Bind 400 g (14 oz, 1⅔ cups) mashed potato with 60 ml (2 fl oz, ¼ cup) double (heavy) cream. Add 3 egg yolks, then fold in 4 stiffly whisked egg whites. Preheat the oven for 15 minutes at 220°C (425°F, gas 7). Butter a soufflé mould 20 cm (8 in) in diameter and coat with flour. Pour in the mixture and bake in the preheated oven at 200°C (400°F, gas 6) for 30 minutes, without opening the door during cooking, until well risen and a deep golden-brown on top.

Chestnut, sweet potato or Jerusalem artichoke soufflés may also be made in this way. They can be flavoured with 75 g (3 oz, ¾ cup) grated Gruyère cheese or 50 g (2 oz, ½ cup) grated Parmesan cheese.

Potato subrics

Finely dice 500 g (18 oz) potatoes and blanch for 2 minutes in salted boiling water. Drain and wipe, then cook slowly in butter. Remove from the heat and bind them with 250 ml (8 fl oz, 1 cup) thick béchamel sauce. Add 3 egg yolks and 1 whole egg and season with salt, pepper and grated nutmeg, then leave to cool completely. Mould this mixture into small balls and cook in 40 g (1½ oz, 3 tablespoons) clarified butter in a frying pan until golden (about 3 minutes). Serve piping hot, with a cream sauce well seasoned with nutmeg.

Roast potatoes

Peel some potatoes and cut into fairly small, evenly sized pieces (leave them whole if they are small). Melt some butter or lard in a flameproof casserole – 100 g (4 oz, ½ cup) per 1 kg (2¼ lb) potatoes – then add the potatoes in a single layer. Roll the potatoes in the fat, season with salt, then cook at the top of a preheated oven at 190°C (375°F, gas 5) for 40 minutes or more, frequently basting with the fat until they turn golden and are cooked through.

Rösti

Peel and grate (or finely slice) 800 g (1¾ lb) potatoes which have been parboiled in their skins the night before. Add 1 teaspoon salt and, if liked, 100 g (4 oz, ½ cup) diced bacon. Melt 4 tablespoons lard in a frying pan and add the potatoes, turning them several times so that they become impregnated with the lard. Cook over a medium heat, stirring frequently. (If the potatoes seem a little dry, cover the pan; if they start to disintegrate, leave uncovered.) When they are cooked, draw together in the pan and raise the heat until a golden crust forms underneath. Turn this cake out on to a plate, crust upwards. It can be served with *longeoles* (coarse Savoy sausages).

Salad argenteuil

Cook some potatoes in their skins, dice them and dress with tarragon mayonnaise. Pile into a salad bowl and garnish with white asparagus tips seasoned with oil and lemon. Make a border with shredded lettuce and quartered hard-boiled (hard-cooked) eggs.

Santé soup

Prepare 1.5 litres (2¾ pints, 6½ cups) fairly thin potato and leek soup. Cook 4 tablespoons shredded sorrel in butter until soft. Mix together and thicken with 3 egg yolks blended with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Beat in 50 g (2 oz, ¼ cup) butter, cut into small pieces, and sprinkle with chervil. Serve with thin slices of French bread, dried out in the oven.

Sautéed cooked potatoes

Boil 15 unpeeled potatoes in salted water until almost tender. Drain and leave to cool, then peel and cut into slices. In a sauté pan heat a mixture of equal amounts of butter and oil; or use butter only: 50 g (2 oz, ¼ cup) per 800 g

(1¾ lb) potatoes. Brown the potatoes evenly for 12–15 minutes, first over a brisk heat, then over a gentle heat, uncovered, turning them often. Season with salt and pepper and sprinkle with chopped parsley.

Sautéed raw potatoes

Peel and cut 800 g (1¾ lb) waxy potatoes into slices or small cubes. Wash, pat dry and season with salt and pepper. Fry for 25 minutes in a frying pan in butter or oil – 50 g (2 oz, ¼ cup) butter or 4 tablespoons oil per 800 g (1¾ lb) potatoes – or in a mixture of equal amounts of butter and oil. Cover when brown, but toss frequently so that they cook evenly.

Soufflé potatoes

Peel some large waxy potatoes, wash and pat dry. Cut into slices 3 mm (⅛ in) thick. Wash and dry once again. Deep-fry in oil at 150°C (300°F) for about 8 minutes. Drain on paper towels and leave to cool. Reheat the oil to 180°C (350°F) and replace the potatoes in it. Cook until puffy and brown, then drain on paper towels. Serve in a very hot dish, sprinkled with salt.

Straw potatoes

Peel some large firm potatoes, cut them into very thin strips and leave them to soak in plenty of cold water for 15 minutes. Drain and wipe thoroughly, then deep-fry them in oil heated to 180–190°C (350–375°F) until they are golden (about 5 minutes). Drain them on paper towels, dust them with fine salt and serve them piping hot.

Stuffed baked potatoes

Bake some large potatoes in a preheated oven at 200°C (400°F, gas 6) for 1¼–1½ hours, until tender. Cut a slice off the top lengthways and scoop out

the potato without breaking the skins. Press the pulp through a sieve and mix it with butter, a little milk or single (light) cream, salt and pepper. Fill the empty potato skins with the potato mixture, sprinkle with breadcrumbs or grated cheese (or a mixture of the two) and brown in the oven.

The sieved potato mixture can be enriched by using double (heavy) cream instead of milk or single cream. Fromage frais or yogurt can be used for a creamy, yet light, result. Grated Gruyère, Parmesan or mature (sharp) Cheddar cheese can be added. Chopped fresh parsley, dill, fennel or basil are good; snipped chives are excellent with other flavourings or on their own.

Stuffed baked potatoes à la cantalienne

Prepare some baked potatoes. Add an equal volume of braised chopped cabbage to the pulp and adjust the seasoning. Fill the potato skins with this mixture, sprinkle with grated cheese and a little melted butter or lard (shortening) and brown in a preheated oven at 230°C (450°F, gas 8).

Stuffed baked potatoes à la florentine

Cook some baked potatoes. Mash half of the potato pulp and mix with twice its volume of spinach cooked in butter and chopped. Fill the potato skins with this mixture. Cover with Mornay sauce, sprinkle with Parmesan cheese and brown in a preheated oven at 230°C (450°F, gas 8) or under the grill (broiler).

Stuffed baked potatoes chasseur

Prepare some baked potatoes. Mix the pulp with an equal volume of thinly sliced chicken livers and mushrooms sautéed in butter. Adjust the seasoning and add a small quantity of chopped herbs. Fill the potatoes with this mixture, sprinkle with breadcrumbs and then with melted butter, and brown in a preheated oven at 230°C (450°F, gas 8).

Stuffed baked potatoes with ham and mushrooms

Cook some baked potatoes. Keep the pulp. Prepare equal amounts of chopped cooked ham, chopped mushrooms lightly fried in butter and chopped onions fried in butter. Bind with a little béchamel sauce. Season, adding paprika if desired. Stuff the potatoes, sprinkle with breadcrumbs and melted butter and brown in a preheated oven at 230°C (450°F, gas 8).

Stuffed potatoes à la basquaise

Fry some diced red and green (bell) peppers in oil. Hollow out some large peeled potatoes, place in boiling water for 5 minutes then wipe dry. Dice some Bayonne ham and moisten it with a garlicky tomato sauce. Add the peppers. Fill the potatoes with the mixture. Oil a dish, add the potatoes and season. Sprinkle with oil or melted goose fat, cover and bake in a preheated oven at about 180°C (350°F, gas 4) for 30–40 minutes. When the potatoes are cooked, sprinkle with breadcrumbs and melted fat and brown under the grill (broiler).

Stuffed potatoes à la Maintenon

Bake some unpeeled floury potatoes and remove the pulp. Prepare a salpicon with chicken, cooked tongue and mushrooms, bound with a light Soubise purée. Fill the potato skins with this mixture, forming a dome shape. Sprinkle with grated cheese, breadcrumbs and melted butter. Brown in the oven.

Stuffed potatoes Soubise

Bake some firm unpeeled potatoes, then scoop out the pulp. Prepare a well-reduced Soubise purée. Add one quarter of its volume of double (heavy) cream and reduce until extremely thick. Beat into the potato pulp. Stuff the potato skins with this mixture, place in an ovenproof dish and sprinkle with breadcrumbs and small knobs of butter. Brown in a very hot oven.

Pumpkin

Pumpkin au jus

Peel a pumpkin and remove the seeds and surrounding fibres. Cut the pulp into slices and blanch in boiling salted water for about 10 minutes. Drain thoroughly and put into a frying pan with some veal stock. Cover and simmer gently for about 20 minutes. Serve sprinkled with chopped parsley.

Pumpkin gratin à la provençale

Peel a fine ripe pumpkin and remove the seeds and their surrounding fibres. Cut the pulp into small dice and blanch for 10 minutes in boiling salted water; refresh in cold water and drain. Peel some onions (a quarter of the weight of the pumpkin), chop and sweat them gently for 5–6 minutes in butter. Rub a gratin dish with garlic and butter; arrange a layer of pumpkin pieces, then the onions, then the rest of the pumpkin, in the dish. Sprinkle with grated cheese and olive oil and brown in a preheated oven at 220°C (425°F, gas 7).

Pumpkin purée

Sweat the pulp of a pumpkin in butter and reduce to a purée. Cook some potatoes (one-third of the weight of the pumpkin) in boiling salted water and reduce to a purée. Mix the two purées, add a little boiling milk, and stir thoroughly. Remove from the heat and beat in some butter.

Pumpkin soup

Peel and seed a pumpkin to obtain 800 g (1¾ lb) pulp. Cut the pulp into small pieces and place in a saucepan with 50 g (2 oz, ¼ cup) butter and 8 table-

spoons water. Add salt, cover the pan and sweat for about 20 minutes. Purée the pulp, pour into the rinsed-out saucepan and add 1 litre (1¾ pints, 4⅓ cups) stock or consommé. Bring to the boil, taste and adjust the seasoning and whisk in 50 g (2 oz, ¼ cup) butter cut into small pieces. Serve with small croûtons fried in butter.

Alternatively, the purée can be diluted with 1 litre (1¾ pints, 4⅓ cups) boiling milk and sweetened to taste. Thicken with 2 tablespoons ground rice blended with a little milk.

Sautéed pumpkin with spices

Melt 50 g (2 oz, 1 cup) salted butter in a frying pan and add 1 tablespoon clear honey and 4 crescent-shaped pieces of fresh pumpkin, each weighing about 200 g (7 oz). Fry until golden. When they have finished cooking, sprinkle with 1 teaspoon allspice, 1 teaspoon curry powder, the chopped zest of 1 unwaxed mandarin, 2 teaspoons freshly chopped mint leaves, the juice of ½ lemon and good-quality salt. Serve hot with chicken or sweetbreads.

Radish

Black radish as an hors d'oeuvre

Peel a black radish and slice it very thinly; soak the slices in a bowl with a small handful of table salt for an hour. Wash thoroughly, dry well and serve in an hors d'oeuvre dish accompanied by rye bread or wholemeal (whole wheat) bread with fresh or slightly salted butter.

Pink radishes à l'américaine

Wash the radishes and cut all the leaves to the same length. Wash and then split the radishes in four from tip to leaf end without cutting through the bases; put them in a bowl of water and ice cubes. When they open out like flowers, drain and serve in an hors d'oeuvre dish, with butter and salt.

Radish-leaf soup

Cut off the leaves from a bunch of fresh radishes and cook them gently in butter in a saucepan. Pour in some chicken stock. Add 3 peeled potatoes, salt and pepper. Cook over a low heat for 25 minutes, then pass the soup through a vegetable mill. Add 2 tablespoons crème fraîche, mix, then adjust the seasoning. Sprinkle with coarsely chopped chervil. This soup can be served with baked croûtons.

Rice

Rice à la créole

Thoroughly wash 500 g (18 oz, 2½ cups) long-grain rice and pour it into a sauté pan. Add salt and enough water to come 2 cm (¾ in) above the level of the rice. Bring to the boil and continue to boil rapidly with the pan uncovered. When the water has boiled down to the same level as the rice, cover the pan and cook very gently until the rice is completely dry (this will take about 45 minutes). The second part of the cooking process may be carried out in a cool oven.

Rice croustades

Cook some rice in stock – meat or poultry – with the fat in the stock or with added butter or olive oil. Bind with egg yolks – 5 yolks per 500 g (18 oz, 3 cups) rice or semolina. Spread out in a layer 4–5 cm (1½–2 in) thick and leave to cool completely. Use a smooth round cutter to cut into shapes 7.5 cm (3 in) in diameter. Coat these croustades with egg and breadcrumbs. To mark the lid, make a circular incision in the top 1 cm (½ in) from the edge and 3–4 cm (1¼–1½ in) deep. Deep-fry in oil heated to 180°C (356°F) until golden. Drain and dry on paper towels. Remove the lid and hollow out the inside, leaving only a base and a wall, about 1 cm (½ in) thick. Fill the croustades as required.

Rice pilaf

Sweat some very finely chopped onions in butter without browning. Add the unwashed rice and stir until it becomes transparent. Add 1½ times its volume in boiling water. Season with salt and add a bouquet garni. Put some greaseproof (wax) paper over the rice and cover with a lid. Cook for 16–18 minutes in a preheated oven at 200°C (400°F, gas 6). Remove from the oven and allow to stand for 15 minutes. Add butter and fork the grains.

Risotto à la milanaise

Heat 40 g (1½ oz, 3 tablespoons) butter or 4 tablespoons olive oil in a saucepan and cook 100 g (4 oz, ¾ cup) chopped onions very gently, without browning. Then add 250 g (9 oz, 1¼ cups) rice and stir until the grains become transparent. Add twice the volume of stock, a ladleful at a time, stirring with a wooden spoon and waiting until all the liquid has been absorbed before adding more. Adjust the seasoning, add a small bouquet garni, then add 200 ml (7 fl oz, ¾ cup) thick tomato fondue, 500 g (18 oz)

pickled ox (beef) tongue, ham and mushrooms (in equal proportions, all chopped), and a little white truffle. Keep hot, if necessary, without allowing the rice to cook further.

Risotto à la piémontaise

Heat 40 g (1½ oz, 3 tablespoons) butter or 4 tablespoons olive oil in a saucepan and cook 100 g (4 oz, ¾ cup) chopped onions very gently, without browning. Then add 250 g (9 oz, 1¼ cups) rice and stir until the grains become transparent. Add twice the volume of stock, a ladleful at a time, stirring with a wooden spoon and waiting until all the liquid has been absorbed before adding more. Adjust the seasoning, add a small bouquet garni, then add 75 g (3 oz, ¾ cup) grated Parmesan cheese and 25 g (1 oz, 2 tablespoons) butter. Some saffron may also be added. Keep hot, if necessary, without allowing the rice to cook further.

Spring risotto

Clean, then cook separately in some oil and a little water 2 small purple artichokes, cut into quarters, 200 g (7 oz, 2⅓ cups) mushrooms, chopped and seasoned with oil and a few drops of lemon juice, and 2 small onions with their root stems intact, and 2 tablespoons sugar and a little salt. Blanch 1 bunch green asparagus, then fry lightly in butter. Now gently reheat all the vegetables together, except for the asparagus, so that their flavours blend. Gently sauté 500 g (18 oz, 2½ cups) rice in a little oil in a casserole, then bring 1.5 litres (2¾ pints, 6½ cups) stock to the boil and pour 1 ladle on to the rice, stirring until the liquid is completely absorbed. Continue like this until the rice is cooked. After 15 minutes, add the vegetables, except for the asparagus. Remove the rice from the heat, add 50 g (2 oz, ¼ cup) butter and 25 g (1 oz, ¼ cup) grated Parmesan cheese and stir well. Garnish with asparagus tips.

Salsify

To prepare

Scrape or peel the salsify with a potato peeler, cut it into chunks 7.5 cm (3 in) long, and put them as they are prepared into water with a little lemon juice or vinegar added to prevent discoloration. Cook in boiling vegetable stock, covered, at a steady gentle simmer for 1–1½ hours, according to the quality of the vegetable, then drain and pat dry before final preparations for serving. (Alternatively, cut the salsify into pieces and cook the pieces with the skin on. It will then be easier to peel the vegetable after cooking.) If the salsify is not to be used immediately, it can be stored in its cooking liquid in the refrigerator for 1–2 days, but it will lose some of its nutritional value.

Battered salsify fritters

Cut some cooked salsify into short lengths. Dry, dip in flour and then in batter. Deep fry in hot oil and serve with fried parsley. These fritters make a particularly good accompaniment to roast beet, pork or veal.

Buttered salsify

Cook the salsify. Just before serving, make some noisette butter. Drain the salsify thoroughly while it is still very hot, quickly pat dry, then place on a heated dish and pour the noisette butter over it.

Salsify à la polonaise

Cook the salsify in white stock, drain and dry, then stew in butter for about 10 minutes. Arrange in a deep dish and sprinkle with chopped hard-boiled

(hard-cooked) egg yolks and parsley. Fry some fresh breadcrumbs in noisette butter – 25 g (1 oz, ½ cup) breadcrumbs to 100 g (4 oz, ½ cup) butter – and pour over the salsify.

Salsify au gratin

Wash, scrape or peel, and roughly chop 1 kg (2¼ lb) salsify. Plunge into water with lemon juice added, then cook for 1 hour, or until tender, in salted white stock. Drain and dry. Cook 2 chopped shallots in butter until soft. Pour over 500 ml (17 fl oz, 2 cups) double (heavy) cream and reduce. Add the salsify and a little stock. Season with salt and pepper and pour into a gratin dish. Sprinkle with grated Gruyère cheese and breadcrumbs and brown in a preheated oven at 220°C (425°F, gas 7) for 20 minutes.

Salsify fritters

Cook 1 kg (2¼ lb) salsify, drain and purée. Add 100 g (4 oz, ½ cup) butter and season with salt and pepper. Roll the purée into little balls, coat them in flour and deep-fry in hot oil at 180°C (350°F) until golden all over. Remove with a slotted spoon and drain on paper towels. Arrange on a warmed dish and garnish with fried parsley.

Salsify in stock

Wash, peel and cook the salsify, then drain and dry. Pour over some slightly thickened white veal stock or meat gravy. Cook in a preheated oven at 180°C (350°F, gas 4) for 15–20 minutes.

Salsify Mornay

Cook some salsify then drain it and dry on paper towels. Pour a layer of Mornay sauce into a gratin dish and arrange the cooked salsify on top of it.

Coat the salsify with another layer of Mornay sauce and sprinkle with some grated Parmesan cheese. Pour over some melted butter and brown in a preheated oven at 230°C (450°F, gas 8).

Salsify omelette with Brussels sprouts

Cook some salsify in white wine then cut it into dice. Braise the dice in butter and bind with some reduced velouté sauce. Reduce some demi-glace sauce and stir in some butter. Fill an omelette with the salsify mixture and serve it with noisette potatoes and Brussels sprouts sautéed in butter. Pour the demi-glace sauce around the omelette.

Salsify salad with anchovies

Cook some salsify in white stock, drain thoroughly and dry. Mix in some light, well-seasoned mayonnaise and chopped, drained, canned anchovy fillets (or whole filleted anchovies that have been soaked to desalt them). Sprinkle with chopped herbs.

Salsify sautéed à la provençale

Cook some salsify in white stock, drain, dry and sauté in olive oil. Just before serving, add a little chopped garlic and parsley or some tomato sauce.

Salsify with béchamel sauce

Cook, drain and dry 800 g (1¾ lb) salsify. Arrange the salsify in a buttered ovenproof casserole and cover with a layer of fairly thin béchamel sauce, made with 25 g (1 oz, 2 tablespoons) butter, 25 g (1 oz, ¼ cup) plain (all-purpose) flour and 450 ml (¾ pint, 2 cups) milk. Place the casserole in a preheated oven at 190°C (375°F, gas 5) and cook for 20 minutes, then pour over 2–3 tablespoons cream and reheat.

Salsify with mayonnaise

Cook the salsify and leave to cool, then drain thoroughly and dry. Add some well-seasoned mayonnaise or vinaigrette. Sprinkle with chopped herbs and serve with a cold white meat dish, such as rabbit in aspic.

Sautéed salsify

Cook some salsify in white stock, drain, dry and fry in butter. Sprinkle with salt, pepper and chopped herbs just before serving.

Sorrel

Chiffonnade of sorrel

Pick over the sorrel leaves and remove the hard stalks. Wash and dry the leaves and shred them finely. Melt some butter in a saucepan without letting it colour – allow 25 g (1 oz, 2 tablespoons) butter for 200 g (7 oz, 3½ cups) leaves. Add the sorrel, three-quarters cover the pan with a lid and let it cook gently until all the vegetable liquid has disappeared. The chiffonnade can be used as it is as a garnish; it can also be mixed with double (heavy) cream and reduced. A 'mixed' chiffonnade is a combination of sorrel and lettuce.

Germiny soup

Wash 300 g (11 oz) sorrel, finely shred into a chiffonnade and soften in butter. Add 1.5 litres (2¾ pints, 6½ cups) beef or chicken consommé. Mix 4–6 egg yolks with 300–500 ml (10–17 fl oz, 1¼–2 cups) single (light) cream. Use this

to thicken the soup until the consommé coats the spatula. Do not allow the soup to boil. Add 1 tablespoon chervil leaves and serve with slices of French bread, dried in the oven.

Longchamp soup

Cut some sorrel into fine strips and soften it in butter in a covered saucepan. When well braised, add 4 tablespoons sorrel to 1 litre (1¾ pints, 4⅓ cups) puréed fresh peas. Cook some vermicelli in 500 ml (17 fl oz, 2 cups) stock and stir into the soup. Heat up the soup and sprinkle with parsley.

Preserved sorrel

Pick over the sorrel and remove the hard stalks. Wash and dry it, shred it finely and cook it in butter until it is completely dry. Pack it into a wide-mouthed jar. When it is quite cold, seal the jar and sterilize it. The sorrel can also be packed into containers and frozen. It is advisable to prepare only small quantities at a time.

Sorrel omelette

Prepare 4 tablespoons finely shredded sorrel. Cook gently in butter or bind with cream, and beat it into 8 eggs. Cook the omelette. It may be served surrounded with a ribbon of cream sauce.

Sorrel purée

Pick over the sorrel and remove the hard stalks. Wash and dry it. Put the leaves into a large saucepan and pour in boiling water, allowing 1 litre (1¾ pints, 4⅓ cups) water per 1 kg (2¼ lb) sorrel. Bring to the boil, cook for 4–5 minutes, then remove from the heat and drain in a sieve. In a flameproof casserole, make a white roux using 65 g (2½ oz, 5 tablespoons) butter and

40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Add the sorrel and mix well together. Pour in 500 ml (17 fl oz, 2 cups) white stock and add salt and a pinch of sugar.

Cover the casserole, bring to the boil on top of the stove, then transfer it to a preheated oven at 180°C (350°F, gas 4) and cook for 1½ hours. Purée the sorrel in a food processor or blender and return it to the hob (stove top) to reheat. Bind it with 3 whole eggs beaten with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Finally add 100 g (4 oz, ½ cup) butter, in pieces.

Sorrel sauce

Cook 2 chopped shallots in 4½ tablespoons dry vermouth, then reduce by half. Add 175 ml (6 fl oz, ¾ cup) double (heavy) cream and reduce again until the sauce is thick and smooth. Add 150 g (5 oz, 2 cups) finely shredded sorrel, season with salt and pepper, boil again briefly then leave to cool. Just before serving, add a few drops of lemon juice to sharpen the sauce. This sauce is especially good with fish.

Sorrel velouté soup

Prepare a white roux with 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) flour. Moisten with a generous 750 ml (1¼ pints, 3¼ cups) chicken consommé. Blanch the sorrel in salted boiling water for 3–4 minutes, drain and dry thoroughly. Sweat in 40 g (1½ oz, 3 tablespoons) butter for about 15 minutes then add to the consommé, bring to the boil and cook for 15 minutes. Reduce the soup to a purée in a food processor or blender. Dilute with a little consommé, if necessary, and heat. Remove from the heat and thicken the soup with a mixture of 3 egg yolks beaten with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream. Finally, whisk in 75 g (3 oz, 6 tablespoons) butter. Reheat but do not boil.

Spinach

Botvinya

Wash and tear up 400 g (14 oz) spinach, 250 g (9 oz) beetroot (beet) leaves and 200 g (7 oz) sorrel. Cook gently in melted butter until soft, then purée in a food processor or blender. Transfer the purée to a soup tureen and stir in 250 ml (8 fl oz, 1 cup) dry white wine, 1 litre (1¾ pints, 4⅓ cups) stock, 1½ teaspoons salt, 2 teaspoons sugar, 100 g (4 oz) diced cucumber, a chopped shallot and 1 tablespoon each of chopped chervil and tarragon. Cover and chill in the refrigerator for at least 3 hours. Before serving add about 10 ice cubes, mix again and serve very cold.

Cannelloni à la florentine

Hard-boil (hard-cook) 2 eggs and remove the shells. Boil some spinach and drain it. Make a very smooth béchamel sauce. Roughly chop the spinach and heat it gently in butter, allowing 25 g (1 oz, 2 tablespoons) butter to 1 kg (2¼ lb) spinach. Finely chop the hard-boiled eggs and add to the spinach. Also add 2 raw egg yolks mixed with 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream, 40 g (1½ oz, ⅓ cup) grated Parmesan cheese, salt, pepper and grated nutmeg. Gently reheat the mixture without boiling, then leave to cool. Fill fresh pasta rectangles with this mixture and roll them up. Alternatively, use bought cannelloni tubes cooked according to the packet instructions. Arrange in a buttered ovenproof dish, cover with the béchamel sauce and sprinkle with grated Parmesan cheese and a few knobs of butter. Cook in a preheated oven at 240°C (475°F, gas 9) or under a hot grill (broiler) until the surface is brown and crusty.

Fritters à la florentine

Prepare 250 g (9 oz, 1 cup) spinach purée and dry it out gently over the heat, turning it with a wooden spoon. Mix the purée with 200 ml (7 fl oz, ¾ cup) well-reduced béchamel sauce and blend in 50 g (2 oz, ½ cup) grated Gruyère cheese. Cool the mixture completely and divide it into about 15 portions. Roll each portion in flour, dip into a prepared batter and deep-fry in oil, heated to 180°C (350°F), until golden brown. Drain on paper towels, sprinkle with salt and serve very hot.

Green butter

Wring 1 kg (2¼ lb) raw crushed spinach in muslin (cheesecloth) until all the juice is extracted. Pour this juice into a dish and cook in a bain marie until separated, then filter through another cloth. Scrape off the green deposit left on this cloth and work it into the softened butter. This butter is used to garnish hors d'oeuvres and cold dishes.

Kromeskies à la florentine

Kromeskies are a type of rissole or fritter, often served as a hot hors d'oeuvre and originating in Poland, but also traditional in Russia. Thin pancakes are filled and coated in breadcrumbs or sometimes in batter.

Cook some spinach slowly in butter and mix with a well-reduced béchamel sauce and grated Parmesan cheese. Enclose the mixture in some very thin savoury crêpes, dip them in batter and deep-fry them in very hot fat.

Pannequets à la florentine

Pannequets are filled pancakes, either savoury or sweet. Prepare 8 savoury pancakes and 200 ml (7 fl oz, ¾ cup) thick béchamel sauce. Cook 400 g (14 oz) spinach in salted water, dry it thoroughly, chop it coarsely and mix it

with the béchamel sauce. Add 75 g (3 oz, ¾ cup) grated Gruyère or Parmesan cheese. Spread each pancake with sauce and fold in four. Arrange these pannequets in a buttered ovenproof dish. Sprinkle with fresh breadcrumbs fried in butter and place under the grill (broiler) for 3–4 minutes or in a preheated oven at 230°C (450°F, gas 8) for 10 minutes.

Soft-boiled or poached eggs à la florentine

Slowly cook some spinach in butter and drain well. Butter some small ramekin or soufflé dishes and place a little spinach in each, making hollows to hold 2 soft-boiled (soft-cooked) or poached eggs. Coat the eggs with Mornay sauce, sprinkle with grated cheese and brown under a hot grill (broiler).

Spinach and potato soup with poached eggs

Wash and trim 1 kg (2¼ lb) spinach, cook for 5 minutes in boiling water, cool and drain. Squeeze with your hands to extract all the water, then chop. Place 150 ml (¼ pint, ⅔ cup) olive oil in a flameproof casserole, add 1 chopped onion and brown lightly, then add the spinach and stir over a low heat for 5 minutes. When the spinach is dry, add 5 potatoes cut into slices. Season with salt and pepper and a little saffron. Add 1 litre (1¾ pints, 4⅓ cups) boiling water, 2 chopped garlic cloves and 1 sprig of fennel, and cook, uncovered, over a low heat. When the potatoes are cooked, break 4 eggs, one by one, on to the surface, and allow to cook very gently. This dish can be served straight from the casserole.

Spinach au gratin

Wash, trim and parboil some spinach. Drain it in a colander or sieve and dry well. Lightly butter a gratin dish and spread out the spinach leaves in it. Cover the spinach with some light béchamel sauce flavoured with nutmeg and

grated cheese. Sprinkle with more grated cheese and then with melted butter, and brown in a preheated oven at 230°C (450°F, gas 8). Hard-boiled (hard-cooked) egg halves may be arranged on top of the sauce before sprinkling with cheese, if desired.

Spinach crêpes au gratin

Prepare savoury crêpes and creamed spinach. Put about 1 tablespoon spinach on each crêpe and roll it up. Arrange the crêpes close together in a lightly buttered ovenproof dish and sprinkle them with 50 g (2 oz, ½ cup) grated cheese. Top with 25 g (1 oz, 2 tablespoons) melted butter and either brown them under the grill (broiler) or reheat them in a preheated oven at 230°C (450°F, gas 8). Serve very hot.

Spinach croquettes

Mix 2 parts chopped spinach cooked in butter with 1 part duchess potato mixture. Shape this mixture into balls the size of tangerines and gently flatten. Coat with beaten egg and breadcrumbs, deep-fry in oil heated to 180°C (350°F) until golden, then drain on paper towels. Serve with grilled (broiled) or roast meat or poultry.

Spinach in butter

Wash, trim and parboil some spinach, then drain in a colander or sieve and dry in a cloth. Melt a little butter in a frying pan and add the spinach. Season with salt, pepper and a little grated nutmeg. When all the moisture has evaporated, add more butter, allowing 50 g (2 oz, ¼ cup) butter to 500 g (18 oz, 3½ cups) cooked spinach. Arrange the spinach in a warmed vegetable dish and garnish with fried croûtons. The spinach may also be sprinkled with noisette butter, if desired.

Spinach in cream

Wash, trim, parboil and dry some spinach. Arrange it in a warm vegetable dish and pour heated crème fraîche or cream sauce over the top; stir before serving. The spinach may be slightly sweetened, and served with fried croûtons cut into the shape of sponge fingers (ladyfingers).

Spinach omelette

Braise enough spinach leaves in butter to provide 4 tablespoons cooked spinach. Mix with 8 beaten eggs and cook like a large pancake.

Spinach purée

Wash, trim, parboil and dry some spinach, then rub it through a sieve or use a blender to form a purée. Add 50 g (2 oz, ¼ cup) butter for every 500 g (18 oz, 3½ cups) cooked spinach. If desired, add one-third of its volume of potato purée, or bind with one-quarter of its volume of béchamel sauce.

Spinach salad

Plunge some prepared spinach into boiling water for a few seconds. Cool under running water, then drain and dry in a cloth. Arrange in a salad bowl, sprinkle with chopped hard-boiled (hard-cooked) eggs and dress with oil, vinegar, salt and pepper.

Raw spinach may be finely sliced and mixed with flakes of smoked haddock, sliced scallops or new potatoes.

Spinach soufflé

Chop or sieve 250 g (9 oz) blanched, drained and pressed spinach, then simmer it in butter. Incorporate 150 ml (¼ pint, ⅔ cup) béchamel sauce and 40 g (1½ oz, ⅓ cup) grated Parmesan cheese if desired. Sprinkle with nutmeg,

add 3 egg yolks (use fairly large eggs) and fold in 3 egg whites whisked to fairly stiff peaks. Preheat the oven for 15 minutes at 220°C (425°F, gas 7). Butter a 20 cm (8 in) diameter soufflé mould and coat with flour. Pour in the mixture and bake in the preheated oven, reducing the temperature to 200°C (400°F, gas 6), for 25 minutes, until well risen and a deep golden-brown on top. Do not open the door during cooking.

Spinach subrics

Cook some well-washed spinach gently in a covered saucepan without water. Drain and cool it. For 500 g (18 oz, 3½ cups) pressed chopped spinach, add 150 ml (¼ pint, ⅔ cup) very thick béchamel sauce, 1 whole egg and 3 yolks, lightly beaten as for an omelette, then 2 tablespoons double (heavy) cream. Season with salt, pepper and grated nutmeg, then leave to cool completely. Mould this mixture into small balls and cook in 40 g (1½ oz, 3 tablespoons) clarified butter in a frying pan until golden (about 3 minutes). Serve piping hot, with a cream sauce well seasoned with nutmeg.

Spinach tart

Quickly blanch 1.5 kg (3¼ lb) young fresh spinach. Drain in a colander or sieve and dry well. Chop coarsely and blend with 40–50 g (1½–2 oz, 3–4 tablespoons) butter. Season with salt and pepper. Line a 20 cm (8 in) tart tin (pie pan), preferably made of cast iron for more rapid and even baking, with puff pastry rolled out to a thickness of 5 mm (¼ in). Fill it with the spinach. Drain 4 anchovy fillets canned in oil and lay them on top of the tart in a criss-cross pattern. Sprinkle the tart with a few knobs of butter and bake in a preheated oven at 220°C (425°F, gas 7) oven for 20 minutes. The anchovy fillets may be replaced by fresh sardines cooked very rapidly in a frying pan with a little olive oil.

Stuffed saveloys with spinach

Cook either 1.5 kg (3¼ lb) fresh spinach or 800 g (1¾ lb) frozen spinach in salted boiling water. Place 4 saveloys in a saucepan of cold water and heat them gently without boiling, so that they do not burst. Drain and press the spinach and reheat it with 25 g (1 oz, 2 tablespoons) butter. Scramble 6 eggs with 20 g (¾ oz, 1½ tablespoons) butter, salt, pepper and 1 tablespoon cream. Cover the serving dish with spinach. Drain the saveloys; split them along three-quarters of their length and stuff them with the scrambled eggs. Arrange the saveloys on the spinach.

Sweet potato

Sweet potatoes à l'impériale

Place equal quantities of sliced sweet potatoes, sliced dessert apples and thinly sliced bananas in a well-buttered gratin dish. Mix everything together well, add salt and sprinkle with paprika. Dot the surface with tiny pieces of butter and cook in a preheated oven at 150°C (300°F, gas 2) until tender.

This gratin is served as an accompaniment for meat, roast poultry or game; it may be coated with redcurrant jelly.

Swiss chard

To prepare

Remove the green parts of the leaves, then break off the veins and leaf stalks (it is important not to cut them with a knife) and remove the stringy parts. Divide these into sections 5–7.5 cm (2–3 in) long and cook in salted water or, better still, in a white vegetable stock. Once drained, these stalks are ready for use in various recipes. Wash the green parts, blanch for 5 minutes in boiling water (salted or unsalted), rinse in cold water, drain and pat dry. Swiss chard is prepared in the same way as spinach but it has a slightly less pronounced flavour.

Swiss chard au gratin

Prepare Swiss chard in béchamel sauce and pour into an ovenproof dish. Smooth the surface, sprinkle with grated cheese and melted butter, and brown at the hottest temperature in the oven or under the grill (broiler).

Swiss chard à la polonaise

Trim away the green parts of the leaves from the white central stalks of the Swiss chard, cut the white stalks into strips, remove the strings, then cut into pieces of the same length. Cook, covered, in a white stock for vegetables until tender. Drain thoroughly and arrange in a long buttered dish. Sprinkle with sieved hard-boiled (hard-cooked) egg yolk and chopped parsley. Lightly brown some breadcrumbs in noisette butter and pour over the chard. Serve immediately. (Cook the green part of the leaves as for spinach for a separate dish.)

Swiss chard à l'italienne

Remove the green parts of the leaves, then break off the veins and stalks (it is important not to cut them with a knife) and remove the stringy parts. Divide into 7.5 cm (3 in) lengths, put into boiling white stock, and cook for about 20 minutes. Drain the chard. Prepare enough Italian sauce to cover the chard. Put the chard and the sauce into a pan, simmer, mix well and adjust the seasoning. Before serving, sprinkle with chopped basil.

Swiss chard in béchamel sauce

Cook 800 g (1¾ lb) Swiss chard stalks in a court-bouillon and drain. Place in a deep frying pan with 400 ml (14 fl oz, 1¾ cups) fairly liquid béchamel sauce; cover and cook for about 5 minutes. Mix in 50 g (2 oz, ¼ cup) butter and serve in a vegetable dish.

Swiss chard in butter

Cook 1 kg (2¼ lb) Swiss chard stalks in salted water or white stock. Drain, put in a deep frying pan with 75 g (3 oz, 6 tablespoons) butter, cover and cook gently for 15–20 minutes. Place in a vegetable dish, pour over the butter in which the chard was cooked and sprinkle with chopped parsley. Alternatively, the chard may be blanched for 5 minutes in salted water, drained and cooked in a deep frying pan with 75 g (3 oz, 6 tablespoons) butter and 200 ml (7 fl oz, ¾ cup) water. Place in a dish and pour over the cooking liquid.

Swiss chard in cream

Boil 800 g (1¾ lb) Swiss chard stalks in white stock and drain. Fry for 5 minutes in 25 g (1 oz, 2 tablespoons) butter. Moisten with 300 ml (½ pint, 1¼ cups) boiling double (heavy) cream and cook until the volume has reduced by half. Place in a vegetable dish and pour over the cooking liquid.

Swiss chard pie

Marinate 100 g (4 oz, ¾ cup) raisins in a little brandy. Make the pastry using 500 g (18 oz, 4½ cups) strong plain (bread) flour, a pinch of salt, 4 tablespoons sugar, 1 sachet easy-blend dried yeast (1 package active dry yeast), 1 egg yolk and 200 ml (7 fl oz, ¾ cup) oil. Mix the dough, adding a few teaspoons of very cold water, knead until smooth and leave to stand, covered, in a warm place until light and risen – about 1 hour.

Blanch 500 g (18 oz) Swiss chard leaves in salted water, dry very thoroughly and chop coarsely. Peel 2 cooking apples, slice thinly and sprinkle with lemon juice. Cut 2 dried figs into quarters; crumble 1 macaroon. Mix these ingredients (including the chopped chard leaves) with the raisins, 2 eggs, a little grated lemon zest, and about 40 g (1½ oz) pine nuts (kernels).

Grease an ovenproof flan dish, 28 cm (11 in) in diameter. Line with half the pastry, spread the filling over the pastry base and coat with 3 tablespoons redcurrant jelly. Cover with the remaining pastry and pinch the edges together to seal the pie. Place a small pastry funnel in the lid. Bake in a preheated oven at 200°C (400°F, gas 6) for 30–40 minutes. Dust with icing (confectioner's) sugar and serve hot or cold.

Tomatoes

Andalusian sauce (cold)

Add 5 teaspoons very reduced and rich tomato fondue to 75 g (3 oz, ⅓ cup) mayonnaise. Stir in 75 g (3 oz, ½ cup) sweet (bell) peppers, seeded and very finely diced.

Andalusian sauce (hot)

Add 4 tablespoons passata or finely chopped ripe tomatoes to 3 tablespoons reduced velouté sauce. Add 2 teaspoons sweet (bell) peppers, seeded, cooked and finely diced, ½ teaspoon finely chopped parsley and, if liked, a little crushed garlic.

Cold tomato mousse

Lightly fry in butter 500 g (18 oz, 2½ cups) coarsely chopped tomato pulp (net weight after skinning and seeding). When it is well dried out, add 100 ml (4 fl oz, 7 tablespoons) velouté sauce in which 4 leaves of gelatine (first softened in cold water and drained) have been dissolved. Strain this mixture through a piece of coarse muslin (cheesecloth), then place it in a mixing bowl and whisk until smooth. When the mixture is cool, add half its volume of fresh whipped cream. Season with salt, pepper and a little cayenne pepper and add a few drops of lemon juice. Mix well, then pour the mousse into a glass dish.

The mousse can also be used as a garnish for cold dishes (particularly fish). In this case, pour into dariole moulds lined with aspic jelly, chill in the refrigerator until set, then turn out of the moulds.

Concentrated tomato glaze

Immerse some ripe tomatoes in boiling water for 30 seconds, then peel them. Pound in a mortar and cook over a brisk heat until they are boiled down by half, then press through a fine strainer. Cook once more very gently until the pulp thickens and becomes syrupy. (It can be made even smoother by straining it twice in the course of cooking.) This tomato glaze keeps well in the refrigerator. It is used in the same way as tomato purée (paste).

Croustades à la grecque

Fill some rice croustades with a tomato fondue *à la grecque*. Garnish each one with 3 onion rings, coated in batter and deep-fried.

Gnocchi with herbs and tomatoes

Wash 500 g (18 oz) potatoes and bake them in their skins in a preheated oven at 180°C (350°F, gas 4) for 40 minutes or until soft. Peel them while still hot and mash them to a purée. Arrange them with a well in the middle and allow to cool. Peel and seed 500 g (18 oz) ripe tomatoes and cut into small cubes. Chop ½ onion, 1 shallot and 1 small celery stick. Heat some olive oil in a sauté pan and stir in the onion, shallot, celery and 1 garlic clove. Remove the latter when it is golden. Add the tomatoes, fry for a few minutes, then add a little basil, rosemary, sage and mint. Season with salt and pepper and reduce the cooking juices. Then add 100 g (4 oz, 1 cup) plain (all-purpose) flour, 2 pinches nutmeg, 3 egg yolks and 50 g (2 oz, ½ cup) freshly grated Parmesan cheese to the potato purée. Add a little flour to make a ball that is neither too dry nor too moist. Divide into 100 g (4 oz) chunks and shape into cylinders on a floured surface. Cut the cylinders into small pieces and press them on to the back of a fork to make a slightly concave shape with ridges. Poach the gnocchi for 6–8 minutes in boiling salted water.

Grilled tomatoes

Cut a circle around the stalk of some round, firm, sound tomatoes. Remove the seeds with a teaspoon. Lightly season the tomatoes with salt and pepper, brush with olive oil and grill (broil) them rapidly so that they do not collapse.

Purée of tomato soup

Peel and chop 50 g (2 oz, ⅓ cup) onions. Sweat them in 25 g (1 oz, 2 tablespoons) butter, then add 800 g (1¾ lb) peeled tomatoes, 1 crushed garlic clove, 1 small bouquet garni, salt and pepper. Cook gently for 20 minutes, add 100 g (4 oz, ⅓ cup) long-grain rice and stir. Add 1.5 litres (2¾ pints, 6½ cups) boiling stock, stir, cover and leave to cook for 20 minutes. Remove the bouquet garni. Reduce to a purée in a food processor or blender, then return to the saucepan and whisk in 50 g (2 oz, ¼ cup) butter cut into small pieces. Sprinkle with chopped parsley or basil. Serve with croûtons flavoured with garlic and fried in olive oil.

Rougail of tomatoes

Using either a food processor or a mortar, make a purée of 1 large onion (chopped), a small piece of fresh root ginger, ½ teaspoon salt, 4 peeled, seeded and coarsely chopped tomatoes, the juice of lemon and 1 small red chilli. Serve this spicy condiment cold.

Royale of tomatoes

Mix 100 ml (4 fl oz, 7 tablespoons) reduced and concentrated tomato purée (paste) with 4 tablespoons consommé. Season with salt and pepper, bind with 4 egg yolks and pour into dariole moulds. Cook in a bain marie in a preheated oven at 200°C (400°F, gas 6) for 30 minutes. Cut into shapes and use to garnish clear soup.

Sautéed tomatoes à la provençale

Remove the stalks from 6 firm round tomatoes. Cut them in two, remove the seeds, then season with salt and pepper. Heat 3 tablespoons olive oil in a frying pan and put in the tomato halves cut-sides downwards. Brown them, then turn them over. Sprinkle the browned sides with a mixture of chopped parsley and garlic (3 heaped tablespoons). When the other side is browned, arrange the tomatoes on a hot serving dish. Add some breadcrumbs to the frying pan and brown lightly in the oil, then pour the contents of the pan over the tomatoes.

Alternatively, the breadcrumbs can also be added to the chopped parsley and garlic mixture; the stuffed tomatoes are then arranged in a gratin dish and the cooking finished in a hot oven.

Soufflé tomatoes

Remove the seeds from some firm, regular-shaped tomatoes. Sprinkle with oil or clarified butter and cook for 5 minutes in a preheated oven at 240°C (475°F, gas 9). Allow to cool. Make a bechamel sauce using 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour and 200 ml (7 fl oz, ¾ cup) cold milk. Season with salt, pepper and nutmeg and incorporate 250 ml (8 fl oz, 1 cup) thick fresh tomato purée and 75 g (3 oz, ¾ cup) grated Parmesan cheese. Smooth the surface, sprinkle with grated Parmesan cheese and put back in the oven at 200°C (400°F, gas 6) for 15 minutes.

Stuffed tomatoes

Choose some ripe but firm tomatoes, of medium size and regular shape. Cut a circle round the stalk end and, with a teaspoon, remove the seeds and juice. Still using the spoon, enlarge the hole slightly until it is large enough to receive the stuffing. Lightly season the inside with salt and turn the tomatoes

upside down on a cloth to drain (if preferred, lightly season the inside with salt and pepper without draining). Arrange the tomatoes on an oiled baking sheet and warm them for 5 minutes in a hot oven. Drain again, then stuff them, heaping up the stuffing to form a dome. Complete according to the type of stuffing and dish, as follows.

Hot stuffed tomatoes are usually sprinkled with breadcrumbs and oil or clarified butter before being cooked.

Stuffed tomatoes à la bonne femme

For 8 medium tomatoes, mix together 250 g (9 oz, 1 cup) sausagemeat, 75 g (3 oz, ½ cup) onion lightly fried in butter, 2 tablespoons fresh breadcrumbs, 1 tablespoon chopped parsley, 1 crushed garlic clove, and salt and pepper. Stuff the tomatoes with this mixture. Sprinkle with breadcrumbs and oil or clarified butter and cook in a preheated oven at 220°C (425°F, gas 7) for 30–40 minutes, until the stuffing is cooked.

The stuffing can be precooked very gently in a frying pan for 15 minutes. The tomatoes are then stuffed and cooked *au gratin*. If this method is used, the tomatoes will not collapse.

Stuffed tomatoes à la grecque

Soak 125 g (4½ oz, scant 1 cup) sultanas (golden raisins) in a little tepid water until they swell, then drain. Heat 4 tablespoons olive oil in a saucepan and add 200 g (7 oz, 1 cup) rice; stir until the grains become transparent. Then add to the rice twice its volume of boiling water, a pinch of powdered saffron, 1 teaspoon salt, pepper, a pinch of cayenne and a bouquet garni. Bring to the boil and simmer gently until the rice is cooked. Slice off the tops of 6 large tomatoes and reserve, remove the seeds and pulp and lightly season the insides with salt. Place the tomatoes upside down in a colander to drain.

When the rice is cooked, drain and cool, add the sultanas and adjust the seasoning. Dry the tomato cases, place 1 teaspoon olive oil in the bottom of each one and fill them with the mixture of rice and sultanas. Replace the tops. Arrange the stuffed tomatoes fairly close together in an ovenproof dish. Pour a little oil in the bottom of the dish and cook in a preheated oven at 240°C (475°F, gas 9). Remove the tomatoes from the oven before they become too soft and serve immediately.

Stuffed tomatoes à la languedocienne

For 8 medium tomatoes, mix together 250 g (9 oz, 1 cup) sausagemeat, 75 g (3 oz, ½ cup) onion lightly fried in butter, 1 chopped hard-boiled (hard-cooked) egg, 2 tablespoons fresh breadcrumbs, 1 tablespoon chopped parsley, 1 crushed garlic clove, and salt and pepper. Stuff the tomatoes with this mixture. Sprinkle with breadcrumbs and olive oil and cook in a preheated oven at 220°C (425°F, gas 7) for 30–40 minutes.

Stuffed tomatoes à la niçoise

Make a stuffing consisting of equal proportions of rice cooked in meat stock and aubergine (eggplant) diced very small and tossed in olive oil. Add chopped parsley, garlic and breadcrumbs fried in olive oil. Stuff the tomatoes, put them in an ovenproof dish, sprinkle them with breadcrumbs and olive oil and cook in a preheated oven at 220°C (425°F, gas 7) for 30–40 minutes.

Stuffed tomatoes à la piémontaise

Stuff some large raw tomatoes, seasoned with salt and pepper, with risotto mixed with thick tomato sauce. Put them in a buttered gratin dish; sprinkle them with melted butter. Cook in a preheated oven at 220°C (425°F, gas 7) for about 30 minutes. Sprinkle with parsley and serve with a thick tomato coulis.

Stuffed tomatoes à la reine

Slice the tops off some large firm tomatoes; scoop out the seeds and core without breaking the skin. Make a salpicon of equal quantities of chicken breast poached in white stock and mushrooms sweated in butter; add a little diced truffle and thicken with some very thick velouté sauce. Stuff the tomatoes with this mixture and place in a buttered gratin dish. Sprinkle with fresh breadcrumbs and clarified butter and cook in a preheated oven at 240°C (475°F, gas 9) for 10–15 minutes.

Stuffed tomato nests

Prepare some tomatoes for stuffing and cook them in the oven. Break an egg into each tomato. Lightly season with salt and pepper, place a small knob of butter on top and cook in a preheated oven at 230°C (450°F, gas 8) for about 6 minutes until the eggs are set.

Tomato chaud-froid sauce

Add 350 ml (12 fl oz, 1½ cups) aspic to 500 ml (17 fl oz, 2 cups) puréed tomatoes; reduce by a third. Strain through muslin (cheesecloth) and stir until completely cooled.

Tomato coulis

Use firm ripe tomatoes. Cover them with boiling water and allow to stand for 30 seconds, then peel them. Halve the tomatoes and remove their seeds. Sprinkle the cut surfaces of the tomatoes with salt and turn them over so that the juice drains away. Then purée them in a blender with a little lemon juice and 1 teaspoon caster (superfine) sugar for each 1 kg (2¼ lb) tomatoes used. After blending, reduce the resulting purée further by boiling it for a few minutes. Press through a sieve, season with salt and pepper, and cool.

Tomatoes stuffed with cream and chives (cold)

For 6 medium-sized tomatoes, mix together 200 ml (7 fl oz, ¾ cup) double (heavy) cream and 2 tablespoons chopped chives, 2–3 very finely chopped garlic cloves and 2 tablespoons vinegar or lemon juice (or a mixture of the two). Season with salt, pepper and a little cayenne. Drain the tomatoes, lightly season with salt and pepper, pour in 1 teaspoon oil and leave to stand for at least 30 minutes. Fill the tomatoes with the cream stuffing, replace the tops and chill for at least 1 hour. The cream can be replaced by cream cheese, well-beaten until smooth.

Tomatoes stuffed with tuna

Mix together equal amounts of rice pilaf and flaked canned tuna. Add 1 tablespoon mayonnaise for every 4 tablespoons rice/fish mixture and mix in some chopped herbs and finely diced lemon pulp. Stuff the tomatoes, garnish each with a black (ripe) olive and chill until just before serving; serve with sprigs of parsley.

Tomato fondue

Peel and chop 100 g (4 oz, ¾ cup) onions. Peel, seed and finely chop 800 g (1¾ lb) tomatoes. Peel and crush 1 garlic clove. Prepare a bouquet garni rich in thyme. Soften the onions in a heavy-based saucepan with 25 g (1 oz, 2 tablespoons) butter, or 15 g (½ oz, 1 tablespoon) butter and 2 tablespoons olive oil, or 3 tablespoons olive oil. Then add the tomatoes, garlic and bouquet garni and season with salt and pepper. Cover the pan and cook over a very gentle heat until the tomatoes are reduced to a pulp. Remove the lid, stir with a wooden spatula and continue cooking, uncovered, until the fondue forms a light paste. Adjust the seasoning, press through a sieve and add 1 tablespoon chopped parsley or herbs.

Tomato fondue à la grecque

Follow the method above, using olive oil instead of butter. Add 12 coriander seeds with the tomatoes. Finish as above.

Tomato loaf

Boil down some tomato pulp or purée over a low heat until it becomes very thick. Blend in some beaten eggs – 6 eggs per 500 g (18 oz, 2 cups) purée. Season with salt, pepper and a pinch of mixed spice. Fill a round well-buttered tin (pan) or dariole moulds with this mixture and cook in a bain marie in a preheated oven at 180°C (350°F, gas 4) for 40 minutes. Allow the loaf to stand for a few moments before unmoulding. Serve coated with tomato sauce mixed with butter.

Tomato salad

Immerse some ripe, firm, sound tomatoes in a bowl of boiling water for 30 seconds. Peel the tomatoes, cut them into slices and place in a colander to drain off the liquid. Arrange the sliced tomatoes in a salad bowl. Add some finely chopped mild onion – 100 g (4 oz, ⅓ cup) onion per 1 kg (2¼ lb) tomatoes – and dress with a tarragon-flavoured vinaigrette. Leave in a cool place. Just before serving, sprinkle the salad with finely chopped chervil, parsley, basil or tarragon.

Tomato salad with mozzarella

Wash, peel and slice 4 large tomatoes. Thinly slice 200 g (7 oz) mozzarella cheese. Divide the sliced tomatoes between 4 plates and cover them with slices of mozzarella. Sprinkle with salt, pepper and chopped fresh basil, pour over a few drops of vinegar, then a trickle of olive oil, and serve at room temperature.

Tomato sauce

Cut 100 g (4 oz, 6 slices) fresh streaky (slab) bacon into small dice. Blanch, drain and lightly cook in 3–4 tablespoons oil. Add 100 g (4 oz, ¾ cup) each of diced carrots and diced onion. Cover and lightly fry for 25–30 minutes. Sprinkle in 50 g (2 oz, ½ cup) sifted plain (all-purpose) flour and lightly brown. Add 3 kg (6½ lb) fresh tomatoes, peeled, seeded and pounded, 2 crushed garlic cloves, a bouquet garni and 150 g (5 oz) blanched lean ham. Add 1 litre (1¾ pints, 4⅓ cups) white stock. Season with salt and pepper, add 1½ tablespoons sugar and bring to the boil while stirring. Cover and leave to cook very gently for 2 hours. Strain the sauce into a basin. Carefully pour some tepid melted butter on the surface to prevent a skin from forming.

Tomato sorbet

Peel 1 kg (2¼ lb) very ripe tomatoes, press them and filter the juice. Measure the volume: 250 ml (8 fl oz, 1 cup) is needed. Make a cold syrup with 150 ml (¼ pint, ⅔ cup) water and 300 g (11 oz, 1⅓ cups) preserving sugar. Mix the syrup with the tomato juice and add 2 tablespoons vodka, then pour into an ice-cream mould and freeze for at least 1 hour. Whisk 1 egg white with 50 g (2 oz, ⅓ cup) icing (confectioner's) sugar over a pan of water at about 60°C (140°F). When the sorbet begins to set, whisk it, gently fold in the beaten egg white and put back in the freezer until it sets (about 2 hours).

Tomato soufflé

Make a béchamel sauce using 40 g (1½ oz, 3 tablespoons) butter, 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour and 200 ml (7 fl oz, ¾ cup) cold milk. Season with salt, pepper and nutmeg and incorporate 250 ml (8 fl oz, 1 cup) thick fresh tomato purée and 75 g (3 oz ¾ cup) grated Parmesan cheese. Then add 4–5 egg yolks (use fairly large eggs) and fold in

4–5 egg whites whisked to stiff peaks. Preheat the oven for 15 minutes at 220°C (425°F, gas 7). Butter a soufflé mould 20 cm (8 in) in diameter and coat with flour. Pour in the mixture and bake in the preheated oven at 200°C (400°F, gas 6) for 35 minutes, without opening the door during cooking, until well risen and a deep golden-brown on top.

Tomato tart

Make some puff pastry, roll it out and use it to line a greased flan tin (pie pan); prick the bottom. Mix together 6 eggs, 100 ml (4 fl oz, 7 tablespoons) crème fraîche, 25 g (1 oz, 2 tablespoons) butter and 50 g (2 oz, ½ cup) grated Gruyère cheese. Add 1 kg (2¼ lb) tomatoes, peeled, seeded and crushed. Mix well and season with salt and pepper. Fill the tart with this mixture and bake in a preheated oven at 180°C (350°F, gas 4) for about 45 minutes.

Turnips

Poached eggs with braised turnips

Peel 4 large young turnips. Put them into a pan with a little stock, 20 g (¾ oz, 1½ tablespoons) butter, salt and pepper. Cover with foil and cook until all the liquid has evaporated. Set aside. Poach 4 eggs and keep them warm. Prepare a savoury sabayon sauce, folding in 175 g (6 oz, ¾ cup) clarified butter.

Hollow out the turnips, chop the flesh and add it to the sauce with some chopped parsley and 100 ml (4 fl oz, 7 tablespoons) single (light) cream. Place an egg in each hollowed-out turnip and coat with the sauce.

New turnip salad

Peel and quarter 1 kg (2¼ lb) small new turnips. Blanch them for 6 minutes in boiling water, drain, then cook in stock, preferably chicken stock, for about 10 minutes. Drain and leave to cool, then sprinkle with chopped herbs. Add some strips of smoked haddock poached in milk (1 part haddock to 2 parts turnips) and dress with olive oil and vinegar.

Stuffed turnips à la duxelles

Peel and hollow out some medium-sized young turnips. Cook them for 8 minutes in boiling water, then drain and refresh in cold running water. Drain again and lightly sprinkle the hollows with salt. Cook the scooped-out flesh in butter and rub it through a sieve. Prepare a mushroom duxelles (1 tablespoon per turnip), add the purée and fill the turnips with the mixture. Arrange the stuffed turnips in a buttered gratin dish. Add a few tablespoons of beef or chicken stock, sprinkle with breadcrumbs and pour on some melted butter. Cook in a preheated oven at 200°C (400°F, gas 6); the cooking time depends on how tender the vegetables are – test by pricking with a skewer.

Stuffed turnips à la piémontaise

Peel and hollow out some medium-sized young turnips. Cook them for 8 minutes in boiling water, then drain and refresh in cold running water. Drain again and lightly sprinkle the hollows with salt. Cook the scooped-out flesh in butter and rub it through a sieve. Prepare a risotto (1 tablespoon per turnip), add the purée and fill the turnips. Put them in a buttered gratin dish. Add a few tablespoons of stock, sprinkle with breadcrumbs and pour on some melted butter. Cook in a preheated oven at 200°C (400°F, gas 6); the cooking time depends on how tender the vegetables are – test by pricking with a skewer. Sprinkle with grated Parmesan and brown in the oven.

Stuffed turnips braised in cider

Peel and blanch 575 g (1¼ lb) small round young turnips. Slice off and reserve the tops, then scoop out a shallow hollow in each and cook the scooped-out flesh in boiling salted water. When soft, reduce to a purée in a blender. Sauté the hollowed-out turnips and tops in equal quantities of olive oil and butter and cook until browned. Sprinkle with salt and pepper.

Meanwhile, boil half a bottle of dry (hard) cider and reduce to half its original volume. Drain the turnips and tops well and add them to the cider. Pour in a little stock and braise in a preheated oven 190°C (375°F, gas 5) for 15 minutes. Drain them, reserving the cooking juices. Add the purée to the liquid to thicken it, and adjust the seasoning. Add 50 g (2 oz, ¼ cup) butter, beat the mixture and keep hot.

Mix together 100 g (4 oz, ½ cup) sausagemeat, 25 g (1 oz, 2 tablespoons) *à gratin* forcemeat, some basil, rosemary and thyme flowers. Shape the mixture into balls and cook in butter over a low heat. Place one ball into each hollow turnip, adding the tops to form lids. Pour the sauce over and serve.

Turnips au gratin

Peel some turnips and slice them into rounds. Blanch them in boiling salted water, drain and refresh under cold running water and braise in butter. Place the turnip rounds in a buttered gratin dish, smooth the top and coat with Mornay sauce. Sprinkle with grated cheese and brown in a preheated oven at 240°C (475°F, gas 9).

Watercress

Canapés with watercress

Spread watercress butter on some round or rectangular slices of bread. Garnish each canapé with a centre of blanched watercress leaves and a border of chopped hard-boiled (hard-cooked) egg.

Cream of watercress soup

Clean 500 g (18 oz) watercress and remove the large stems. Blanch and chop the leaves, then cook them in 40–50 g (1½–2 oz, 3–4 tablespoons) butter in a covered pan. Prepare 750 ml (1¼ pints, 3¼ cups) white sauce by adding 900 ml (1½ pints, 1 quart) milk to a white roux of 25 g (1 oz, 2 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour. Mix this sauce with the watercress, then simmer gently for 12–18 minutes. Purée in a food processor or blender, then press through a sieve if necessary. Dilute with a few tablespoons of white stock or milk. Heat and adjust the seasoning. Add 200 ml (7 fl oz, ¾ cup) single (light) cream and stir while heating.

Watercress brèdes

Brèdes is the name given in some of the old French colonies of the West Indies to a dish made from the leaves of various plants cooked with bacon and spices and served with rice *à la créole*.

Put some oil or lard in a cast-iron casserole and fry 150 g (5 oz, ⅔ cup) diced bacon and a chopped onion in the fat until brown. Crush 2 garlic cloves with some salt and a peeled, seeded, crushed tomato. Add them to the casserole. When the mixture is quite hot, add 275 ml (9 fl oz, generous 1 cup)

water. Slightly reduce the liquid and add a bunch of washed watercress. Cook for about 30 minutes. Serve with a separate dish of rice *à la créole.*

Use the same recipe to make lettuce brèdes, but soak the leaves in cold water beforehand. Blanch spinach leaves before making brèdes.

Watercress butter

Blanch 150 g (5 oz) watercress leaves, soak in cold water and blot. Purée, then work into softened butter, season with salt and pepper. Watercress butter is used principally for canapés and sandwiches.

Watercress mayonnaise

Add 2 tablespoons very finely chopped watercress to 250 ml (8 fl oz, 1 cup) very thick classic mayonnaise. Mix well.

Watercress purée

Cook some watercress in butter for about 5 munutes, until wilted. Purée in a food processor or blender. Add one-third of its volume of either potato purée or a purée of split peas. Add some fresh butter or cream and finish with a little finely chopped raw watercress.

Watercress sauce

Remove the leaves from some watercress. Wash, drain and dry them, chop finely and blend them with a mixture of chopped hard-boiled (hard-cooked) eggs, salt, pepper, oil and vinegar.

MIXED VEGETABLES & SALADS

Ali-bab salad

Turn some peeled shrimps in mayonnaise, arrange them in a mound in the centre of a serving dish or salad bowl and sprinkle with chopped fresh herbs. Surround with the following: courgette (zucchini) matchsticks, blanched in salted water; sweet potato, cut into small balls and boiled; hard-boiled (hard-cooked) egg cut into quarters; small tomatoes, peeled, seeded and quartered. Sprinkle with vinaigrette and serve garnished with nasturtium flowers.

Anchovy salad à la suédoise

Peel and dice 500 g (18 oz) cooking apples and sprinkle with lemon juice. Dice the same weight of cooked beetroot (beet). Mix these ingredients with a vinaigrette seasoned with mild mustard. Heap in a salad bowl and garnish with desalted anchovy fillets, the whites and yolks of hard-boiled (hard-cooked) eggs chopped separately and thin slices of blanched mushrooms.

Andalouse salad

Boil some rice in salted water, drain it thoroughly and mix with a well-seasoned vinaigrette containing chopped onion, parsley and a touch of crushed garlic. Place the rice in a mound in a salad bowl surrounded by mounds of thin strips of peeled green and red sweet (bell) peppers and tomato quarters, arranged so that the colours alternate around the dish. Sprinkle with chopped chervil.

Bagration salad

This dish is composed of equal quantities of blanched artichoke hearts and celeriac (celery root), cut into thin strips, and cold chopped macaroni. The ingredients are bound with tomato mayonnaise and shaped into a mound, sprinkled with chopped hard-boiled (hard-cooked) egg yolk and parsley, and garnished with a salpicon of truffles and pickled ox (beef) tongue.

Barquettes à la bouquetière

Bouquetière is the term for mixed vegetables grouped by colour as a garnish for main courses. The term is also used for a macédoine of vegetables bound with béchamel sauce.

Bind a macédoine of vegetables with béchamel sauce and use the mixture to fill barquette pastry cases. Place a small bouquet of asparagus tips on top of each barquette, sprinkle with melted butter and heat through.

Beef salad

Thinly slice 250 g (9 oz) cooked beef. Thinly slice 6 small boiled potatoes and sprinkle with salt and pepper while still warm. Pour over 150 ml (¼ pint, ⅔ cup) white wine and 1 tablespoon oil. Turn the slices so that they become well coated with this dressing. Thinly slice 3 or 4 tomatoes. Slice an onion very finely. Arrange the potatoes heaped up in a salad bowl, with the slices of beef all around. Surround with the tomato slices. Top with the sliced onion and 1 tablespoon chopped chervil. Season with vinaigrette flavoured with mustard.

Bouchées à la bouquetière

Bind a macédoine of vegetables with béchamel sauce. Gently heat some small bouchée cases in the oven and fill with the hot mixture. Garnish with chopped parsley and replace the lids on the bouchées.

Bouchées à la julienne

Cook a julienne of vegetables (carrots, parsnips, leeks, celery or fennel) in butter. Bind with cream and spoon into the cases.

Bresse chicken salad

Season some whole lettuce leaves with vinaigrette and use to line the bottom and sides of a salad bowl. Hard-boil (hard-cook) some eggs, shell them and cut into quarters. Cook and drain some asparagus tips. Finely chop the white meat of a chicken cooked in stock and season with vinaigrette. Cut some red and green sweet (bell) peppers into very thin strips. Place all these ingredients on the lettuce leaves. Prepare a mayonnaise and colour with a little sieved, well-reduced tomato sauce. Pipe a garnish of tomato mayonnaise on the salad and sprinkle with chopped parsley. Serve the remaining mayonnaise in a sauceboat (in the traditional recipe the top of the salad is garnished with slices of truffle).

Brimont salad

Cook and peel some potatoes and prepare cooked artichoke hearts. Dice both vegetables coarsely and mix with mayonnaise flavoured with sherry. Arrange in a dome in a serving dish and surround with stoned (pitted) black olives, crayfish tails and quartered hard-boiled (hard-cooked) eggs, all seasoned with olive oil and sherry vinegar. Garnish the salad with a few slices of truffle. The crayfish tails may be replaced by large peeled prawns (shrimp).

Brunoise-stuffed pancakes

Brunoise is the term for cutting vegetables into minute dice and for the resulting vegetables – individual types or a mixture of different vegetables. Stew a *brunoise* of mixed vegetables, such as celery or fennel, carrot, leek and

pumpkin, in butter. Bind with a little light béchamel sauce. Make some pancakes and fill with the mixture; roll up, cut into thick slices, coat in breadcrumbs and fry.

Chinese-style duck salad

Shred 200 g (7 oz) roast duck meat (with the skin if it is crisp). Soak 7–8 black Chinese dried mushrooms and 2–3 dried shiitake mushrooms in hot water for 30 minutes. Drain and squeeze dry, then cut into quarters.

Make a dressing by mixing together 1 teaspoon each of mustard and sugar, 1 tablespoon tomato purée (paste), 1 tablespoon each of soy light sauce and cider or rice vinegar, a pinch of black pepper, ½ teaspoon ground ginger, a pinch each of thyme and powdered bay leaf, 1 small crushed garlic clove, 3 tablespoons sesame oil and, if desired, 1 tablespoon rice wine.

Mix the duck, mushrooms and 500 g (18 oz) bean sprouts together in a large bowl and pour over the dressing. Toss well, sprinkle with 1 tablespoon chopped fresh coriander (cilantro) and serve at once.

Chop suey

Prepare and mix a julienne of young vegetables in season, such as carrot, turnip, leek, onion, (bell) peppers and courgettes (zucchini). Cut some spring onions (scallions) into small sticks. Pick over and rinse some bean sprouts and drain. Chop finely 1 small garlic clove and dice some peeled and seeded tomatoes. Stir-fry the julienne of mixed vegetables in oil – 2 tablespoons for 500 g (18 oz, 4½ cups) vegetables – for 4–5 minutes. Add the bean sprouts to the pan, mix well and stir-fry for 1 minute. Finally, stir in the tomato, onion, garlic, pepper and 2 tablespoons soy sauce to 500 g (18 oz, 4¼ cups) vegetables with a little salt if necessary. Mix and serve hot. This mixture may also be seasoned with 1 teaspoon sesame oil.

Couscous with vegetables

The 'grain' made from semolina is steamed in a couscous pan: fill the pot two-thirds with water or stock and bring it quickly to the boil. Then fit the *keskès* (steamer) containing 1.5 kg (3¼ lb, 9 cups) semolina on to the pot. Tie a damp cloth around the part where the *keskès* and the pot meet so that no steam escapes. After about 30 minutes, remove the semolina, put it in a large round dish with a raised edge, coat the grains with oil and break up the lumps with the hands. Put the couscous back in the *keskès*. (Generally, this steaming is repeated twice more.) Brown 4 chopped onions in 5 tablespoons olive oil. Make sure that the onions brown without burning. Add 8 chopped carrots, 4 chopped leeks, 1 chopped fennel bulb, 6 roughly chopped tomatoes, a little tomato purée (paste) thinned with water, 4 crushed garlic cloves, a bouquet garni and a small pinch of coarse salt. Cover the ingredients with cold water and then add 225 g (8 oz, 1⅓ cups) chick peas (previously soaked for 24 hours). Put the lid on the pot and bring to the boil. Cook for 20–25 minutes.

Add 4 turnips, cut into chunks, 4 large chopped courgettes (zucchini), and 4 small trimmed and quartered globe artichokes. Put the *keskès* with the couscous on top of the pot and continue cooking for about 30 minutes.

Just before serving, enhance the flavour by seasoning with black pepper or mixed spices (*qâlat daqqāa*, or *rās al-hānout*) according to taste. Add small knobs of butter (rancid, if preferred). A wider range of vegetables can be used, such as cabbage, broad (fava) beans (preferably fresh), potatoes, beet, chard, tomatoes and peas.

Cousinette

Wash 150 g (5 oz, 1 cup) spinach leaves, 150 g (5 oz, 1 cup) Swiss chard leaves, 150 g (5 oz, 1 cup) lettuce leaves, 50 g (2 oz, ½ cup) sorrel leaves and a small handful of wild mallow leaves. Shred all the leaves finely to make a very fine

chiffonnade and brown them gently in 50 g (2 oz, ¼ cup) butter or goose fat. Cover and braise gently for 10 minutes. Add 1.5 litres (2¾ pints, 6½ cups) water or preferably chicken stock and, if desired, 250 g (9 oz, 1¼ cups) finely sliced potatoes. Continue cooking for about 30 minutes. Just before serving, adjust the seasoning and add a knob of fresh butter. Pour the soup on to thin slices of bread that have been dried in the oven.

Crudités

Choose some very fresh raw vegetables such as small carrots, celery sticks, radish, cucumber, sweet peppers, very small artichokes known as *poivrades*, cauliflower, mushrooms and fennel.

Scrape the carrots and radishes, leaving the small green leaves on the radishes. Thoroughly remove the strings from the celery sticks, cut them into sections of about 10 cm (4 in) and split the heart into four. Peel the pepper, cut open, take out the white membrane and seeds, and cut the flesh into thin strips. Peel the cucumber and cut into sticks. Pull the cauliflower apart into small florets. Wipe and slice the mushrooms. Clean the fennel bulb and cut it into thick slices. Just before serving, break the stalks off the artichokes, cut them in four, remove the chokes and sprinkle the cut part with lemon juice.

Line a wickerwork basket with a napkin and arrange the vegetables in it, in bunches. If it is not to be served immediately, cover it with a cloth and put in a cool place. Serve accompanied by a dip, such as mayonnaise with herbs, a tarragon vinaigrette, an anchovy sauce and/or a cream cheese sauce.

Dandelion and bacon salad

Thoroughly wash and dry 250 g (9 oz) dandelion leaves. Dice 150 g (5 oz, ¾ cup) green or smoked streaky (slab) bacon and brown gently in a frying pan. In a salad bowl prepare some vinaigrette using 1 tablespoon white wine,

2 tablespoons oil, salt and pepper. Add the dandelion leaves and toss thoroughly. Pour 1 tablespoon white wine vinegar over the diced bacon and stir with a wooden spoon, scraping the bottom of the frying pan. Pour the contents of the frying pan into the salad bowl. Quartered hard-boiled (hard-cooked) eggs may be added to the bowl before adding the bacon if wished.

Garbure

In the Béarn region of France, a garbure is a kind of stew based on vegetable stock, cabbage and *confit d'oie* (preserved goose). However, there are several versions of varying richness, including mixed vegetables and different meats.

Boil some water in an earthenware pot glazed on the inside (cast-iron or iron pots spoil the delicacy of the flavour). When it is boiling, throw in some potatoes, peeled and cut into thick slices. Add other fresh vegetables in season: haricot (navy) or broad (fava) beans, peas or French (green) beans. Season with salt and pepper. Cayenne may be used in place of white pepper. Flavour with garlic, a sprig of thyme, parsley or fresh marjoram. Leave to cook, making sure that the water is constantly on the boil.

Shred tender green cabbage as finely as possible, cutting across the width of the leaves and removing any tough portions. When the rest of the ingredients are thoroughly cooked, throw the cabbage into the boiling stock. Cover the pot to keep the cabbage leaves green and, 30 minutes before serving, put in a piece of pickled meat, preferably goose (*lou trébuc*); the fat on this will be sufficient. If pickled pork *trébuc* is used, the addition of a little goose fat will enhance the flavour of the stew. Cut stale wholemeal (wholewheat) bread into thin slices and add to the stock and vegetables. The mixture must be thick enough for the ladle to stand up when it is set in the centre of the tureen.

It is possible to make a good garbure without *trébuc*, but in that case it is

necessary to put a piece of ham bone or a sausage or, at the very least, lean bacon (thin flank) in the cold water. White cabbage may be used instead of green cabbage. For an everyday garbure it is usual to make do with a piece of bacon or ham, or bacon chopped with crushed garlic. According to the time of year, a few slices of swede (rutabaga) or roast chestnuts are added.

If dried beans are used, they have to be cooked in advance and drained after cooking, because their water would destroy the characteristic flavour of the garbure. To thicken the broth, the cooked beans are sometimes crushed and rubbed through a sieve. The meat is served separately from the broth, either by itself or with the vegetables. Some cooks brown the *trébuc* in a pan before putting it in the stock. In this case, some fat must be added, but the fat in which the *trébuc* was browned should not be used.

Green vegetable puffs

Fill some small cooled choux buns or fingers with a thick purée of green peas, French (green) beans and asparagus tips, seasoned and bound with whipped double (heavy) cream, crème fraîche or yogurt. Snipped chives can be added to the purée.

Julienne salad with orange and horseradish dressing

Pare the zest from ½ orange and cut it into fine julienne. Cook the strips of orange zest in boiling water for about 5 minutes or until tender. Drain and set aside. Squeeze the juice from the orange and place it in a large bowl. Add 1 teaspoon caster sugar, 2 teaspoons creamed horseradish, salt and pepper, and whisk until the sugar has dissolved. Gradually whisk in 4 tablespoons olive oil. Then stir in the orange zest.

Cut ½ celeriac into julienne and add to the dressing in the bowl, tossing well to coat the celeriac evenly and prevent it from discolouring. Cut

4 carrots into julienne and add to the celeriac. Finely chop 4 spring onions (scallions) and add to the salad with 2 tablespoons chopped mint. Toss well and chill lightly before serving.

Maharajah salad

Prepare some rice *à la créole* and flake some crabmeat. Mix together, dress with Indian-style vinaigrette, then pile up in a salad bowl. Around this, arrange some shredded celeriac, alternated with blanched and diced courgettes (zucchini) and tomato quarters. Sprinkle with sieved hard-boiled (hard-cooked) egg yolk and chopped chives. Pour some more of the same vinaigrette over the garnish just before serving.

Mikado salad

Boil 800 g (1¾ lb) unpeeled potatoes in salted water. Allow them to cool, remove the skin and dice them. Season 3 tablespoons mayonnaise with a little soy sauce. (If making the mayonnaise, use soy sauce instead of salt as the seasoning.) Remove the seeds from a green (bell) pepper and cut it into very fine strips. Peel, seed and dice the flesh of 3 firm tomatoes. Blanch 6–7 small chrysanthemum flowers for 2 minutes in boiling water, drain, dry and season lightly with vinaigrette. Mix the diced potatoes with the mayonnaise and 150 g (5 oz, scant 1 cup) peeled prawns (shelled shrimp). Arrange the mixture in a dome in a salad bowl and garnish the top of the salad with chrysanthemum petals. Surround the salad with clusters of finely shredded green (bell) pepper and diced tomato.

Mimosa salad

Boil some unpeeled potatoes, then peel them, cut into cubes and keep warm. Poach some artichoke hearts in salted water and cut them into quarters. Boil

and chop some French (green) beans. Mix the ingredients and season them with a very spicy vinaigrette. Rub the yolks of some hard-boiled (hard-cooked) eggs through a coarse sieve and sprinkle over the salad.

Minestrone

Cook 300 g (11 oz, 1¾ cups) small white haricot (navy) beans in a large amount of water, seasoned with 1 garlic clove, 1 bunch sage and 1 tablespoon extra-virgin olive oil. Purée half the haricot beans by crushing through a sieve. Heat some olive oil in a large saucepan and fry in it 1 slice of chopped uncooked ham, 1 celery stick, 1 bunch parsley, 1 chopped onion and 1 sprig thyme. Add 2 sliced leeks and 2 courgettes (zucchini), cut into cubes, 1 cabbage, cut into thin strips, and 500 g (18 oz) spinach. Then, after 10 minutes, add tomato sauce. When everything has simmered, add all the haricot beans together with their cooking juices and the puréed haricot beans. Add 1 litre (1¾ pints, 4⅓ cups) stock to obtain an unctuous consistency. Simmer for another hour. Season with salt and pepper. Pour 1 glass olive oil into a small frying pan and add 2 crushed garlic cloves, 1 sprig thyme and 2 sprigs rosemary. Place over the heat and when the garlic starts to turn golden pour this flavoured oil on to the minestrone through a sieve. Serve hot or cold.

Montfermeil salad

Put the juice of 1 lemon in a saucepan with 2 tablespoons flour, a generous pinch of salt and 2–3 litres (3½–5 pints, 9–13 cups) water. Peel 500 g (18 oz) salsify, cut into small pieces and cook for about 1 hour in this liquid – it should be tender but not disintegrating. Scrub 250 g (9 oz) potatoes and boil them. Drain and peel while still warm, then leave to cool completely and cut into dice. Leave the salsify to cool in its cooking liquid, then drain and refresh.

Wash and chop a small bunch of parsley and a few sprigs of tarragon and mix with 2 roughly chopped hard-boiled (hard-cooked) eggs. Drain and then dice 400 g (14 oz) canned artichoke hearts and put them in a salad bowl. Add the diced potatoes and the salsify. Pour over a vinaigrette flavoured with mustard and sprinkle with the chopped eggs and herbs.

Mussel and potato salad

Trim, scrape and wash some mussels. Peel and chop 1 large shallot per 1 kg (2¼ lb) mussels. Put the chopped shallots in a buttered pan with 2 tablespoons chopped parsley, a small sprig of thyme, ½ bay leaf, 200 ml (7 fl oz, ¾ cup) dry white wine, 1 tablespoon wine vinegar and 2 tablespoons butter (cut into small pieces). Add the mussels, cover the pan and cook over a high heat, shaking the pan several times, until all the mussels have opened. Remove the pan from the heat. Drain them and remove their shells. Set aside.

Boil, without peeling, 675 g (1½ lb) potatoes; peel while still hot and cut into cubes. Finely dice or shred 2–3 celery sticks. Peel and chop 1 shallot and 1 garlic clove and mix with plenty of chopped parsley. Mix all the ingredients together in a salad bowl.

Make a vinaigrette with 2 tablespoons hot vinegar, 6 tablespoons oil, 1 tablespoon Dijon mustard, salt and pepper. Pour this dressing over the salad and serve immediately.

Pistou soup

Pistou is a condiment from Provence, made of fresh basil crushed with garlic and olive oil. The word (derived from the Italian *pestare*, to pound) is also used for the vegetable and vermicelli soup to which it is added. The condiment, sometimes supplemented by Parmesan cheese and tomatoes, is similar to the Italian *pesto*.

Soak 500 g (18 oz, 3 cups) mixed white and red haricot (navy) beans for 12 hours in cold water. Drain and place in a large saucepan together with 2.5 litres (4½ pints, 11 cups) cold water and a bouquet garni. Bring to the boil, boil rapidly for 10 minutes then reduce the heat and cook gently. String 250 g (9 oz) French (green) beans and cut them into short lengths. Cut 2 or 3 courgettes (zucchini) into dice. Scrape and dice 2 carrots and peel and dice 2 turnips. When the haricots have been cooking for 1½ hours, add the French beans and carrots to the soup and season to taste with salt and pepper. After a further 15 minutes, add the courgettes and turnips. Cook for another 15 minutes, then stir in 200 g (7 oz) large vermicelli and cook for a further 10 minutes.

Meanwhile, pound together the pulp of 2 very ripe tomatoes, 5 peeled garlic cloves, 3–4 tablespoons fresh basil leaves and 75 g (3 oz, ¾ cup) grated Parmesan cheese, gradually working in 4 tablespoons olive oil. Add this mixture to the soup while it is still boiling, then remove from the heat and serve immediately.

Quartered artichoke hearts or potatoes may be added 30 minutes before the end of cooking, if wished.

Potage cultivateur

Cut 2–3 small carrots and 1 small turnip into large dice; prepare 6 tablespoons diced leeks (white part only) and 2 tablespoons diced onions. Season with salt and a pinch of sugar. Cook the prepared vegetables together in 50 g (2 oz, ¼ cup) butter in a covered pan. Moisten with 1.5 litres (2¾ pints, 6½ cups) white consommé and cook for 1¼ hours. About 25 minutes before serving, add 150 g (5 oz, ¾ cup) sliced potatoes and 75 g (3 oz, ½ cup) well-blanched diced bacon.

The potatoes can be replaced by rice.

Potage julienne à la cévenole

Prepare 450 g (1 lb) julienne of carrots, turnips, white of leek, celery and onions, in equal proportions; cook gently in butter for about 30 minutes. Pour in 1 litre (1¾ pints, 4⅓ cups) consommé and cook for a further 30 minutes. Add 500 ml (17 fl oz, 2 cups) salted chestnut purée, mix thoroughly, and boil for 5 minutes. Just before serving, blend in 50 g (2 oz, ¼ cup) butter, cut into small pieces.

Rachel salad

Clean and string some celery sticks and cut them into chunks. Cook some potatoes and some artichoke hearts in salted water and cut them into small dice. Mix equal amounts of these ingredients and dress them with a well-flavoured mayonnaise. Pile into a salad bowl and garnish with asparagus tips, cooked in salted water and well drained. If desired, the salad can be garnished with slices of truffle.

Raphael salad

Line a shallow salad bowl with shredded lettuce dressed with mayonnaise and seasoned with paprika. Arrange on top slices of peeled cucumber (previously sprinkled with salt and left to stand, then rinsed and drained), white asparagus tips (boiled and well drained), small tomatoes (peeled, seeded and cut into quarters), small lettuce hearts and sliced pink radishes. Dress with vinaigrette made with olive oil, lemon juice and chopped chervil.

Ratatouille niçoise

Trim the ends of 6 courgettes (zucchini) and cut them into rounds (do not peel them). Peel and slice 2 onions. Cut the stalks from 3 green (bell) peppers, remove the seeds and cut them into strips. Peel 6 tomatoes, cut each into

6 pieces and seed them. Peel and crush 3 garlic cloves. Peel 6 aubergines (eggplants) and cut them into rounds. Heat 6 tablespoons olive oil in a cast-iron pan. Brown the aubergines in this, then add the peppers, tomatoes and onions, and finally the courgettes and the garlic. Add a large bouquet garni, containing plenty of thyme, salt and pepper. Cook over a low heat for about 30 minutes. Add 2 tablespoons fresh olive oil and continue to cook until the desired consistency is reached. Remove the bouquet garni and serve very hot.

Raw vegetable salad

Wash and thinly slice 2 tomatoes, 3 celery sticks and 1 head of fennel. Peel and finely dice 1 beetroot (beet). Halve 2 sweet (bell) peppers, remove the seeds and cut the flesh into thin strips. Wash and chop a small bunch of parsley. Wash 1 lettuce and line the base of a shallow dish with the lettuce leaves. Top with small heaps of fennel, beetroot, celery and sweet peppers. Arrange 10 green and black (ripe) olives in the centre and place the tomato slices all around the side. Pour some vinaigrette over the salad and sprinkle with the chopped parsley.

Russian salad

Boil and finely dice some potatoes, carrots and turnips; boil some French (green) beans and cut into short pieces. Mix together equal quantities of these ingredients and add some well-drained cooked petits pois. Bind with mayonnaise and pile up in a salad bowl. Garnish with a julienne of pickled tongue and truffles and add some finely diced lobster or langouste meat.

For a more elaborate dish, the ordinary mayonnaise can be replaced by thickened mayonnaise and the salad is poured into mould lined with aspic and garnished with slivers of truffle and pickled tongue. Chill in the refrigerator for 4 hours and remove from the mould just before serving.

Salad à la favorite

Arrange in a salad dish, in separate heaps, asparagus tips, shelled crayfish and sliced white truffles. Season with oil, lemon juice, salt and pepper. Sprinkle with chopped celery and herbs.

Salad à l'orientale

Cook some long-grain rice in salted water to which saffron has been added, keeping it fairly firm; drain thoroughly. Mix the rice with some peeled and finely chopped onion and season with vinaigrette well spiced with paprika. Pile the rice in a dome in a salad bowl. Turn some red and green (bell) peppers under a hot grill (broiler), then skin them, cut them open, take out the seeds and cut the flesh into strips. Peel, seed and chop some tomatoes. Garnish the rice with the peppers, tomatoes and some stoned (pitted) black (ripe) olives.

Salade gourmande

Cook 175 g (6 oz) fine French (green) beans topped and tailed, in plenty of salted water until *al dente*. Remove the beans with a slotted spoon and plunge them into icy cold water for 10 seconds, then drain thoroughly. Using the same cooking water, cook 12 asparagus tips for 5–6 minutes.

Using a small whisk, mix together salt, pepper, 1 teaspoon olive oil, 1 teaspoon lemon juice, 1 teaspoon groundnut (peanut) oil, 1 teaspoon sherry vinegar, 1 teaspoon chopped chervil and 1 teaspoon chopped tarragon. Season separately the French beans, asparagus tips and 20 g (¾ oz) sliced truffle with a little of the dressing.

Place a few leaves of radicchio, frisée or other salad leaves on each plate and arrange the beans on top. Add a little chopped shallot and the asparagus tips. Cut 50 g (2 oz) foie gras into fine slices and place on the vegetables. Garnish with the slices of truffle.

Salade niçoise

Separate the leaves of 1 lettuce or use 100 g (4 oz) mesclun (mixed salad greens). Cut 10 very firm tomatoes into 8 equal wedges. Place in a colander in the refrigerator, over a plate, and sprinkle with salt to extract the water. Hard boil (hard cook) 6 eggs, then cool, shell and cut into quarters. Peel 2 small mild salad onions and chop very finely. Wash and fillet 6 anchovies preserved in salt. Seed 1 (bell) pepper and cut into strips. Finely chop 3 celery sticks with their leaves. Sprinkle 3 artichoke hearts, preferably from purple Provençal artichokes, with lemon juice and slice very finely. In a shallow serving dish, place a few lettuce leaves, a layer of tomatoes, slivers of artichoke hearts, a few strips of pepper, shredded tuna, chopped celery and onions. Repeat the layers until all these ingredients have been used up. Prepare a vinaigrette with oil, vinegar and pepper. Season the salad, toss and add a little salt if necessary. Garnish with the quarters of hard-boiled egg, some black (ripe) olives and anchovy fillets.

Saveloys in salad

Cut some cold cooked saveloys into slices. Slice a cucumber and several seeded tomatoes into half rounds. Cut the heart of a head of celery into small rounds, and quarter some artichoke hearts that have been cooked in a court-bouillon. Arrange all the ingredients in a salad bowl, moisten with a well-seasoned vinaigrette containing white mustard, sprinkle with chopped parsley and chives, and serve chilled.

Scallop and cucumber salad

Hard boil (hard cook) some eggs, then quarter them. Shape the flesh of a cucumber into little ovals. Poach some scallops and let them cool. Shred some lettuce and season it with vinaigrette, then line the rounded halves of the

scallop shells with this. Slice the scallops thinly, put them in a bowl with the cucumber, add some vinaigrette and mix well. Place the scallop slices and the cucumber into the lettuce-lined shells. Garnish with the egg quarters and corals, and sprinkle with mixed herbs. Crème fraîche with a little ketchup may be added to the scallop slices, with lemon juice, salt and pepper.

Scallop salad

Clean 1 lettuce heart, ½ bunch of watercress and the white part of 2 leeks. Slice the lettuce and the leeks and cook all these vegetables very gently in 1 tablespoon oil with salt and pepper until well reduced. Slice the flesh and corals of 12 scallops and seal them by steaming. Place the scallops on the tepid vegetables and sprinkle with a little olive oil and the juice of 1 lemon.

Seville gazpacho

Put 4 crushed garlic cloves, 1 teaspoon salt, ½ teaspoon ground cayenne and the pulp of 2 crushed medium-sized tomatoes in a bowl. Thoroughly mix these ingredients and add 4 tablespoons olive oil, drop by drop. Then add a Spanish onion cut into slices as thin as tissue paper, a green or red (bell) pepper (cored and diced), a cucumber (peeled, seeded and diced) and 4 tablespoons croûtons. Add 750 ml (1¼ pints, 3¼ cups) water and mix well. Serve chilled.

Solferino soup

Wash, trim and chop the white part from 100 g (4 oz) leeks and 100 g (4 oz) carrots and sweat in 25 g (1 oz, 2 tablespoons) butter for 15 minutes. Make about 20 potato balls using a melon baller, and cook in salted boiling water for 15 minutes, without allowing them to break up. Set aside. Peel, seed and crush 800 g (1¾ lb) tomatoes and add the pulp to the sweated vegetables with

1 bouquet garni and 1 garlic clove. Season, cover and cook gently for 15 minutes, then add 1.5 litres (2¾ pints, 6½ cups) stock and 250 g (9 oz) peeled potatoes cut into pieces. Cook for 30 minutes.

Remove the bouquet garni and purée the vegetables in a blender or food processor. Dilute with a little stock if necessary and reheat. Remove from the heat, whisk in 50–75 g (2–3 oz, 4–6 tablespoons) butter in small pieces, then add the potato balls. Serve sprinkled with chopped chervil.

Stuffed provençal vegetables

Trim the tops off 6 onions, 6 small aubergines (eggplants), 6 round courgettes (zucchini), 6 sweet (bell) peppers and 6 medium-sized tomatoes to reduce them to three-quarters of their original height, and cut the aubergines and peppers in half. Use a teaspoon to hollow out the vegetables and mix the pulp with the trimmings. Fry the pulp lightly in a little olive oil, then leave to cool. Cut 5 slices of bread into small dice and soak in 100 ml (4 fl oz, 7 tablespoons) milk. Mix with the vegetable pulp and add 400 g (14 oz) sausagemeat, 5 garlic cloves, chopped, 75 g (3 oz, 1¼ cups) finely chopped parsley, 3 tablespoons chopped basil, 3 eggs (beaten), 100 g (4 oz, 1 cup) grated Parmesan cheese, salt and pepper. Stir the mixture until smooth with a wooden spatula.

Bring a saucepan of water to the boil and cook the onions lightly, followed by the courgettes, peppers and aubergines, cooked separately. Drain each batch on a cloth or paper towels.

Stuff all the vegetables with sausagemeat mixture and arrange them in a roasting pan (tin), greased with olive oil.

Carefully remove the flowers of 6 courgettes and set aside. Chop the courgettes finely and fry gently in 2 tablespoons olive oil for 5–8 minutes, stirring often. Remove from the heat and add 2 chopped basil leaves, 1 tablespoon finely chopped parsley and 1 finely chopped garlic clove. Cool,

then incorporate 1 tablespoon fresh breadcrumbs and half a beaten egg.

Fill the flowers with the sausagemeat mixture, fold over the petals and place the flowers side by side in a second roasting pan (tin). Pour over a mixture of 120 ml (4½ fl oz, ½ cup) boiling water, 1 chicken stock (bouillon) cube and 2 tablespoons olive oil. Cover with foil.

Cook both batches of vegetables in a preheated oven at 200°C (400°F, gas 6) for 15–20 minutes. The stuffed vegetables and courgette flowers may be eaten hot or cold.

Soup à la fermière

Finely shred 2 or 3 small carrots, 1 small turnip, 1 leek (white part only), 1 onion and 75 g (3 oz, 1¼ cups) cabbage heart. Season and cook gently in 50 g (2 oz, ¼ cup) butter in a covered pan. Add 750 ml (1¼ pints, 3¼ cups) water in which white beans have been cooked, and 600 ml (1 pint, 2½ cups) white consommé. Cook gently for 1¼ hours. Add 100 ml (4 fl oz, 7 tablespoons) single (light) cream, 4 tablespoons cooked white beans and some chervil leaves.

Soup à la paysanne

For 4 servings, peel and dice the following ingredients and place them in a large pan: 200 g (7 oz, 1¾ cups) carrots, 100 g (4 oz, 1 cup) turnips, 75 g (3 oz, ¾ cup) leeks (white part), 1 onion and 2 celery sticks. Cover the pan and sweat the vegetables in 40 g (1½ oz, 3 tablespoons) butter.

Add 1.5 litres (2¾ pints, 6½ cups) water and bring to the boil. Blanch 100 g (4 oz, 1½ cups) cabbage cut into small squares; refresh, drain and add them to the pan. Leave to cook gently for 1 hour, then add 100 g (4 oz, ⅔ cup) diced potatoes and 100 g (4 oz, ¾ cup) small fresh peas. Cook for a further 25 minutes.

Crisp a long French stick in the oven. Just before serving the soup, add 25 g (1 oz, 2 tablespoons) butter and sprinkle with chopped chervil. Serve with the hot French bread.

Soupe à la bonne femme

Heat 40 g (1½ oz, 3 tablespoons) butter in a saucepan, but do not let it brown. Add the cleaned white part of 4 finely sliced leeks and cook gently until quite soft. Then add 3 litres (5 pints, 13 cups) ordinary consommé and bring to the boil. Add 350 g (12 oz, 1¾ cups) thinly sliced potatoes, bring to the boil again, season with salt and pepper, then lower the heat and leave to cook for 1 hour. Just before serving, remove the saucepan from the heat and whisk in 50 g (2 oz, ¼ cup) butter and 1 tablespoon chervil leaves.

Terrine of vegetables Fontanieu

Cook separately, in very lightly salted water, 7 fluted carrots, 300 g (11 oz) French (green) beans, and 150 g (5 oz, ¾ cup) petits pois. Cut the following vegetables into sticks and cook separately: 500 g (18 oz) turnips, 500 g (18 oz) courgettes (zucchini) and 1 small root of celeriac. Peel, halve and seed 3 tomatoes. Cool the vegetables and dry them thoroughly.

Bring 1 litre (1¾ pints, 4⅓ cups) double (heavy) cream just to the boil, then blend in 500 g (18 oz, 6 cups) shredded button mushrooms. Season with salt and pepper. Remove the mushrooms after 5 minutes and chop them. Do not boil down the cream, but blend in, while it is still hot, 25 g (1 oz, 4 envelopes) powdered gelatine, 5 tablespoons dry vermouth and the chopped mushrooms. Keep the mixture warm.

Pour a thin layer of this mixture into the bottom of a china terrine or mould. Arrange the French beans lengthways, covering the whole of the bottom of the terrine, then mask them with a little of the mushroom cream.

In this way, build up the terrine, alternating the layers of vegetables according to colour. (The purpose of the cream mixture is simply to bind the ingredients – it should not take precedence over the vegetables.) Place the tomato halves in the middle. When the terrine is full, settle the ingredients by lightly tapping the bottom and refrigerate for at least half a day. When serving, turn out of the mould and serve with small diced tomatoes sprinkled with chopped basil. Sprinkle the terrine with a dash of raspberry vinegar and olive oil. Season with salt and pepper.

Toulouse salad

Using a melon baller, scoop balls of melon from the flesh of a medium-sized melon. Cook 2 artichoke hearts in water and lemon juice, cool, then cut into thin strips. Thinly slice the white and green parts of a very tender leek; shred a thick slice of unsmoked ham. Mix together all these ingredients. Make a well-seasoned vinaigrette, adding chopped parsley, chives and sage, and blend it with 1 teaspoon cream. Pour over the salad and toss gently. Place a large leaf of raw spinach, washed and patted dry, on each plate. Divide the salad between the plates and grate a little fresh root ginger over them.

Vegetable achar with lemon

An achar is a pickle of vegetables or fruit and vegetables steeped in spices and seasoning. The flavour may be sharp or sweet, and piquant or mild.

Cut thin-rinded lemons into quarters and remove the seeds. Cut some carrots, sweet (bell) peppers and seeded cucumbers into strips about 4 cm (1½ in) long, and cut some thin green beans and cabbage leaves into small pieces. Separate a cauliflower into tiny florets. Steep the lemons and the vegetables separately in coarse salt. After 12 hours, wash the lemons and soak them in cold water for 24 hours, changing the water several times, then boil

them in water until the quarters have become soft. Drain and dry them. When the vegetables have been steeping for 36 hours, drain and dry them too. Finely mince or grate some onion and fresh root ginger (or use a blender). Add cayenne pepper, vinegar and powdered saffron, then some best-quality olive oil. Place the lemon quarters and vegetables in a jar and cover with the aromatized oil. Seal and store in a cool place.

Vegetable macédoine with butter or cream

A macédoine is a mixture of vegetables or fruit cut into small dice. Peel and dice 250 g (9 oz) each of new carrots, turnips, French (green) beans and potatoes. Prepare 500 g (18 oz, 3½ cups) shelled peas. Add the carrots and turnips to a pan of boiling salted water. Bring back to the boil and add the beans, then the peas and finally the potatoes. Keep on the boil but do not cover. When the vegetables are cooked, drain and pour into a serving dish and add butter or cream (keep the cooking water for a soup base). Sprinkle with chopped herbs.

Vegetable ragoût à la printanière

Generously grease a large flameproof casserole with butter. Prepare and wash the following new vegetables: 250 g (9 oz) baby carrots, 250 g (9 oz) baby turnips, 12 button onions, 250 g (9 oz) very small new potatoes, 2 lettuce hearts, 250 g (9 oz) finely sliced French (green) beans, 250 g (9 oz, 1½ cups) shelled peas and 3 trimmed artichoke hearts quartered and sprinkled with lemon juice. Separate half a very white cauliflower into tiny florets.

Put the carrots, beans, artichoke hearts and onions into the buttered casserole; just cover with chicken stock and bring to the boil. Boil for 8 minutes, then add the turnips, potatoes, peas, cauliflower and lettuce hearts; adjust the seasoning and continue cooking for about 20 minutes. Drain the

vegetables and arrange them in a dish. Reduce the cooking liquid, whisk in 50 g (2 oz, ¼ cup) butter and pour over the vegetables.

Vegetable salpicon with mayonnaise

A salpicon is a mixture of finely diced ingredients bound with a sauce or dressing. Use any or a mixture of the following vegetables: artichoke hearts cooked in white stock, patted dry and diced; asparagus tips or French (green) beans cut into short pieces, boiled in salted water and patted dry; peeled, diced celeriac, boiled in salted water and patted dry; mushrooms cooked in butter, drained and diced; or potatoes, boiled in their skins, peeled and diced.

Cook the chosen vegetable completely and leave to cool. Cut into small dice and bind with classic mayonnaise, which may be flavoured, coloured or thickened.

Vegetable salpicon with vinaigrette

Use any or a mixture of the following vegetables: diced cooked beetroot (red beet) with chervil and parsley; raw cucumber, sprinkled with salt, left to stand, rinsed, patted dry and diced, with fresh mint or tarragon; tomatoes, blanched for 20 seconds, peeled, seeded and diced, with basil or tarragon.

Cook the chosen vegetable completely. Leave to cool, dice and dress with seasoned vinaigrette flavoured with finely chopped aromatic herbs.

Vegetables à la grecque

Choose very fresh tender vegetables, such as aubergines (eggplants), cardoons, mushrooms, cauliflower, courgettes (zucchini), fennel, artichoke hearts and small onions. Small onions may be left whole, but the other vegetables should be washed thoroughly and cut into fairly small pieces so that they can be cooked properly. They should be sprinkled with lemon juice

if there is a risk of discoloration. Make a court-bouillon by boiling 6 tablespoons olive oil, 750 ml (1¼ pints, 3⅛ cups) water and the strained juice of 2 lemons with a bouquet garni (consisting of parsley, celery, fennel, thyme and bay leaf), 12–15 coriander seeds and 12–15 peppercorns for 20 minutes. Lightly brown the vegetables in a little olive oil, then pour over the very hot court-bouillon and finish cooking. Add 2 tablespoons concentrated tomato purée (paste) to the court-bouillon if desired. Leave to cool in the cooking liquor, then drain and serve moistened with a little of the liquor, if desired.

BASIC RECIPES & CLASSIC ADDITIONS

Batters

Buckwheat crêpes or galettes

Mix 250 g (9 oz, 2¼ cups) buckwheat flour and 250 g (9 oz, 2¼ cups) plain (all-purpose) flour (or, alternatively, use all buckwheat flour) in a bowl with 5–6 beaten eggs and a large pinch of salt. Add, a little at a time, 500 ml (17 fl oz, 2 cups) milk and 750 ml (1¼ pints, 3¼ cups) water and then 3–4 tablespoons oil. Leave the batter to stand for 2 hours at room temperature so that the air bubbles disperse, preventing the crêpes from bubbling. Just before making the crêpes, thin the batter with up to 100 ml (4 fl oz, 7 tablespoons) water if necessary.

Coating batter

This batter is suitable for coating food before deep-frying. Sift 200 g (7 oz, 1¾ cups) plain (all-purpose) flour into a large mixing bowl. Add 2 teaspoons baking powder, 2 tablespoons groundnut (peanut) oil, a pinch of salt and 250 ml (8 fl oz, 1 cup) warm water. Mix the ingredients together thoroughly and beat until smooth, then leave the batter to rest in a cool place for at least 1 hour. Just before using the batter, carefully fold in 2 stiffly whisked egg whites.

Fritter batter (1)

Sift 250 g (9 oz, 2¼ cups) plain (all-purpose) flour into a mixing bowl. Heat 200 ml (7 fl oz, ¾ cup) water until it is just lukewarm. Make a well in the centre of the flour and add 150 ml (¼ pint, ⅔ cup) beer, the warm water and a generous pinch of salt. Mix, drawing the flour from the sides to the centre. Add 2 tablespoons groundnut (peanut) oil and mix. Leave to rest for 1 hour if possible. When required for use, stiffly whisk 2 or 3 egg whites and carefully fold them into the batter. Do not stir or beat. For sweet fritters, the batter can be flavoured with Calvados, Cognac or rum. The batter may also be sweetened with 1½ teaspoons sugar and the oil replaced with the same amount of melted butter.

Fritter batter (2)

Put 250 g (9 oz, 2¼ cups) sifted plain (all-purpose) flour in a mixing bowl. Make a well in the centre and add 1 teaspoon salt, 2 eggs and 300 ml (½ pint, 1¼ cups) groundnut (peanut) oil. Whisk the eggs and oil together, incorporating a little of the flour. Add 250 ml (8 fl oz, 1 cup) beer and, stirring well, gradually incorporate the rest of the flour. Allow to stand for about 1 hour. A few minutes before using the batter, whisk 3 egg whites stiffly and fold into the batter.

Pannequet pancake batter

Pannequets can have sweet or savoury fillings. Make a batter with 250 g (9 oz, 2¼ cups) plain (all-purpose) flour, a pinch of salt, 3 beaten eggs, 250 ml (8 fl oz, 1 cup) milk, 250 ml (8 fl oz, 1 cup) water and 1 tablespoon melted butter. For sweet pancakes, add 1 tablespoon caster (superfine) sugar mixed with the eggs. Prepare some fairly thick pancakes. Pile them in a covered dish and keep hot over a saucepan of boiling water.

Savoury crêpe batter

Mix 500 g (18 oz, 4½ cups) plain (all-purpose) flour with 5–6 beaten eggs and a large pinch of salt. Gradually add 1 litre (1¾ pints, 4⅓ cups) milk or, for lighter pancakes, 500 ml (17 fl oz, 2 cups) milk and 500 ml (17 fl oz, 2 cups) water. Equal quantities of beer and milk may also be used, or the milk may be replaced by white consommé. Finally, add 3 tablespoons oil, either one with little taste, such as groundnut (peanut) oil or sunflower oil or, if the recipe requires it, use olive oil; 25 g (1 oz, 2 tablespoons) melted butter may also be added. Leave the batter to stand for 2 hours. Just before making the crêpes, dilute the batter with a little water (100–200 ml, 4–7 fl oz, ½–¾ cup).

Butters

Beurre manié

To thicken 500 ml (17 fl oz, 2 cups) stock or sauce, work together 25 g (1 oz, 2 tablespoons) butter and 25 g (1 oz, 4 tablespoons) plain (all-purpose) flour. Add this paste to the boiling liquid and whisk over the heat for 2 minutes.

Clarified butter

Melt some butter gently in a heavy saucepan; do not stir. Continue to heat gently until the butter ceases spitting – this shows that the water content has evaporated. There should be a small white residue in the bottom of the pan. Carefully pour the butter into another container so that the whitish sediment stays in the pan. Clarified butter is used for frying and for emulsified sauces.

Maître d'hôtel butter

Work 200 g (7 oz, generous ¾ cup) butter to a smooth paste with a wooden spoon, add ½ teaspoon fine salt, a pinch of pepper, a squeeze (about 1 tablespoon) of lemon juice and 1 tablespoon chopped parsley. This butter can be kept in the refrigerator for 2 or 3 days.

Noisette butter

Gently heat some butter in a frying pan until it is golden and gives off a nutty smell. Serve scalding hot with lambs' or calves' sweetbreads, fish roe, vegetables (boiled and well drained), eggs or skate poached in stock. Noisette butter is known as meunière butter when lemon juice is added.

Tarragon butter

Blanch 150 g (5 oz) stripped tarragon leaves, soak in cold water and blot. Purée, then work into the finely softened butter, season with salt and pepper. Tarragon butter is used to finish sauces or garnish cold hors d'oeuvres.

Dressings & mayonnaise

Mayonnaise

Half an hour before making the mayonnaise, ensure that all the ingredients are at room temperature. Put 2 egg yolks, a little salt and white pepper, and a little vinegar (tarragon, if available and suitable) or lemon juice in a medium mixing bowl; 1 teaspoon white mustard can also be added. Stir quickly with a

wooden spoon or whisk and as soon as the mixture is smooth use a tablespoon to blend in about 300 ml (½ pint, 1¼ cups) olive oil. Add the oil slowly drop by drop, with a few drops of vinegar, taking care to beat the sauce against the sides of the bowl. The whiteness of the sauce depends on this continued beating. As the mayonnaise increases in volume, larger quantities of oil can be added in a thin trickle and also more vinegar or lemon juice. It is essential to add the ingredients slowly and sparingly in order to avoid curdling.

The mayonnaise can be flavoured with any of the following, adding them sparingly and tasting to check the intensity and suitability for the dish. Grated lemon zest; crushed garlic; anchovy essence or finely chopped or puréed anchovy fillets; finely chopped watercress leaves; finely chopped herbs, such as tarragon, chives, dill, parsley or chervil; tomato purée (paste) or ketchup; chopped gherkins; chopped capers; or chopped truffle.

Vinaigrette

Dissolve a little salt in 1 tablespoon vinegar (salt does not dissolve in oil). Add 3 tablespoons oil and some pepper. The vinegar can be replaced by another acid, such as the juice of a lemon, orange or grapefruit. In that case, the ratio is half lemon, half oil.

Olive, sunflower, grapeseed or other light oils can be used. Strongly flavoured and light oils can be combined; nut oils, such as walnut, hazelnut, pistachio or macadamia oils, can be added with olive or sunflower oil for a richly flavoured vinagrette.

Other flavouring ingredients, such as herbs, mustard or garlic, may be added to taste. The mixture may also be placed in a screw-top jar and shaken vigorously to form an emulsion. For a creamy dressing, the oil can be replaced by crème fraîche.

Mirepoix, forcemeats & sausagemeat

À gratin forcemeat

Fry 150 g (5 oz, 1 cup) finely chopped unsmoked bacon until soft. Add 300 g (11 oz) chicken livers, 2 thinly sliced shallots, 50 g (2 oz, ⅔ cup) finely chopped mushrooms, a sprig of thyme and ½ bay leaf. Season with a generous pinch of salt, some pepper and a little mixed spice. Sauté quickly over a high heat. Allow to cool completely, then pound in a mortar and press through a fine sieve. Cover with buttered or oiled greaseproof (wax) paper and chill until needed. A gratin forcemeat is spread on croûtons of fried bread that are used as a base for small roast game birds or served with salmis or *civets*.

Bread panada

A panada is a paste used for thickening or as a base for some mixtures, such as soufflé. Bread panada is useful for thickening and binding forcemeats; other thick pastes of flour or potatoes may also be used. Soak 250 g (9 oz, 4½ cups) fresh white breadcrumbs in 300 ml (½ pint, 1¼ cups) boiled milk until the liquid is completely absorbed. Pour into a saucepan and let it thicken over the heat, stirring with a wooden spoon. Pour into a buttered dish and leave to cool.

Forcemeat for poultry

This consists of fine sausagemeat mixed with one-fifth of its weight each of fresh breadcrumbs and finely chopped onion cooked in a little butter until soft, together with chopped parsley. Chill until required.

Forcemeat for vegetable terrine

Peel 500 g (1 lb 2 oz) celeriac (celery root) and cut into quarters. Steam, drain and purée in a blender. Dry slightly in a warm oven but do not allow the celeriac to colour. In the bowl of a mixer, combine the celeriac purée with 2 egg yolks, 150 ml (¼ pint, ⅔ cup) single (light) cream and 2 stiffly whisked egg whites. Season to taste with salt, pepper and nutmeg. Other vegetables, in equal quantities, may be added to the stuffing: diced carrots, petits pois, green beans, blanched or cooked in steam. The vegetable terrine can then be cooked in the oven or in a bain marie.

Mirepoix

Peel and finely dice 150 g (5 oz) carrots, 100 g (4 oz) onions and 50 g (2 oz) celery. Heat 25 g (1 oz, 2 tablespoons) butter in a saucepan and add the vegetables, with a sprig of thyme and ½ bay leaf. Stir the ingredients into the butter, cover and cook gently for about 20 minutes until they are very tender.

Mirepoix with meat

Prepare the mirepoix as above, cutting the celery into fine strips instead of dice and adding 100 g (4 oz) raw ham or blanched streaky bacon.

Mushroom forcemeat

Sauté 2 peeled and finely chopped shallots and 175 g (6 oz, 2 cups) button mushrooms, also finely chopped, over a high heat in a frying pan, with 40 g (1½ oz, 3 tablespoons) butter and a generous pinch of grated nutmeg. When cooked, allow to cool. Make 100 g (4 oz) bread panada and purée it in a blender, adding the mushrooms and shallots. Finally, add 3 egg yolks and mix thoroughly (it is not necessary to sieve this forcemeat). It is used to stuff vegetables, poultry, game and fish.

Sausagemeat

Weigh out equal quantities of lean pork and fat bacon. Mince (grind) finely and add 3 tablespoons salt per 1 kg (2¼ lb) mince. Chopped truffle or truffle peelings may be added, or the mince may be seasoned with finely chopped onions, garlic, salt, pepper and herbs. Chopped mushrooms, wild or cultivated, may also be added.

Sausagemeat – fine – or fine pork forcemeat

Using the same mixture as for the sausagemeat recipe, finely mince (grind) the ingredients twice, or chop once and sieve. The seasonings are the same.

Veal forcemeat

Pound 1 kg (2¼ lb) lean minced (ground) veal in a mortar (or reduce to a purée in a blender). Season with 1 tablespoon salt, some white pepper and grated nutmeg. Purée 300 g (11 oz) flour panada; when really soft, add the veal, together with 65 g (2½ oz, 4½ tablespoons) butter, and beat the mixture well. Finally, beating continuously, add 5 whole eggs and 8 yolks, one by one. Then add 1.25 litres (2¼ pints, 5½ cups) thick béchamel sauce. Press through a fine sieve and work with a spatula to make the forcemeat smooth. Chill until required. This forcemeat is used for borders and large quenelles.

Pastry

Basic shortcrust pastry

Sift 225 g (8 oz, 2 cups) plain (all-purpose) flour into a mixing bowl and stir in a pinch of salt, if required. Add 50 g (2 oz, ¼ cup) chilled butter and 50 g (2 oz, ¼ cup) chilled lard or white vegetable fat (shortening). Cut the fat into small pieces, then lightly rub the pieces into the flour using your fingertips until the mixture resembles breadcrumbs. Sprinkle 3 tablespoons cold water over the mixture, then use a round-bladed pastry knife to mix it in. The mixture should form clumps: press these together into a smooth ball. Chill the pastry in the refrigerator for 30 minutes before baking. Roll out and use as required.

Bouchée cases

These small puff pastry cases with savoury fillings are generally served hot. Lightly dust the work surface with flour and roll out some puff pastry to a thickness of about 5 mm (¼ in). Using a round, crinkle-edged pastry (cookie) cutter, 7.5–10 cm (3–4 in) in diameter, cut out circles of pastry and place them on a damp baking sheet, turning them over as you do so. Use a 7.5–10 cm (3–4 in) ring cutter to stamp out rings of pastry. Brush the edge of the pastry bases with beaten egg and place the pastry rings on top. Chill the cases in the refrigerator for about 30 minutes. Bake in a preheated oven at 220°C (425°F, gas 7) for 12–15 minutes. Using the point of a knife, cut out a circle of pastry from inside each bouchée, lift it out and set aside to use as a lid. If necessary remove any soft pastry inside the case. The bouchées are now ready to be filled.

Choux paste

To make about 40 small buns, 20 larger buns or éclairs, measure 250 ml (8 fl oz, 1 cup) water or milk and water (in equal proportions) into a saucepan. Add a large pinch of salt and 65 g (2½ oz, 5 tablespoons) butter cut into small pieces. Add 2 teaspoons caster (superfine) sugar for sweet choux. Heat gently until the butter melts, then bring to the boil. As soon as the mixture begins to boil, take the pan off the heat, add 125 g (4½ oz, 1 cup) plain (all-purpose) flour all at once and mix quickly. Return the saucepan to the heat and cook the paste until it thickens, stirring: it takes about 1 minute for the paste to leave the sides of the saucepan. Do not overcook the mixture or beat it vigorously as this will make it greasy or oily. Remove from the heat and cool slightly. Beat in 2 eggs, then 2 more eggs, one after the other, continuing to beat hard until a smooth glossy paste is obtained.

Transfer the pastry to a piping bag fitted with a plain nozzle, 1 cm (½ in) in diameter, and pipe small balls, 4–5 cm (1½–2 in) in diameter, on to a lightly oiled baking sheet, spacing them out so they do not stick to each other as they swell during cooking. Alternatively, pipe the paste into larger buns or fingers to make éclairs.

Bake choux pastries in a preheated oven at 220°C (425°F, gas 7) for 10 minutes. Reduce the temperature to 180°C (350°F, gas 4) and continue to cook, allowing a further 10 minutes for small buns or up to 25 minutes for large puffs. Transfer cooked choux pastries to a wire rack to cool and split them immediately to allow steam to escape, so that they stay crisp outside, but slightly moist on the inside.

Pâte à foncer

This is a lining pastry for flans and tarts; it is a basic shortcrust made by the French method. Sift 250 g (9 oz, 2¼ cups) plain (all-purpose) flour on to a

board. Make a well in the centre and add ½ teaspoon salt and 125 g (4½ oz, ½ cup) butter (softened at room temperature and cut into pieces). Start to mix the ingredients and then add 2 tablespoons water (the quantity of water required may vary depending on the type of flour used). Knead the dough gently, using the heel of the hand, shape it into a ball, wrap it in foil and set aside in a cool place for at least 2 hours if possible.

A richer pastry can be made by increasing the quantity of butter to 150 g (5 oz, ⅔ cup) and by adding 1 small egg and 2 tablespoons caster (superfine) sugar.

Pâte brisée

This is the French equivalent of shortcrust pastry (basic pie dough) which can be made with, or without, a little sugar. Sift 250 g (9 oz, 2¼ cups) plain (all-purpose) flour into a bowl or on to a board. Add a pinch of salt and 1½ tablespoons caster (superfine) sugar (to taste). Spread the mixture into a circle and make a well in the centre. Add 125 g (4½ oz, ½ cup) softened butter and a beaten egg, and knead the ingredients together as quickly as possible with 2 tablespoons very cold water. Form the dough into a ball, even if there are still some whole pieces of butter visible. Wrap it in foil and leave it to rest for at least 1 hour in the refrigerator. Knead the dough, pushing it down gently with the heel of the hand, and roll it out on a lightly floured worktop to the required thickness.

Puff pastry

Put 500 g (18 oz, 4½ cups) plain (all-purpose) flour on a board in a circle, making a well in the middle. Since flours differ, the exact proportion of water to flour is variable. Into the centre of this circle put 1½ teaspoons salt and about 300 ml (½ pint, 1¼ cups) water. Mix and knead until the dough is

smooth and elastic. Form into a ball and leave to stand for 25 minutes.

Roll out the dough into square, mark a cross in the top and roll out the wedges to form an evenly thick cross shape. Put 500 g (18 oz, 2¼ cups) softened butter in the middle of this dough. (The butter should be softened with a wooden spatula until it can be spread easily.) Fold the ends of the dough over the butter in such a way as to enclose it completely. Leave to stand for 10 minutes in a cold place, until rested and firmed slightly.

The turning operation (called *tournage* in French) can now begin. Roll the dough with a rolling pin on a lightly floured board in such a way as to obtain a rectangle 60 cm (24 in) long, 20 cm (8 in) wide and 1.5 cm (⅝ in) thick. Fold the rectangle into three, give it a quarter-turn and, with the rolling pin at right angles to the folds, roll the dough out again into a rectangle of the same size as the previous one. Again fold the dough into three and leave to stand for about 15 minutes and chill if too sticky. Repeat the sequence (turn, roll, fold) a further 4 times, leaving the dough to stand for about 15 minutes after each folding. After the sixth turn, roll out the dough in both directions and use according to the recipe.

Rich shortcrust pastry

Follow the recipe for shortcrust pastry, using 175 g (6 oz, ¾ cup) butter instead of butter and lard or white vegetable fat (shortening). Bind with water or beat 1 egg yolk with 1 tablespoon water and use to bind the pastry, adding a further 1 tablespoon water if necessary.

Sauces & purées

Anchovy sauce

Thoroughly desalt 6–8 anchovy fillets by soaking them in milk. Drain, wipe and purée them in a blender with 1 tablespoon capers, 100 ml (4 fl oz, ½ cup) oil, the juice of ½ lemon and salt and pepper. Serve as a dip with an assortment of raw vegetables – small artichokes, cauliflower florets, small sticks of carrot and seeded cucumber, thin slices of green or red sweet (bell) peppers, small quarters of fennel or raw mushrooms – or with fish poached in a court-bouillon, either hot or cold.

Béarnaise sauce

Put 1 tablespoon chopped shallots, 2 tablespoons chopped chervil and tarragon, a sprig of thyme, a piece of bay leaf, 2½ tablespoons vinegar, and a little salt and pepper in a pan. Reduce by two-thirds; cool slightly. Mix 2 egg yolks with 1 tablespoon water, add to the pan and whisk over a very low heat. As soon as the egg yolks have thickened, add 125 g (4½ oz, ½ cup) butter in small pieces, a little at a time, whisking continuously. Adjust the seasoning, adding a dash of cayenne if desired, and a little lemon juice. Add 1 tablespoon each of chopped chervil and tarragon. The sauce can be kept in a warm bain marie until required, but it must not be reheated once it has cooled.

Béchamel sauce

Gently heat 500 ml (17 fl oz, 2 cups) milk with 1 bay leaf, a thick slice of onion and 1 blade of mace. Remove from the heat just as the milk boils, cover the pan and set aside for at least 30 minutes. Strain the milk and discard the

flavouring ingredients. Melt 40 g (1½ oz, 3 tablespoons) butter over a low heat in a heavy saucepan. Add 40 g (1½ oz, 6 tablespoons) flour and stir briskly until the mixture is smoothly blended, without allowing it to change colour. Slowly stir in the milk and bring to the boil, beating well to prevent lumps forming. Add salt and pepper and (according to the use for the sauce) a little grated nutmeg. Simmer gently for 3–5 minutes, stirring occasionally.

Breton sauce

Cut the white part of 1 leek, ¼ celery heart and 1 onion into thin strips. Soften gently in a covered pan with 1 tablespoon butter and a pinch of salt for about 15 minutes. Add 2 tablespoons thinly sliced mushrooms and 175 ml (6 fl oz, ¾ cup) dry white wine. Reduce until dry. Add 150 ml (¼ pint, ⅔ cup) thin velouté sauce and boil vigorously for 1 minute. Adjust the seasoning and stir in 1 tablespoon double (heavy) cream and 50 g (2 oz, ¼ cup) butter. Serve at once. If the sauce is to be served with braised fish, cook the sliced vegetables with the fish, adding 175 ml (6 fl oz, ¾ cup) fish stock or white wine and finishing with cream and butter.

Brown roux

Melt the butter in a heavy saucepan, then clarify it. Add the same weight (or a little more) of sifted plain (all-purpose) flour – up to 125 g (4½ oz, 1 cup) flour for 100 g (4 oz, ½ cup) butter.

Mix the butter and flour, and cook very gently for 15–20 minutes, stirring constantly until the roux becomes light brown. Take the pan off the heat and leave it to cool until time to add the liquid (milk, white stock, fish stock). To avoid lumps forming this must be poured boiling on to the cold roux. Use a whisk to mix the roux and heat gradually while whisking constantly. (Alternatively, the cold liquid may be whisked gradually into the warm roux.)

Butter sauce (1)

Mix 25 g (1 oz, 2 tablespoons) melted butter, 25 g (1 oz, ¼ cup) plain (all-purpose) flour and 250 g (8 fl oz, 1 cup) salted boiling water in a heavy-based saucepan. Whisk vigorously, blending in 1 tablespoon ice-cold water. Place the pan on the hob (stove top) over a low heat and gradually incorporate 100 g (4 oz, ½ cup) butter, cut into small pieces, stirring constantly. Season with salt and pepper, and strain if necessary. This sauce is served with fish and boiled vegetables.

Butter sauce (2)

Put 1 scant tablespoon flour and a little butter into a heavy-based saucepan and place over a gentle heat. Blend together the flour and butter with a wooden spoon, remove from the heat and add 4½ tablespoons water or consommé, a little salt, some grated nutmeg and the juice of ½ lemon. Stir constantly over a brisk heat, and as soon as it comes to the boil, remove the sauce. Stir in a large piece of butter. The sauce should be velvety and very smooth, with a rich but delicate flavour.

Chervil-leaf butter sauce

In a saucepan, boil a generous ladleful of butter sauce, adding to it a little salt, pepper, grated nutmeg, the juice of ½ lemon, a large knob of butter and 1 tablespoon small blanched chervil leaves.

Chicken purée

Remove the sinews from the cooked meat of chicken and reduce the flesh to a purée in a food processor or blender. Incorporate the same weight of rice cooked in meat stock and purée again quickly. Taste and adjust the seasoning.

This purée is used as an *à gratin* forcemeat.

Cream sauce

Add 100 ml (4 fl oz, 7 tablespoons) double (heavy) cream to 200 ml (7 fl oz, ¾ cup) béchamel sauce and boil to reduce by one-third. Remove from the heat and add 25–50 g (1–2 oz, 2–4 tablespoons) butter and 60–100 ml (2–4 fl oz, ¼–scant ½ cup) double (heavy) cream. Stir well and strain. This sauce is served with vegetables, fish, eggs and poultry.

Curry or Indian sauce

Cook 4 large sliced onions slowly in 5 tablespoons ghee, butter or oil. Add 1 tablespoon each of chopped parsley and chopped celery, a small sprig of thyme, half a bay leaf, a pinch of mace, salt and pepper. Sprinkle with 25 g (1 oz, ¼ cup) flour and 1 generous tablespoon good-quality curry powder and stir. Then add 500 ml (17 fl oz, 2 cups) chicken stock, stir and bring to the boil, stirring. Reduce the heat, cover and cook slowly for about 30 minutes. A quarter of the stock can be replaced by coconut milk for a coconut-flavoured curry. Rub the sauce through a sieve, add 1 teaspoon lemon juice and 5 tablespoons cream, and reduce a little. Adjust the seasoning.

Demi-glace

To make this rich brown sauce, boil down to reduce by two-thirds a mixture of 500 ml (17 fl oz, 2 cups) espagnole sauce and 750 ml (1¼ pints, 3¼ cups) clear brown stock. Remove from the heat, add 3 tablespoons Madeira and strain. A handful of sliced mushroom stalks may be added during cooking.

Devilled sauce (1)

(English recipe) Add 1 tablespoon chopped shallots to 150 ml (¼ pint, ⅔ cup) red wine vinegar and reduce by half. Then add 250 ml (8 fl oz, 1 cup) espagnole sauce and 2 tablespoons tomato purée (paste). Cook for 5 minutes.

Just before serving, add 1 tablespoon Worcestershire sauce, 1 tablespoon Harvey sauce or spiced vinegar, and a dash of cayenne pepper. Strain the sauce. This sauce is generally served with grilled (broiled) meat.

Devilled sauce (2)

Mix 150 ml (¼ pint, ⅔ cup) dry white wine with 1 tablespoon vinegar, then add 1 tablespoon finely chopped shallots, a sprig of thyme, a small piece of bay leaf and a generous pinch of pepper. Reduce the sauce by two-thirds, then add 200 ml (7 fl oz, ¾ cup) demi-glace and boil for 2–3 minutes. Strain through a sieve. Just before serving, add 1 teaspoon chopped parsley and check the seasoning, adding a little cayenne pepper if liked. Alternatively, omit straining the sauce and add 1 tablespoon butter or beurre manié.

English butter sauce

Make a white roux with 25 g (1 oz, 2 tablespoons) butter and 25 g (1 oz, ¼ cup) plain (all-purpose) flour. Then whisk in vigorously 250 ml (8 fl oz, 1 cup) salted boiling water. Season with salt and pepper, and whisk in 100 g (4 oz, ½ cup) butter cut into pieces.

Espagnole sauce (1)

(From Carême's recipe) Put 2 slices of Bayonne ham into a deep saucepan. Place a noix of veal and 2 partridges on top. Add enough stock to cover the veal only. Reduce the liquid rapidly, then lower the heat until the stock is reduced to a coating on the bottom of the pan. Remove it from the heat. Prick the noix of veal with the point of a knife so that its juice mingles with the stock. Put the saucepan back over a low heat for about 20 minutes. Watch the liquid as it gradually turns darker.

To simplify this operation, scrape off a little of the essence with the point

of a knife. Roll it between the fingers. If it rolls into a ball, the essence is perfectly reduced. If it is not ready, it will make the fingers stick together.

Remove the saucepan from the heat and set it aside for 15 minutes for the essence to cool. (It will then dissolve more readily.) Fill the saucepan with clear soup or stock and heat very slowly.

Meanwhile prepare a roux: melt 100 g (4 oz, ½ cup) butter and add to it enough flour to give a rather liquid consistency. Put it over a low heat, stirring from time to time so that gradually the whole mixture turns a golden colour. As soon as the stock comes to the boil, skim it, and pour 2 ladles into a roux. When adding the first ladleful of stock, remove the roux from the heat, then replace it and stir in the second ladleful until the mixture is perfectly smooth. Now pour the thickened sauce into the saucepan with the veal noix. Add parsley and spring onions (scallions), ½ bay leaf, a little thyme, 2 chives, and some mushroom trimmings. Leave the sauce to simmer, stirring frequently. After 1 hour skim off the fat, then 30 minutes later, skim off the fat once again.

Strain the sauce through a cloth into a bowl, stirring from time to time with a wooden spoon so that no skin forms on the surface, as easily happens when the sauce is exposed to the air.

Espagnole sauce (2)

Make a brown roux in a heavy-based saucepan using 25 g (1 oz, 2 tablespoons) butter and 25 g (1 oz, ¼ cup) plain (all-purpose) flour. Add 1 tablespoon mirepoix, 50 g (2 oz, ⅔ cup) chopped mushrooms and 1 kg (2¼ lb) crushed tomatoes. Stir in 2.25 litres (4 pints, 10 cups) brown stock and simmer gently for 3–4 hours, skimming the sauce occasionally. Pass the sauce through a very fine sieve, or preferably strain through muslin (cheesecloth), when cold.

Game purée

Remove the sinews from the cooked meat of pheasant, duck, young rabbit or partridge and reduce the flesh to a purée in a food processor or blender. Incorporate the same weight of rice cooked in meat stock and purée again quickly. Adjust the seasoning.

This purée is used as an *à gratin* forcemeat.

Italian sauce

Clean and chop 250 g (9 oz, 2 generous cups) button mushrooms, 1 onion and 1 shallot. Heat 5 tablespoons olive oil in a saucepan, add the chopped vegetables and cook over a high heat until the juices from the mushrooms are completely evaporated. Add 150 ml (¼ pint, ⅔ cup) stock, 6 tablespoons tomato purée (paste), salt, pepper and a bouquet garni and cook gently for 30 minutes. Just before serving, add 1 tablespoon diced lean ham and 1 tablespoon chopped parsley.

Lyonnaise sauce

Cook 3 tablespoons finely chopped onions in 15 g (½ oz, 1 tablespoon) butter in a heavy-based saucepan. When the onions are well softened, add 500 ml (17 fl oz, 2 cups) vinegar and 500 ml (17 fl oz, 2 cups) white wine. Reduce until the liquid has almost evaporated, then add 200 ml (7 fl oz, ¾ cup) demi-glace. Boil for 3–4 minutes, then strain the sauce or serve it unstrained if you prefer. A tablespoon tomato purée (paste) can be added to this sauce if liked.

Alternatively, sprinkle the cooked onions with 1 tablespoon flour and cook until golden, deglaze with 175 ml (6 fl oz, ¾ cup) vinegar and 175 ml (6 fl oz, ¾ cup) white wine, then add some meat stock or pan juices. Boil for a few minutes and serve as above.

Mornay sauce

Heat 500 ml (17 fl oz, 2 cups) béchamel sauce. Add 75 g (3 oz, ¾ cup) grated Gruyère cheese and stir until all the cheese has melted. Take the sauce from the heat and add 2 egg yolks beaten with 1 tablespoon milk. Bring slowly to the boil, whisking all the time. Remove from the heat and add 2 tablespoons double (heavy) cream (the sauce must be thick and creamy). For browning at a high temperature or for a lighter sauce, the egg yolks are omitted. If the sauce is to accompany fish, reduced fish stock is added.

Parsley sauce

Make 250 ml (8 fl oz, 1 cup) butter sauce, add 1 tablespoon chopped blanched parsley and a little lemon juice. This sauce is served with poached chicken, boiled rabbit, boiled ham and braised veal.

Parsley sauce for fish

Prepare a sauce with 25 g (1 oz, 2 tablespoons) roux and 250 ml (8 fl oz, 1 cup) freshly cooked fish stock that is strongly flavoured with parsley. Cook for 8 minutes and strain. Just before serving, add 1 tablespoon chopped blanched parsley and a dash of lemon juice. This sauce is particularly suitable to serve with salmon and mackerel.

Poor man's sauce

Make a golden roux with 1 tablespoon butter and 1 heaped tablespoon flour. Deglaze with 3 tablespoons vinegar, boil to reduce and add 200 ml (7 fl oz, ¾ cup) stock (or use water with a little added meat glaze or extract). Season with salt and pepper and boil for a few minutes. Just before serving, add 1 tablespoon chopped chives or blanched shallots or a mixture of both, 1 tablespoon chopped parsley and 2 tablespoons dried white breadcrumbs.

Poulette sauce

Whisk 2 or 3 egg yolks with 400 ml (14 fl oz, 1¾ cups) white veal or poultry stock (or fish fumet if the sauce is to be served with fish or mussels). Heat in a heavy-based saucepan for about 10 minutes, whisking all the time, adding lemon juice (from ½ or 1 lemon) and 50 g (2 oz, ¼ cup) butter. Remove the saucepan from the heat when the sauce coats the spoon. Keep the sauce warm in a bain marie until required, stirring it from time to time to stop a skin from forming on the top.

Rémoulade sauce

Make some mayonnaise using 250 ml (8 fl oz, 1 cup) oil, replacing, if desired, the raw egg yolk with 1 hard-boiled (hard-cooked) egg yolk rubbed through a fine sieve. Add 2 very finely diced gherkins, 2 tablespoons chopped herbs (parsley, chives, chervil and tarragon), 1 tablespoon drained capers and a few drops of anchovy essence (optional).

Sauce à la bretonne

Peel and slice 6 large onions, break them up into rings and brown in clarified butter in a sauté pan. Drain and add 2 ladles each of consommé and thickened espagnole sauce. Season with a little sugar and a touch of white pepper, then add a little butter and a little chicken stock. Finally, press this sauce through a fine sieve.

Sauce with fines herbes

Make 250 ml (8 fl oz, 1 cup) demi-glace sauce or brown stock and add 2 tablespoons chopped parsley, chervil and tarragon. Reduce, press through a very fine sieve, add a few drops of lemon juice and adjust the seasoning. This sauce is served with poached poultry.

Savoury sabayon sauce

Whisk 4 egg yolks with the grated zest of ½ lemon and 2 tablespoons champagne until pale. Place over a bain marie and gradually whisk in 200 ml (7 fl oz, ¾ cup) champagne, adding it a little at a time until the sauce is thick and foamy. Season with salt aand pepper. Remove from the heat and fold in whipped double (heavy) cream – up to half the volume of sauce – or 175 g (6 oz, ¾ cup) clarified butter.

Soubise purée

Soubise is the name given to dishes containing an onion sauce (a béchamel to which onion purée has been added) or an onion purée (usually thickened with rice). It is particularly applied to dishes of eggs, served on the purée or sometimes covered with the sauce. The purée may also be used to garnish cuts of meat or as a stuffing for vegetables.

Peel and thinly slice 1 kg (2¼ lb) white onions and place them in a saucepan with plenty of salted water. Bring to the boil, then drain the onions and place in a saucepan with 100 g (4 oz, ½ cup) butter, salt, pepper and a pinch of sugar. Cover and cook over a gentle heat for 30–40 minutes (the onions should not change colour). Then add to the onions a quantity of boiled rice or thick béchamel sauce equal to one quarter of the volume of the onion. Mix together thoroughly and cook for a further 20 minutes. Taste and adjust the seasoning, press through a very fine sieve and stir in 75 g (3 oz, 6 tablespoons) butter.

Soubise sauce

Prepare a Soubise purée using béchamel sauce. When the sauce is well thickened, stir in 100 ml (4 fl oz, 7 tablespoons) whipping cream and blend thoroughly.

Suprême sauce

Prepare a velouté with a white roux, comprising 40 g (1½ oz, 3 tablespoons) butter and 40 g (1½ oz, 6 tablespoons) plain (all-purpose) flour and 750 ml (1¼ pints, 3¼ cups) well-seasoned and well-reduced chicken consommé. Add 500 ml (17 fl oz, 2 cups) white chicken stock and reduce it by at least half. Add 300 ml (½ pint, 1¼ cups) crème fraîche and reduce the sauce to about 600 ml (1 pint, 2½ cups), at which point it should coat the spoon. Remove from the heat and stir in 50 g (2 oz, ¼ cup) butter. Strain through a very fine sieve and keep warm in a bain marie until ready to use.

Tarragon cream

Boil 100 g (4 oz, 2 cups) chopped fresh tarragon with 150 ml (¼ pint, ⅔ cup) dry white wine. When almost completely dry, add 350 ml (12 fl oz, 1½ cups) thick béchamel sauce, season with salt and pepper, bring to the boil for a few seconds, then rub through a sieve. Reheat and add a little butter.

This purée is used as a filling for small vol-au-vents, barquettes or canapés and also for stuffing vegetables such as artichoke hearts or mushrooms.

Tarragon purée (cold)

Blanch 100 g (4 oz, 2 cups) tarragon leaves and cool under running water. Wipe them and pound in a mortar (or use a blender) with the yolks of 6 hard-boiled (hard-cooked) eggs, 2 tablespoons butter, salt and pepper.

Tarragon purée (hot)

This is prepared in the same way as tarragon cream, but with a very reduced béchamel sauce. It can also be made by adding a purée of tarragon leaves (blanched, cooled under running water, drained, pounded in a mortar and sieved) to twice its volume of mashed potatoes.

Tarragon sauce for poached fowl

Add a large handful of tarragon to the white stock in which the chicken was poached. Skim the fat from the stock, strain, reduce and thicken with arrowroot. Add some freshly chopped tarragon just before serving.

Tarragon sauce for soft-boiled or poached eggs

Coarsely chop 100 g (4 oz, 2 cups) washed and wiped tarragon leaves, add 100 ml (4 fl oz, 7 tablespoons) white wine, then boil down. Add 200 ml (7 fl oz, ¾ cup) demi-glace or thickened brown veal stock and boil for a few moments. Strain through a very fine sieve. Add 1 tablespoon fresh coarsely shredded tarragon just before serving.

Velouté sauce

Stir 2.75 litres (4¾ pints, 12 cups) white veal or chicken stock into a pale blond roux made with 150 g (5 oz, ⅔ cup) butter and 150 g (5 oz, 1¼ cups) plain (all-purpose) flour. Blend well together. Bring to the boil, stirring until the first bubbles appear. Cook the velouté very slowly for 30 minutes, skimming frequently. Strain through a cloth. Stir until it is completely cold.

Velouté may be prepared either in advance or just before it is required. As the white stock used for making it is seasoned and flavoured, it is not necessary to add other flavourings. An exception is made for skins and trimmings of mushrooms, which may be added when available, this addition making the sauce yet more delicate.

Vierge sauce

Beat 125 g (4½ oz, ½ cup) butter until soft, then beat in 2 tablespoons lemon juice and some salt and pepper. Continue to beat well until the mixture is fluffy. This sauce is served with asparagus, leeks and boiled vegetables.

White roux

Melt the butter in a heavy-based saucepan, then clarify it. Add the same weight (or a little more) of sifted plain (all-purpose) flour – up to 125 g (4½ oz, 1 cup) flour for 100 g (4 oz, ½ cup) butter. To make 1 litre (1¾ pints, 4⅓ cups) béchamel sauce, the roux should contain 75 g (3 oz, ¾ cup) flour and the same weight of butter; to make 1 litre (1¾ pints, 4⅓ cups) velouté sauce, use 50–65 g (2–2½ oz, ½–⅔ cup) flour and the same weight of butter.

Mix the butter and flour, stirring constantly with a wooden spoon and covering the whole bottom of the saucepan, so that the roux does not colour unevenly and become lumpy. Continue to cook in this way for 5 minutes, until the mixture begins to froth a little. Take the pan off the heat and leave it to cool until time to add the liquid (milk, white stock, fish stock). To avoid lumps forming this must be poured boiling on to the cold roux. Use a whisk to mix the roux and heat gradually while whisking constantly. (Alternatively, the cold liquid may be whisked gradually into the warm roux.)

Yogurt sauce

Mix 1 small pot of natural yogurt with 1 teaspoon paprika; season with salt and pepper, then add 1 teaspoon lemon juice and the same quantity of chopped chervil and chopped chives.

Use to dress a salad of cucumber, tomatoes, courgettes (zucchini), sweet (bell) peppers, cauliflower, green beans or potatoes.

Stocks, consommés & glazes

To prepare

A white stock is prepared by placing the ingredients directly into the cooking liquid; in a brown stock, the ingredients are first browned in fat.

White and brown stocks, which used to be essential bases for almost all the great classic sauces, take a long time to make and are often expensive. In practice, they belong to the realm of the restaurant and their use has been considerably reduced in domestic cookery. The advent of stock (bouillon) cubes and of commercial ready-made stocks have reduced the use of traditional stocks.

- FISH STOCK: this is made with fish trimmings, including bones, skin and heads (excluding the gills as they are bitter). They are simmered for 30–45 minutes with aromatic vegetables and herbs. Overcooking spoils the flavour of fish stock.
- WHITE STOCK: this is made with white meat or poultry, veal bones, chicken carcasses and aromatic vegetables. It is used to make white sauces, blanquettes, fricassées and poached chicken dishes.
- BROWN STOCK: this is made with beef, veal, poultry meat and bones, and vegetables that have been browned in fat and then had the liquid added to them. It is used to make brown sauces and gravies, braised dishes and brown stews, for deglazing fried meats and for making glazes by reduction.
- VEGETABLE STOCK: this is made by boiling vegetables and aromatic herbs that have first been gently fried in butter.

Beef consommé

Cut up 2 kg (4½ lb) lean beef and 1.5 kg (3¼ lb) shin of beef (beef shank) (with bone) and put them into a big stockpot. (To extract the maximum amount of flavour from the bones, ask the butcher to break them into chunks.) Add 7 litres (12 pints, 7½ quarts) cold water. Bring to the boil and carefully remove the scum that forms on the surface. Season with coarse salt (it is better to adjust the seasoning at the end than to add too much at the beginning). Add 3 or 4 large carrots, 400 g (14 oz) turnips, 100 g (4 oz) parsnips, 350 g (12 oz) leeks tied in a bundle, 2 celery sticks, sliced, 1 medium-sized onion with 2 cloves stuck in it, 1 garlic clove, a sprig of thyme and ½ bay leaf. Simmer very slowly so that boiling is hardly perceptible, for 4 hours. Remove the meat and very carefully strain the stock. Remove surplus fat carefully.

Clarify the consommé, if required; alternatively clear consommé can be prepared following clear beef consommé.

Beef stock

Coarsely chop 100–150 g (4–5 oz) beef, a small carrot, a white leek, a small celery stick and 1 onion. Place all the ingredients in 1.5 litres (2¾ pints, 6½ cups) water, add 1 clove and simmer gently for 20 minutes. Strain.

Brown veal stock

Bone 1.25 kg (2¾ lb) shoulder of veal and the same amount of knuckle of veal. Tie them together and brush with melted dripping. Crush 500 g (18 oz) veal bones as finely as possible. Brown all these ingredients in a large heavy-based saucepan. Peel and slice 150 g (5 oz) carrots and 100 g (4 oz) onions, then add them to the pan. Cover and leave to sweat for 15 minutes. Add 250 ml (8 fl oz, 1 cup) water and reduce to a jelly-like consistency. Repeat the

process. Add 3 litres (5 pints, 13 cups) water or white stock and bring to the boil. Skim and season. Leave to simmer very gently for 6 hours. Skim off the fat and strain through a fine sieve or, better still, muslin (cheesecloth).

Chicken consommé

Proceed as for beef consommé, but replace the lean beef by a small chicken and 3 or 4 giblets browned in the oven, and the shin of beef (beef shank) by 800 g (1¾ lb) veal knuckle. For clarification, proceed as for clear beef consommé, using 4 or 5 chopped chicken giblets instead of the chopped beef. The chicken may then be used for croquettes or patties.

Chicken stock (quick)

Coarsely chop 400–500 g (14–18 oz) chicken wings, 1 small carrot, 1 white leek, 1 small celery stick, 1 onion and add 1 clove. Place the ingredients in 1.5 litres (2¾ pints, 6½ cups) water and simmer gently for 20 minutes. Strain.

Clear beef consommé

For 3 litres (5 pints, 13 cups) stock, use 800 g (1¾ lb) lean beef, chopped and trimmed, 100 g (4 oz) carrots, 100 g (4 oz) leeks and 2 egg whites. Clean the vegetables and cut into small dice. Put them into a pan with the chopped beef and the egg whites. Add the stock cold, or at most, tepid. Heat gently, stirring constantly, until the stock is just boiling. Then reduce the heat, if necessary, to prevent the stock from boiling, and simmer slowly for 1½ hours. Remove surplus fat and strain the consommé through a damp cloth.

Consommé à la brunoise

For 4 servings, finely dice 200 g (7 oz) carrots, 100 g (4 oz) new parsnips, 100 g (4 oz) leeks (white part only), 25 g (1 oz) onions and 75 g (3 oz) well-

trimmed celery sticks. Braise gently in 25 g (1 oz, 2 tablespoons) butter, then add 750 ml (1¼ pints, 3¼ cups) consommé and cook for 15 minutes. Just before serving, adjust seasoning and add 150 g (5 oz) each cooked green peas and green beans (cut into short lengths).

Consommé julienne

Make a julienne of 100 g (4 oz) carrot (discarding any hard core), 75 g (3 oz) turnip, and 40 g (1½ oz) each of white of leek, onion and celery. Sprinkle with a pinch of salt and a pinch of sugar. Soften the vegetables in 50 g (2 oz, ¼ cup) melted butter over a low heat, with the pan covered, for 10 minutes. Cut 50 g (2 oz) white cabbage into julienne strips and blanch for 10 minutes in boiling water, then refresh and drain; do the same with the heart of a medium-sized lettuce; add these to the other vegetables.

Cook them all together, covered, for 15 minutes. Pour in 300 ml (½ pint, 1¼ cups) consommé and simmer for 5 minutes; add 25 g (1 oz) sorrel cut into fine ribbons and 1 tablespoon fresh peas, and cook for a further 25 minutes. Add another 1.25 litres (2¼ pints, 5½ cups) consommé and boil for a few seconds; skim the consommé, and at the last moment add some small chervil leaves.

The consommé can be garnished with pearl barley, rice, semolina, tapioca or vermicelli, or with quenelles, profiteroles or royales.

Giblet bouillon

Put the giblets from 2 chickens in a heavy-based saucepan with 2 litres (3½ pints, 9 cups) cold water and bring to the boil. Chop 4 carrots, 2 turnips, 3 leeks (white part only), 2 celery sticks and a small piece of parsnip. Skim the liquid, then add the vegetables together with an onion stuck with cloves, a bouquet garni, salt and pepper. Simmer gently until completely cooked

(about 1½ hours). Just before serving, bone the giblets and return the meat to the bouillon, adding the juice of ½ lemon and some chopped parsley. Taste and adjust the seasoning.

If desired, this bouillon can be prepared in the Greek way by cooking 2 handfuls of rice in the stock and thickening with a beaten egg yolk or, preferably, a whole beaten egg.

Herb broth

Use 40 g (1½ oz) fresh sorrel leaves, 20 g (¾ oz) lettuce leaves, 10 g (¼ oz) fresh chervil leaves, ½ teaspoon sea salt, 5 g (¼ oz, 1 teaspoon) butter and 1 litre (1¾ pints, 4⅓ cups) water. Wash the vegetables and cook them in the water. Then add the salt and butter. Strain.

Beetroot (beet) or spinach leaves may be added to the stock if desired and, just before serving, parsley and lemon juice can be included.

Light brown stock

Scald 150 g (5 oz) fresh pork rind and 125 g (4½ oz) knuckle of ham for 4–5 minutes. Bone 1.25 kg (2¾ lb) lean stewing beef (leg or blade) and cut into cubes, together with the same amount of knuckle of veal. Peel 150 g (5 oz) carrots and 150 g (5 oz) onions, cut them into slices, then brown on the hob (stove top) in a large flameproof casserole with all the meat, 500 g (18 oz) crushed veal or beef bones and the pork rind. Add 1 bouquet garni, 1 garlic clove, 500 ml (17 fl oz, 2 cups) water and reduce to a jelly-like consistency. Add another 500 ml (17 fl oz, 2 cups) water and reduce to a jelly once again. Add 2.5–3 litres (4¼–5 pints, 11–13 cups) water and 2 teaspoons coarse salt; bring to the boil and simmer very gently for 8 hours. Skim off the fat and strain the stock through a fine sieve or, better still, through a piece of muslin (cheesecloth).

Meat aspic

Brown 1 kg (2¼ lb) leg of beef and 500 g (18 oz) knuckle of veal, cut into pieces, 1 calf's foot, 500 g (18 oz) veal bones, and 250 g (9 oz) bacon rind, trimmed of fat, in a preheated oven at 200°C (400°F, gas 6). Peel and shred 2 onions, 4 carrots and 1 leek. Place all these ingredients in a stockpot together with a large bouquet garni, 1 tablespoon salt and pepper. Add 3 litres (5 pints, 13 cups) water and bring to the boil. Skim, then add a ladleful of very cold water and simmer for 5 hours. Carefully strain the liquid through a strainer lined with muslin (cheesecloth), let it cool completely and put it in the refrigerator so that the fat which solidifies on the surface can be removed easily. Clarify the stock with 200 g (7 oz) lean beef, 2 egg whites and a small bouquet of chervil and tarragon.

The aspic can be flavoured with Madeira, port, sherry or with any other liquor. If this is done, the flavouring is added just before straining the aspic. White aspic is obtained in a similar fashion, but the meat and bones are not browned. Game aspic is obtained by adding to meat aspic 1.25 kg (2¾ lb) game carcasses and trimmings, which have been previously browned in the oven, and several juniper berries.

Chicken aspic is obtained by adding to meat aspic either a whole chicken or 1.5 kg (3¼ lb) chicken carcasses and giblets, both browned in the oven.

Meat glaze

This is known as *glace de viande*. Remove all the fat from a brown stock. When it is as clear as possible, boil it down by half. Strain through a muslin cloth (cheesecloth), then boil it down again and strain. Continue this process until it will coat the back of a spoon, each time reducing the temperature a little more as the glaze becomes more concentrated. Pour the meat glaze into small containers and keep them in the refrigerator.

A similar method is used with a poultry or game stock to obtain a poultry or game glaze.

By boiling down a fish fumet to a syrupy consistency, then decanting it and straining it through muslin, a light-coloured fish stock is obtained, which is used to enhance the flavour of a fish sauce or to pour over fish before putting it in the oven.

Tapioca consommé

Sprinkle 75–100 g (3–4 oz, ⅔–¾ cup) tapioca in 1.5 litres (2¾ pints, 6½ cups) boiling consommé and cook for 10 minutes. Serve piping hot.

Tarragon-flavoured consommé

Use chicken consommé. Add 20 g (¾ oz, ¼ cup) fresh tarragon leaves to the consommé after it has been clarified and before straining, and leave to infuse.

Veal stock

Coarsely chop 100–150 g (4–5 oz) lean veal (haunch or shoulder), 1 small carrot, 1 white leek, 1 small celery stick, and 1 onion and add 1 clove. Place all the ingredients in 1.5 litres (2¾ pints, 6½ cups) water and simmer gently for 20 minutes. Strain.

Vegetable bouillon or stock

Use vegetables that are generally included in a stockpot – carrots, onions, leeks, celery, garlic cloves, tomatoes and turnips are typical. Potatoes and parsnips tend to make the stock cloudy; strongly flavoured vegetables give the stock a distinctive flavour – for example, broccoli, cauliflowers, swede (rutabaga) or fennel. Using a large proportion of red vegetables, such as carrots, swede (rutabaga), tomatoes and red (bell) peppers, gives the stock a

good colour. Onion skins give stock a brown colour. For a white stock carrots can be included with a large proportion of pale vegetables. Chop the vegetables, cook gently in butter, then pour boiling water over them to cover. A bouquet garni, salt and pepper (optional) are added and the broth is simmered until the vegetables are cooked. Alternatively, simply add all the ingredients to boiling water and simmer until cooked, either conventionally or using a pressure cooker. In both cases, the broth must be strained before it can be served.

White stock

Bone an 800 g (1¾ lb) shoulder of veal and a 1 kg (2¼ lb) knuckle of veal, then tie them together with string. Crush the bones. Place the bones, meat and 1 kg (2¼ lb) chicken giblets or carcasses in a saucepan. Add 3.5 litres (6 pints, 3½ quarts) water, bring to the boil and skim. Add 125 g (4½ oz) sliced carrots, 100 g (4 oz) onions, 75 g (3 oz) leeks (white part only), 75 g (3 oz) celery and 1 bouquet garni. Season. Simmer gently for 3½ hours. Skim off the fat and strain through a very fine sieve or muslin (cheesecloth).

INDEX

A
à gratin forcemeat, 248
achar, vegetable 235–6
aïgo boulido 102
aïgo boulido with poached eggs 102
aillade sauce 103
aïoli 103
Ali-bab salad 215
Alienor salad 33
aligot 153
allumette potatoes 153
ambassadeur soup 146
American salad 115
anchovies
  anchovy salad *à la suédoise* 215
  anchovy sauce 255
  pissaladière 141–2
  salade niçoise 230
  salsify salad with anchovies 183
Andalouse salad 215
Andalusian sauce 197
apples
  anchovy salad *à la suédoise* 215
  red cabbage *à la flamande* 59
  sweet potatoes *à l'impériale* 193
Arles salad 13
artichokes, globe 13–21
  Arles salad 13
  artichoke fritters 13–14
  artichoke hearts *à la florentine* 14
  artichoke hearts *à la piémontaise* 14
  artichoke mirepoix 14
  artichoke omelette 15
  artichoke ragoût 15
  artichoke velouté soup 18
  artichokes *à la barigoule* 15
  artichokes *à la bretonne* 15
  artichokes *à la cévenole* 16
  artichokes *à la duxelles* 16
  artichokes *à la lyonnaise* 16
artichokes *à la niçoise* 16
artichokes *à la portugaise* 17
artichokes *aux fines herbes* 17
artichokes Clamart 17
artichokes cooked in butter or *a la crème* 17
artichokes Crécy 18
artichokes Soubise 18
Bagration salad 216
boiled artichokes 18–19
braised stuffed artichokes 19–20
Brimont salad 217
casseroled artichokes 20
mimosa salad 223–4
Montfermeil salad 224–5
noisettes Beauharnais 20
Rachel salad 227

scrambled eggs with artichokes 20–1
young whole, trimmed artichokes 21
artichokes, Jerusalem *see* Jerusalem artichokes
asparagus 21–6
asparagus *à la flamande* 22
asparagus *à la polonaise* 22
asparagus aspic 22
asparagus *au gratin* 22
asparagus charlotte 23
asparagus mousse with orange butter 23–4
asparagus ragoût with young garden peas 24
asparagus tart 24
asparagus velouté soup 25
buisson of asparagus in pastry 25
canapés with asparagus 25
cream of asparagus soup 26
green vegetable puffs 222
royale of asparagus 26
salad *à la favorite* 229
spring risotto 180
aspic
asparagus aspic 22
chicken aspic 273
meat aspic 273
attereaux à la piémontaise 115–16
aubergines (eggplant) 27–32
aubergine caviar 27
aubergine fritters 28
aubergine omelette 28
aubergine papeton 28
aubergine soufflés 29
caponata 29
gratin languedocien 29–30
imam bayildi 30
ratatouille niçoise 227–8
rougail of aubergines 30–1
sautéed aubergines 31
stuffed aubergines 31
stuffed aubergines *à la catalane* 31–2
stuffed aubergines *à l'italienne* 32
stuffed tomatoes *à la niçoise* 202
avocados 33–6
Alienor salad 33
avocado and prawn barquettes 33
avocado salad archestrate 33
avocado salad with crab 34
avocado salad with cucumber 34
avocado sauce 34
avocados stuffed with crab 34
avocados stuffed with shrimps 35
Californian avocado salad 35
cornmeal pancakes with avocados 35
grilled avocado with mozzarella 36
guacamole 36
iced avocado velouté soup 36

B

bacon
broccoli, potato and bacon pot with soup 52
dandelion and bacon salad 220–1
endive salad with bacon 99
estouffat of haricot beans *à l'occitane* 40–1
feijoada 41–2
hot lentil salad 111
lamb's lettuce salad

with bacon 114
peas *à la bonne femme* 147
potatoes *à la berrichonne* 164
potatoes Mère Carles 167
potatoes vendangeurs de bourgogne 168
potatoes with bacon 168
sausagemeat 250
Bagration salad 216
bananas
sweet potatoes *à l'impériale* 193
barley 37–8
consommé with pearl barley 37
cream of barley soup 37
Polish kasha with barley 37–8
barquettes *à la bouquetière* 216
batters 243–5
buckwheat crêpes or galettes 243
coating batter 243
fritter batter 244
pannequet pancake butter 244
savoury crêpe batter 245
bean sprouts
chop suey 218
shellfish and soya bean sprout salad 46
soya bean sprout salad 47
beans, dried 38
see also individual types of bean
beans, fresh *see individual types of bean*
beansprouts
crab and beansprout salad 40
béarnaise sauce 255
béchamel sauce 255–6
beef
beef consommé 269
beef salad 216
beef stock 269
clear beef consommé 270
light brown stock 272
meat aspic 273
Ukrainian borsch 50–1
beetroot (beet)
anchovy salad *à la suédoise* 215
beetroot *à la lyonnaise* 48
beetroot salad *à l'alsacienne* 48
beetroot salad *à la polonaise* 48–9
braised beetroot with cream 49
cold beetroot soup 49
cream of beetroot soup 49–50
gratin of beetroot in verjuice 50
Scandinavian beetroot salad 50
Ukrainian borsch 50–1
bell peppers *see* peppers
Bercy butter for meat 138
Bercy sauce 138
beurre manié 245
bigos 56–7
black beans
feijoada 41–2
black radish as an hors d'oeuvre 177
borsch, Ukrainian 50–1
botvinya 187
bouchées
bouchée cases 251
bouchées *à la bouquetière* 216
bouchées *à la julienne* 217
bouchées with mushrooms 118
bouillon
giblet bouillon 271–2

vegetable bouillon or stock 274–5
bread
bread panada 248
gratinée 139
see also croûtes; toast
brèdes, watercress 210–11
Bresse chicken salad 217
Breton sauce 256
Brimont salad 217
broad beans
broad beans with savory 39
cockle salad with fresh broad beans 40
purée of fresh broad beans 45
purée of fresh podded haricot beans 45–6
broccoli 52
broccoli à la crème 52
broccoli, potato and bacon pot with soup 52
brown roux 256
brown stock 268
brown veal stock 269–70
brunoise-stuffed pancakes 217–18
Brussels sprouts 53–4
Brussels sprout purée 53
Brussels sprouts *au gratin* 53
Brussels sprouts Mornay 53
Brussels sprouts with butter or cream 53–4
purée of Brussels sprout soup 54
salsify omelette with Brussels sprouts 183
sautéed Brussels sprouts 54
buckwheat 55
buckwheat crêpes or galettes 243
Russian kasha 55
Russian kasha with Parmesan cheese 55
buisson of asparagus in pastry 25
bulgur
tabbouleh 56
butters 245–6
Bercy butter for meat 138
beurre manié 245
butter sauce 257
chervil-leaf butter 257
clarified butter 245
English butter sauce 259
garlic butter 103
green butter 188
maître d'hôtel butter 246
noisette butter 246
shallot butter 142
tarragon butter 246
watercress butter 211

C

cabbage 56–64
braised cabbage 57
cabbage charlotte with olives 57
green cabbage salad 58
paupiettes of cabbage 58–9
sou-fassum 63
stuffed cabbage 63–4
see also Chinese cabbage; sauerkraut
Cabécou figs en coffret with bean salad 39–40
Caesar's mushroom and hazelnut soup 123
Californian avocado salad 35
canapés with asparagus 25
canapés with mushrooms 118
canapés with watercress 210
cannelloni *à la florentine* 187
caponata 29
cardoons 65–6
buttered cardoons 65
cardoon purée 65

cardoon salad 65
cardoons *à la lyonnaise* 65
cardoons in béchamel sauce 66
cardoons Mornay 66
cardoons with herbs 66
fried cardoons 66
carrots 67–70
artichokes Crécy 18
carrot flan 67
carrot purée 67
carrot purée with cream 67
carrot salad with orange 67
carrots *à la forestière* 68
carrots with cream 68
carrots with raisins 68
Crécy soup 68
glazed carrots 68–9
grated carrots with currants 69
peas *à la fermière* 147
royale of carrots *à la Crécy* 69
tajine of carrots 69–70
Vichy carrots 70
cauliflower 71–3
cauliflower *à la polonaise* 71
cauliflower and tomato pickle 71
cauliflower *au gratin* 72
croûtes du Barry 72
du Barry cream soup 72
du Barry salad 72
du Barry soup 73
omelette du Barry 73
sautéed cauliflower 73
celeriac (celery root) 74–7
Bagration salad 216
celeriac croquettes 74
celeriac en rémoulade 74
celeriac julienne 75
celeriac velouté soup 75
Doria salad 75
forcemeat for vegetable terrine 249
gougères with celeriac, celery and cream of caviar 75–6
ragoût of celeriac 76
salade *à d'Albignac* 76
stuffed celeriac *à la paysanne* 77
celery 77–80
braised celery 77
celery *à la milanaise* 77–8
celery-flavoured consommé 78
celery in butter 78
celery sauce 78
celery with béchamel sauce 78
celery with cream 79
cream of celery soup 79
gougères with celeriac, celery and cream of caviar 75–6
purée of celery soup 79–80
Rachel salad 227
royale of celery 80
ceps
baked ceps 118
cep omelette 118
ceps *à la bordelaise* 119
ceps *à la hongroise* 119
ceps *à la mode béarnaise* 119
ceps *à la provençale* 119
ceps *au gratin* 120
ceps *en terrine* 120
grilled ceps 122
marinated ceps 124
scrambled eggs with ceps 134
champagne, truffles with 135–6
chanterelles salad with endive 133

charlottes
asparagus charlotte 23
cabbage charlotte with olives 57
Chatouillard potatoes 155
chayote *see* custard marrow
cheese
aligot 153
flat omelette *à la savoyarde* 157
grilled avocado with mozzarella 36
leek flan with cheese 107–8
Lorette potatoes 159
Mornay sauce 262
Parmesan polenta 116–17
potatoes vendangeurs de bourgogne 168
Russian kasha with Parmesan cheese 55
stuffed baked potatoes *à la cantalienne* 174
tomato salad with mozzarella 205
see also goat's cheese; gratins
chervil-leaf butter 257
chestnuts 80–2
boiled chestnuts 80
braised chestnuts 80
chestnut purée 81
chestnut stuffing 81
consommé Nesselrode 81
omelette *à la châtelaine* 81
purée of chestnut soup 82
red cabbage *à la limousine* 60
roast chestnuts 82
soft-boiled or poached eggs *à la châtelaine* 82
stewed chestnuts 82
chick peas 83–4
chick peas *à la catalane* 83
hummus 83–4
socca 84
chicken
Bresse chicken salad 217
chicken aspic 273
chicken consommé 270
chicken purée 257
chicken stock 270
giblet bouillon 271–2
polenta gratin 117
soft-boiled (or poached) eggs brimont 134
stuffed tomatoes *à la reine* 203
tarragon sauce for poached fowl 266
white stock 275
chicken livers
à gratin forcemeat 248
stuffed baked potatoes chasseur 174
chicory (endive) 84–7
braised chicory 84
chicory *à la Mornay* 85
chicory *au gratin* 85
chicory fritots 85
chicory purée 85
chicory salad *à la flamande* 86
chicory soufflé 86
chicory with ham 86
chicory with noisette butter 86
chiffonade of chicory with cream 87
see also endive
chiffonade of cooked lettuce 112
chiffonade of sorrel 184
Chinese cabbage
Chinese cabbage *à la pékinoise* 58
Sichuan-style Chinese cabbage 62
Chinese-style duck salad 218
chop suey 218

chouchoute *see* custard marrow
choux paste 252
  gougères with celeriac, celery and cream of caviar 75–6
  green vegetable puffs 222
christophine *see* custard marrow
chutney, Spanish onion 143
cider, stuffed turnips braised in 209
clarified butter 245
clitocybes
  omelette with green clitocybes 130–1
coating batter 243
cockle salad with fresh broad beans 40
consommés
  beef consommé 269
  celery-flavoured consommé 78
  chicken consommé 270
  consommé *à la brunoise* 270–1
  consommé julienne 271
  consommé Nesselrode 81
  consommé with pearl barley 37
  tapioca consommé 274
  tarragon-flavoured consommé 274
  truffle-flavoured consommé 134
corn fritters 116
cornmeal pancakes with avocados 35
coulis, tomato 203
courgette flowers with truffles 87–8
courgettes (zucchini) 87–92
  courgette omelette 88
  courgette purée 88
  courgette salad 89
  courgette salad with lime 89
  courgettes *à la créole* 89
  courgettes *à la mentonnaise* 89–90
  courgettes *à la niçoise* 90
  courgettes *à la provençale* 90
  glazed courgettes 90
  ratatouille niçoise 227–8
  sautéed courgettes 91
  scrambled eggs *à l'arlésienne* 92
  stuffed courgettes 91
couscous with vegetables 219
cousinette 219–20
crab
  avocado salad with crab 34
  avocados stuffed with crab 34
  crab and beansprout salad 40
  cucumber stuffed with crab 93
  Maharajah salad 223
crayfish
  salad *à la favorite* 229
cream sauce 258
Crécy soup 68
crêpes
  buckwheat crêpes 243
  kromeskies *à la florentine* 188
  mushroom crêpes 125–6
  onion crêpes 140
  savoury crêpe batter 245
  spinach crêpes *au gratin* 190
  see also pancakes
croquettes
  celeriac croquettes 74
  croquettes Montrouge 121
  mushroom croquettes 126

potato croquettes 163
spinach croquettes 190
croustades
croustades *à la grecque* 198
croustades Montrouge 121
duchess potato croustades 156–7
rice croustades 179
croûtes
croûtes du Barry 72
mushroom croûtes 126
oyster mushroom croûtes 131
crudités 220
cucumber 92–6
avocado salad with cucumber 34
buttered cucumber 92
cold cucumber soup 92–3
cucumber salad 93
cucumber salad with yogurt 93
cucumber stuffed with crab 93
cucumbers with cream 94
savoury orange and cucumber salad 95
scallop and cucumber salad 230–1
stuffed cucumber 95–6
stuffed cucumber *à la russe* 96
tzatziki 96
curry sauce 258
custard marrow 97–8
custard marrows *à la martiniquaise* 97
custard marrows *au blanc* 97
custard marrows braised in gravy 98

D

dandelion and bacon salad 220–1
Darphin potatoes 155
Dauphine potatoes 155
demi-deuil salad 156
demi-glace 258
devilled sauce 258–9
Doria salad 75
dressings 246–7
du Barry cream soup 72
du Barry salad 72
du Barry soup 73
duchess potato croustades 156–7
duchess potatoes 157
duck salad, Chinese-style 218
duxelles, mushroom 127

E

eggplant *see* aubergines
eggs
aïgo boulido with poached eggs 102
aubergine papeton 28
fried eggs *à l'alsacienne* 58
mushroom barquettes 125
poached eggs with braised turnips 207
potatoes émiellées 167
salade niçoise 230
salsify *à la polonaise* 181–2
scrambled eggs *à l'arlésienne* 92
scrambled eggs with artichokes 20–1
scrambled eggs with ceps 134
soft-boiled or poached eggs *à l'alsacienne* 63
soft-boiled or poached eggs *à la châtelaine* 82
soft-boiled or poached eggs *à la florentine* 189
soft-boiled or poached eggs Brimont 134

spinach and potato soup with poached eggs 189
Swiss chard *à la polonaise* 194
tarragon sauce for soft-boiled or poached eggs 266
tomato loaf 205
see also omelettes; souffles
endive (chicory) 98–9
braised endive 98
endive *au gratin* 98–9
endive salad with bacon 99
salad of chanterelles with endive 133
stewed endive 99
see also chicory
English butter sauce 259
espagnole sauce 259–60
estouffat of haricot beans *à l'occitane* 40–1

F

feijoada 41–2
fennel 100
braised fennel 100
fennel salad 100
fennel sauce 100
ferns 101
fiddlehead fern and Matane prawn salad 101
figs
Cabécou figs en coffret with bean salad 39–40
fines herbes, sauce with 263
fish
parsley sauce for fish 262
porée of Charente 109
flageolets
mixed green beans 45
flans *see* tarts
Flemish salad 157–8
foie gras
escalopes of foie gras Montrouge 121
Jerusalem artichoke pie with foie gras and truffle 105
truffle tourte *à la périgourdine* 136
fondue
tomato fondue 204
tomato fondue *à la grecque* 205
forcemeat
à gratin forcemeat 248
forcemeat for poultry 248
forcemeat for vegetable terrine 249
mushroom forcemeat 249
sou-fassum 63
stuffed cucumber 95–6
stuffed lettuce 115
veal forcemeat 250
French beans
French bean salad 42
French beans *à la lyonnaise* 42–3
French beans in tomato sauce 43
French beans sautéed *à la provençale* 43
French beans with cream 43
green vegetable puffs 222
maître d'hôtel French beans 45
mixed green beans 45
purée of French beans 45
salade gourmande 229
see also green beans
fritters
artichoke fritters 13–14
aubergine fritters 28
battered salsify fritters 181
chicory fritots 85
corn fritters 116
fritter batter 244
fritters *à la florentine* 188

marrow flower fritters 91
mushroom fritters 127
salsify fritters 182
stuffed pepper fritters 151–2

G

galettes
buckwheat galettes 243
potato galette 169
game purée 261
garbure 221–2
garlic 102–4
aïgo boulido 102
aïgo boulido with poached eggs 102
aillade sauce 103
aïoli 103
aïoli without eggs 103
baked potatoes with garlic 154
garlic butter with cooked garlic 103
garlic butter with raw garlic 103
garlic oil 104
garlic purée 104
garlic stuffing 104
garlic toast 104
roast garlic 104
gazpacho, Seville 231
German salad 158
Germiny soup 184–5
gherkins
gherkins *à la russe* 94
gherkins pickled in vinegar 94–5
giblet bouillon 271–2
glace de viande 273–4
glazes
concentrated tomato glaze 198
meat glaze 273–4
globe artichokes *see* artichokes, globe
gnocchi
gnocchi with herbs and tomatoes 198
potato gnocchi 169–70
goat's cheese
Cabécou figs en coffret with bean salad 39–40
terrine of leeks and fresh goat's cheese 109–10
gougères with celeriac, celery and cream of caviar 75–6
gratinée 139
gratins
asparagus *au gratin* 22
beetroot in verjuice 50
braised lettuce *au gratin* 112
Brussels sprouts *au gratin* 53
cauliflower *au gratin* 72
ceps *au gratin* 120
chicory *au gratin* 85
endive *au gratin* 98–9
gratin dauphinois 158–9
gratin languedocien 29–30
gratin of potatoes *à la hongroise* 159
leeks *au gratin* 108
marrow *au gratin* 91
polenta gratin 117
pumpkin gratin *à la provençal* 176
salsify *au gratin* 182
spinach *au gratin* 189–90
Swiss chard *au gratin* 194
turnips *au gratin* 209
green beans
Cabécou figs en coffret with bean salad 39–40
green beans bonne femme 43–4
see also French beans
green butter 188
green vegetable puffs 222
guacamole 36

H
ham
chicory with ham 86
croquettes Montrouge 121
mirepoix with meat 249
peas with ham *à la languedocienne* 148
potatoes *à la landaise* 165
stuffed baked potatoes with ham and mushrooms 175
haricot beans 39
estouffat of haricot beans *à l'occitane* 40–1
haricot bean salad 44
haricot beans in tomato sauce 44
haricot beans with onions 44
haricots *à la crème* 44
pistou soup 225–6
purée of fresh podded haricot beans 45–6
sobronade 46–7
soissonnais soup 47
hashed potatoes 159
hazelnut and Caesar's mushroom soup 123
hearts of palm *see* palm hearts
herbs
herb broth 272
sauce with *fines herbes* 263
honey
onion and honey tart 139
horseradish
julienne salad with orange and horseradish dressing 222–3
hummus 83–4

I
imam bayildi 30
Indian sauce 258
Italian sauce 261

J
Jerusalem artichokes 105–6
Jerusalem artichoke and hazelnut salad 105
Jerusalem artichoke pie with foie gras and truffle 105
Jerusalem artichokes *à l'anglaise* 105–6
salad of Jerusalem artichokes 106

K
kasha, Russian 55
kromeskies *à la florentine* 188

L
lamb
stuffed courgettes 91
stuffed peppers *à la turque* 152–3
Lamballe soup 146
lamb's lettuce
lamb's lettuce mixed salad 113
lamb's lettuce salad with bacon 114
leeks 106–10
boiled leeks 106
braised leeks 106–7
cream of leek soup 107
leek flamiche 107
leek flan with cheese 107–8
leeks à la crème 108
leeks à la vinaigrette 108
leeks *au gratin* 108
leeks with béchamel sauce 109
porée of Charente 109
potato and leek soup 162
potatoes *à la normande* 165–6

santé soup 172
soup *à la bonne femme* 234
terrine of leeks and fresh goat's cheese 109–10
vichyssoise 110
lemon, vegetable achar with 235–6
lentils 110–11
green or brown lentil purée 110–11
hot lentil salad 111
red lentil purée 111
lettuce 112–15
braised lettuce au gratin 112
chiffonade of cooked lettuce 112
creamed lettuce with spring onion soufflés 112–13
lettuce *à la crème* 114
lettuce *à l'italienne* 114
lettuce salad 114
peas *à la française* 147–8
Reine Pédauque salad 114–15
stuffed lettuce 115
Longchamp soup 185
Lorette potatoes 159
Lyonnaise potatoes 160
Lyonnaise sauce 261

M
Macaire potatoes 160
Maharajah salad 223
maître d'hôtel butter 246
maître d'hôtel French beans 45
maize 115–17
marrow, custard *see* custard marrow
marrow au gratin 91
marrow flower fritters 91
mayonnaise 246–7
rémoulade sauce 263
salsify with mayonnaise 184
vegetable salpicon with mayonnaise 237
watercress mayonnaise 211
meat
Bercy butter for meat 138
bigos 56–7
garbure 221–2
meat aspic 273
meat glaze 273–4
stuffed onions 143–4
truffles with champagne 135–6
see also beef; pork etc.
melon
Toulouse salad 235
Mikado salad 223
mimosa salad 223–4
minestrone 224
mirepoix 249
mirepoix with meat 249
Montfermeil salad 224–5
morels
morels *à la crème* 124
morels in herb sauce 125
Mornay sauce 262
mousses
asparagus mousse with orange butter 23–4
tomato mousse 197
mushrooms 118–36
bouchées with mushrooms 118
Breton sauce 256
canapés with mushrooms 118
carrots *à la forestière* 68
courgette flowers with truffles 87–8
cream of mushroom soup 120–1
croquettes Montrouge 121
croustades Montrouge 121
escalopes of foie gras Montrouge 121

grilled saffron milk caps *à la Lucifer* 122
hazelnut and Caesar's mushroom soup 123
Italian sauce 261
mushroom barquettes 125
mushroom blanc 125
mushroom crêpes 125–6
mushroom croquettes 126
mushroom croûtes 126
mushroom duxelles 127
mushroom essence 127
mushroom forcemeat 249
mushroom fritters 127
mushroom purée 127
mushroom salad 128
mushroom soufflés 129
mushroom stuffing 129
mushroom velouté soup 130
mushrooms *à l'anglaise* 128
mushrooms *à la hongroise* 128
mushrooms *à la poulette* 128
mushrooms cooked in butter 129
mushrooms cooked in cream 129
omelette with green clitocybes 130–1
oyster mushroom croûtes 131
parasol mushrooms *à la suprême* 131–2
ragoût of mushrooms 132
salad of chanterelles with endive 133
soft-boiled (or poached) eggs brimont 134
spring risotto 180
stuffed baked potatoes chasseur 174
stuffed baked potatoes with ham and mushrooms 175
stuffed mushrooms 134
stuffed turnips *à la duxelles* 208
see also ceps; morels
mussel and potato salad 225
mutton
stuffed peppers *à la turque* 152–3

N
noisette butter 246
noisettes Beauharnais 20

O
oil, garlic 104
okra 137
okra *à la créole* 137
olives, cabbage charlotte with 57
omelettes
artichoke omelette 15
aubergine omelette 28
cep omelette 118
courgette omelette 88
flat omelette *à la savoyarde* 157
omelette *à la châtelaine* 81
omelette du Barry 73
omelette with green clitocybes 130–1
salsify omelette with Brussels sprouts 183
sorrel omelette 185
spinach omelette 191
onions 138–44
curry or Indian sauce 258
French beans *à la lyonnaise* 42–3
fried onions 138
gratinée 139

haricot beans with onions 44
Lyonnaise potatoes 160
Lyonnaise sauce 261
onion and honey tart 139
onion crêpes 140
onion sauce 140
onion soup 140
onion tart 141
Périgourd tourin 141
Piémontaise sauce 141
pissaladière 141–2
potatoes *à la berrichonne* 164
potatoes *à la boulangère* 164
sage and onion sauce 142
sauce *à la bretonne* 263
Soubise purée 264
Spanish onion chutney 143
stuffed onions 143–4
stuffed potatoes Soubise 175
tourin des noces 144
orange
carrot salad with orange 67
julienne salad with orange and horseradish dressing 222–3
savoury orange and cucumber salad 95
oyster mushroom croûtes 131

P
palm hearts (hearts of palm) 144–5
braised palm hearts 145
palm hearts in salad 145
palm hearts with prawns 145
panada, bread 248
pancakes
brunoise-stuffed pancakes 217–18
cornmeal pancakes with avocados 35
pannequet pancake butter 244
pannequets *à la florentine* 188–9
potato pancakes 170
see also crêpes
pannequet pancake butter 244
pannequets *à la florentine* 188–9
parasol mushrooms *à la suprême* 131–2
Parmesan polenta 116–17
parsley
parsley sauce 262
parsley sauce for fish 262
pastry 251–4
basic shortcrust pastry 251
bouchée cases 251
choux paste 252
pâte à foncer 252–3
pâte brisée 253
puff pastry 253–4
rich shortcrust pastry 254
pâte à foncer 252–3
pâte brisée 253
paupiettes of cabbage 58–9
pearl barley *see* barley
peas 146–50
ambassadeur soup 146
asparagus ragoût with young garden peas 24
green vegetable puffs 222
Lamballe soup 146
peas *à la bonne femme* 147
peas *à la crème* 147
peas *à la fermière* 147

peas *à la française* 147–8
peas in butter 148
peas with ham *à la languedocienne* 148
peas with mint 148
Saint-Germain purée 149
Saint-Germain soup 149
see also split peas
peppers (bell peppers) 150–3
Andalouse salad 215
grilled pepper salad 150
peppers *à l'orientale* 151
peppers *à la piémontaise* 150–1
ragoût of sweet peppers *à l'espagnole* 151
ratatouille niçoise 227–8
salad *à l'orientale* 229
Seville gazpacho 231
stuffed pepper fritters 151–2
stuffed peppers 152
stuffed peppers *à la turque* 152–3
stuffed potatoes *à la basquaise* 175
Périgourd tourin 141
pickles
cauliflower and tomato pickle 71
gherkins pickled in vinegar 94–5
pickled red cabbage 59
vegetable achar with lemon 235–6
Piémontaise sauce 141
pies
leek flamiche 107
Swiss chard pie 196
truffle tourte *à la périgourdine* 136
pilaf, rice 179
pissaladière 141–2
pistou soup 225–6
polenta
attereaux à la piémontaise 115–16
Parmesan polenta 116–17
polenta gratin 117
Polish kasha with barley 37–8
Pont-neuf potatoes 161
poor man's sauce 262
porée of Charente 109
pork
potatoes vendangeurs de bourgogne 168
sauerkraut *à l'alsacienne* 61–2
sausagemeat 250
sobronade 46–7
stuffed cabbage 63–4
Port-Royal salad 161
potage cultivateur 225–6
potage julienne *à la cévenole* 227
potage julienne Darblay 161–2
potatoes 153–75
aligot 153
allumette potatoes 153
baked potatoes with garlic 154
baked stuffed potatoes 154
beef salad 216
Brimont salad 217
broccoli, potato and bacon pot with soup 52
Chatouillard potatoes 155
Darphin potatoes 155
Dauphine potatoes 155
deep-fried potatoes 156
demi-deuil salad 156
duchess potato croustades 156–7
duchess potatoes 157
flat omelette *à la savoyarde* 157

Flemish salad 157–8
fried duchess potatoes 158
German salad 158
gnocchi with herbs and tomatoes 198
gratin dauphinois 158–9
gratin of potatoes *à la hongroise* 159
hashed potatoes 159
Lorette potatoes 159
Lyonnaise potatoes 160
Macaire potatoes 160
mashed potatoes 160
Mikado salad 223
mimosa salad 223–4
mussel and potato salad 225
pommes Anna 161
Pont-neuf potatoes 161
Port-Royal salad 161
potage julienne Darblay 161–2
potato and leek soup 162
potato and turnip purée 162
potato cocotte 163
potato croquettes 163
potato fondantes 169
potato galette 169
potato gnocchi 169–70
potato mousseline 168
potato nests 170
potato pancakes 170
potato soufflé 171
potato subrics 171
potatoes *à la berrichonne* 164
potatoes *à la boulangère* 164
potatoes *à la crème* 164
potatoes *à la Cussy* 164–5
potatoes *à la landaise* 165
potatoes *à la maître d'hôtel* 165
potatoes *à la normande* 165–6
potatoes *à la paysannne* 166
potatoes *à la sarladaise* 166
potatoes *au jus* 166–7
potatoes émiellées 167
potatoes *en papillotes* 167
potatoes Mère Carles 167
potatoes vendangeurs de bourgogne 168
potatoes with bacon 168
Rachel salad 227
roast potatoes 171
rösti 172
salad argenteuil 172
santé soup 172
sauerkraut *à l'alsacienne* 61–2
sautéed cooked potatoes 172–3
sautéed raw potatoes 173
soufflé potatoes 173
soup *à la bonne femme* 234
spinach and potato soup with poached eggs 189
spinach croquettes 190
straw potatoes 173
stuffed baked potatoes 173–4
stuffed baked potatoes *à la cantalienne* 174
stuffed baked potatoes *à la florentine* 174
stuffed baked potatoes chasseur 174
stuffed baked potatoes with ham and mushrooms 175
stuffed potatoes *à la basquaise* 175

stuffed potatoes *à la Maintenon* 175
stuffed potatoes Soubise 175
vichyssoise 110
poulette sauce 263
poultry, forcemeat for 248
prawns
avocado and prawn barquettes 33
fiddlehead fern and Matane prawn salad 101
palm hearts with prawns 145
see also shrimps
puff pastry 253–4
pumpkin
pumpkin *au jus* 176
pumpkin gratin *à la provençale* 176
pumpkin purée 176
pumpkin soup 176–7
sautéed pumpkin with spices 177

R

Rachel salad 227
radishes 177–8
black radish as an hors d'oeuvre 177
pink radishes *à l'américaine* 178
radish-leaf soup 178
ragoût of celeriac 76
ragoût of mushrooms 132
ragoût of sweet peppers *à l'espagnole* 151
ragoût of truffles 132–3
Raphael salad 227
ratatouille niçoise 227–8
red cabbage
pickled red cabbage 59
red cabbage *à la flamande* 59
red cabbage *à la limousine* 60
red cabbage salad 60
red beans *à la bourguignonne* 46
Reine Pédauque salad 114–15
rémoulade sauce 263
rice 178–80
Andalouse salad 215
courgettes *à la provençale* 90
fennel salad 100
Maharajah salad 223
peppers *à la piémontaise* 150–1
rice *à la créole* 178
rice croustades 179
rice pilaf 179
risotto *à la milanaise* 179–80
risotto *à la piémontaise* 180
salad *à l'orientale* 229
spring risotto 180
stuffed courgettes 91
stuffed onions 143–4
stuffed peppers *à la turque* 152–3
stuffed tomatoes *à la grecque* 201–2
stuffed tomatoes *à la niçoise* 202
stuffed tomatoes *à la piédmontaise* 202
rich shortcrust pastry 254
rösti 172
rougail of aubergines 30–1
roux
brown roux 256
white roux 267
royale of asparagus 26
royale of carrots *à la Crécy* 69
royale of celery 80
royale of tomatoes 199
Russian kasha 55
Russian salad 228

S

sabayon sauce, savoury 264
saffron milk caps, grilled *à la Lucifer* 122

sage and onion sauce 142
Saint-Germain purée 149
Saint-Germain soup 149
salads
Ali-bab salad 215
Alienor salad 33
American salad 115
anchovy salad *à la suédoise* 215
Andalouse salad 215
Arles salad 13
avocado salad archestrate 33
avocado salad with crab 34
avocado salad with cucumber 34
Bagration salad 216
beef salad 216
beetroot salad *à l'alsacienne* 48
beetroot salad *à la polonaise* 48–9
Bresse chicken salad 217
Brimont salad 217
Cabécou figs en coffret with bean salad 39–40
Californian avocado salad 35
cardoon salad 65
carrot salad with orange 67
chanterelles with endive 133
chicory salad *à la flamande* 86
Chinese-style duck salad 218
cockle salad with fresh broad beans 40
courgette salad 89
courgette salad with lime 89
crab and beansprout salad 40
cucumber salad 93
cucumber salad with yogurt 93
dandelion and bacon salad 220–1
demi-deuil salad 156
Doria salad 75
du Barry salad 72
endive salad with bacon 99
fennel salad 100
fiddlehead fern and Matane prawn salad 101
Flemish salad 157–8
French bean salad 42
German salad 158
green cabbage salad 58
grilled pepper salad 150
haricot bean salad 44
hot lentil salad 111
Jerusalem artichoke and hazelnut salad 105
julienne salad with orange and horseradish dressing 222–3
lamb's lettuce mixed salad 113
lamb's lettuce salad with bacon 114
leafy truffle salad 123–4
lettuce salad 114
Maharajah salad 223
Mikado salad 223
mimosa salad 223–4
Montfermeil salad 224–5
mushroom salad 128
mussel and potato salad 225
new turnip salad 208
palm hearts in salad 145
Port-Royal salad 161
Rachel salad 227
Raphael salad 227
raw vegetable salad 228
red cabbage salad 60
Reine Pédauque salad 114–15

Russian salad 228
salad *à la favorite* 229
salad *à l'orientale* 229
salad argenteuil 172
salad of Jerusalem artichokes 106
salade *à d'Albignac* 76
salade gourmande 229
salade niçoise 230
salsify salad with anchovies 183
sauerkraut salad *à l'allemande* 62
savoury orange and cucumber salad 95
scallop and cucumber salad 230–1
scallop salad 231
Scandinavian beetroot salad 50
shellfish and soya bean sprout salad 46
soya bean sprout salad 47
spinach salad 191
tabbouleh 56
tomato salad 205
tomato salad with mozzarella 205
Toulouse salad 235
truffle salad 135
vegetable salpicon with mayonnaise 237
vegetable salpicon with vinaigrette 237
salsify 181–4
battered salsify fritters 181
buttered salsify 181
Montfermeil salad 224–5
salsify *à la polonaise* 181–2
salsify *au gratin* 182
salsify fritters 182
salsify in stock 182
salsify Mornay 182–3
salsify omelette with Brussels sprouts 183
salsify salad with anchovies 183
salsify sautéed *à la provençale* 183
salsify with béchamel sauce 183
salsify with mayonnaise 184
sautéed salsify 184
santé soup 172
sauces 255–67
aillade sauce 103
anchovy sauce 255
Andalusian sauce 197
avocado sauce 34
béarnaise sauce 255
béchamel sauce 255–6
Bercy sauce 138
Breton sauce 256
brown roux 256
butter sauce 257
celery sauce 78
chervil-leaf butter 257
cream sauce 258
curry or Indian sauce 258
demi-glace 258
devilled sauce 258–9
English butter sauce 259
espagnole sauce 259–60
fennel sauce 100
Italian sauce 261
Lyonnaise sauce 261
Mornay sauce 262
onion sauce 140
parsley sauce 262
parsley sauce for fish 262
Piémontaise sauce 141
poor man's sauce 262
poulette sauce 263
rémoulade sauce 263
sage and onion sauce 142
sauce *à la bretonne* 263
sauce with *fines herbes* 263
savoury sabayon sauce 264
shallot sauce 143

sorrel sauce 186
Soubise sauce 264
suprême sauce 265
tarragon sauce for poached fowl 266
tarragon sauce for soft-boiled or poached eggs 266
tomato chaud-froid sauce 203
tomato coulis 203
tomato sauce 206
truffle sauce 135
velouté sauce 266
vierge sauce 266
watercress sauce 211
white roux 267
yogurt sauce 267
sauerkraut 60–1
bigos 56–7
fried eggs *à l'alsacienne* 58
sauerkraut *à l'alsacienne* 61–2
sauerkraut au gras for garnish 62
sauerkraut salad *à l'allemande* 62
soft-boiled or poached eggs *à l'alsacienne* 63
sausagemeat 250
stuffed provençal vegetables 232–3
stuffed tomatoes *à la languedocienne* 202
saveloys
saveloys in salad 230
stuffed saveloys with spinach 193
savory, broad beans with 39
scallops
scallop and cucumber salad 230–1
scallop salad 231
Scandinavian beetroot salad 50
Seville, gazpacho 231
shallots
Bercy butter for meat 138
Bercy sauce 138
shallot butter 142
shallot sauce 143
shellfish
porée of Charente 109
shellfish and soya bean sprout salad 46
shortcrust pastry
basic shortcrust pastry 251
rich shortcrust pastry 254
shrimps
Ali-bab salad 215
avocados stuffed with shrimps 35
see also prawns
Sichuan-style Chinese cabbage 62
smoked trout
Alienor salad 33
sobronade 46–7
socca 84
soissonnais soup 47
Solferino soup 231–2
sorbet, tomato 206
sorrel 184–6
chiffonade of sorrel 184
Germiny soup 184–5
Longchamp soup 185
potatoes *à la paysannne* 166
preserved sorrel 185
sorrel omelette 185
sorrel purée 185–6
sorrel sauce 186
sorrel velouté soup 186
sou-fassum 63
Soubise purée 264
Soubise sauce 264
soufflés
aubergine soufflés 29
chicory soufflé 86
creamed lettuce with spring onion soufflés 112–13
mushroom soufflés 129
potato soufflé 171
spinach soufflé 191–2

tomato soufflé 206–7
soups
aïgo boulido 102
aïgo boulido with poached eggs 102
ambassadeur soup 146
artichoke velouté soup 18
asparagus velouté soup 25
botvinya 187
broccoli, potato and bacon pot with soup 52
celeriac velouté soup 75
cold beetroot soup 49
cold cucumber soup 92–3
cousinette 219–20
cream of asparagus soup 26
cream of barley soup 37
cream of beetroot soup 49–50
cream of celery soup 79
cream of leek soup 107
cream of mushroom soup 120–1
cream of watercress soup 210
Crécy soup 68
du Barry cream soup 72
du Barry soup 73
Germiny soup 184–5
gratinée 139
hazelnut and Caesar's mushroom soup 123
herb broth 272
iced avocado velouté soup 36
Lamballe soup 146
Longchamp soup 185
minestrone 224
mushroom velouté soup 130
onion soup 140
pistou soup 225–6
potage cultivateur 225–6
potage julienne *à la cévenole* 227
potage julienne Darblay 161–2
potato and leek soup 162
pumpkin soup 176–7
purée of Brussels sprout soup 54
purée of celery soup 79–80
purée of chestnut soup 82
purée of tomato soup 199
radish-leaf soup 178
Saint-Germain soup 149
santé soup 172
Seville gazpacho 231
sobronade 46–7
soissonnais soup 47
Solferino soup 231–2
sorrel velouté soup 186
soup *à la bonne femme* 234
soup *à la fermière* 233
soup *à la paysanne* 233–4
spinach and potato soup with poached eggs 189
split pea soup 150
Ukrainian borsch 50–1
vichyssoise 110
see also consommé
soya bean sprouts
shellfish and soya bean sprout salad 46
soya bean sprout salad 47
Spanish onion chutney 143
spinach 187–93
botvinya 187

cannelloni *à la florentine* 187
courgettes *à la mentonnaise* 89–90
fritters *à la florentine* 188
green butter 188
kromeskies *à la florentine* 188
pannequets *à la florentine* 188–9
soft-boiled or poached eggs *à la florentine* 189
spinach and potato soup with poached eggs 189
spinach *au gratin* 189–90
spinach crêpes *au gratin* 190
spinach croquettes 190
spinach in butter 190
spinach in cream 191
spinach omelette 191
spinach purée 191
spinach salad 191
spinach soufflé 191–2
spinach subrics 192
spinach tart 192
stuffed baked potatoes *à la florentine* 174
stuffed saveloys with spinach 193
split peas
split pea purée 149
split pea soup 150
spring onion soufflés, creamed lettuce with 112–13
spring risotto 180
stocks 268–75
beef stock 269
brown stock 268
brown veal stock 269–70
chicken stock 270
giblet bouillon 271–2
light brown stock 272
veal stock 274
vegetable bouillon or stock 274–5
vegetable stock 268
white stock 268, 275
straw potatoes 173
stuffings
chestnut stuffing 81
garlic stuffing 104
mushroom stuffing 129
sultanas (golden raisins)
stuffed tomatoes *à la grecque* 201–2
suprême sauce 265
sweet potatoes *à l'impériale* 193
sweetcorn
American salad 115
corn fritters 116
fresh corn with béchamel sauce 116
Swiss chard 194–6
Swiss chard *à l'italienne* 195
Swiss chard *à la polonaise* 194
Swiss chard *au gratin* 194
Swiss chard in béchamel sauce 195
Swiss chard in butter 195
Swiss chard in cream 195
Swiss chard pie 196

T

tabbouleh 56
tajine of carrots 69–70
tapioca consommé 274
tarragon
tarragon butter 246
tarragon cream 265
tarragon-flavoured consommé 274
tarragon purée 265
tarragon sauce for poached fowl 266
tarragon sauce for soft-boiled or poached eggs 266
tartlets
avocados and prawn barquettes 33

bouchées *à la bouquetière* 216
bouchées *à la julienne* 217
bouchées with mushrooms 118
croustades Montrouge 121
mushroom barquettes 125
soft-boiled or poached eggs *à la châtelaine* 82
tarts and flans
asparagus tart 24
carrot flan 67
flan Brillat-Savarin 122
leek flan with cheese 107–8
onion and honey tart 139
onion tart 141
soft-boiled (or poached) eggs
brimont 134
spinach tart 192
tomato tart 207
terrines
ceps *en terrine* 120
forcemeat for vegetable terrine 249
terrine of leeks and fresh goat's cheese 109–10
terrine of vegetables Fontanieu 234–5
toast, garlic 104
tomatoes 197–207
Andalouse salad 215
Andalusian sauce 197
cauliflower and tomato pickle 71
cold tomato mousse 197
concentrated tomato glaze 198
courgettes *à la niçoise* 90
croustades *à la grecque* 198
French beans in tomato sauce 43
gnocchi with herbs and tomatoes 198
grilled tomatoes 199
haricot beans in tomato sauce 44
purée of tomato soup 199
ratatouille niçoise 227–8
rougail of tomatoes 199
royale of tomatoes 199
salad *à l'orientale* 229
salade niçoise 230
sautéed tomatoes *à la provençale* 200
Seville gazpacho 231
Solferino soup 231–2
soufflé tomatoes 200
stuffed tomato nests 203
stuffed tomatoes 200–1
stuffed tomatoes *à la bonne femme* 201
stuffed tomatoes *à la grecque* 201–2
stuffed tomatoes *à la languedocienne* 202
stuffed tomatoes *à la niçoise* 202
stuffed tomatoes *à la piédmontaise* 202
stuffed tomatoes *à la reine* 203
tomato chaud-froid sauce 203
tomato coulis 203
tomato fondue 204
tomato fondue *à la grecque* 205
tomato salad 205
tomato salad with mozzarella 205
tomato sauce 206
tomato sorbet 206
tomato soufflé 206–7
tomato tart 207
tomatoes stuffed with cream and chives 204

tomatoes stuffed with tuna 204
tourin des noces 144
Toulouse salad 235
tourin des noces 144
trout *see* smoked trout
truffles
courgette flowers with truffles 87–8
demi-deuil salad 156
flan Brillat-Savarin 122
Jerusalem artichoke pie with foie gras and truffle 105
leafy truffle salad 123–4
potatoes *à la Cussy* 164–5
ragoût of truffles 132–3
salad *à la favorite* 229
sauté of Piedmont truffles 133
truffle-flavoured consommé 134
truffle salad 135
truffle sauce 135
truffle tourte *à la périgourdine* 136
truffles with champagne 135–6
tuna
salade niçoise 230
stuffed cucumber à la russe 96
tomatoes stuffed with tuna 204
turnips 207–9
new turnip salad 208
poached eggs with braised turnips 207
potato and turnip purée 162
stuffed turnips *à la duxelles* 208
stuffed turnips *à la piémontaise* 208
stuffed turnips braised in cider 209
turnips *au gratin* 209
tzatziki 96

U
Ukrainian borsch 50–1

V
veal
brown veal stock 269–70
meat aspic 273
veal forcemeat 250
veal stock 274
white stock 275
vegetables
barquettes *à la bouquetière* 216
bouchées *à la bouquetière* 216
bouchées *à la julienne* 217
brunoise-stuffed pancakes 217–18
chop suey 218
consommé *à la brunoise* 270–1
consommé julienne 271
couscous with vegetables 219
cousinette 219–20
crudités 220
garbure 221–2
minestrone 224
mirepoix 249
pistou soup 225–6
potage cultivateur 225–6
potage julienne *à la cévenole* 227
soup *à la fermière* 233
soup *à la paysanne* 233–4
stuffed provençal vegetables 232–3
terrine of vegetables Fontanieu 234–5
vegetable achar with lemon 235–6
vegetable bouillon or stock 274–5
vegetable macédoine with butter or cream 236

vegetable ragoût *à la printanière* 236–7
vegetable stock 268
vegetables *à la grecque* 237–8
see also salads *and individual types of vegetable*
velouté sauce 266
Vichy carrots 70
vichyssoise 110
vierge sauce 266
vinaigrette 247
vegetable salpicon with vinaigrette 237

W
watercress 210–11
canapés with watercress 210
cream of watercress soup 210
watercress brèdes 210–11
watercress butter 211
watercress mayonnaise 211
watercress purée 211
watercress sauce 211
wheat *see* bulgur
white roux 267
white stock 268, 275

Y
yogurt
cucumber salad with yogurt 93
tzatziki 96
yogurt sauce 267

Z
zucchini *see* courgettes

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