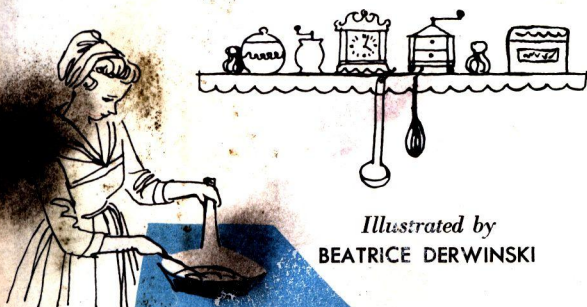


the *French* **COOKBOOK**

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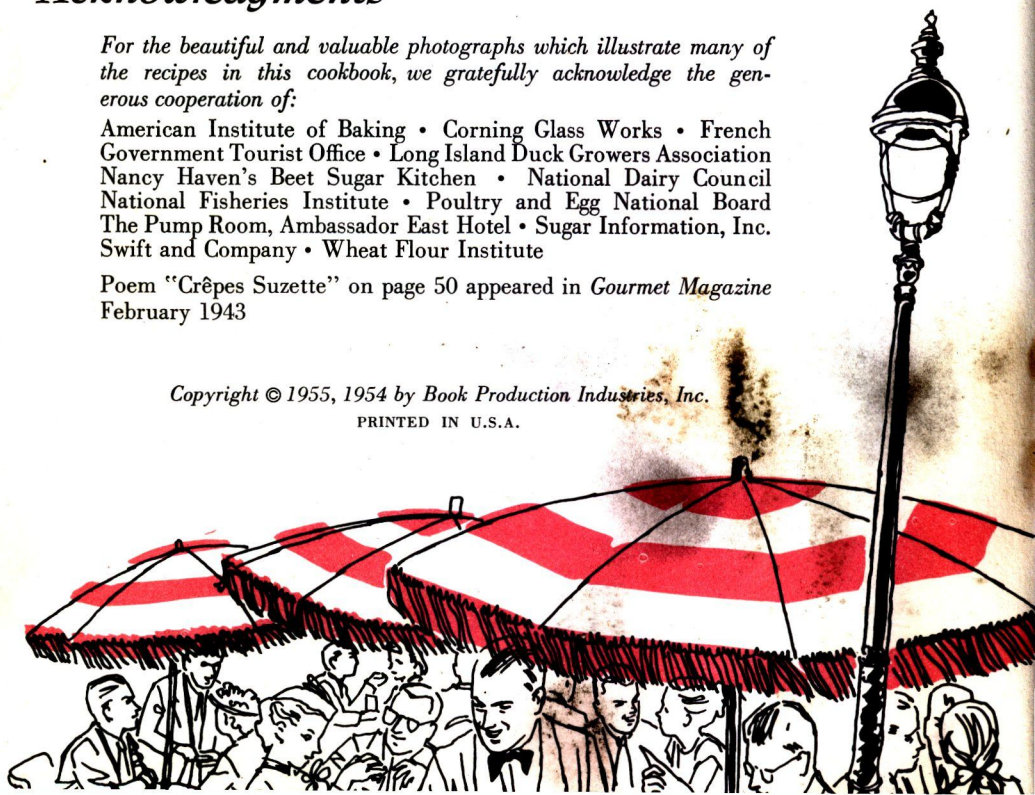
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Good French Cookery

(LA BONNE CUISINE FRANCAISE)

French cuisine has long been recognized as among the finest in the world. Since the French consider cooking a creative art, they bring to it all the skill, time and patience they possess. This is the secret of true French cookery.

Typically French are the "marriage of wines and food" and the inimitable blending of seasonings and herbs. If you hesitate to use wine in cookery, remember: (1) A food cooked in wine doesn't necessarily taste like wine; (2) The alcoholic content of wine tends to be lost in the air when heated.

Recipes in *The French Cookbook* are designed to bring French culinary art to the American kitchen.

IT'S SMART TO BE CAREFUL

THERE'S NO SUBSTITUTE FOR ACCURACY

Read recipe carefully.

Assemble all ingredients and utensils.

Preheat oven at required temperature 12 to 20 min. Leave oven door open first 2 min.

For baking, have all ingredients at room temperature unless recipe specifies otherwise.

Select pans of proper kind and size. Measure inside, from rim to rim.

Use standard measuring cups and spoons. Use liquid measuring cups (rim above 1-cup line) for liquids. Use nested or dry measuring cups (1-cup line even with top) for dry ingredients.

Check liquid measurement at eye level.

Sift all flour except whole-grain types before measuring. Spoon lightly into measuring cup. Do not jar cup.

Level dry measurements with a straight-edge knife or spatula.

Beat whole eggs until thick and piled softly when recipe calls for well-beaten eggs.

Follow exact directions for beating egg whites. Frothy—entire mass forms bubbles. Rounded peaks—peaks turn over slightly when beater is slowly lifted upright. Stiff peaks—peaks remain standing when beater is slowly lifted upright.

Beat egg yolks until thick and lemon colored when recipe calls for well-beaten egg yolks.

Tap bottom of cake pan sharply with hand to release air bubbles before placing into oven.

Test for lukewarm liquid (80° to 85°F) by placing a drop on the wrist. It should feel neither hot nor cold.

Place oven rack so top of product will be almost at middle of oven. Stagger pans so no pan

is directly over another and they do not touch each other or walls of oven.

Apply baking test at end of minimum baking time.

Unless otherwise directed, remove rolls, bread and cookies from pans as they come from oven. Set onto wire racks. To keep tops of yeast loaves and rolls soft, immediately brush with butter

FOR THESE RECIPES—WHAT TO USE

BUTTERED CRUMBS—soft or dry bread or cracker crumbs tossed in melted butter. Use 1 to 2 tablespoons butter for 1 cup soft crumbs and 2 to 4 tablespoons butter for 1 cup dry crumbs.

CHOCOLATE—unsweetened chocolate.

CORNSTARCH—thickening agent. One tablespoon has the thickening power of 2 tablespoons flour.

FLOUR—all-purpose (hard wheat) flour. (In some southern areas where a blend of soft wheats is used, better products may result when minor adjustments are made in recipes. A little less liquid or more flour may be needed.)

GRATED PEEL—citrus fruit peel finely grated through colored part only. (White part is bitter.)

HERBS AND SPICES—ground unless recipe specifies otherwise.

MUSHROOMS—fresh.

ROTARY BEATER—hand-operated (Dover type) beater or electric mixer.

SUGAR—granulated (beet or cane).

HOW TO DO IT

BLANCH ALMONDS OR PISTACHIO NUTS—bring to rapid boiling enough water to well cover

shelled nuts. Drop in only about $\frac{1}{2}$ cup nuts. Turn off heat and allow to stand about 1 min. (Flavor of nuts is best maintained when allowed to remain in water the shortest possible time during blanching.) Drain, or remove with fork or slotted spoon. Place between folds of absorbent paper and pat dry. Gently squeeze nuts with fingers to remove skins. Place on dry absorbent paper. Keep dry paper underneath by frequently shifting nuts to dry spots on paper. Repeat blanching process for larger amounts of nuts.

TOAST ALMONDS—place blanched almonds in a shallow baking dish or pie pan and brush lightly with cooking oil. Place into oven at 350°F until delicately browned. Stir and turn occasionally. Or add blanched almonds to a heavy skillet in which butter (about 1 tablespoon per cup of nuts) has been melted. Brown lightly, stirring constantly, over moderate heat.

BOIL—cook in liquid in which bubbles rise constantly and break on the surface. Boiling temperature of water at sea level is 212°F.

BOILING WATER BATH—set a deep pan on oven rack and place the filled baking dish in pan. Pour boiling water into pan to level of mixture in baking dish. Prevent further boiling by using given oven temperature.

DEEP-FRY—fry in a deep pan filled one-half to two-thirds full with fat or oil and heat to temperature in recipe.

FLUTE EDGE—press index finger on edge of pastry, then pinch pastry with thumb and index finger of other hand. Lift fingers and repeat procedure to flute around entire edge.

FOLD—use flexible spatula and slip it down side of bowl to bottom. Turn bowl quarter turn. Lift spatula through mixture along side of bowl with blade parallel to surface. Turn spatula over to fold lifted mixture across material on surface. Cut down and under, turn bowl and repeat process until materials seem blended. With every fourth stroke bring spatula up through material.

MELT CHOCOLATE—melt chocolate over simmering water to avoid scorching.

MINCE—cut or chop into small, fine pieces.

MUSHROOM PREPARATION—wipe with a clean damp cloth and cut off tips of stems; slice lengthwise through stems and caps.

PARBOIL—boil until partially cooked.

RICE—force through ricer, sieve or food mill.

SCALD MILK—heat over simmering water just until a thin film appears.

SIMMER—cook in a liquid just below boiling point; bubbles form slowly and break below surface.

WHEN YOU BAKE OR ROAST

In France, as in our own country, many kitchens still have the old-fashioned, coal-burning range used both for heating and cooking. Yet, many

more Americans have modern equipment and can easily and accurately control range temperatures. For the convenience of all homemakers, this reference chart is included since temperatures will be found in degrees only throughout the remainder of *The French Cookbook*.

Oven Temperatures

Very Slow	250°F to 275°F
Slow	300°F to 325°F
Moderate	350°F to 375°F
Hot	400°F to 425°F
Very Hot	450°F to 475°F
Extremely Hot	500°F to 525°F

Use a portable oven thermometer for greater accuracy of oven temperatures.

When you roast meat or poultry, a roast meat thermometer is an accurate guide for degree of doneness. Insert thermometer so bulb is in center of largest muscle of meat. Bulb should not touch bone or rest in fat.

WHEN YOU BROIL

Set temperature control of range at Broil (500°F or higher). Distance from top of food to source of heat determines intensity of heat upon food.

WHEN YOU DEEP-FRY

A deep-frying thermometer is an accurate guide for deep-frying temperatures. When using automatic deep-fryer, follow manufacturer's directions for amount of fat and timing.

WHEN YOU COOK CANDY OR SIRUP

A candy thermometer is an accurate guide to correct stage of cooking. Hang thermometer on pan so bulb does not touch side or bottom of pan.

Sirup Stages and Temperatures

Thread (230°F to 234°F)—Spins 2-in. thread when allowed to drop from fork or spoon.

Soft Ball (234°F to 240°F)—Forms a soft ball in very cold water; it flattens when removed from water.

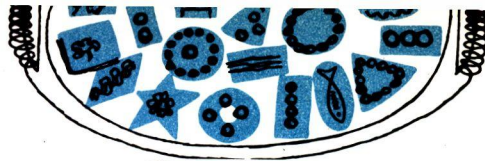
Firm Ball (244°F to 248°F)—Forms a firm ball in very cold water; it does not flatten in the fingers.

Hard Ball (250°F to 266°F)—Forms a ball which is pliable yet hard enough to hold its shape in very cold water.

Soft Crack (270°F to 290°F)—Separates into threads which are hard but not brittle in very cold water.

Hard Crack (300°F to 310°F)—Separates into threads which are hard and brittle in very cold water.

Base Recipes are indicated by solid ▲ pyramid.
In variations of Base Recipe, open △ pyramid
refers to ▲ Base Recipe immediately preceding it.



Hors d'Oeuvres and Canapés

(HORS D'OEUVRES ET CANAPÉS)

Aptly called "frivolities of the table" by one French writer, these appetite teasers can play an important role in any meal. In France they are hearty foods; in fact, the noon meal in a French home begins with either hors d'oeuvres or soup, but rarely with both.

Hors d'oeuvres are colorful finger morsels which are varied in size and shape. They may be plain, stuffed or decorated and prepared in advance. Canapés and relishes, too, are often served on the hors d'oeuvre tray.

Canapés are small, savory bits of appetizingly seasoned foods spread on a base such as a cracker or on a single slice of fancy-cut bread or toast. Canapés are served either before dinner in the living room, or as the first course at dinner or luncheon. They may also be served as party refreshments.

Small Hot Patties

(Petits Pâtés Chauds)

Prepare (allowing about 9 hrs.)

Puff Paste (page 48)

For Filling—Chop finely

**¾ cup leftover meat or fish (or use
grated cheese)**

Add and blend in

**2 tablespoons finely chopped nuts,
mushrooms or truffles**

2 tablespoons grated onion

1 teaspoon chopped parsley

½ teaspoon salt

Few grains pepper

Moisten with

**2 to 3 tablespoons Bouillon (page 7 or
66) or milk**

Set aside.

For Patties—Roll puff dough ⅛ in. thick. With a cookie cutter, cut about 24 rounds 3 in. in diameter. On each of 12 rounds cut 3 or 4 tiny slits to allow steam to escape. Set aside.

Lay the remaining 12 on a baking sheet which has been rinsed in cold water and drained.

Dampen edges of rounds.

Put about 1 tablespoon of filling onto each pastry round. Cover with the slit rounds. Press edges together with a fork to seal.

Lightly brush onto pastry tops

Slightly beaten egg

Bake at 450°F 8 to 12 min. Serve hot.

12 patties

Poultry Liver Paste

(Pâté de Foie de Volaille)

Heat until very hot

2 tablespoons salt pork fat

Then add

1 cup uncooked duck or chicken livers

1 teaspoon salt

¼ teaspoon thyme

¼ teaspoon freshly ground pepper

1 bay leaf

Cook 3 to 4 min. Remove bay leaf. Rub livers through a sieve. Blend sieved liver well with

¼ cup brandy or sherry

About 1 cup paste

Mouthfuls for the Queen (Bouchées à la Reine)

Prepare (allowing about 9 hrs.)

Vol-au-Vent Shells (page 49; cut pastry into 2-in. rather than 3-in. rounds and rims, reserving centers for covers)

Prepare and set aside

Béchamel Sauce (page 29)

Wipe with a clean, damp cloth and cut off tips of stems from

3 or 4 medium-size mushrooms

Chop mushrooms and sauté in

1 tablespoon butter

Mix mushrooms and 3 to 4 tablespoons of Béchamel Sauce (reserve remainder for use in other recipes) with

¾ cup finely minced, cooked chicken

2 tablespoons chopped salted almonds

1 teaspoon capers

¼ teaspoon salt

Few grains pepper

Reheat baked shells and fill each with about 1 tablespoon of the mixture. Top with reserved pastry covers.

Shells may be filled with any other favorite canapé mixture.

16 bouchées

Anchovy Canapés (Canapés d'Anchois)

Hard-cook (see Gribiche Sauce, page 31) and finely chop

1 egg



Combine chopped egg with

1 medium-size tomato, peeled (page 28) and finely chopped

6 anchovy fillets, mashed

2 tablespoons flaked tuna fish

2 tablespoons chopped green pepper

Blend in

2 tablespoons mayonnaise

Spread mixture onto

12 thin slices bread, cut in 2-in. fancy shapes

Sprinkle with

Few drops Worcestershire Sauce

12 canapés

Cream Cheese Bits

(Canapés de Fromage à la Crème)

Mash together

1 pkg. (3 oz.) cream cheese

1 tablespoon minced fresh mint

1 tablespoon brandy

¼ teaspoon salt

Blend well. Spread onto

24 crackers

24 canapés

Shrimp Canapés

(Canapés de Crevettes)

Remove and discard black vein (see Shrimp Bisque, page 9) from

18 canned, or cooked and peeled shrimp

Reserve and chill in refrigerator 12 shrimp. Finely chop remaining 6; add and blend in well

2 tablespoons butter

Hard-cook (see Gribiche Sauce, page 31)

1 egg

Meanwhile, finely chop and set aside

1 tablespoon parsley

Force egg yolk through sieve and set aside.

Spread shrimp butter onto

12 crisp crackers

Dip the whole shrimp into

¼ cup mayonnaise or French Dressing (page 32)

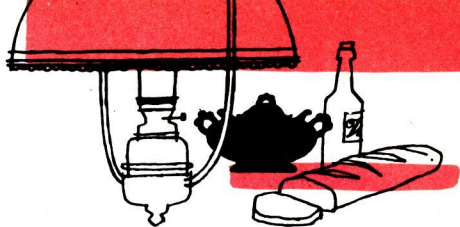
Place onto shrimp-buttered crackers. Sprinkle over shrimp about ¼ teaspoon each of sieved egg yolk and chopped parsley.

12 canapés



Soups

(SOUPES ET POTAGES)



France is justly famous as the country of the potage and thin soup. Soup is so popular that a Frenchman frequently may ask a friend to dine with him, saying, "Venez manger ma soupe," or "Come eat my soup!" If he meets a friend at the dinner hour, he usually asks, "On va à la soupe?" meaning, "Are you going to soup?"

Pot-on-the-Fire

(Pot-au-Feu)

▲ Base Recipe

Savory in fragrance and rich in flavor, this bouillon is a French favorite. It is served piping hot, usually as a separate course. Strained and cooled, it may be stored to use as Brown Stock in soups or sauces. Hence, this Pot-on-the-Fire is often called the Stock Pot.

Put into a marmite or large soup kettle

1 soup bone, cracked

**3 lbs. lean beef (chuck or plate),
cut in 1-in. pieces**

Add

3 qts. cold water

1½ tablespoons salt

Cover and bring slowly to boiling. Skim. Cover and simmer about 4 hrs. Skim as necessary.

Then add

5 carrots, cut in large pieces

2 turnips, cut in large pieces

4 leeks (white part only), sliced

1 large onion, sliced

Herb Bouquet (page 66)

Insert

2 whole cloves

in

1 medium-size onion

Add onion to kettle. Cover and bring to boiling. Simmer about 1½ hrs. longer. Strain through fine sieve. Allow to stand until cold, and fat hardens on surface. Remove fat. Cover bouil-

lon and store in refrigerator for future use. Or reheat and serve with crisp slices of toast.

The meat and vegetables strained from stock may be served as desired.

About 2½ qts. stock

—Brown Stock

(Fonds Bruns)

Follow △ Recipe. Cut meat from soup bone and brown meat with beef in ¼ cup fat before cooking. Add to kettle with bone and proceed as in △ Recipe.

—White Stock

(Fonds Blancs)

Follow △ Recipe, substituting veal shank and breast for beef. Add one-half a disjointed ready-to-cook chicken.

—Consommé

Follow recipe for White Stock. In a large kettle mix and stir into cold stock 2 egg whites, slightly beaten, crushed shell of the eggs and 4 teaspoons cold water. Heat slowly to boiling, stirring constantly. Remove from heat and let stand 25 min. Strain through two thicknesses of cheesecloth.

—Bouillon

Follow recipe for Consommé. Substitute Brown Stock for White Stock.

French Onion Soup with Cheese

(Soupe à l'Oignon)

The most famous and universally popular of all French soups, this one is a tradition in the artists' quarters in Montparnasse. The originator, however, was a king, Louis XV, who returned late one night to his hunting lodge and found only onions, butter and champagne on hand. So hungry and weary was he that he simply mixed them together. Voilà—French onion soup!

Peel, rinse and cut into thin slices

5 medium-size (about 1 lb.) onions

Heat in a 3-qt. heavy saucepan over low heat

3 tablespoons butter

Add the onions. Cook slowly, stirring, until golden in color (about 10 min.).

Blend in gradually

1½ qts. Bouillon (page 7 or 66)

Season with

½ teaspoon salt

¼ teaspoon pepper

Bring to boiling. Cover saucepan and simmer about 15 min.

Meanwhile, set temperature control at Broil. Arrange on broiler rack

6 slices French Bread (page 40)

Place in broiler with tops of bread 3 in. from source of heat. Toast one side only. Remove and spread untoasted sides with about

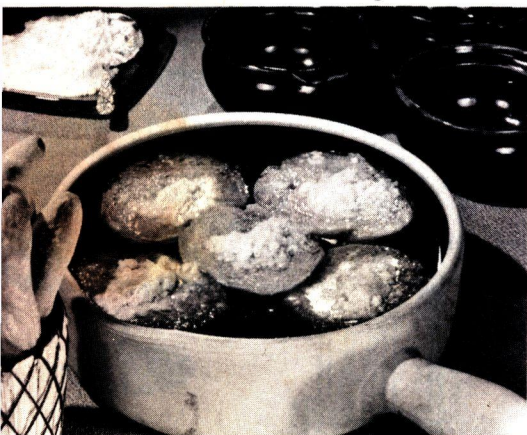
1 to 2 tablespoons butter

Cut slices into halves; place on broiler rack.

Cut into fine pieces

¼ cup (1 oz.) Gruyère or Cheddar cheese

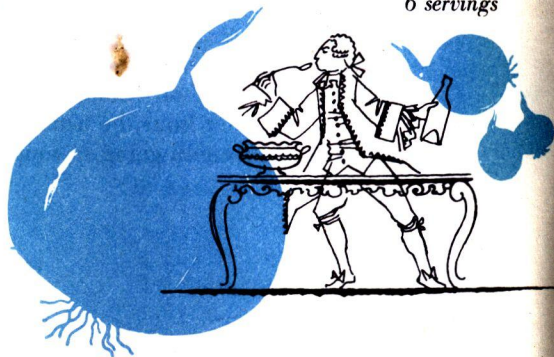
French Onion Soup with Cheese



Sprinkle about 1 teaspoon cheese onto each slice. Set in broiler about 3 in. from source of heat. Toast until cheese is melted. Pour soup into tureen, hot soup plates or earthenware bowls. Float toast slice on top of each serving.

Bread may be toasted lightly, floated on top of soup, and cheese sprinkled over toast. Additional cheese may be served in a bowl.

6 servings



Green Pea Soup

(Potage Saint-Germain)

Whenever a Frenchman thinks of good pea soup, he thinks of that suburb of Paris, Saint-Germain, where the peas are exceptionally tender and flavorful.

Put into a heavy saucepan

1 small head lettuce, shredded

2 cups shelled fresh green peas

1 cup water

½ cup chopped leeks (green part only)

2 tablespoons fat

2 teaspoons chopped chervil

1 teaspoon sugar

1 teaspoon salt

¼ teaspoon pepper

Bring quickly to boiling and cook until peas are tender.

Reserve 3 tablespoons peas for garnish. Put remaining mixture through a sieve.

Return sieved mixture to the pan. Reheat with

2 cups Bouillon (page 7 or 66)

Just before serving blend in and heat thoroughly

2 cups cream

Garnish with reserved cooked peas.

5 or 6 servings

Leek and Potato Soup (Cold)

(Vichyssoise)

Although this soup often is considered typically French, it was actually developed by a chef in a popular American hotel.

Prepare, using about $3\frac{1}{2}$ cups

White Stock (page 7, or dissolve $3\frac{1}{2}$ bouillon cubes in $3\frac{1}{2}$ cups hot water)

Set aside.

Heat in a 3-qt. saucepan

$\frac{1}{4}$ cup chicken fat or butter

Add and cook over low heat about 5 min.

6 to 8 leeks (white part only), finely chopped

$\frac{1}{4}$ cup finely chopped celery

Wash, pare and thinly slice

4 medium-size potatoes (about 3 cups, sliced)

Add to saucepan with White Stock and

1 teaspoon salt

$\frac{1}{2}$ teaspoon pepper

Cover and simmer 15 to 20 min., or until potatoes are tender.

Put mixture through a fine sieve and blend in

2 cups cream

Chill in refrigerator.

Pour soup into tureen. Sprinkle over the top

1 tablespoon chopped chives

Serve cold, surrounded with crushed ice. This may also be served hot.

6 servings

Shrimp Bisque

(Bisque de Crevettes)

Typically French, the bisque is a rich smooth soup. The sea food bisque—shrimp, crab or lobster—is especially worthy of distinction.

Melt in a deep kettle

3 tablespoons butter

Add, cook and stir until onion is transparent

$\frac{1}{2}$ cup minced onion

$\frac{1}{2}$ cup minced carrot

1 leek, white part only, minced

Slowly stir in

1 qt. White Stock (page 7)

1 teaspoon salt

$\frac{1}{2}$ teaspoon pepper

1 bay leaf

Cover and simmer over low heat about 10 min.

Meanwhile, wash in cold water

3 lbs. fresh shrimp, with shells

Drop shrimp into a boiling mixture of

1 qt. water

1 pt. white wine

4 sprigs parsley

Cover tightly. Simmer 5 min., or only until shrimp are pink and tender. Drain, reserving 1 cup liquid. Cover with cold water to chill.

Drain shrimp again.

To Clean Shrimp—Remove tiny legs. Peel shells from shrimp. Cut a slit to just below surface along back (curved surface) of shrimp to expose the thin black vein. With knife point remove vein in one piece. Rinse shrimp quickly in cold water.

Note: If substituting $2\frac{1}{2}$ cups canned or frozen shrimp, remove vein if present.

Reserve a few large shrimp for garnish. Mince remainder and stir into simmering soup. Cover and simmer about 10 min. Force mixture through a fine sieve or food mill. Stir in reserved liquid.

Beat slightly

3 egg yolks

Quickly stir about 3 tablespoons hot soup into egg yolks and return to soup, stirring vigorously over direct heat until well blended (about 5 min.).

Gradually stir in

1 cup heavy cream

Add whole shrimp. Stirring constantly, heat thoroughly. Serve with Croûtons (page 66).

8 servings

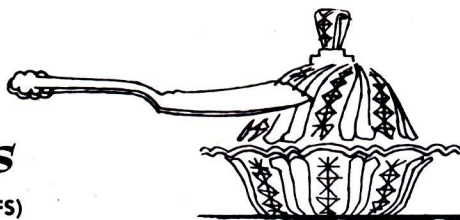
Shrimp Bisque





Eggs

(OEUFS)



The French have so many hundreds of ways of preparing eggs that they could easily serve them every day of the year without offering them twice in the same manner. Eggs are seldom served for breakfast in France because of their great popularity for lunch and dinner.

Shirred Eggs

(Oeufs sur-le-Plat)

▲ Base Recipe

In France these "eggs-on-a-dish" are cooked in a special shirrer or cocotte which holds two eggs.

For each person to be served, allow an individual cocotte, custard cup or ramekin.

Arrange cocottes on baking sheet or in shallow pan. Measure into each cocotte

2 teaspoons butter

Set in 350°F oven only until butter is melted and hot. Remove from oven and carefully break into each cocotte, depending upon size

1 or 2 eggs

Season each egg with

1/8 teaspoon salt

Few grains pepper

Dot each egg with

1 1/2 teaspoons butter

Return cocottes to oven for 15 to 20 min., or until the egg whites are set.

Serve the eggs plain or garnished with cooked chicken livers, kidneys, bacon, tomatoes or asparagus tips.

1 serving

—Eggs with Browned Butter

(Oeufs au Beurre Noir)

Follow △ Recipe. Omit second butter addition. Bake only 2 to 3 min., or until the white is milky in color. Sprinkle with 1/4 teaspoon vinegar. Cover with Browned Butter made by slowly heating until very brown, 1 1/2 teaspoons butter per serving. Return to oven and continue baking 12 to 18 min.

—Eggs with Chicken or Vegetables

(Oeufs en Cocotte à la Reine ou au Tomates)

Follow △ Recipe for preparing cocottes. Put 3 tablespoons chopped cooked chicken or vegetable, such as tomato or asparagus, into each cocotte before carefully breaking in eggs.

Omelets

(Omelettes)

▲ Base Recipe

The Frenchwoman prepares her superb omelets in a special omelet pan with a long handle. She never cooks anything else in it and never washes it with water; if she did either, omelets made later might stick to the pan. Instead she cleans it with a towel or, if necessary, with coarse salt.

Set out 7- or 8-in. skillet.

Combine in a bowl

5 eggs

1 tablespoon cold water

1/2 teaspoon salt

Few grains cayenne pepper

Beat together until egg whites and egg yolks are well mixed but not frothy.

Heat skillet. Place on end of fork

1 teaspoon butter

Test temperature of skillet by quickly moving butter about skillet. When butter sizzles briskly without browning, desired temperature has been reached. Wipe skillet with soft absorbent paper and repeat test if skillet is too hot or not hot enough.

Spread quickly around the skillet

2 tablespoons butter

Pour in egg mixture, stir once around skillet with fork and then shake skillet by moving it back and forth over medium or low heat until the mixture begins to set. Slowly stir top of mixture until thickened. Without stirring, allow to set about 1 min., or until delicately browned on the bottom. With spatula, loosen edge of omelet, fold in half and slide at once onto a hot serving plate. If desired, fill with diced or shredded meat or vegetables before folding omelet.

2 or 3 servings

—Shrimp Omelet

(Omelette aux Crevettes)

This variation is a specialty of Trouville on the Normandy seacoast.

Follow Δ Recipe. Remove black vein (see Shrimp Bisque, page 9) from 12 canned, or cooked and peeled shrimp. Cut shrimp into small pieces. Mix with $\frac{1}{4}$ cup cream. Stir into egg mixture before pouring into skillet.

—Spinach Omelet

(Omelette à l'Épinard)

This variation is a specialty of Provence.

Follow Δ Recipe. Use $\frac{1}{2}$ cup cooked spinach, or cook $\frac{1}{4}$ lb. (1 cup) spinach (see Creamed Spinach, Morez Style, page 39). Chop spinach and mix in 2 tablespoons hot cream to moisten. Before folding omelet, spread spinach mixture over top. Serve with Béchamel Sauce (page 31) or Mornay Sauce (page 30).

—Omelette with Savory Herbs

(Omelette aux Fines Herbes)

Follow Δ Recipe. Add to egg mixture 1 tablespoon minced onion or chives, 1 tablespoon finely chopped parsley, 1 teaspoon chervil and 1 teaspoon tarragon leaves, finely chopped.

Eggs Fried Gascony Style

(Oeufs aux Aubergines Frites)

Set out a large skillet having a tight-fitting cover.

Prepare and keep warm

Provençal Sauce (page 28)

Meanwhile, wash and pare enough eggplant for

4 slices eggplant, $\frac{1}{4}$ in. thick

Coat eggplant slices with mixture of

$\frac{1}{4}$ cup flour

$\frac{1}{8}$ teaspoon salt

Few grains pepper

Heat in skillet

3 tablespoons olive oil

Add eggplant and fry about 3 min. on one side.

Break into a saucer, one at a time, as used

4 eggs

Turn each eggplant slice. Immediately and carefully slide one egg onto each eggplant slice. Cover and cook until eggs are done. Remove to warm serving plate and top with

4 very thin slices cooked ham

and $\frac{1}{2}$ cup hot Provençal Sauce (reserve remainder for future use). Sprinkle with

1 tablespoon chopped parsley

4 servings



**Omelet
with
Tomato
Slices**



Cheese Soufflé in Ramekins (Soufflé au Fromage)

Set out 8 small ramekins.

Melt in a saucepan

¼ cup butter

Stir in until well blended

3 tablespoons flour

¼ teaspoon salt

Heat until mixture bubbles. Remove from heat and gradually stir in

1 cup milk

Return to heat and bring rapidly to boiling, stirring constantly; cook 1 to 2 min. longer. Remove from heat. Cool slightly.

Add at one time and blend in until cheese is melted

**1 cup (¼ lb.) finely cut Gruyère or
grated Swiss cheese**

Beat until thick and lemon colored

4 egg yolks

Slowly pour cheese mixture into egg yolks, stirring vigorously.

Beat until rounded peaks are formed

4 egg whites

Gently spread sauce mixture over egg whites and fold (page 4) until blended. Pour into ramekins, filling each about two-thirds full. Place in boiling water bath (page 4).

Bake at 325°F about 25 min., or until soufflés are delicately browned and a silver knife comes out clean when inserted half way between center and edge. Serve at once.

8 servings

Bacon Tart (Quiche au Lard)

The quiche is a favorite in Lorraine. Literally, it is a "custard with bacon" and can be served as an entree, a luncheon dish, or for a late evening supper.

Line a 9-in. pie pan with

Pastry for Tarts (page 44)

Flute edge (page 4) and set aside.

Cut into halves

6 slices bacon or salt pork

(If salt pork is used, parboil, page 4, drain and dry before broiling.)

Arrange on cool broiler rack. Set temperature control at Broil. Place in broiler 3 to 3½ in. from heat source. Turn bacon frequently. Broil about 5 min., or until light brown and crisp. Drain on absorbent paper.

Cut into fine pieces and set aside

**6 oz. (1¼ cups) Gruyère or Swiss
cheese**

Scald (page 4)

2 cups milk (or part cream)

Beat slightly

3 eggs

½ teaspoon salt

¼ teaspoon nutmeg

½ teaspoon pepper

Gradually add milk, stirring vigorously.

Arrange bacon on pastry. Cover with cheese. Pour egg mixture over all.

Bake at 450°F 10 min. Reduce heat to 350°F. Bake about 25 min. longer, or until a silver knife comes out clean when inserted halfway between center and edge of custard. Serve immediately.

6 servings



Fish

(POISSONS)



The French respect fish for its delicate flavor and give it a warm welcome when it is served. In their cookery of fish the French reveal true culinary genius. They serve fish whole, sliced or in pieces; they cook it in water, oil or wine; they like to eat it either hot or cold; and, to enhance that delicate flavor of fish, they serve with it one of their many sauces.

Scallops Baked in Shells (Coquilles Saint-Jacques)

The origin of the French name for scallops is supposedly connected with St. James of Compostela, known as Saint-Jacques. Legend has it that one day a bridegroom was tossed by his horse into the sea. His miraculous rescue was believed to be due to the intervention of St. James. The groom was converted to Christianity on the spot. When he returned to the shore, he was covered with scallop-edged shells. His friends believed the shells to be a sign from St. James and thereupon gave them his name.

Butter 6 baking shells or ramekins.

Heat in a saucepan

2 cups dry white wine

Herb Bouquet (page 66)

Wash in cold water and drain

2 lbs. (1 qt.) scallops

Add to wine with

½ teaspoon salt

Cover and simmer about 10 min., or until tender. Remove Herb Bouquet, drain scallops, and reserve the liquid. Cut the scallops into fine pieces and set aside.

Clean (page 4) and chop

½ lb. mushrooms

Add mushrooms to a saucepan with

6 shallots or ¼ cup minced onion

1 tablespoon minced parsley

3 tablespoons butter

2 tablespoons water

1 teaspoon lemon juice

Cover and simmer 5 to 10 min. Strain liquid

into seasoned wine. Add vegetable mixture to scallops. Set aside.

Make a *roux* by blending in a saucepan

¼ cup melted butter

¼ cup flour

Cook over low heat until mixture bubbles. Remove from heat and gradually stir in wine-vegetable liquid. Return to heat and bring rapidly to boiling, stirring constantly; cook 1 to 2 min. longer.

Remove sauce from heat and add gradually, stirring vigorously, to a mixture of

2 egg yolks, slightly beaten

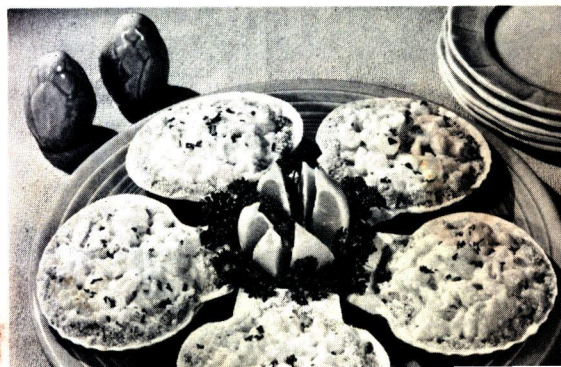
¼ cup heavy cream

Then stir in the scallop mixture. Fill shells or ramekins, piling high in center. Sprinkle with about

½ cup (1 slice) buttered dry bread crumbs (page 3)

To brown, set shells on a baking sheet and place in oven at 450°F 8 to 10 min., or place in broiler 3 to 4 in. from source of heat to top of the creamed mixture. Serve when browned.

6 servings



Bouillabaisse

(Bouillabaisse)

This rich and savory stew may be found in one form or another in every French seaport bordering on the Mediterranean. The most famous version is that made in Marseilles, where it is said to have been created in a convent to give variety to Friday's meatless meals.

Since most of the fish used there can be found only in the waters of the Mediterranean, we cannot duplicate the native recipe. Yet we can get fairly comparable results by using three kinds of fish plus sea food, and by including tomatoes, garlic, saffron and olive oil. The blending of these particular ingredients gives Bouillabaisse its characteristic flavor.

Set out a 3-qt. kettle.

Clean, remove bones and wash in cold salted water

- 1½ lbs. bass**
- 1 lb. perch**
- 1 lb. cod**

Cut into pieces 1½ to 2 in. thick; set aside.

Remove tiny legs, shells and black veins (see Shrimp Bisque, page 9) from

- 1 lb. fresh shrimp**

Rinse quickly in cold water; set aside.

Kill and clean (see Lobster Thermidor)

- 1 lobster (1½ to 2 lbs.)**

Cut into 1½ to 2-in. pieces; set aside.

Heat in kettle

- ¼ cup olive oil**

Cook in kettle until onions are transparent

- ⅔ cup chopped onion**
- 2 leeks, chopped (white part only)**
- 1 clove garlic, crushed**

Bouillabaisse



Add

- 2 small tomatoes, peeled (page 28) and chopped**
- 1 tablespoon minced parsley**
- ½ bay leaf**
- ½ teaspoon savory**
- ½ teaspoon fennel**
- ⅛ teaspoon saffron**

Add lobster and bass and just enough water to cover. Season with

- 1½ teaspoons salt**
- ¼ teaspoon pepper**

Bring rapidly to boiling. Simmer 10 min. Add perch and cod. Continue to simmer 10 min., or until fish are almost tender. Add shrimp and cook 5 min. longer.

Meanwhile, drain, reserving liquid

- 1 pt. oysters**

Pick over to remove any shell particles. Simmer in reserved liquid 3 min., or until edges begin to curl. Add to fish mixture.

Line a deep serving dish with

- 6 slices French Bread (page 40), toasted**

Cover with fish and pour sauce in which fish has been cooked over all. Serve at once.

6 to 8 servings



Lobster Thermidor

(Homard Thermidor)

This dish was created especially for Napoleon who, according to legend, also named it. He called it Thermidor for the 11th month (July 19 to August 17), in the calendar of the First Republic, when probably it was first served.

Set out a 10- or 12-in. heavy skillet having a tight-fitting cover and a 2-qt. double boiler.

Purchase

- 2 live or boiled lobsters, about 1½ lbs. each**

Live lobsters may be killed at the market.

To Kill and Clean Lobster—Place lobster on a cutting board with back or smooth shell up. Hold a towel firmly over head and claws. Quickly insert the point of a sharp heavy knife into center of the small cross on the back of the head. As this kills the lobster by severing

the spinal cord, omit this step for boiled lobsters. Before removing knife, bear down heavily, cutting through entire length of body and tail. Pull halves apart; remove stomach, a small sac which lies in the head, and the spongy lungs which lie between meat and shell. Remove the dark intestinal line running through center of body. Cut off small and large claws, cracking latter with a nut cracker or mallet.

Heat in the skillet

¼ cup cooking oil, butter or chicken fat

Add halves of lobster, meat-side down, to skillet. Place large and small claws on top.

Cover; cook slowly 12 to 15 min., or until tender. (Lobster cooked at a high temperature is difficult to remove from shell.)

Heat in top of double boiler over direct heat

3 tablespoons butter

1 tablespoon chopped shallots or onion

When shallots are golden in color, stir in

½ cup white wine

Cook slowly until liquid is reduced (page 66) to about ¼ cup. Blend in

2 cups heavy cream

1 tablespoon chopped chervil or parsley

½ teaspoon salt

¼ teaspoon dry mustard

½ teaspoon cayenne pepper

Scald (page 4). Remove from heat. Vigorously stir 3 tablespoons of sauce into

2 egg yolks, slightly beaten

Immediately return egg yolk mixture to double boiler. Cook over simmering water 3 to 5 min. Stir slowly to keep mixture cooking evenly. Cool slightly.

Grate

¼ lb. (1 cup) Parmesan or Cheddar cheese

Blend in one-half the grated cheese and stir until melted. Set aside and keep warm.

Starting at tail, with first and second fingers, gently pry lobster meat from shells, reserving shells. Remove meat from large claws. Cut meat into about 1-in. pieces. Blend into sauce.

Place lobster shells on a baking sheet. Fill with the creamed mixture and sprinkle tops with remaining grated cheese. Dot with

2 tablespoons butter



Set temperature control at Broil. Place in broiler with tops of shells 3 to 4 in. from source of heat. Broil until cheese is melted. Serve at once, garnished with the small claws and sprigs of parsley.

4 servings

Court-Bouillon

(Court-Bouillon)

▲ Base Recipe

The French improve the flavor of fish and shell-fish by poaching them in Court-Bouillon. They serve the fish with an appropriate sauce—made with cream, eggs or white wine—to enhance its goodness.

Heat together in a large kettle

1 qt. water

½ cup vinegar

1 carrot, sliced

2 small onions, sliced

3 or 4 shallots, minced (optional)

½ lemon, sliced

1 teaspoon salt

Herb Bouquet (page 66)

When the mixture comes to boiling, reduce heat, cover and simmer 20 min. Add

4 peppercorns

Cook 10 min. longer. Strain stock and set aside for later use.

About 1 quart stock

—Fish Poached in Court-Bouillon

(Poisson Poché au Court-Bouillon)

Follow △ Recipe for making stock. Tie any cleaned fish in cheesecloth to prevent breaking. Place in skillet. Cover with stock and poach, covered, over low heat. Allow about 8 min. per pound of fish or until fish flakes. Drain. Remove cheesecloth; serve hot with melted butter or Hollandaise Sauce (page 30) or Bercy Sauce (page 31).

If the fish is to be served cold, let it remain in the Court-Bouillon until completely cool. This will prevent drying. Remove cheesecloth. Serve.

Servings depend upon variety and size of fish

Alsatian Salmon Pie

(Pâté Chaud de Saumon)

The making of pâtés is practically an institution in Alsace, which boasts 42 traditional recipes! Surprisingly, as many of these are made with fish as with the famous Alsatian goose livers. Other interesting pâtés may be prepared by substituting such fish as pike or trout for the salmon.

Butter a 2-qt. casserole having a tight-fitting cover.

Clean, remove scales and bones from

2 lbs. salmon

Rinse salmon with cold water and cut into 1-in. pieces. (If fish is frozen, thaw according to directions on package.) Marinate (page 66) salmon at least 3 hrs., turning occasionally, in

1 cup dry white wine

About 30 min. before end of marinating period, clean, remove scales and bones, and rinse with cold water

½ lb. fresh cod

Finely chop cod and blend thoroughly with

⅓ cup (about 1 slice) fine dry bread crumbs

2 large truffles (page 66), finely chopped

2 egg yolks, well beaten

1 tablespoon butter or margarine, melted

½ teaspoon salt

⅓ teaspoon pepper

Stir in the wine in which the salmon has been marinated. Blend mixture thoroughly.

Arrange one-half of the salmon pieces on bottom of baking dish; cover with one-half of the cod mixture. Repeat layering.

Cover and bake at 350°F about 50 min. Remove cover and bake 10 min. longer, or until lightly browned.

8 to 10 servings



Fish Matelote with Red Wine

(Matelote au Vin Rouge)

Several kinds of fresh-water fish are required to make a typical matelote, although occasionally just one variety is used. In that case, dish is garnished with sea food, such as mussels, shrimp, or even a crayfish cooked in Court-Bouillon. Eels are traditional to the dish, but pike, perch and haddock may be used. Red wine is most common but even champagne is used in its home province, and cider in apple-rich Normandy.

Set out a large, heavy skillet having a tight-fitting cover.

Clean, wash, dry and cut into thick slices

2 lbs. fish

Place fish into skillet and add

2 cups red wine

1 carrot, sliced

1 onion, minced

2 cloves garlic, cut in halves

1 teaspoon salt

¼ teaspoon pepper

Herb Bouquet (page 66)

Bring to boiling.

Heat in a small saucepan

3 tablespoons brandy

Ignite brandy and immediately pour over the fish. When the flame has burned out, cover the pan. Cook fish slowly 15 to 20 min., or until the fish flakes when pierced with a fork. Remove fish to a warm serving dish. Keep hot. Strain and reserve cooking liquid.

Blend thoroughly in same skillet

3 tablespoons melted butter

2 tablespoons flour

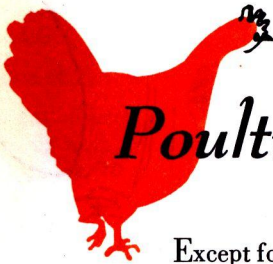
Cook over low heat until mixture bubbles. Remove from heat; gradually stir in cooking liquid. Cook rapidly; stir constantly until sauce thickens. Boil 1 to 2 min. longer. Pour sauce over the fish.

Serve with Croûtons (page 66) browned with Garlic Butter.

For Garlic Butter—Crush 1 clove garlic with ¼ teaspoon salt to form a smooth paste. Blend with ½ cup melted butter.

Garnish with tiny cooked onions, sautéed mushrooms or cooked shrimp.

4 servings



Poultry and Game

(VOLAILLE ET GIBIER)

Except for the noted fattened pullets of Bresse, most chickens available in France require special culinary art to make them exciting to the palate. Usually this added touch is one of the innumerable French sauces. For most special occasions, the French serve geese, which are excellent in France. Ducks or game frequently serve as the pièce de resistance. Turkey is seldom prepared unless served to a large crowd.

Chicken Marengo

(Poulet Sauté à la Marengo)

At the time of the battle of Marengo in 1800, so the story goes, Napoleon's chef was unable to obtain butter for dinner. So he sautéed his chicken in olive oil and added whatever else was at hand. Napoleon was delighted and so have been the French ever since. Veal Marengo is a pleasing variation.

Set out a large, heavy skillet having a tight-fitting cover.

Clean

1 frying chicken, 2 to 3 lbs., ready-to-cook weight

Disjoint chicken and cut into serving-size pieces. Rinse and pat dry with absorbent paper. To coat chicken evenly, shake 2 or 3 pieces at a time in a plastic bag containing a mixture of

½ cup flour

1 teaspoon salt

¼ teaspoon pepper

Heat in a large skillet

¼ cup olive oil

Brown chicken in the hot oil. Add

1 clove garlic, crushed

3 tablespoons chopped onion

4 tomatoes, quartered

1 cup white wine

Herb Bouquet (page 66)

Cover and simmer over low heat about ½ hr., or until thickest pieces of chicken are tender when pierced with a fork.

Sauté in small skillet

2 tablespoons butter

1 cup (about 4 oz.) sliced mushrooms (page 4)

Add to chicken with

½ cup sliced olives

To Thicken the Liquid—Put into a screw-top jar

½ cup cold Consommé (page 7 or 66)

Sprinkle over consommé

2 tablespoons flour

Cover and shake well.

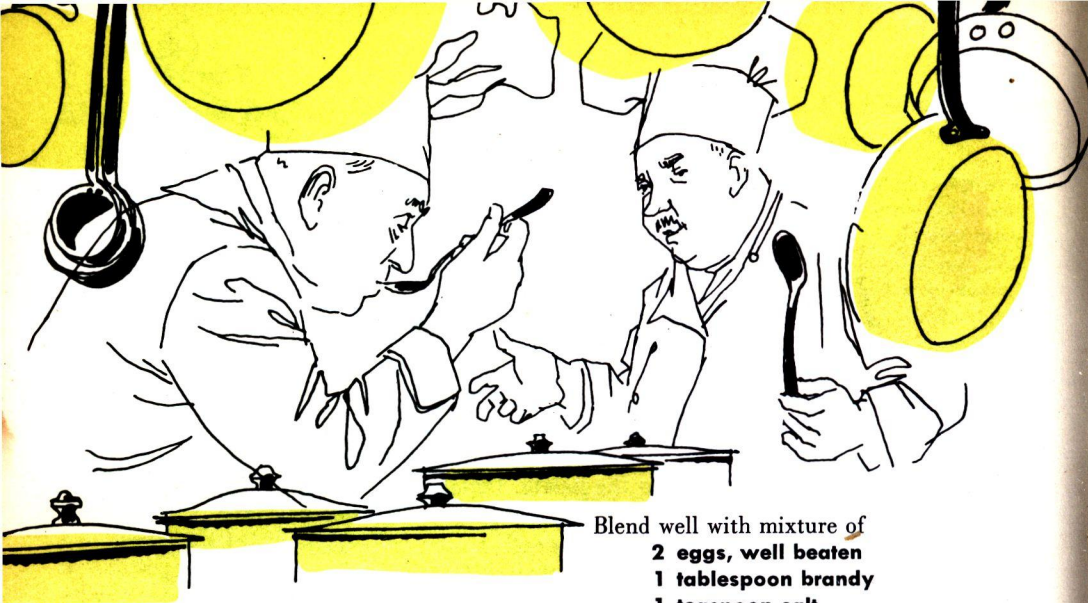
Remove chicken from skillet and discard Herb Bouquet. Gradually add consommé-flour liquid to mixture in skillet, stirring constantly. Boil 3 to 5 min. until mixture thickens.

Return chicken to sauce, cover and simmer 10 min. Arrange chicken on a hot platter. Cover with the sauce.

4 or 5 servings

(If poultry or game is frozen, thaw according to directions on package.)





Chicken in the Pot (Poule-au-Pot)

This famous method of cooking chicken comes from Bearn, one of two small provinces once comprising the kingdom of Navarre. The "good king," Henry IV, was its last monarch before he ascended the throne of France and unified the nation.

This dish is sometimes called "Our Henry's Soup." Its origin perhaps may be found in the statement King Henry is said to have made, "I wish that every Sunday my peasants may have 'la poule au pot'."

Set out a large kettle having a tight-fitting cover.

Clean, cut off neck at body, leaving skin, and thoroughly wash in cold water, body cavity of
1 stewing chicken, 4 to 5 lbs., ready-to-cook weight

Drain and pat dry with absorbent paper. Set aside.

Thoroughly clean heart, liver and gizzard. Trim thick skin from gizzard. Grind these giblets with

¼ lb. ham (½ cup ground)

Mix ham-giblet mixture with

5 cups (5 slices) buttered soft bread crumbs (page 4)

1 teaspoon chopped parsley

1 clove garlic, minced

Blend well with mixture of
2 eggs, well beaten
1 tablespoon brandy
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon nutmeg

Rub cavity of chicken with
1 teaspoon salt

Stuff the chicken lightly with ham mixture, reserving ¾ cup.

To Truss—Insert skewers across cavity opening and lace shut with cord. Tie drumsticks together and then tie securely to tail. Bring wing tips onto back shaping into "akimbo" style. Fasten neck skin to back with skewer.

Put chicken into kettle and add

1¼ qts. hot consommé (page 66)

Bring to boiling and remove foam. Cover and simmer. Skim as necessary.

Meanwhile, to prepare cabbage rolls, place into a bowl

6 large cabbage leaves

Cover with boiling water and let stand about 1 min., or until wilted. Drain.

Fill each leaf with 2 tablespoons reserved dressing. Roll and secure with wooden picks. (Before serving remove picks.)

When chicken has simmered 2 hrs., add cabbage rolls and

¾ lb. cooked ham, cut in strips

Continue cooking 1 hr., or until chicken is tender. Chicken is done when meat on thickest part of drumstick is easily pierced with a fork. Serve with freshly boiled potatoes.

5 or 6 servings

Roast Goose with Prune Stuffing (Oie Rôti aux Pruneaux)

The town of Agen in old Guyenne, now known as Bordelais, is the source of this recipe.

Set out a shallow roasting pan with rack.

Clean, cut off neck at body, leaving skin, and thoroughly wash in cold water, body cavity of

1 goose, 10 to 12 lbs., ready-to-cook weight

Drain and pat dry with absorbent paper. Set goose aside.

Wash

1 cup large dried prunes

Place prunes in a saucepan with

1 pt. boiling water

Soak 1 hour.

Cover prunes and simmer in same liquid about 45 min., or until the prunes are plump and tender. Slit prunes with a sharp knife and carefully remove pits. Set aside.

Meanwhile, cook in salted water just to cover, about 30 to 40 min., or until tender

1 lb. lean pork, cut in pieces

Drain and put through food chopper.

Heat in skillet until onions are lightly browned

1 tablespoon fat

½ cup chopped onions

Mix in pork and season with

1 teaspoon salt

¼ teaspoon pepper

Remove from heat and stir in

1 egg yolk, slightly beaten

Remove ¼ cup of pork stuffing and combine with

¼ cup pitted and chopped green olives

Fill prunes with this mixture and gently mix prunes with remaining stuffing.

Rub cavity of goose with

Salt

Lightly fill body and neck cavities with stuffing. To close body cavity, sew or skewer and lace with cord. Fasten neck skin to back with skewer. Loop cord around legs and tighten slightly. Place breast-side down on rack in roasting pan.

Roast uncovered at 325°F for 3 hrs. Remove fat from pan several times during this period. Turn goose breast-side up. Roast 1 to 2 hrs. longer, or until it tests done. (Allow about 25 min. per pound for total roasting time.)

To test for doneness, move leg gently by grasping end of drumstick; thigh joint should move easily.

Remove skewers and cord. Serve on heated platter. Garnish as desired.

8 servings

**Roast
Goose
with
Prune
Stuffing**





Duckling in Casserole, Normandy Style

Duckling in Casserole, Normandy Style

(Caneton à la Normandie)

Typical of apple-rich Normandy, this famous dish also may be prepared with partridge, pheasant or chicken.

Butter a 3-qt. casserole having a tight-fitting cover.

Clean

1 duckling, 4 lbs., ready-to-cook weight

Disjoint duckling and cut into serving-size pieces. Rinse and pat dry with absorbent paper. Cut away and discard excess fat.

Heat in a large skillet

2 tablespoons butter

Sprinkle pieces of duckling with mixture of

$\frac{3}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

Add duckling to skillet and brown on all sides, turning with tongs. Pour off fat as it collects.

Wash, quarter, core, pare and slice

6 medium-size (about 2 lbs.) apples

Melt in a deep saucepan

3 tablespoons butter

Toss apple slices in melted butter. Put a thin layer of buttered apple slices on bottom of casserole. Arrange duckling over apples, plumpiest pieces on top. Surround with remaining apple slices.

Discard fat from skillet and add to same skillet

$\frac{1}{2}$ cup apple brandy

Stir over low heat to loosen particles. Heat until steaming. Pour over the duckling.

Cover and bake at 350°F about 2 hrs., or until duckling is tender. Serve in casserole.

Note: If duck is used instead of duckling, allow about 3 hrs. in oven.

About 3 servings

Jugged Hare, Sologne Style (Civet de Lièvre à la Sologne)

Set out a heavy 10- or 12-in. skillet having a tight-fitting cover and 8-in. skillet.

Prepare and set aside

2 cups Bouillon (page 7 or 66)

Wipe with a clean, damp cloth, disjoint and cut into serving-size pieces

1 cleaned and table-dressed rabbit (preferably young)

Set aside.

Reserve cleaned liver and set in refrigerator until ready to use. (It should be clear and dark red in color, firm and free from spots.)

Cook in the larger skillet, stirring and turning occasionally

½ lb. bacon, diced

When bacon is crisp, place on absorbent paper to drain.

Cook in bacon fat until transparent

½ cup coarsely chopped onion

Remove onion and set aside.

Remove skillet from heat. Blend in plastic bag

¾ cup flour

1 teaspoon salt

¼ teaspoon pepper

Put two pieces of rabbit in bag at a time and shake to coat pieces. Return skillet to heat and brown meat on both sides.

Pour prepared bouillon over rabbit with

2 cups red wine

Bring just to boiling. Add bacon, onions and **Herb Bouquet (page 66)**

Cover tightly and simmer 1½ to 2 hrs., or until meat is tender.

Meanwhile, clean and slice (page 4)

1 lb. mushrooms

Melt in smaller skillet

¼ cup butter

Add mushrooms and

Rabbit liver, coarsely chopped

Heat about 5 min., stirring occasionally. Add to rabbit about 20 min. before end of cooking period. Remove rabbit and mushrooms to warm serving plate and keep hot. Remove Herb Bouquet and pour liquid into bowl.

To Make Sauce—Prepare a *roux* by blending in the smaller skillet

½ cup melted butter

½ cup flour

Cook over low heat until mixture bubbles. Remove from heat and gradually stir in liquid. Return to heat and bring rapidly to boiling, stirring constantly; cook 1 to 2 min. longer. Pour sauce over rabbit.

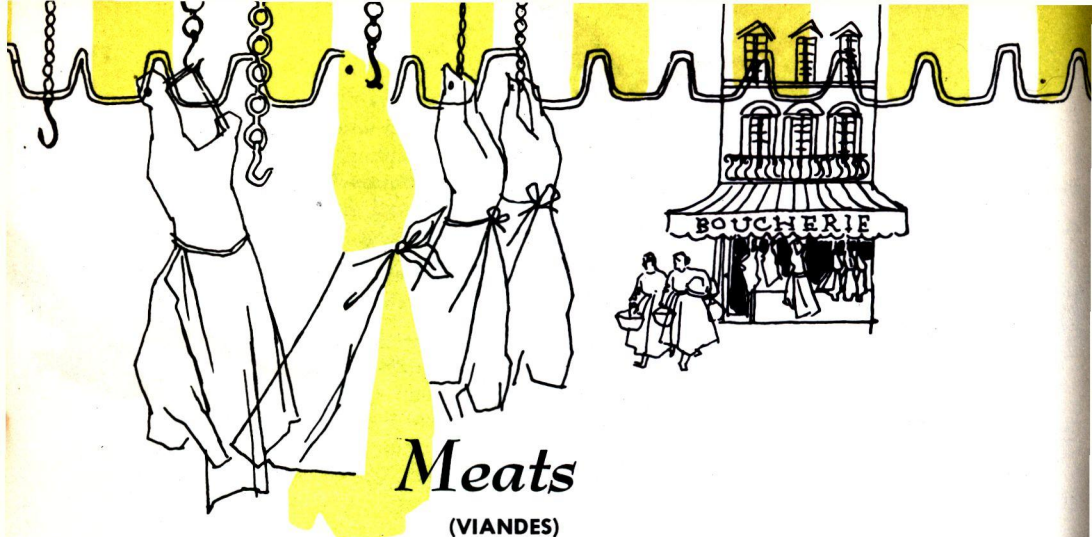
Heat in a small saucepan

½ cup brandy

Ignite brandy and pour over rabbit and sauce. Serve immediately.

4 servings





Meats

(VIANDES)

Meat is sometimes difficult to find in the country districts of France. However, when she has meat, the homemaker cooks it with the usual French skill. This is particularly true in her preparation of variety meats and leftovers.

Veal Chops en Papillote (Côte de Veau en Papillote)

Cooking in paper (en papillote) is one of the oldest of French culinary customs. It is used for fish, and lamb, mutton and veal chops.

Set out a 1-qt. casserole having a cover.

Wipe with clean, damp cloth

8 thin veal chops

Put meat into casserole with

1 cup olive oil

Cover and let stand in refrigerator 12 hrs. to marinate (page 66). Turn chops occasionally if not entirely covered with oil.

Cut large enough to wrap around each chop and allow a margin for overlapping

8 pieces parchment-type paper

Lightly butter one side of paper.

Mix together

1/3 cup chopped mushrooms (page 4)

1/4 cup chopped onion

2 teaspoons chopped parsley

2 teaspoons chopped olives

Place heaping tablespoon of mixture on buttered side of each paper. Place a chop on top.

Dot each chop with

1/4 teaspoon butter

Draw the paper tightly around each chop and gather excess paper at top and tie with string. Or fold the paper over each chop and tie so no steam or juice will escape.

Put onto a baking sheet and bake at 300°F 30 to 40 min. Remove papers. Season chops with a mixture of

1 teaspoon salt

1/8 teaspoon pepper

8 servings

Veal in Creamy Ivory Sauce (Blanquette de Veau)

Since blanc means white, a blanquette is a dish notable for its whiteness. Hence, a blanquette is made with veal, lamb or white meat of poultry—covered with a white or creamy sauce.

Set out a 3-qt. saucepan.

Wipe with a clean, damp cloth and cut into 2-in. pieces

2 lbs. veal (breast or boneless shoulder)

Place meat into saucepan with

1 onion, cut in halves

1 carrot, cut in quarters

Herb Bouquet (page 66)

Add

Water just to cover

1 tablespoon salt

¼ teaspoon pepper

Cover and simmer about 2 hrs.

Meanwhile, clean and slice (page 4)

½ lb. mushrooms

Stirring constantly, add mushrooms to skillet with

3 tablespoons butter

½ cup sliced onions

Cook until onions are transparent.

Strain veal, reserving stock. Set mushrooms, onions and veal aside.

Melt in same saucepan

¼ cup butter

Stir in

¼ cup flour

Heat until mixture bubbles. Remove from heat. Gradually stir in 2 cups of liquid in which veal was cooked. Return to heat and bring rapidly to boiling, stirring constantly; cook 2 to 3 min. longer.

Remove from heat and vigorously stir about 2 tablespoons of the sauce into

2 egg yolks, slightly beaten

Immediately return the egg mixture to the sauce and stir constantly over low heat about 3 to 5 min. Add the cooked onions, mushrooms and meat.

Just before serving, blend in

1 tablespoon butter

1 teaspoon lemon juice

Garnish with chopped parsley and serve.

6 servings

Veal, Hunter Style

(Sauté de Veau Chasseur)

The province of Ile-de-France first applied the term "chasseur" to cookery. Now it is understood as the preparation of any kind of meat, game or poultry in a sauce of white wine, mushrooms and shallots.

Set out a large skillet and butter a 2-qt. casserole having a tight-fitting cover.

Heat in skillet

3 tablespoons butter

Wipe with a clean, damp cloth and place into skillet

6 veal round steaks (cutlets), about 1½

to 2 lbs., cut about ½ in. thick

Cook slowly 6 to 7 min. on each side without allowing meat to brown. Remove to casserole.

Clean and slice (page 4)

8 medium-size mushrooms

Add mushrooms to skillet with

6 shallots, chopped

Cook 3 to 5 min., stirring occasionally, without browning. Turn into casserole.

Heat in the skillet

1 cup white wine

1 cup Bouillon or Brown Stock
(page 7 or 66)

Pour over the meat. Add

1 teaspoon salt

¼ teaspoon pepper

Herb Bouquet (page 66)

Cover and bake at 325°F 1 to 1½ hrs., or until meat is tender, basting occasionally. Remove and discard Herb Bouquet. Remove and place meat on a warm platter and keep hot in oven.

Remove 2 to 3 tablespoons of the liquid and stir vigorously into

2 egg yolks, slightly beaten

Slowly add egg mixture to casserole, stirring rapidly. Return meat to casserole and place in oven about 10 min.

Meanwhile, hard-cook (see Gribiche Sauce, page 31) and slice

2 eggs

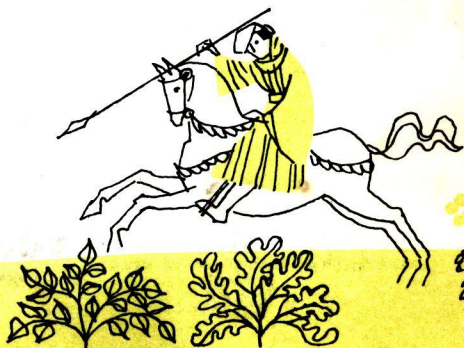
Use as a garnish with

Croûtons (page 66)

1 teaspoon minced parsley

1 teaspoon chopped tarragon

About 6 servings



Beef Fillets

(Tournedos aux Champignons)

Suitable for the finest occasion, tournedos are small steaks cut from the smaller part of the beef tenderloin.

Heat in a large, heavy skillet

2 to 3 tablespoons butter

Wipe with a clean, damp cloth

12 3-oz. tournedos or beef tenderloin steaks, cut about 1 in. thick and frenched (flattened)

Place as many tournedos in the skillet as will lay flat. Brown the tournedos in the butter over medium heat. When browned, turn and season tournedos with one-half a mixture of

2½ teaspoons salt

½ teaspoon pepper

Clean (page 4), cutting off stems ½ in. from caps of

12 medium-size mushrooms

Add mushrooms to skillet while meat is browning on second side.

Meanwhile, cut into rounds about the size of the tournedos

6 slices bread

Make croutons by browning bread on both sides in another skillet in

3 tablespoons butter

Place croutons on warm serving plate. Keep hot. When meat is browned on second side, sprinkle with remaining seasoning mixture. Arrange two tournedos on each crouton and top each tournedos with one mushroom.

Combine in skillet

¼ cup cream

¼ cup red wine

Heat cream-wine sauce and pour over the tournedos. Serve immediately.

6 servings

Marinated Beef, Provençal Style

(Daube de Boeuf à la Provençale)

Set out a large, heavy skillet having a tight-fitting cover.

Cut into 2-in. pieces

2½ lbs. beef, round or chuck

Put into deep bowl with

1½ cups thinly sliced onions

1 cup red wine

4 small carrots, sliced

¼ teaspoon thyme

2 cloves garlic, cut in halves

6 peppercorns

3 whole cloves

1 sprig parsley

Marinate (page 66) 2 to 3 hrs., turning the pieces from time to time in the marinade. Remove beef from marinade and set aside to drain thoroughly.

Place in skillet

8 slices bacon, diced

Cook slowly over low heat, turning frequently. Pour off and set aside fat as it collects. When bacon is evenly crisp and browned, remove and set aside.

Return to skillet and heat over medium heat

¼ cup bacon drippings

1 tablespoon olive oil

1 tablespoon lard

Brown meat on all sides in the hot fats. Add the carrots and onions from the marinade, the bacon pieces and

2 medium-size tomatoes, peeled (page 28) and chopped

Heat the marinade, strain and pour over the meat. Add

1 cup red wine

Cover and simmer about 2 hrs., or until meat is tender. Serve meat and sauce over 3 cups cooked macaroni.

6 servings

Beef à la Mode

(Boeuf à la Mode)

Characteristic of French meat cookery is the use of the larding needle. For Lardoons (Lardons) the needle is threaded with slender strips of fat pork and drawn through the lean of uncooked meat to give it added flavor and richness. Such needles are usually available in large department or hardware stores.

For Lardoons—Cut pork fat (salt or fresh) into thin strips the length of the roast and about ¼ in. wide. These pieces of fat are *Lardoons* and are used in meat lacking fat of its own, especially veal or lean beef. Thread strips into a larding needle. Draw lengthwise through the roast, from cut end to cut end, at 1½-in. intervals.

For Beef—Set out a deep kettle having a tight-fitting cover.

Wipe with a clean, damp cloth and lard roset as in *Lardoons*

4 lbs. boneless pot roast (rump, round, chuck)

Put the larded meat into a deep bowl. Add a mixture of

- 2 cups red wine**
- ½ cup chopped onion**
- 2 cloves garlic, quartered**
- 2 whole cloves**
- 1 bay leaf**
- ¼ teaspoon pepper**
- ⅛ teaspoon nutmeg**

Herb Bouquet (page 66)

Marinate (page 66) meat 2 to 3 hrs., turning occasionally. Drain meat and dry thoroughly. Strain and reserve marinade.

Coat meat evenly with mixture of

- ¼ cup flour**
 - 2 teaspoons salt**
 - ¼ teaspoon pepper**
- Heat in the deep kettle
- ¼ cup fat**

Brown meat on all sides in the hot fat. Drain off fat. Add the marinade and

- 1 veal knuckle**
- 2 cups red wine**
- 2 cups Bouillon (page 7 or 66), or just enough to cover the meat**
- 3 shallots, sliced, or ¼ cup chopped onion**

Cover tightly and bring to boiling. Reduce heat and simmer over low heat about 3½ hrs. Remove meat from broth and skim off fat. Strain broth.

Clean kettle and return meat and broth with

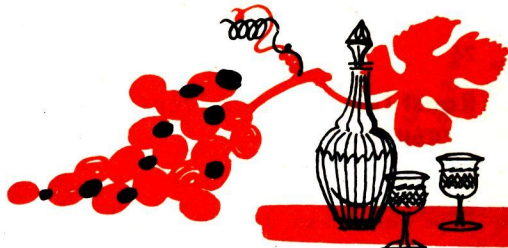
- 8 medium-size carrots, quartered**
- 8 small onions**
- ½ teaspoon salt**

Cover and bring to boiling. Reduce heat and cook slowly about 40 min., or until meat is tender. Remove meat to a warm platter. Take out veal bone, skim any fat from liquid.

If desired, to thicken the liquid see *Chicken Marengo* (page 17); substitute Bouillon for Consommé.

Arrange vegetables attractively around meat and pour sauce over both.

8 servings



Beef, Burgundy Style

(Boeuf à la Bourguignonne)

This gastronomical masterpiece is typical of a cookery designed to play up the wines for which Burgundy is so famous.

Set out a large, heavy skillet having a tight-fitting cover.

Prepare and cool

1 cup Bouillon (page 7 or 66)

Blend to a paste with

- 3 tablespoons flour**
- 1 tablespoon tomato paste**
- 1 teaspoon meat glaze (page 66)**

Set aside.

Wipe with a clean, damp cloth and cut into 3-in. pieces

2 lbs. lean beef, round or chuck

Heat in skillet

3 tablespoons bacon drippings

Add meat and brown on all sides. Remove from skillet and set aside.

Stir into skillet

2 tablespoons sherry wine

Add and cook until transparent, stirring occasionally

1½ cups chopped onion

Blend in tomato paste mixture. Bring rapidly to boiling, stirring constantly. Then stir in

1 cup Burgundy or other red wine
Herb Bouquet (page 66)

Replace beef. Cover and simmer over low heat about 2½ to 3 hrs., or until meat is tender.

Meanwhile, clean and slice (page 4)

12 medium-size mushrooms

Heat in a small skillet

¼ cup butter

Sauté mushrooms until lightly browned. Add to meat about 15 min. before meat is done.

Complete cooking, remove and discard Herb Bouquet, and turn meat into a casserole or serving dish. Sprinkle with parsley.

4 servings

Roast Leg of Lamb, French Style (Rôti d'Agneau)

Set out roasting pan with rack.

Wipe with a clean, damp cloth

**5-to 6-lb. leg of lamb. (do not have
fell removed)**

Rub meat with mixture of

2 teaspoons salt

¼ teaspoon pepper

Cut several small slits in surface of meat. In
each slit insert

1 sliver of garlic

Melt

3 tablespoons butter

Use butter to brush meat frequently during
roasting.

Place meat, skin-side down, on rack in open
roasting pan. Insert roast meat thermometer
as directed in recipe for Ham Baked in Pastry
Shell (page 27).

Roast uncovered at 300°F about 2½ to 3½ hrs.,
or until meat thermometer registers 180°F
(allow 30 to 35 min. per lb.).

Remove meat from pan to a warm platter and
pour off fat from drippings in pan.

For Gravy—Make a gravy by stirring into
drippings in pan

**1 cup cold Bouillon (page 7 or 66)
or water**

Bring to boiling over direct heat. Stir con-
stantly.

Season with mixture of

½ teaspoon salt

¼ teaspoon pepper

10 to 12 servings

Mutton, Saint-Menehould Style (Mouton Saint-Menehould)

*The procedure used here, original to Saint-
Menehould, is unusual in that it requires three
cooking methods. Mutton is specified, for, like
champagne, it is one of the choicest products
of the region.*

Set out a large skillet having a tight-fitting
cover.

Prepare and set aside

3 cups Bouillon (page 7 or 66)

Melt in skillet

¼ cup butter

Wipe with a clean, damp cloth and cut into
serving-size pieces

3 to 4 lbs. mutton shoulder, boned

Place in skillet and brown meat on both sides.
Sprinkle meat with a mixture of

1½ teaspoons salt

¼ teaspoon pepper

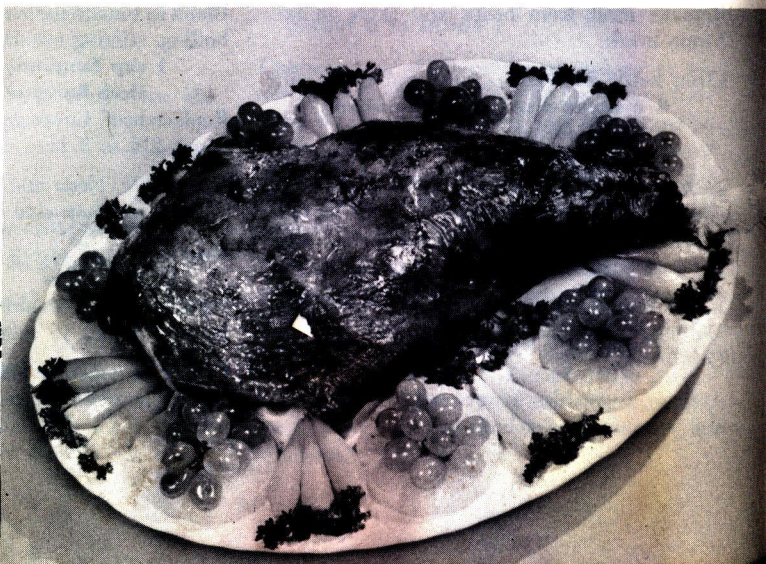
Remove meat to warm dish.

Cook in skillet, until vegetables are tender,
stirring occasionally

¾ cup (about 3 small) sliced carrots

**1 cup (about 2 medium-size) thinly
sliced onions**

**Roast Leg
of Lamb,
French Style**





- 1 leek (white part only), sliced
- 4 peppercorns
- 2 sprigs parsley
- 1 bay leaf

✓ ¼ teaspoon thyme

Return meat to skillet and add Bouillon. Cover and bring just to boiling. Reduce heat and simmer 2 to 2½ hrs., or until meat is tender. Remove meat from skillet and drain. Cool slightly.

Remove herbs and peppercorns from liquid left in the skillet. Reduce liquid (page 66) and serve as sauce with the meat.

Meanwhile, roll pieces of meat in

- 1 cup (about 3 slices) fine dry bread crumbs

Dip meat into a mixture of

- 2 eggs, slightly beaten
- 2 tablespoons water

Roll meat again in crumbs.

Arrange meat on broiler rack. Set temperature control at Broil. Place in broiler with top of meat 3 in. from source of heat. Turning once, brown on both sides.

5 or 6 servings

Ham Baked in Pastry Shell

(Jambon en Croûte)

Excellent for festive occasions and the buffet table, ham wrapped in pastry is native to Morvan and popular in many other sections of France.

Follow directions on wrapper or wipe with clean, damp cloth

10- to 12-lb. ham

Place ham, fat-side up, on rack in open roasting pan. Insert roast meat thermometer so that the bulb will reach the center of the thickest part but not rest in fat or on bone.

Roast at 300°F 3½ to 4½ hrs., until meat thermometer registers 160°F to 170°F. (allow about 22 min. per pound).

One hour before ham is done, remove from oven and pour off drippings from pan. If rind has not been removed, trim off, leaving ½ in. thickness of fat.

For Glaze—Pour by spoonfuls over fat surface about one-half of

- 1 cup Madeira, champagne or other white wine

Sprinkle with

- ½ cup confectioners' sugar

Carefully spoon remaining wine over sugar. Return ham to oven and baste every 20 min. until well glazed and browned. Remove from oven. Drain ham on absorbent paper.

Set oven temperature regulator at 425°F.

Meanwhile, prepare

- Pastry for Meat Pies (three times recipe, page 45)**

To Encase Ham—On well-floured surface roll the prepared pastry ½ in. thick and shape to size large enough to enfold the ham. Place the ham, glazed side down, on the pastry. Wrap quickly and carefully. Moisten the edges of the pastry with cold water or milk. Pinch them together tightly. Turn the ham over and put it onto a clean rack in a clean roasting pan with the sealed side down.

If desired, cut fancy shapes such as leaves and flowers from the trimmings of the dough. Moisten underside of each with cold water and arrange in a design on dough-encased ham.

Brush onto the pastry a mixture of

- 1 egg, slightly beaten
- 2 tablespoons cold water

Cut a few slits in the dough to allow steam to escape. Return ham to oven 15 to 18 min., or until pastry is golden brown. Allow ham to stand at least 30 min. before carving.

To serve, remove the crust and serve pieces with ham slices. Accompany the ham, as the French do, with purée of spinach or with small green peas.

About 20 servings



Sauces

(SAUCES)



The world-wide reputation of French cuisine is due in part to its sauces. By using them, the greatest French chef as well as the homemaker can add flavor where flavor is lacking and solve the age-old problem of varying the daily menu.

The Frenchwoman has infinite patience when preparing food. Follow these methods and duplicate her sauces. Generally she uses bouillon or stock for liquid. If there is no stock pot at hand, meat bouillon cubes or concentrated meat extract make excellent substitutes for brown stock, and chicken bouillon cubes for white stock. The French homemaker blends seasonings discreetly and subtly; onions are cooked in the fat; carrot slices and herbs are cooked in the sauce, then strained out. She cooks sauces slowly to blend and concentrate flavors. Frequently wine is used for its delicate bouquet.

You, too, can turn an ordinary dish into a gourmet's delight with these sauces.

Brown Roux or Paste

(Roux Brun)

Used for thickening brown sauces, this paste can be made in advance and kept in the refrigerator until needed.

Melt in a heavy saucepan or skillet

1 cup fat or meat drippings

Blend in with a fork

1½ cups flour

Place over low heat. Stir constantly to distribute heat evenly. The roux is cooked when the mixture acquires a light brown color. Cover and store in refrigerator.

About 2 cups roux

Provençal Sauce

(Sauce Provençale)

Wash and place in boiling water 1 min.

6 medium-size tomatoes

Peel, remove seeds and chop.

Heat in a saucepan

2 tablespoons olive oil

½ clove garlic, crushed

Add the tomatoes and

1 teaspoon chopped parsley

½ teaspoon salt

⅓ teaspoon pepper

Cook gently 30 min. Serve hot over sliced cooked meat or croquettes.

About 1½ cups sauce

Green Herb Sauce

(Sauce Ravigote)

The name for this sauce comes from the word "ravigoter," meaning "to revive." This indicates that it will whet the appetite. Although used most often with poultry or eggs, variety meats and leftovers also benefit from its flavor.

Simmer in a saucepan

½ cup white wine

¼ cup tarragon or wine vinegar

1 shallot, minced

When the liquid is reduced to less than one-half (page 66), add

2 cups Velvet Sauce (page 29)

Heat.

Just before serving, thoroughly blend in

2 tablespoons butter**1 teaspoon minced chervil****1 teaspoon minced tarragon****1 teaspoon chopped chives**

Serve hot.

About 2¼ cups sauce

Velvet Sauce**(Sauce Velouté)****▲ Base Recipe**

A relative of white sauce, Velvet Sauce is wonderful with croquettes, baked fish or eggs. When served with fish, it is made with White Stock (page 7) which has been prepared from fish or fish trimmings, and is called Fish Veloute. For Chicken or Veal Veloute, vary the basis of the stock using chicken or veal.

Melt in a saucepan over low heat

3 tablespoons butter

Stir in until well blended a mixture of

3 tablespoons flour**¼ teaspoon salt****⅛ teaspoon white pepper**

Heat until mixture bubbles. Remove from heat and gradually stir in

½ cup cold White Stock (page 7) or consommé (page 66)

Return to heat and bring rapidly to boiling, stirring constantly; cook 1 to 2 min. longer. Blend in gradually

1 cup cold White Stock

Boil 1 to 2 min., stirring constantly, until thick and smooth. Stir in

½ teaspoon nutmeg

Serve hot.

About 1½ cups sauce

—Béchamel Sauce**(Sauce Béchamel)**

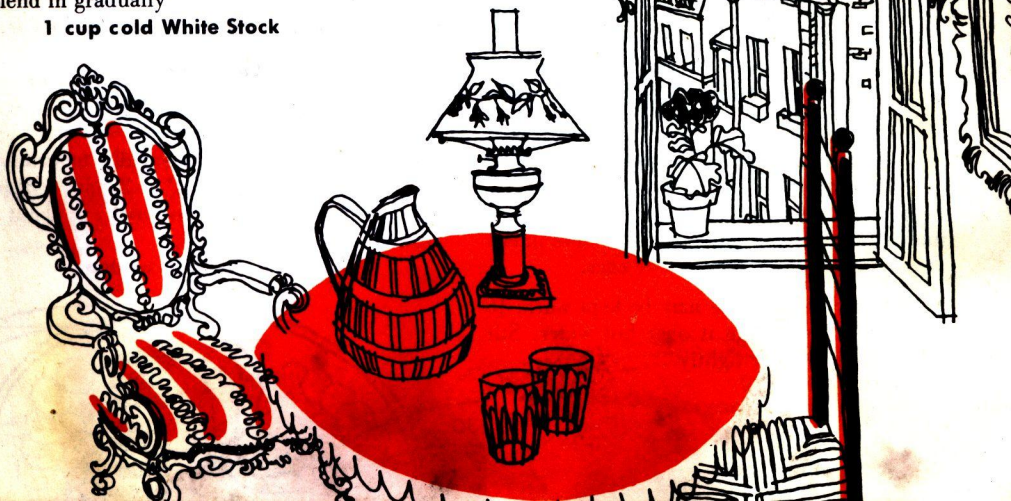
This sauce is named for its originator, Louis de Bechamel, Lord Steward of the Household in the Court of King Louis XIV.

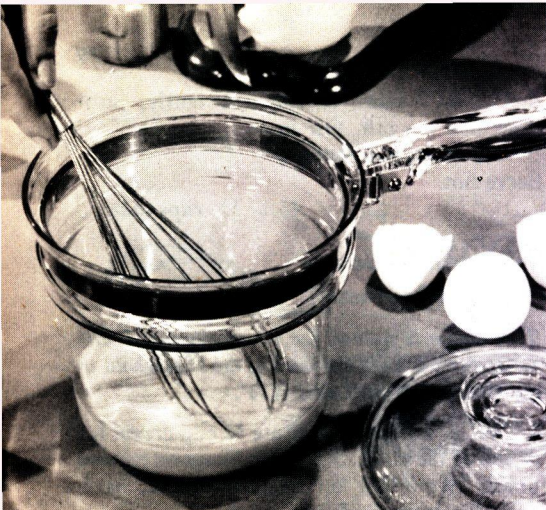
Follow Δ Recipe. Substitute $\frac{3}{4}$ cup cream for $\frac{3}{4}$ cup of the stock. Stir in 1 tablespoon minced onion. Serve hot on vegetables, fish, hard-cooked eggs or poultry.

—Normandy Sauce**(Sauce Normande)**

The flavor of almost any vegetable may be enhanced with this sauce. Use it freely with these—celery, carrots, cauliflower, asparagus, green peas or salsify—all typical of Normandy.

Follow Δ Recipe. Substitute $\frac{1}{2}$ cup cream and 1 cup cider for stock. Blend in $\frac{1}{4}$ teaspoon lemon juice with nutmeg.





HOLLANDAISE SAUCE: Beat egg yolks and cream in the top of the double boiler with a wire whisk.



Remove double boiler from heat; beat butter, $\frac{1}{2}$ teaspoon at a time, into thickened mixture.

Hollandaise Sauce

(Sauce Hollandaise)

▲ Base Recipe

Set out a small double boiler.

In the top of the small double boiler, beat with a wire whisk until thickened and light colored

2 egg yolks

2 tablespoons cream

Blend in

$\frac{1}{4}$ teaspoon salt

Few grains cayenne pepper

Place top of double boiler over hot (not boiling) water. (Bottom of double boiler top should not touch water.)

Add gradually, beating constantly

2 tablespoons lemon juice or tarragon vinegar

Cook over low heat, beating constantly with the whisk until sauce is the consistency of thick cream. Remove double boiler from heat, leaving top in place.

Add, beating constantly, $\frac{1}{2}$ teaspoon at a time
 $\frac{1}{2}$ cup butter

Beat with whisk until butter is thoroughly melted and blended into mixture. Serve immediately with vegetables, fish or eggs.

If necessary, this sauce may be kept warm 15 to 30 min. by setting it over hot water. Stir occasionally. Cover tightly.

1 cup sauce

—Béarnaise Sauce

(Sauce Béarnaise)

Follow Δ Recipe. Crush 1 peppercorn and add with the salt. Blend in, after the butter, 3 tablespoons finely chopped fresh herbs such as tarragon, chervil, shallots (or green onion or chives) and parsley.

Mornay Sauce

(Sauce Mornay)

This French cheese sauce may be served over fish or vegetables, or as a topping for a casserole.

Melt in top of double boiler over low heat

3 tablespoons butter

Stir in until well blended

3 tablespoons flour

Heat until mixture bubbles. Remove from heat and gradually stir in

$\frac{3}{4}$ cup cold White Stock (page 7) or consommé (page 66)

$\frac{3}{4}$ cup cream

Return to heat and bring rapidly to boiling, stirring constantly; cook 1 to 2 min. longer. Remove from heat and vigorously stir about 3 tablespoons of sauce into

2 egg yolks, slightly beaten



Immediately return mixture to double boiler. Cook over simmering water 3 to 5 min. Stir slowly to keep mixture cooking evenly. Cool slightly. Add at one time and blend in until cheese is melted

½ cup grated Parmesan or finely-cut Gruyère cheese

1 tablespoon butter

Serve hot.

About 2 cups sauce

Gribiche Sauce

(Sauce Gribiche)

For Hard-Cooked Eggs—Put into a saucepan and cover with cold or lukewarm water

3 eggs

Cover. Bring water rapidly to boiling. Turn off heat. If necessary to prevent further boiling, remove from source of heat. Let stand covered 20 to 22 min. Plunge cooked eggs promptly into running cold water. Immediately crackle shells under water. Roll egg between hands to loosen shell. When cooled, start peeling at large end.

Note: Eggs are a protein food and therefore, should never be boiled.

Separate egg whites from egg yolks and set aside. Force egg yolks through ricer or sieve. Blend into egg yolks, making a paste

1 teaspoon prepared mustard

½ teaspoon salt

⅓ teaspoon pepper

Beat in, 1 teaspoon at a time, gradually increasing amounts of each addition

1½ cups olive oil

When smooth, gradually beat in

½ cup vinegar

Stir in

3 sweet gherkins, chopped fine

2 teaspoons chopped parsley

2 teaspoons chopped chervil

2 teaspoons chopped chives or tarragon

Cut whites of the hard-cooked eggs into thin strips and blend into the sauce. Serve with cold fish.

About 2 cups sauce

Wine-Merchant or Bercy Sauce

(Sauce Bercy)

Cook slowly without browning, stirring occasionally

2 tablespoons butter

¼ cup chopped shallots

Blend in

1 cup white wine

1 cup fish stock

Simmer until reduced (page 66) to one-third the quantity. Stir in

⅔ cup Fish Velouté (Velvet Sauce, page 31; use fish stock for White Stock)

Continue slow cooking about 5 min., or until sauce is clear. Strain.

Just before serving stir in ½ teaspoon at a time

½ cup butter

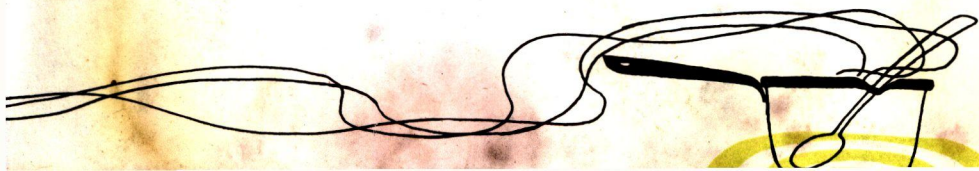
Blend in

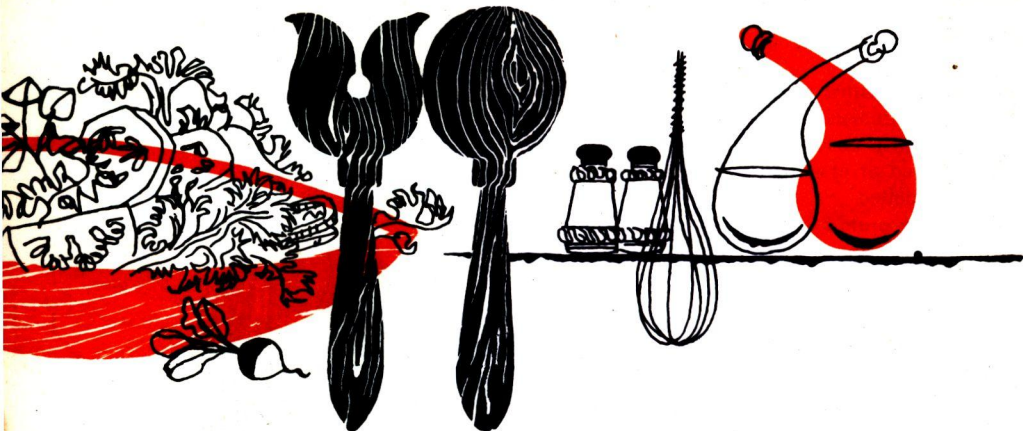
2 tablespoons chopped parsley

1½ tablespoons lemon juice

Serve hot with poached fish (Fish Poached in Court-Bouillon, page 15).

About 1¾ cups sauce





Maître d'Hôtel Butter (Beurre Maître d'Hotel)

Cream to blend

- $\frac{1}{2}$ cup softened butter
- 2 tablespoons lemon juice
- 2 teaspoons chopped parsley
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper

Serve with broiled meat, fish and poultry.
About $\frac{1}{2}$ cup butter

Mayonnaise with Garlic (Sauce Aioli)

This sauce, one of the glories of Provencal cookery, is served most often with fish or vegetables.

Peel

- 2 cloves garlic

Crush to a fine paste in a small bowl with

- $\frac{1}{2}$ teaspoon salt

Add, mixing well

- 1 egg yolk
- 1 tablespoon lemon juice
- $\frac{1}{2}$ teaspoon dry mustard

Beat thoroughly with rotary beater.

Add, 1 teaspoon at a time, at first

- $\frac{1}{2}$ cup salad oil

Gradually increase amounts of additions. Beat vigorously after each addition. Alternately beat in a little at a time

- $\frac{1}{2}$ cup salad oil
- 2 tablespoons lemon juice

If mayonnaise should separate because oil is added too rapidly, add mayonnaise gradually, beating constantly, into 1 egg yolk.

About $1\frac{1}{2}$ cups mayonnaise

French Dressing (Sauce Vinaigrette)

▲ Base Recipe

Combine in 1-pt. screw-top jar

- $\frac{3}{4}$ cup salad oil
- $\frac{1}{4}$ cup vinegar (cider, wine or tarragon)
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon dry mustard
- $\frac{1}{8}$ teaspoon pepper

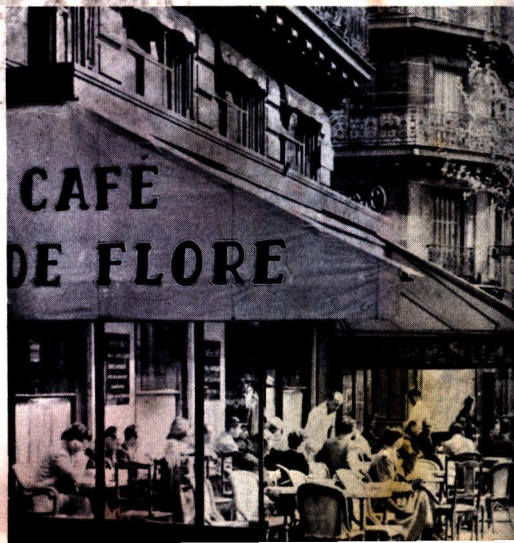
Shake well. Chill in refrigerator. Before serving, beat or shake thoroughly.

1 cup French Dressing

—French Dressing with Herbs (Sauce Vinaigrette aux Fines Herbes)

Follow Δ Recipe. Add 1 tablespoon mixture of chopped parsley, tarragon, chervil and chives.

A Sidewalk Cafe



French Pastries

To turn out pastries as lovely as any shown in the color photo following, you will need a cake decorating set, which includes a bag or gun, and various tubes for making flowers, leaves and other decorations.

Experiment with the set before you actually decorate any pastries; make your decorations on waxed paper—then you can scrape up the frosting and reuse it until you've mastered the designs.

Fill the bag or gun only two-thirds full with frosting; if you're using the bag, be sure to twist it securely at the top.

The more you practice, the easier decorating will become. After you've learned to control the pressure, you merely guide the tube in the right direction. The results will surprise and please you.

Chocolate Rolls—Mark 3-in. squares on waxed paper on baking sheet. Melt semi-sweet chocolate over hot water. Spread 1 teaspoon melted chocolate within borders of each 3-in. square. Cool at room temperature, then set in refrigerator to harden. To roll, loosen chocolate from paper. As chocolate softens and becomes pliable, roll it by slowly folding the waxed paper over itself, loosening the chocolate as you roll it. Chill immediately.

Chocolate Slabs—Melt semi-sweet chocolate over hot water, then pour onto waxed paper on baking sheet; spread to $\frac{1}{4}$ to $\frac{1}{2}$ -in. thickness. When chocolate has cooled and set, cut into slabs to fit sides of pastries or to decorate tops.

Decorating Chocolate—Melt semi-sweet chocolate over hot water, then cool it enough so it can be piped through decorating tubes (if chocolate is too thin, stir in a bit of confectioners' sugar).

HOW TO MAKE THE FRENCH PASTRIES SHOWN IN THE COLOR PHOTO

(See photo diagram following color photo)

Except for the Napoleons, Cherry Tarts, and Eclairs, follow the directions for French Pastries, (page 54), for preparing, cutting and frosting cakes. Finish decorating individual cakes as directed below. Decorating Frosting (page 61) is used for all decorations except for those specifying jelly, chocolate or Fondant Glaze (page 62).

1. Cover sides with chocolate shot. Top with Chocolate Rolls and sprinkle with sifted confectioners' sugar.

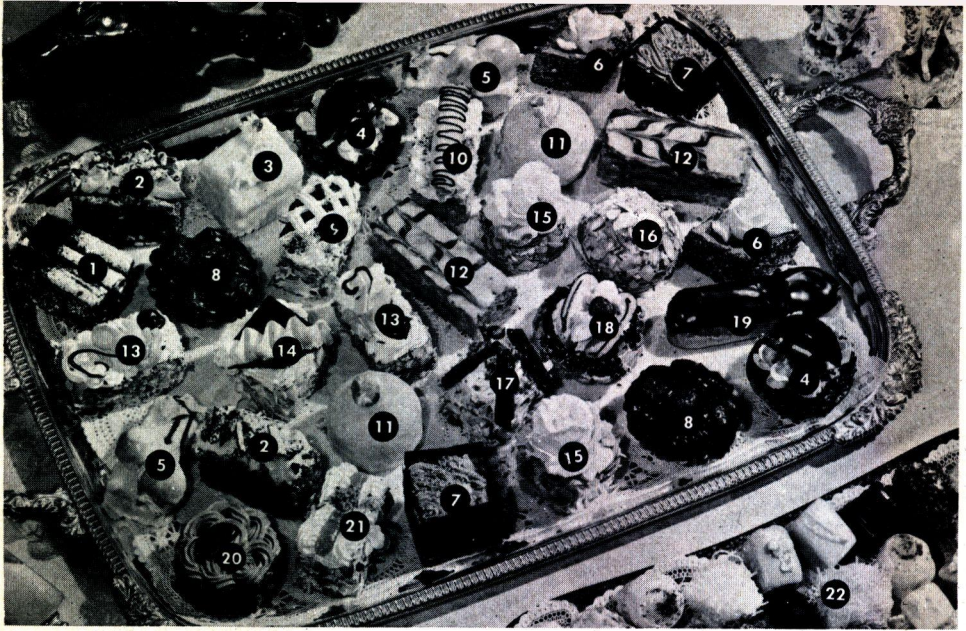
2. Cover sides with ground nuts. Using No. 103 decorating tube, make zigzag design on top. Sprinkle with chocolate shavings and confectioners' sugar.

3. Coat with Fondant Glaze rather than frosting. Use Decorating Frosting for decorations; make stem with No. 3 stem tube, leaf with No. 66 leaf tube, flower with No. 27 star tube. Dot center of flower with jelly.

4. Cover sides with chocolate shot. Make 6 flower buds with No. 103 flower tube, leaves with No. 66 leaf tube. Cut rounds from Chocolate Slab, then cut into halves; perch on pastry.

5. Top unfrosted cake with 2 maraschino cherries, then coat the whole with Fondant Glaze. Pipe Decorating Chocolate through No. 2 decorating tube for stems. Use No. 66 leaf tube for leaves. Brush cherries with diluted red food coloring for pink blush.

6. Cover sides with ground nuts. Use No. 103 flower tube to make rose. First pipe a small amount of frosting on center of cake to form a compact center of the rose. With pointed, narrow end of flower tube at top (up), hold tube parallel to the top of cake. Now, with the tube touching center (side) of frosting, make first petal by gently forcing frosting through tube; working around center, raise tube slightly, then lower tube, releasing pressure on tube as it is lowered.



Repeat, overlapping petals as you work; make petals wider as rose gets larger. For roses in full bloom, tip flower tube away from center for outside petals.

7. Using Chocolate Butter Frosting (page 60), make zigzag design over top of pastry with No. 27 star tube; sprinkle with ground nuts. Press Chocolate Slabs into frosting around sides.

8. Make tart shells (see Small Tarts, page 44). Fill tarts with fresh, ripe, sugared strawberries. For glaze, spoon currant jelly over top. The jelly can be liquefied by beating with a fork. Red food coloring may be mixed into jelly for brighter red.

9. Cover sides with sliced almonds. Make criss-cross design on top with No. 27 star tube. Fill squares with jelly, using No. 6 decorating tube. Sprinkle with ground nuts.

10. Cover sides with sliced almonds. Top with Rolled Wafer (page 52). Trim wafer with Decorating Chocolate, using No. 2 decorating tube. Make zigzag design on each side of wafer with No. 27 star tube; sprinkle with ground nuts.

11. Stack several rounds of cake on each other, then trim with scissors to form pear shape; coat with Fondant Glaze rather than frosting; splash with food coloring for blush. Use No. 66 leaf tube at top of pear.

12. Make Napoleons (page 49). For design, pipe Decorating Chocolate through No. 4 decorating tube in parallel lines across width of cake; draw wooden pick lengthwise across chocolate lines before chocolate hardens.

13. Cover sides with sliced almonds. Make zigzag design over top with No. 27 star tube. Make bud with No. 103 flower tube. Use No. 66 leaf tube

for leaf. Make dot of jelly on top with No. 6 decorating tube.

14. Cover sides with sliced almonds. Decorate top with No. 27 star tube. Poke triangles cut from Chocolate Slab into frosting on top of cake. Use No. 102 flower tube for zigzag between triangles.

15. Cover sides with sliced almonds. Using No. 104 flower tube, make rose as directed in pastry. **6.** Make leaves with No. 67 leaf tube.

16. Stack 2 cake rounds, then trim to form ball; spread with Butter Cream Frosting (page 60); cover with sliced almonds. Sprinkle with confectioners' sugar.

17. Cover sides with sliced almonds. Cover top with Decorating Frosting using No. 21 star tube, finally forming a peak in center. Press 4 Chocolate Rolls into peak as pictured. Sprinkle with chopped nuts.

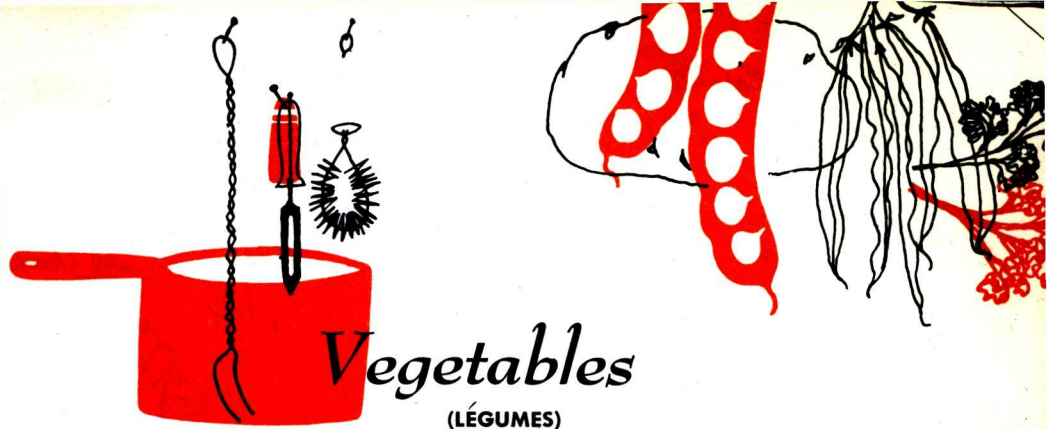
18. Cover sides with chocolate shot. Poke small oval cookies at an angle into frosting. Pipe Decorating Chocolate on cookies through No. 2 decorating tube. Place candied cherry in center as pictured, and make leaves with No. 66 leaf tube.

19. Make Eclairs (page 47).

20. Use Chocolate Butter Frosting (page 60). Cover sides with chocolate shot. Make overlapping rings with No. 27 star tube. Make jelly center with No. 6 decorating tube.

21. Cover sides with sliced almonds. Use No. 27 star tube to make scroll design as pictured. Pipe apricot jam through No. 8 decorating tube to make center stripe. Sprinkle with ground nuts.

22. The cakes in the lower right-hand corner are Small Fancy Cakes or Petits Fours (page 54).



Vegetables are served as the main dish in France, but more often as a separate course following the meat. From the asparagus of early spring to the Brussels sprouts of late fall and on through the root vegetables of wintertime, these health-giving foods provide a variety of distinctive flavors. Their tops and outer leaves, too, give appropriate seasonings for soups and other dishes.

Green Peas, French Style (*Petits Pois à la Française*)

To retain their delicate flavor, shell just before using

3 lbs. fresh peas

In a heavy saucepan having a tight-fitting cover lay

5 or 6 outer lettuce leaves

Gently mix the peas with

12 small onions

2 sprigs chervil (or parsley)

½ cup butter, softened

2½ teaspoons sugar

2 teaspoons salt

Put this mixture onto the bed of lettuce.

Sprinkle with

3 tablespoons water

Cover and cook over low heat about 15 min., or until the peas are tender but still moist. Remove from heat.

Shred the lettuce with scissors and gently mix with the peas. Toss with

1 tablespoon butter

6 servings

Mushrooms, Bordelaise Style (*Cèpes à la Bordelaise*)

Clean (page 4), cutting off stems ½ in. from caps of

½ lb. mushrooms

Slice through the stems. Season with

½ teaspoon salt

¼ teaspoon pepper

Heat in a skillet

¼ cup olive oil

Add the mushroom caps and stems and

1 clove garlic, crushed

Cook slowly, stirring gently, about 5 min.

Immediately add

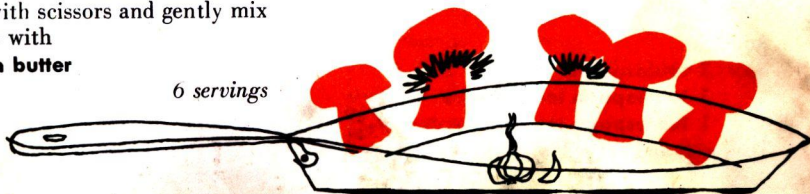
2 shallots, minced

Continue to sauté about 5 min., stirring constantly. Sprinkle with

1 teaspoon minced parsley

Serve at once in a hot dish.

2 to 4 servings





*Carpe
vive carpe
laitée.*

*L'escaille' a trois pour un sols
marqué, a Coupé a Coupé.*



*du Selery
Chicorée
blanche.*



Moutarde

Les Cris de Paris.



Green Beans, Lyonnaise Style (Haricots Verts à la Lyonnaise)

Set out a large, heavy skillet.

Rinse, break off ends and cut lengthwise into fine strips

1 lb. green beans

Place beans in saucepan with

½ cup boiling water

½ teaspoon salt

Cook loosely covered 15 min., or until tender.

Meanwhile, melt in a skillet

3 tablespoons butter

Add and cook until transparent, stirring occasionally

1 cup (about 2 medium-size) thinly sliced onions

Drain beans and add to skillet with mixture of

½ teaspoon salt

¼ teaspoon pepper

¼ teaspoon nutmeg

Sauté 5 min.

Add

3 tablespoons butter

1 tablespoon lemon juice

1 tablespoon minced parsley

Toss well and serve.

4 servings

Duchess Potatoes

(Pommes de Terre Duchesse)

Wash, pare and cut into quarters

1 lb. (about 3 medium-size) potatoes

Cover and cook in boiling salted water to cover 15 to 25 min., or until tender. Drain well. Shake saucepan over low heat until dry. Force potatoes through a sieve into a saucepan. Add

1 tablespoon melted butter

Using a wooden spoon, work into potatoes

2 egg yolks (or 1 egg, for softer mixture)

Season with a mixture of

½ teaspoon salt

¼ teaspoon white pepper

If potatoes are to be used later, brush a little butter over top to prevent a crust from forming. If prepared immediately, divide the mixture into small portions. Roll each portion on a floured surface, shaping as desired.

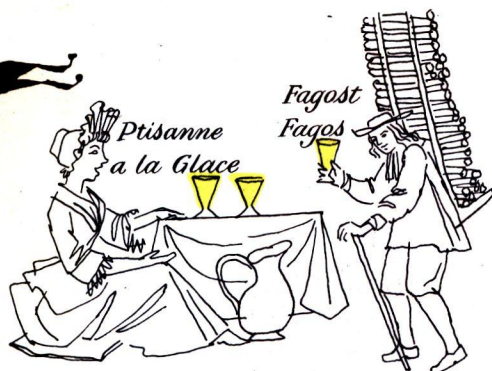
Brown in skillet over medium heat, turning as necessary, in

¼ cup butter

Or brush with melted butter and brown in oven at 450°F.

This mixture is popular also as a garnish. Force through a No. 7 star pastry tube to form spiral-shape patties or a ring around a heat-resistant serving platter. Brown in 450°F oven.

3 or 4 servings



Celery in Almond Sauce (Céleri Amandine)

Blanch, toast (page 3) and sliver

1 cup (about 5½ oz.) almonds

Set almonds aside.

Trim roots and cut off leaves from

1 lb. celery

(Leaves may be used for added flavor in soups and stuffing; inner leaves may be left on stalk when serving as a relish.) Separate celery stalks, remove blemishes and wash. Slice celery crosswise into ¾- to 1-in. thick pieces.

Melt in a 2-qt. heavy saucepan having a tight-fitting cover

¼ cup butter

½ teaspoon salt

¼ teaspoon white pepper

Add celery pieces to saucepan, cover and cook over low heat about 20 min., or until celery is tender. Uncover saucepan once during cooking and stir in

1½ tablespoons finely grated onion

1 tablespoon finely chopped chives

When celery is tender, stir in a mixture of

1 tablespoon flour

1 teaspoon salt

½ teaspoon white pepper

Heat until mixture bubbles. Remove from heat and add gradually, stirring constantly

1 cup cream

½ cup double strength consommé
(dissolve 1 chicken bouillon cube
in ½ cup hot water)

Return to heat and bring rapidly to boiling, stirring constantly; cook 1 to 2 min. longer. Stir in the slivered almonds. Serve immediately.

4 to 6 servings



Creamed Spinach, Morez Style (Épinards à la Mode de Morez)

Although the flavor of this dish suggests that Morez means "more!" actually it's the name of a town in the Jura Mountains.

Set out a large, heavy skillet.

Remove and discard tough stems, roots and bruised leaves from

3 lbs. spinach

Wash leaves thoroughly by lifting up and down several times in a large amount of cold water. Lift leaves out of water each time before pouring off water. When free from sand and gritty material, transfer spinach to a heavy saucepan. Partially cover and cook 8 to 10 min., using only the water clinging to leaves. Drain, chop and set aside.

Heat in large skillet

3 tablespoons butter

Add and cook until onion is transparent, stirring occasionally

½ cup chopped onion

1 clove garlic, minced

Add the chopped spinach and sprinkle with

¼ teaspoon nutmeg

Cook, stirring constantly, until spinach is well heated. Blend in

½ cup cream

Serve with sausage or fried ham slices.

6 to 8 servings



Breads, Rolls and Doughs

(PAINS, PETITS PAINS ET PÂTES)

The crisp, crusty loaf that we know as French bread is an everyday staple food of the Frenchman. He regularly enjoys brioches, lighter and richer, but just as commonplace as French bread. The Frenchman's bread basket also contains croissants, those popular crescent-shape rolls made with yeast.

French Bread (Pain Français)

Here is a recipe for the most typical of French breads—a bread with flavor and fragrance. The long, slender loaf is crisp and golden outside, moist and soft inside.

Lightly butter 15½x12-in. baking sheet and sprinkle with cornmeal or farina.

Soften

1 pkg. active dry yeast

in

¼ cup warm water (110° F to 115° F.

If using compressed yeast, soften

1 cake in ¼ cup lukewarm water, 80°F to 85°F.)

Let yeast stand 5 to 10 min.

Meanwhile, put into a large bowl

2 tablespoons butter

1 tablespoon sugar

1½ teaspoons salt

Pour over ingredients in bowl

¾ cup hot water

Stir until shortening is melted. When mixture is lukewarm, blend in, beating until smooth

½ cup sifted flour

Stir softened yeast and add, mixing well.

Measure

¾ cups sifted flour

Add about one-half the flour to yeast mixture and beat until very smooth. Mix in enough remaining flour to make a soft dough. Turn mixture onto a lightly floured surface. Allow to rest 5 to 10 min.

Knead the dough by folding the opposite side toward you. Using heels of hands, gently push dough away. Give dough a quarter turn. Repeat kneading process rhythmically until dough is smooth and elastic, 5 to 8 min., using as little additional flour as possible.

Select a deep bowl just large enough to allow dough to double. Warm it or rinse in hot water and dry; butter lightly. Shape dough into a smooth ball and place in bowl.

Grease surface lightly by turning ball in bottom of bowl. Turn greased side up. Cover with

waxed paper and a towel. Let rise in a warm place (about 80°F) until doubled (about 1½ to 2 hrs.).

Punch down with fist. Fold edge toward center and turn dough over. Cover. Let rise again until almost doubled (about 45 min.). Punch down again; turn onto a lightly floured surface.

Roll dough into a 14x8-in. oblong. Roll up tightly into a long slender loaf. Pinch ends to seal. With palms of hands, gently roll dough back and forth, pulling to lengthen and taper the ends.

Place diagonally on prepared baking sheet. Make diagonal cuts with a sharp knife at 2-in. intervals, ¼ in. deep. Brush with part of a mixture of

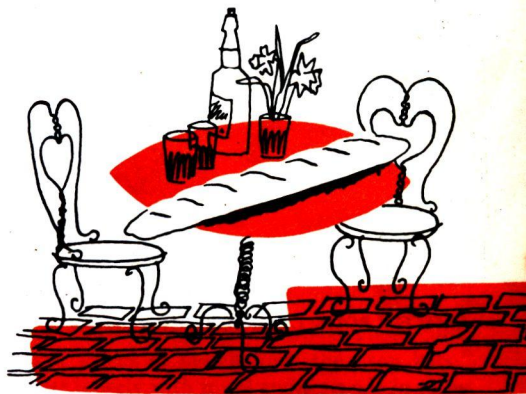
1 egg white, slightly beaten

1 tablespoon water

Cover loosely with a towel and set aside in a warm place until doubled.

Brush again with egg white mixture and bake at 425°F 10 min. Brush again and reduce

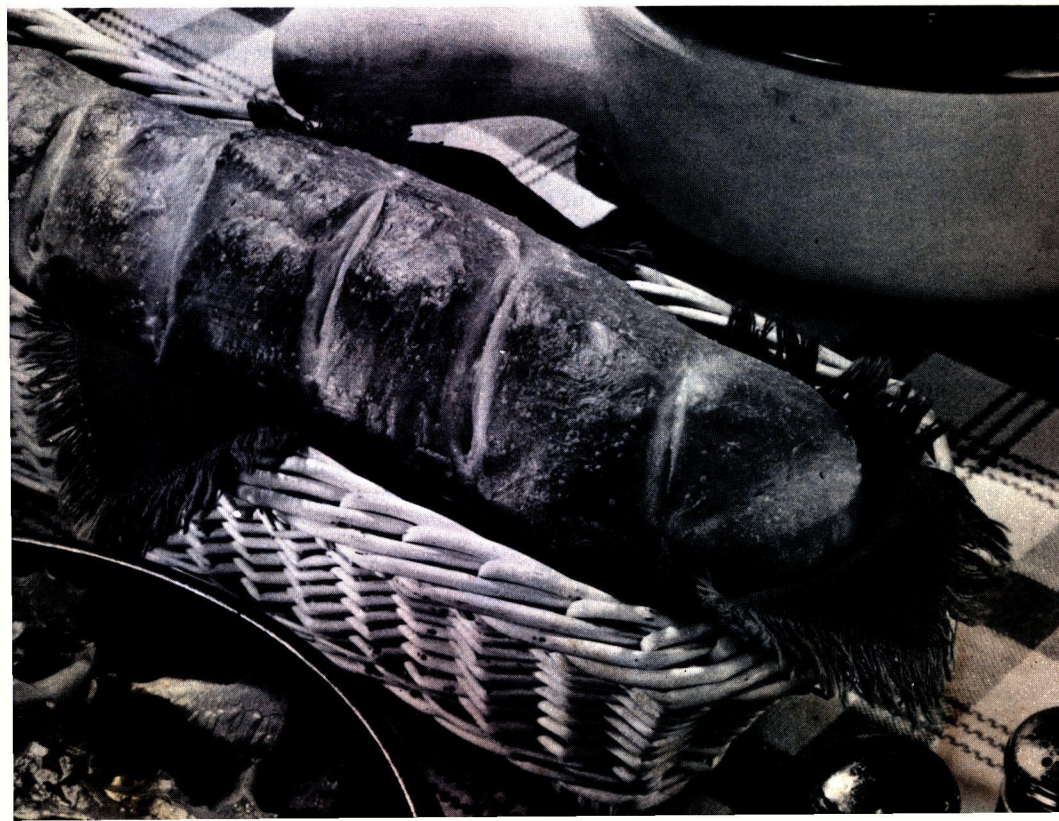
temperature to 375°F. Bake 15 min. Brush again. Continue baking about 20 min., or until bread is golden brown.



To increase crustiness, place a flat pan on bottom of oven and fill with boiling water at beginning of baking period.

1 loaf French Bread

French Bread and Green Salad





CRESCENT ROLLS: Cut dough into wedges and roll

Crescent Rolls (Croissants)

Croissants are favorite French rolls, tender and flaky with butter, light with yeast.

Soften

1 pkg. active dry yeast

in

¼ cup warm water (110° F to 115° F.

If using compressed yeast, soften

1 cake in ¼ cup lukewarm water, 80° F to 85° F.)

Let yeast stand 5 to 10 min.

Meanwhile, scald (page 4)

1 cup milk

Pour scalded milk into a large bowl and stir in

1 tablespoon sugar

1 teaspoon salt

Cool to lukewarm. Stir softened yeast and add with about

3 cups sifted flour

(Use enough flour to make a soft dough.) Turn onto a lightly floured surface and knead until smooth and elastic (see French Bread, page 40. The French hold the dough in one hand and beat it at least 100 times against the pastry board.)

Select a deep bowl, just large enough to allow dough to double. Warm it or rinse in hot water and dry; butter lightly.

Shape dough into a smooth ball and place into bowl. Grease surface lightly by turning ball in bottom of bowl. Turn greased side up. Cover with waxed paper and towel. Let rise in a warm place (about 80° F) until doubled.

Punch down with fist. Fold sides toward center. Turn ball smooth-side up and set aside. (Cover and allow to rise again if hard wheat flour was used. Omit this rising if using soft wheat flour.)

Place into a large bowl of cold water and ice cubes or chipped ice

¾ cup butter

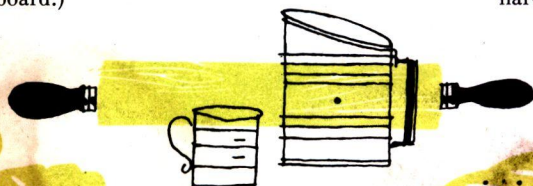
Work butter with hands. Break it into small portions and squeeze each in water about 20 times or until butter is pliable and waxy. Remove and wipe off excess water. Divide into three equal portions. Wrap each in waxed paper and chill in refrigerator until firm.

On a lightly floured surface, roll dough into a rectangle ¼ to ½ in. thick. Dot center third of rolled dough with one portion butter, cut in small pieces. Cover butter with right-hand third of dough. Fold left-hand third under butter section. With rolling pin, gently press down and seal the three, upper, open edges. Wrap dough in waxed paper and chill 30 min.

Remove dough from refrigerator and place on lightly floured surface with butter section near top, narrow width toward you. Turn one-quarter way around, to have open edge away from you, and roll to original size. Repeat twice the procedure for folding, sealing and chilling, using second and third portions of butter. Each time place on floured surface, turn and roll as directed.

Butter lightly 15½x12-in. baking sheet.

Place dough on floured surface and cut into halves. Roll each piece into a round ¼ in.



thick. Cut each round into 12 pie-shape wedges. Roll up beginning at wide end. Fasten end by brushing tip with part of a mixture of

1 egg yolk, slightly beaten

1 tablespoon milk

Place rolls on baking sheet with points underneath. Curve into crescents. Cover lightly with a towel and let rise in a warm place about 1 hr., or until doubled.

Brush with remaining egg mixture and bake at 425°F 15 to 20 min., or until rolls are golden brown.

24 Crescent Rolls

Small Brioches

(Petites Brioches)

The characteristic little "top hats" lend enchantment to these rich French rolls.

Soften

1 pkg. active dry yeast

in

¼ cup warm water (110°F to 115°F.

If using compressed yeast, soften

1 cake in ¼ cup lukewarm water, 80°F to 85°F.)

Let yeast stand 5 to 10 min.

Scald (page 4)

½ cup milk

Meanwhile, put into a large bowl

¾ cup softened butter

¼ cup sugar

¼ teaspoon salt

Pour scalded milk over butter mixture in bowl. Allow to stand until lukewarm. Mix in thoroughly

½ cup sifted flour

Stir softened yeast and add, mixing well. Beat in with large spoon

1½ cups sifted flour

Beating well after each addition, add one at a time

3 eggs

4 egg yolks

Beating in enough to form a soft dough, add about

2 cups sifted flour

Beat thoroughly at least 5 min. Turn into a deep buttered bowl just large enough to allow dough to double. Brush top surface with

Melted butter

Cover with waxed paper and a towel. Set aside in a warm place (about 80°F) to rise. When doubled, punch down with fist. Butter surface and cover again. Set in refrigerator about 12 hrs. or overnight. Punch dough down occasionally as it rises.

Remove dough from refrigerator. Place dough on lightly floured surface. Shape two-thirds of it into 2-in. balls. Place in buttered 3-in. muffin pan wells.

Form an equal number of small balls from remaining third of dough. Gently roll each ball to cone shape between palms of hands. With finger make an impression in center of larger balls. Insert tips of cones. These cone-shape pieces of dough form the "top hats." Cover loosely with towel and set aside in warm place until doubled.

Brush lightly with mixture of

1 egg yolk

1 tablespoon milk

Bake at 425°F 15 to 20 min.

About 18 brioches



Sweet Pastry

(Pâte Sucrée)

Sift onto a pastry board

1 cup sifted flour

Make a well in center, and in well work to a creamy mixture

¼ cup softened butter

¼ cup sugar

¼ teaspoon salt

1 egg

Quickly and thoroughly mix with the flour. Form into a large ball and wrap in waxed paper. Set aside in a cool place for at least 3 hrs.

Roll out as for Pastry for Tarts (page 44). Fit into a 9- or 10-in. pie pan. Complete and bake as directed in recipe used.

Or, prick and bake at 450°F 12 to 15 min., or until lightly browned.

Pastry for 9- or 10-in pie shell



For Small Tarts (See center color photo) —Invert small tart pan over dough and cut rounds about 1 in. larger than pan. Gently fit pastry rounds over outside of pans; avoid stretching. Trim off excess pastry. Gently press to pan. Prick entire surface with fork. Place inverted pan on baking sheet. Bake at 450°F 8 to 12 min.

Cool on rack and fill with any of the following

French Pastry Cream (page 60)

French Applesauce (page 57)

Any favorite chocolate or glazed fruit filling

Pastry For Tarts (Pâte Brisée)

Sift together into a bowl

1¾ cups sifted flour

1 tablespoon sugar

¼ teaspoon salt

Cut in with pastry blender or two knives until pieces are size of small peas

½ cup butter

Sprinkle, about 1 teaspoon at a time, over dry ingredients

4 to 6 tablespoons cold water

Blend with fork after each addition until dough can be gathered easily into a ball. Cut dough into halves. Shape each into a ball. (Part or all may be wrapped in waxed paper and stored in refrigerator until ready to use.)

Roll one ball of dough at a time on floured surface. Flatten and roll ⅛ in. thick, keeping shape round. With knife or spatula, loosen pastry from surface wherever sticking occurs; lift pastry slightly and sprinkle flour under it.

*Pastry for about twelve 4-in. tarts,
two 9-in. pastry shells
or one 2-crust pie*

For Pastry Shells—Roll pastry 2 in. larger than pie pan. Fold and transfer to pan. Fit in loosely and gently pat to fit; avoid stretching. Trim edges to overlap about ½ in. Fold excess pastry under at edge and press edges together with a fork, or flute (page 4). Prick bottom and sides of shell with a fork. Bake at 450°F 12 to 15 min., or until crust is light golden brown.

Note: Omit pricking if filling is to be baked in shell.

For 2-Crust Pie—For top crust, roll out one-half of dough and cut 1 in. larger than pie pan. Slit pastry with knife in several places to allow steam to escape during baking. Gently fold in half and set aside while rolling bottom crust.

Roll second half of dough and gently fit pastry into pie pan; avoid stretching. Trim pastry with scissors or sharp knife around edge of pan. Do not prick. Fill as desired.

Moisten edge with water for a tight seal. Carefully arrange top crust over filling. Gently press edges to seal. Fold extra top pastry under bottom pastry. Press edges together with fork, or flute (page 4).

Bake as directed for type of filling used.

For Pastry Topping—Mix $\frac{1}{2}$ cup (about 3 oz.) chopped, blanched almonds (page 3) with 2 teaspoons confectioners' sugar and sprinkle over top crust before baking.

Pastry For Meat Pies (Pâte pour Pâtés)

Sift together and set aside

$1\frac{3}{4}$ cups sifted flour

1 teaspoon salt

Cream until softened

$\frac{1}{3}$ cup butter

Work in, in order

2 tablespoons olive oil

1 egg yolk

Cut butter into sifted dry ingredients with pastry blender or two knives; blend until pieces are size of small peas. Stirring with a fork after each addition, add gradually to form a dough that will hold together, about

3 tablespoons water

Gather dough in waxed paper and gently squeeze into a ball. Store in refrigerator if not ready to use.

Remove paper and set dough on floured surface (large surface for ham casing in Ham Baked in Pastry Shell, page 27). To blend ingredients, knead (page 40) gently several times or until smooth. Cut ball into halves. (Leave uncut for ham casing.) Roll each half $\frac{1}{8}$ in. thick to proper size and shape on well-floured surface.

With spatula loosen pastry from surface wherever sticking occurs; lift pastry slightly and sprinkle flour underneath.

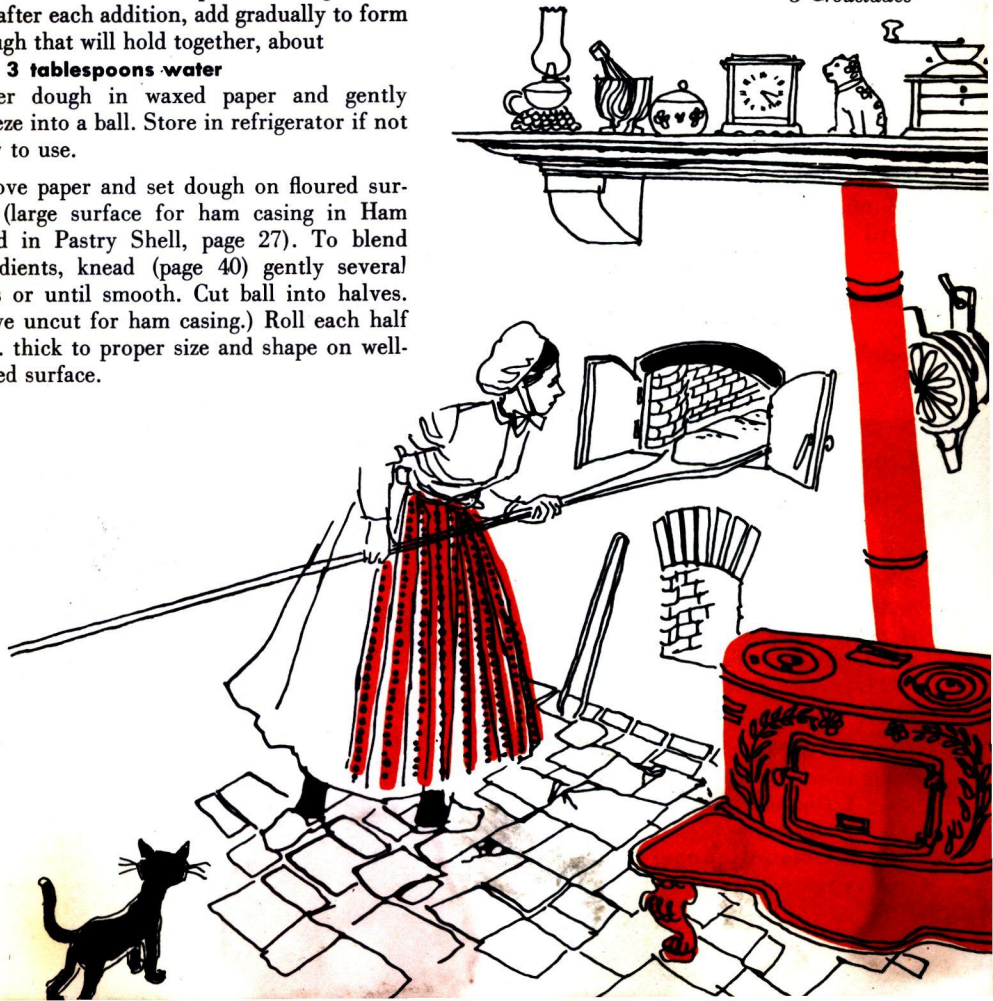
Crust for 9- or 10-in. two-crust pie

For Meat Pie—Use a deep 9- or 10-in. pie pan. Proceed as for 2-Crust Pie (page 44). Fill shell with any desired mixture of meat, poultry, fish or vegetables. Bake at 425°F 10 min. Reduce heat and bake at 375°F 20 to 25 min., or until crust is lightly browned.

For a Designed Top—Cut top-crust pastry into interesting shapes such as stars, diamonds and crescents, using a sharp-pointed knife or cookie cutter. Arrange shapes in design on pie filling.

For Croustades—Cut all of rolled pastry into rounds large enough to line 3-in. muffin pan wells. Line, prick bottoms and sides with fork and flute edges. Bake at 450°F 10 to 15 min.

8 Croustades





Desserts

(ENTREMETS)

The artistry of the French is seen not only in their cooking, but also in their wise selection of just the right dessert to conclude the meal. When the meal is hearty, a light dessert is served—sometimes no more than fresh fruit of the season, perhaps with cheese. When the meal itself is light, the dessert may be hearty.

The most typical desserts are those prepared with milk and eggs, because these ingredients are plentiful in country regions. Canned and preserved fruits often are limited if yields of the previous summer have been poor. Chilled crèmes are extremely popular in French homes. Ice cream is served on special occasions, molded and beautifully garnished. Hot desserts most common in France are the thin crêpes, fritters or beignets and the innumerable fluffy soufflés.

Even the smallest village in France boasts of a good pastry shop where the French homemaker finds the éclairs, madeleines, and little cakes or petits fours so popular with her family. She serves these pastries as a mid-afternoon treat rather than as a mealtime dessert. Her cakes, rich with many eggs, are made only for state occasions.

Cream Puff or Choux Paste

(Pâte à Choux)

▲ Base Recipe

Since this pastry puffs up in baking, it is used in many interesting ways by French pastry cooks. A popular use is for cream puffs and éclairs which are delightful in taste and appearance.

These crisp, hollow shells also may be filled with a salad mixture or any hot, creamed food. To insure crispness, fill just before serving.

Bring to rolling boil

- 1 cup hot water
- ½ cup butter
- 1 tablespoon sugar
- ½ teaspoon salt

Add, all at once

1 cup sifted flour

Beat vigorously with a wooden spoon until mixture leaves sides of pan and forms a smooth ball. Remove from heat. Quickly beat in, one at a time, beating until smooth after each addition

4 eggs

Continue beating until mixture is thick and smooth. Dough may be shaped and baked at once, or wrapped in waxed paper and stored in refrigerator overnight.

Complete as directed in any one of the following variations or Saint-Honoré Cake (page 55).

1 doz. large or 4 doz.
miniature puffs or éclairs

—Cream Puffs (Choux à la Crème)

Prepare Δ Recipe. Force dough through a pastry bag or drop by tablespoonfuls 2 in. apart onto a lightly greased baking sheet.

Bake large puffs at 450°F 15 min. Lower heat to 350°F and bake 20 to 25 min. longer, or until golden in color.

Bake small puffs at 450°F 10 min. Lower heat to 350°F and bake 5 min. longer, or until golden in color. Remove to rack and cool.

Cut off tops and fill shells with Saint-Honoré Cream (page 61) or Chantilly Cream (page 61). Replace tops and sprinkle with sifted confectioners' sugar.

—Éclairs

(Éclairs de Crème au Chocolat)

(See center color photo)

Follow recipe for Cream Puffs, forming dough into oblongs 1x4½ in. When cool, cut small opening at one end and force filling into éclair. Fill with French Pastry Cream (page 60). Frost with Glaze.

For Chocolate Glaze (Cooked)—Melt 1 sq. (1 oz.) chocolate. Mix in heavy saucepan ¾ cup sifted confectioners' sugar, 1 teaspoon dark corn syrup, 1 tablespoon cream, melted chocolate, 2 teaspoons boiling water and 1 teaspoon butter.

Place over low heat and stir constantly until butter melts. Remove from heat and add ½ teaspoon vanilla extract. Cool slightly. Spread over tops of éclairs.

For Chocolate Glaze (Uncooked)—Blend 1½ cups confectioners' sugar into 1 egg white. Add ¾ teaspoon vanilla extract and 1½ sq. (1½ oz.) chocolate, melted. Mix thoroughly and spread over tops of éclairs.



—Choux Paste Fritters (Beignets Soufflés)

These whisper-light fritters were originated over two centuries ago at Beaume-les-Dames Abbey (in old Franche-Comte). They are often referred to as Pets-de-Nonne.

Fill a deep saucepan about two-thirds full with fat or oil for deep-frying. Heat to 360°F, or until a 1-in. bread cube browns in 1 min.

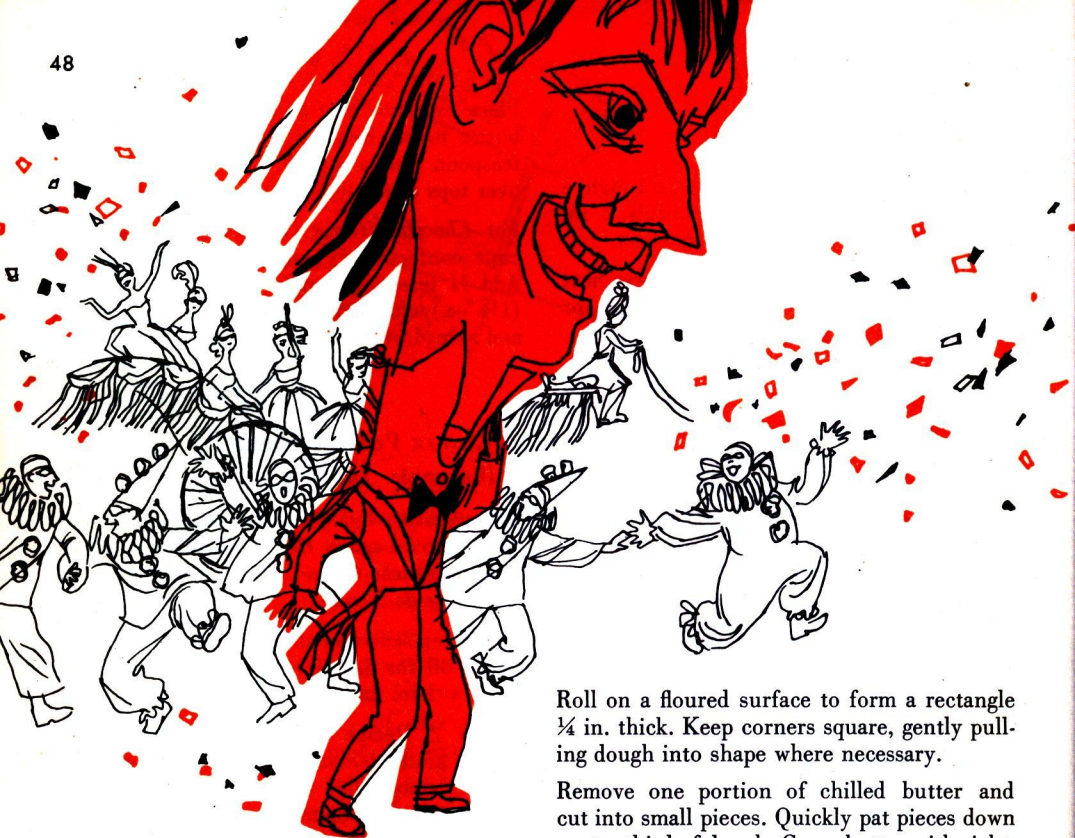
Follow Δ Recipe omitting sugar. Add 2 teaspoons grated lemon peel (page 4) and 2 teaspoons lemon juice with butter. Do not chill batter; use immediately. Drop batter by half-teaspoonfuls, a few at a time, into hot fat. Fry until uniformly brown (about 6 min.). Drain well on absorbent paper.

Serve hot, sprinkled with sifted confectioners' sugar or vanilla sugar (page 66).

4 doz. Choux Paste Fritters

Cream
Puffs





Puff Paste

(Pâte Feuilletée)

▲ Base Recipe

Place into a large bowl of cold water and ice cubes or chipped ice

1 cup butter

Work butter with hands. Break it into small portions and squeeze each in water about 20 times, or until butter is pliable and waxy. Remove and wipe off excess water. Reserve $\frac{1}{4}$ cup of this butter. Pat remainder $\frac{1}{2}$ in. thick, divide into five equal portions, wrap each in waxed paper. Chill in refrigerator until firm.

Sift together into a bowl

2 cups sifted flour

$\frac{1}{2}$ teaspoon salt

With two knives or pastry blender, cut in the $\frac{1}{4}$ cup butter until pieces are the size of small peas. Gradually stir in with a fork about

7 tablespoons ice water

When blended, gather into a ball and knead on lightly floured surface until elastic and smooth (see French Bread, page 40). Cover with bowl and let ripen about 30 min.

Roll on a floured surface to form a rectangle $\frac{1}{4}$ in. thick. Keep corners square, gently pulling dough into shape where necessary.

Remove one portion of chilled butter and cut into small pieces. Quickly pat pieces down center third of dough. Cover butter with right-hand third of dough. Fold left-hand third under butter section. With rolling pin gently press down and seal the open edges. Wrap pastry in waxed paper. Chill in refrigerator about 1 hr.

Remove from refrigerator and place on the board with butter section near top, narrow width toward you. Turn folded dough one-quarter way around, to have open edge away from you. Roll to original size. Repeat four times the procedure for folding, sealing and chilling, using second, third, fourth and fifth portions of butter. Each time place dough on floured surface, turn and roll as directed.

With last rolling, fold four sides toward center. Gently press down with rolling pin. Fold in half. Wrap dough in waxed paper. Cover with a damp towel. Chill in refrigerator about 2 hrs. before using.

To store for several days, wrap dough in waxed paper and place in refrigerator.

Puff Paste for Saint-Honoré Cake, page 55; 12 Napoleons or 6 Vol-au-Vent Shells

—Vol-au-Vent Shells (Patty Shells) (Croûtes de Vol-au-Vent)

For Individual Vol-au-Vent—Follow $\triangle$ Recipe. Roll pastry $\frac{1}{8}$ in. thick. With a sharp knife or 3-in. cookie cutter, cut out rounds. With 2-in. cookie cutter cut centers from one-half the 3-in. rounds. Remove centers, leaving $\frac{1}{2}$ -in. rims. Moisten $\frac{1}{2}$ -in. edges of solid 3-in. rounds with cold water. Fit rims on top. Thoroughly prick through rims and bases with a fork. Gently and evenly press rims down. Transfer to baking sheet which has been rinsed in cold water and well drained.

Roll the 2-in. centers to $\frac{1}{4}$ -in. thickness. These are used as covers and may be cut into shapes such as stars or scalloped rounds. Transfer to baking sheet. Prick well. Chill shells and covers in refrigerator for 30 min.

Bake at 450°F 8 min. Reduce heat to 350°F and bake about 20 min. longer. If browning is too rapid, cover with a sheet of unglazed paper. Remove to rack to cool. Reheat before filling with hot creamed mixture.

For Large Vol-au-Vent—Divide pastry into two portions. Roll each into a round or oval of the same size to $\frac{1}{2}$ -in. thick. From one, cut out center, leaving a rim about $\frac{3}{4}$ -in. wide. Moisten $\frac{3}{4}$ -in. edge of solid round with cold water. Transfer it to one end of ungreased baking sheet covered with three thicknesses of unglazed paper. Place rim over round. Prick well. Gently and evenly press rim down.

Roll remaining center to $\frac{1}{4}$ -in. thickness. Transfer it to other end of baking sheet. Prick well. Chill in refrigerator 30 min.

Bake as individual Vol-au-Vent Shells. Reheat before filling with hot creamed mixture. Use baked center as a cover.

—Napoleons (Petites Mille-Feuilles)

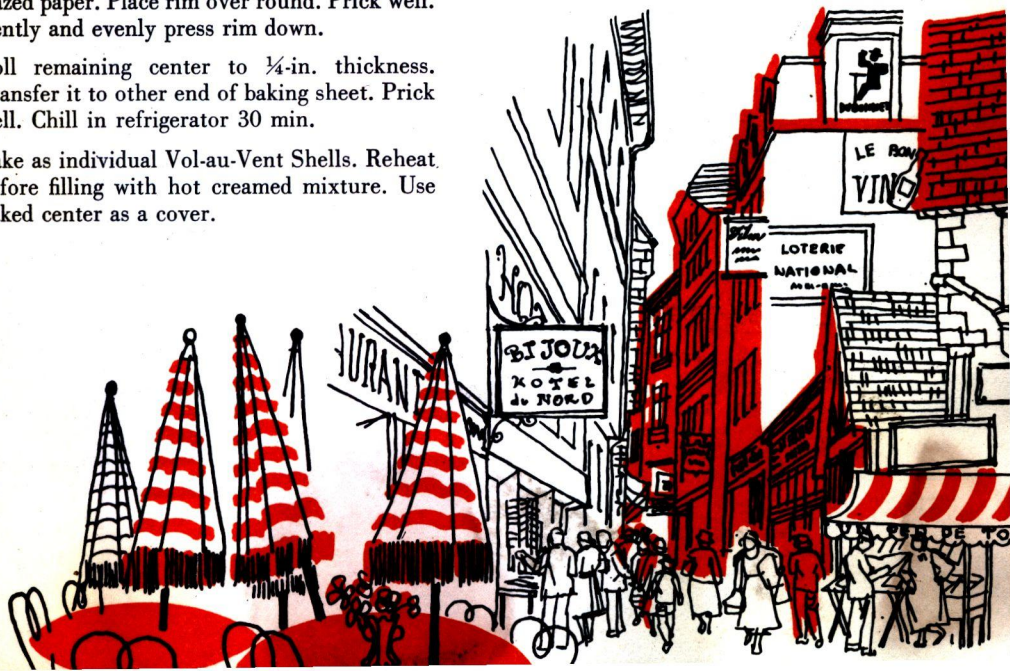
(See center color photo)

Follow $\triangle$ Recipe and divide pastry into three portions. Immediately return two portions to refrigerator. Roll remaining portion into a rectangle $\frac{1}{8}$ in. thick. Cut into even 3x5-in. strips. Trim ends so all strips are equal. Transfer to baking sheet rinsed in cold water and drained thoroughly. Prick well. Repeat process with each remaining portion of pastry. Chill in refrigerator 30 min.

Bake at 425°F 10 min. Reduce temperature to 325°F and bake 20 min., or until golden brown. Remove to racks. When cold, split each slice lengthwise. Let stand about 30 min. to dry.

Fill one split slice with Almond Pastry Cream (page 61). Gently press together. Spread more filling over top and cover with one-half of another slice, cut-side down. Spread top with more filling and cover with remaining half of slice. This completes one Napoleon, excepting the glaze.

For Napoleon Glaze—Mix in a heavy saucepan $\frac{3}{4}$ cup sifted confectioners' sugar, 1 tablespoon hot water, 1 teaspoon white corn sirup and 2 teaspoons butter. Place over low heat, stirring constantly until butter melts. Add $\frac{1}{2}$ teaspoon vanilla extract. Spread on tops of Napoleons.



Crêpes Suzette

(Crêpes Suzette)

*No food is quite so debonair,
Nor so imbedded with savoir-faire.
It goes with pearls 'round swan-like necks,
With limousines, five-figure checks.
It matches coats of mink and sable,
And priceless silver on the table.
And yet, withal its rich appeal,
So fitting for a prince's meal,
The fact remains—and what a shame!—
It's only pancakes set aflame.*



For Suzette Butter—Cream until butter is softened

6 tablespoons butter

3 tablespoons orange juice or Curaçao

Continue to cream while gradually adding

6 tablespoons confectioners' sugar

Blend thoroughly. If prepared long in advance, cover and store in refrigerator. (Butter should be soft when spread over crêpes.)

For Suzette Sauce—Rub until flavorful oils are absorbed

6 cubes of loaf sugar

over

1 lemon peel

1 orange peel

Dissolve sugar in

½ cup orange juice, strained

Set aside.

Cream

½ cup butter

2 tablespoons confectioners' sugar

Store sweetened orange juice and sweetened butter in refrigerator until ready to use.

For Crêpes—Batter may be prepared hours in advance, stored in a cool place and crêpes cooked just before serving. Or crêpes may be cooked in advance and kept warm in a slow oven.

Melt in a 6-in. skillet and set aside

2 tablespoons butter

Sift together into a bowl and set aside

1 cup sifted flour

¼ cup sugar

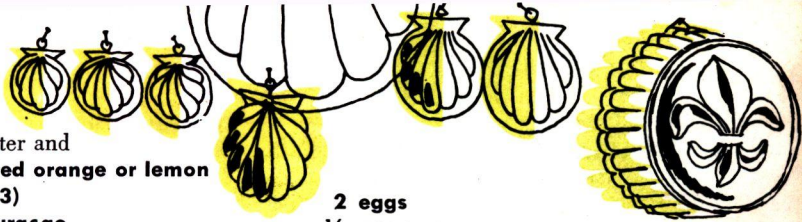
¼ teaspoon salt

Beat together

3 eggs, beaten

1 cup milk





Beat in the melted butter and

1 teaspoon grated orange or lemon peel (page 3)

1 tablespoon Curaçao

½ teaspoon vanilla extract

Combine egg mixture with dry ingredients and beat with rotary beater until smooth.

Heat skillet moderately hot. Pour in just enough batter to cover bottom. Immediately tilt skillet back and forth to spread batter thinly and evenly.

Cook each crêpe over medium heat until light brown on bottom and firm to touch on top. Loosen edges with spatula. Turn and brown second side. It should be unnecessary to grease skillet for each crêpe.

As each crêpe is cooked, transfer to a hot platter, spread generously with Suzette Butter, and roll or fold in quarters. When all are cooked, set platter in oven to keep crêpes warm.

In a chafing dish or a large skillet melt the butter mixture for Suzette Sauce and blend in the sweetened orange juice. Cook until the liquid is reduced (page 66). Add the crêpes, a few at a time, until all have absorbed some of the sauce and are well heated.

Heat thoroughly in a small saucepan

½ cup brandy

¼ cup Curaçao

2 tablespoons rum or Benedictine

(If preferred, substitute ½ cup Curaçao or ½ cup brandy for mixture.) When hot, ignite mixture and pour over crêpes. Gently move crêpes in flaming sauce. Serve while sauce is still flaming. Allow 2 crêpes per serving.

16 to 18 crêpes

Madeleines

(Madeleines de Commercy)

Butter and lightly flour 12 madeleine molds (designed to give shell-shape cakes).

Melt and set aside to cool

¼ cup butter

Sift together

½ cup sifted flour

Few grains salt

Beat until thick and piled softly

2 eggs

¼ cup sugar

1 teaspoon lemon juice, vanilla extract or brandy

½ to 1 teaspoon grated lemon peel (page 3)

Sift dry ingredients* over mixture and slowly fold (page 4) in until just blended. Gradually add cooled butter and continue folding until blended. Fill pans two-thirds full.

Bake at 330°F about 20 min., or until madeleines are a delicate brown. Cake is done if top springs back when lightly touched at center. Set on cooling rack to cool 5 min. Remove from molds and invert on cooling rack until cool.

12 Madeleines

Macaroons

(Macarons de Nancy)

Line bottom of baking sheet with unglazed paper.

Force through a coarse sieve, a little at a time

½ lb. almond paste

Add gradually and stir until smooth with each addition

½ cup (about 3) egg whites (Slightly more or less egg white may be needed, depending upon moisture of almond paste.)

Blend in

¾ teaspoon vanilla extract

¼ teaspoon yellow food coloring

Mix

½ cup sugar

½ cup confectioners' sugar

Blend a little at a time into almond paste mixture. Mix thoroughly. The mixture should be thick enough to hold its shape but must not be stiff. Drop by teaspoonfuls onto baking sheet. Flatten top of each macaroon. Sprinkle lightly with

Confectioners' sugar, sifted

Bake at 300°F about 25 min. Remove from oven and slightly moisten underside of paper directly under each macaroon. Remove macaroons to rack.

About 3 doz. 1½-in. Macaroons

Rolled Wafers (Gaufres)

The marchand de gaufre is a familiar sight in French public gardens. He bakes his product on a sizzling hot gaufrier (irons held together with long handles). His recipe is one of the oldest, dating back to the 12th century when gaufres were served at great religious festivals.

Set out gaufrier (wafer or krumkake iron).

Sift together into a bowl
1½ cups sifted flour
½ cup sugar
¼ teaspoon salt

Blend well with rotary beater

3 eggs
2 cups milk
1 teaspoon vanilla extract

Make a well in center of dry ingredients and add liquid. Beat until smooth. Beat in

½ cup melted butter

Set batter aside about 30 min.

Heat gaufrier until a drop of water "spatters" on its hot surface. Pour a small amount of batter into hot iron. Close the gaufrier and cook wafer a few seconds on each side, or until browned. Roll gaufre immediately around the handle of a wooden spoon. Sprinkle with sifted confectioners' sugar before serving.

About 36 small gaufres

Almond Tiles (Tuiles aux Amandes)

Set out baking sheet.

Blanch (page 3)

1½ cups (about ½ lb.) almonds

Shave and reserve broad slices from about ½ cup of the almonds. Finely chop remaining almonds and set aside.

Sift together and set aside

1 cup sifted flour
½ teaspoon salt

Mix thoroughly in a large bowl

6 egg whites
1½ cups sugar
1 teaspoon vanilla extract

Melt, cool to lukewarm and stir into sugar mixture

1 cup butter

Add sifted, dry ingredients with the finely chopped almonds. Beat well. Drop by tablespoonfuls 5 in. apart onto baking sheet. Sprinkle shaved almond slices over tops.

Bake at 350°F about 10 min., or until golden brown. Remove one at a time and quickly curve it over a rolling pin or a glass and set aside on cake rack to cool. If cookies harden before molding, return to oven a few seconds to soften.

About 5 doz. cookies



Savoy Meringues (Meringues de Savoie)

▲ Base Recipe

Line bottom of baking sheet with unglazed paper.

Beat until frothy

2 egg whites

Add and beat slightly

1 teaspoon vanilla extract
½ teaspoon cream of tartar
¼ teaspoon salt

Add gradually, beating well after each addition
½ cup sugar

Notre Dame Cathedral





Beat until stiff peaks are formed when beater is slowly lifted upright.

Drop 6 large or 18 small mounds from spoon onto baking sheet, allowing 2 in. between mounds. Hollow out centers to form meringue shells or nests. (Or, force meringue through pastry bag and a No. 7 star tube to form shells.) Sprinkle each with about

$\frac{1}{2}$ teaspoon sifted confectioners' sugar
(use less for smaller shells)

Bake at 250°F about 1 hr., or until dry to touch.

Carefully remove meringues at once with a spatula and turn upside down onto same paper-lined pan. (If meringues are difficult to remove from paper, raise paper from baking sheet. Lightly moisten underside of paper directly under each meringue; carefully remove them at once with a spatula. This makes it necessary to re-line baking sheet with dry paper.)

Return to oven 5 min. to complete drying. Cool on rack.

Fill with ice cream, sherbet, cream filling or fruit; garnish with fruit, whipped cream or chopped nuts.

About 6 large or 18 small meringue shells

—Meringue Mushrooms (Meringues Garnies)

Follow Δ Recipe only to the directions for shaping. For mushroom caps, force one-half the mixture through a pastry bag and a No. 7 plain tube into small (about 2-in.) low, rounded mounds on lined baking sheet. For stems, force remaining mixture through tube into an equal number of small pyramids. Bake and remove from paper as directed.

With a pointed knife carefully make a small hollow in bottom of each cap. Fill caps with Chantilly Cream (page 61) or Almond Pastry Cream (page 61) and join to stems. Sprinkle caps lightly with grated chocolate.

About 1 doz. Meringue Mushrooms

Butter Sponge Cake

(Gâteau Génoise)



▲ Base Recipe

Butter bottom of 10½x15½x1-in. pan. Line pan bottom with waxed paper cut to fit exactly; butter waxed paper.

Melt over hot water and set aside to cool

3 tablespoons butter

Put into top of 3-qt. double boiler

5 eggs

1 cup less 1 tablespoon sugar

Set over simmering water. Beat constantly until mixture is thick and piles softly (about 10 min. with electric mixer or 20 to 25 min. with hand rotary beater). Remove from heat and continue beating until mixture is cold.

Blend in

¼ teaspoon vanilla extract

⅓ teaspoon almond extract

Divide into four portions

1¼ cups sifted cake flour

Sift one portion at a time over egg mixture and gently fold (page 4) in until just blended. Gradually add melted butter, folding only until blended. Pour batter into pan.

Bake at 325°F 40 to 45 min., or until cake springs back when lightly touched at center. Loosen edges with a spatula and remove immediately from pan. Carefully peel off paper. Cool on rack, top-side up.

For Three-Layer Cake—Line and butter, as for sheet cake, three 8-in. round layer cake pans. Bake layers at 325°F 30 to 35 min., or until cakes spring back when lightly touched at centers. Invert cakes and let hang in pans until cold. (If cake is higher than pan, invert between two cooling racks so top of cake does not touch.) Loosen with spatula to remove from pan.

—Small Fancy Cakes

(Petits Fours)

(See center color photo)

Follow Δ Recipe; prepare sheet cake. (Will yield about 150 1-in. squares.)

When cool, trim cake edges and cut cake into

tiny squares, diamonds, rounds or other fancy shapes. Use the shapes whole or split. Split shapes may be hollowed out and filled or spread with filling. Fill with Chantilly Cream (page 62), French Pastry Cream (page 60) or Almond Pastry Cream (page 61). Remove any loose crumbs.

Frost as directed in Fondant Glaze (page 63). Remove cakes with spatula and trim glaze from bottom edges with sharp knife. Decorate as desired with chocolate shot, finely chopped nuts, coconut, or candied cherries. Or force Decorating Frosting (page 61) through cake decorator or pastry tube to form flowers, leaves and borders (see pages 33 and 36).

Tray of Assorted French Pastries (See center color photo)—Guests and family are sure to welcome trays of assorted French pastries served at tea time, at parties or as a meal-time dessert. To tempt the eye before pleasing the palate, the pastries must be kept small and be arranged neatly and simply on the tray.

A delightful assortment can be assembled from Small Fancy Cakes, French Pastries and Small Tarts (page 44), Napoleons (page 49), Éclairs (page 47), Cream Puffs (page 47) or Meringue Mushrooms (page 53). See also pages 33 and 36.

—French Pastries

(Petits Gâteaux)

(See center color photo)

Follow Δ Recipe; prepare sheet cake. (Will yield 6 rectangles, 4 squares, 6 rounds, and 6 ovals or diamonds.)

When cool, trim edges from cake and cut into pairs of 1½x3-in. rectangles, 2-in. squares, 2¼-in. rounds, and 3-in. ovals or diamonds. Spread one-half of shapes thinly with raspberry, strawberry, or apricot jam, and then with Chocolate Butter Frosting (page 60) or Butter Cream Frosting (page 60). Top with remaining shapes.

Frost sides and tops with same frosting as in center. Cover sides of pastries with flaked toasted almonds, ground pistachios or toasted nuts. Decorate tops with frosting swirls, chocolate curls, chocolate shot, candied cherries, flaked or chopped nuts.

Additional frosting may be forced through pastry bag and tube to form borders, flowers and leaves (see pages 33 and 36). Tint small portions of Decorating Frosting pale pink and pistachio green for decoration, or frost as directed in Fondant Glaze (page 62).

Saint-Honoré Cake

(Gâteau Saint-Honoré)

Named for the patron saint of bakers, Saint-Honoré Cake is a dessert for special occasions. The gâteau shell is prepared from Puff and Choux Pastes and decorated with miniature cream puffs. Usually it is filled with a French cream.

Prepare (allowing about 9 hrs.) and chill in refrigerator

Puff Paste (page 48)

Roll out pastry $\frac{1}{4}$ in. thick. With a sharp knife cut one 9-in. round. (Cake pan may be used as a guide.)

Cover ungreased baking sheet with three thicknesses of unglazed paper. Place pastry round on center of paper and prick well with fork. Chill in refrigerator 30 min.

Meanwhile, prepare

Cream Puff or Choux Paste (one-half recipe, page 46)

Use a pastry bag with about a $\frac{1}{2}$ -in. opening. Fill one-half to two-thirds full of Choux Paste. Gently squeezing bag, pipe a continuous border of paste around top of pastry round $\frac{1}{2}$ in. in from edge. Set aside bag containing the remaining paste.

Bake "Le gâteau" at 475°F 10 min. Reduce temperature to 425°F and bake 5 min. Cover with two thicknesses of unglazed paper. Reduce temperature to 375°F and bake 5 min. Finally lower temperature to 350°F and bake about 15 min., or until the whole surface is lightly browned. Remove paper covering; remove from baking sheet and cool on rack.

Force remaining Choux Paste onto a greased baking sheet into about 8 miniature decorative puffs. When gâteau is removed from oven, increase temperature to 450°F and bake puffs 10 min. Reduce temperature to 350°F and bake about 5 min. longer. Cool on rack.

Meanwhile, melt over low heat in light-colored, heavy skillet

$\frac{1}{2}$ cup sugar

Stir constantly until golden brown, and foam appears. Remove from heat. Gradually add

6 tablespoons boiling water

Return to heat. Stir until a smooth sirup is formed. Cook sirup until bubbles are size of a dime. Cool.

Carefully cut off top of each puff and fill with **Saint-Honoré Cream (page 61) or Chantilly Cream (page 61)**

Replace tops. Lightly spread sirup around top surface of "Le gâteau" rim. Dip bottom of each cream puff into sirup and arrange on rim. Fill center of "Le gâteau" with remaining Saint-Honoré Cream.

If desired, top each tiny puff with about 1 teaspoon of a mixture of

3 tablespoons Chantilly Cream (page 61)

1 tablespoon chopped candied cherries

1 tablespoon chopped walnuts

To make an unusual birthday cake, insert candles in appropriate numbers of the small puffs.

8 servings



Walnut Cake

(Gâteaux aux Noisettes)

Butter bottom of 9½x5¼x2¾-in. loaf pan. Line pan bottom with waxed paper cut to fit exactly; butter waxed paper.

Mix together and set aside

⅓ lb. (about 1½ cups) finely chopped walnuts

⅔ cup (2 slices) fine dry bread crumbs

¼ teaspoon salt

¼ teaspoon mace

⅛ teaspoon cloves

(The electric blender is excellent for finely chopping nuts and preparing bread crumbs.)

Beat 3 min. on electric mixer at medium speed

5 egg yolks

1 cup sugar

1½ teaspoons lemon juice

1 teaspoon grated lemon peel
(page 3)

Blend in nut mixture.

Beat until rounded peaks are formed

5 egg whites

Carefully fold (page 4) into batter. Turn batter into pan.

Bake at 300°F 60 to 65 min. Cake is done if top springs back when lightly touched at center. Allow cake to cool in pan 2 min. Loosen sides with a spatula and turn onto a cake rack. Remove paper from bottom, turn right side up and cool completely. Wrap in waxed paper. *Flavor is improved if this cake is stored a day before serving.* Just before serving, cut the cake into lengthwise slices.

Beat (1 cup at a time) in a chilled bowl with chilled rotary beater until cream stands in peaks when beater is slowly lifted upright

2 cups chilled whipping cream

Reserve generous portion of whipped cream for top of cake.

Reshape cake into a loaf, spreading remaining whipped cream between each slice. Spread top of cake with reserved whipped cream.

For Sugared Rose Garnish—Brush slightly beaten egg white onto natural roses with a small brush; sprinkle the surfaces of the roses generously with granulated sugar; allow roses to dry before placing on cake.

10 to 12 servings

Prune Delight in Rice Ring

(Turban d'Agen)

The French title of this delicious dessert comes from the town of Agen in southern France, famous for its prunes.

Lightly oil and set aside to drain a 1-qt. ring mold.

Wash

½ lb. (about 1 cup) prunes

Cover prunes with

1 pt. boiling water

Set prunes aside to soak 1 hr.

Meanwhile, combine in top of double boiler

1½ cups boiling water

1½ cups milk, scalded (page 4)

2 teaspoons vanilla extract

½ teaspoon salt



**Walnut Cake
Garnished
with
Sugared Roses**



Add, stirring slowly with a fork

½ cup uncooked rice

Cover and cook over simmering water until liquid is nearly absorbed and a rice kernel is soft when pressed between the fingers.

Meanwhile, measure into a cup or small custard cup

1 tablespoon cold water

Sprinkle evenly over water

2 teaspoons unflavored gelatin

Let stand about 5 min. to soften. Add softened gelatin to the hot, cooked rice with

½ cup sugar

Stir with fork until completely dissolved. Cool.

Fold into cold rice a mixture of

1 cup chilled whipping cream, beaten to medium consistency (piles softly)

1 teaspoon vanilla extract

Press gently into mold. Chill in refrigerator until firm.

Meanwhile, prepare a compote of prunes.

For Compote—Drain prune liquid into a bowl. Place prunes into a saucepan and add

1 cup red wine

1 cup liquid drained from prunes

Cover. Simmer 45 to 60 min., or until prunes are tender and liquid is reduced to about 1 cup. If desired, remove pits from prunes.

Blend liquid into a mixture of

3 tablespoons apricot jam

1 teaspoon lemon juice

Combine with prunes and chill in refrigerator.

When ready to serve, loosen the edges of rice ring and turn it out onto a round serving platter. Fill center with chilled prune compote.

Note: A compote is a simple, French dessert made of one or more fruits cooked whole or in pieces in a rich, sugar sirup and chilled before serving. In Normandy, cooking is done with cider. Elsewhere, as at Agen, it is done with wine.

10 servings

French Applesauce

(Purée de Pommes)

▲ Base Recipe

Wash, quarter, pare and core

8 medium-size (2 to 3 lbs.) tart cooking apples

Heat in a heavy saucepan with

3 tablespoons water

2 tablespoons butter

½ teaspoon grated lemon peel (page 3)

Stirring occasionally, cover and simmer 15 to 25 min., or until apples are soft and somewhat transparent. Stir in

½ cup sugar

Stir over low heat until sugar is dissolved.

This thick sauce may be sprinkled with confectioners' sugar and served hot.

To serve applesauce cold, in true French style, heat over low heat

½ cup Apricot Sauce (page 61) or

½ cup currant jelly

2 tablespoons water

Pour mixture over cold applesauce just before serving.

6 servings

—Apple Charlotte

(Charlotte de Pommes)

A typically French dessert, the charlotte consists of a cooked fruit—apples, peaches, pears or apricots—enclosed in a shell of bread. The fruit mixture must be very thick to keep the shell crisp.

Follow Δ Recipe for cooking apples. Omit granulated sugar. Add 1-in. piece of stick cinnamon and ¼ cup confectioners' sugar with the butter. When apples are soft, remove cinnamon.

Butter a 1-qt. mold or casserole.

Remove crusts from 6 to 8 thin slices of white bread. Melt ¼ cup butter. Brush both sides with melted butter. To form the shell, line bottom of mold with part of the bread.

Cut remaining slices to the height of the sides of the mold. Arrange slightly overlapping slices against sides of mold. Fill mold with applesauce, piling high in center.

Bake at 375°F about 30 min., or until bread tips are lightly browned. Loosen sides with spatula, invert and turn onto serving plate. Serve at once with Apricot Sauce (page 61).

Peach Melba

(Pêches Melba)

At the turn of the 19th century this dessert was created by Escoffier, master of modern French cuisine. The name he chose honored the British operatic soprano, Nellie Melba.

Mix in a saucepan

1 cup sugar

1 cup water

Place over heat and stir constantly until boiling begins. Cover and boil 5 min. Remove from heat and stir in

1 teaspoon vanilla extract

Wash, pare, cut into halves and pit

3 large firm peaches

Set sirup over medium heat. Add peaches, two halves at one time, and simmer 3 min. Chill in refrigerator.

Meanwhile, wash and press through coarse sieve or food mill

1 pt. fully ripe raspberries

Stir in

¼ cup sugar

Chill in refrigerator.

When ready to serve, spoon into glass dish

1 qt. vanilla ice cream

Place drained peaches on ice cream, cut-side down. Top with raspberries. Serve immediately.

6 servings

Vanilla Soufflé

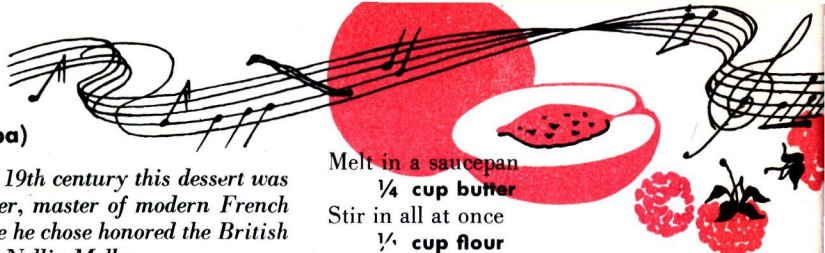
(Soufflé à la Vanille)

▲ Base Recipe

Butter the bottom of 1½-qt. casserole and sift over it

1 tablespoon confectioners' sugar

Chocolate Soufflé



Melt in a saucepan

¼ cup butter

Stir in all at once

¼ cup flour

Cook until mixture bubbles. Remove from heat and gradually stir in

1 cup milk

Return to heat and bring rapidly to boiling, stirring constantly; cook 1 to 2 min. longer. Cool slightly.

Beat until thick and lemon colored

4 egg yolks

½ cup sugar

1 teaspoon vanilla extract

Stirring vigorously to blend, pour sauce slowly into egg yolk mixture. Cool to lukewarm.

Beat until rounded peaks are formed

4 egg whites

Spread egg yolk mixture over egg whites and carefully fold (page 4) together. Pour into casserole and set in boiling water bath (page 4).

Bake at 350°F 60 min., or until a silver knife comes out clean when inserted halfway between center and edge. Serve immediately from baking dish. Serve with Apricot Sauce (page 61), or a purée of strawberries or raspberries.

6 servings

—Chocolate Soufflé

(Soufflé au Chocolat)

Follow △ Recipe. Add 2 sq. (2 oz.) chocolate, melted (page 4) and cooled, to white sauce before blending into egg yolk mixture.

Small Vanilla Custards

(Petits Pots de Crème à la Vanille)

▲ Base Recipe

The French were so proud of this dessert that they designed special, little, handleless cups for serving it.

Set out 6 petits pots or individual custard cups.

Scald (page 4)

2 cups milk or cream

1 piece vanilla bean, 1 in. long

Meanwhile, beat slightly

6 egg yolks

Stir in

6 to 8 tablespoons sugar

Slowly add scalded milk, stirring vigorously and constantly. Strain. Pour into the little French earthenware pots or custard cups. Set cups in a boiling water bath (page 4).

Bake at 325°F 30 to 45 min., or until a silver knife comes out clean when inserted halfway between center and edge of cup. Chill in refrigerator before serving. Serve with Macaroons (page 51) or other crisp cookies.

6 servings

—Small Chocolate Custards

(Petits Pots de Crème au Chocolat)

Follow Δ Recipe. Add 2 sq. (2 oz.) chocolate to milk. Heat until chocolate is melted.

—Soft Vanilla Custards

(Crème Anglaise)

Follow Δ Recipe. Chill six French earthenware pots or custard cups. Pour strained custard mixture into top of double boiler. Stir constantly and rapidly over simmering water until mixture is thickened and coats a silver spoon. Pour into chilled cups. Cover. Chill in refrigerator before serving.

—Coffee Custards

(Crème Anglaise au Moka)

Follow Δ Recipe or prepare Soft Vanilla Custards. Omit vanilla bean and add 1 tablespoon strong coffee beverage.

—Soft Chocolate Custards

(Crème Anglaise au Chocolat)

Follow recipe for Soft Vanilla Custards. Add 2 sq. (2 oz.) chocolate to milk. Heat until chocolate is melted.

Frozen Bombe

(Bombe Glacée)

A truly French innovation, the bombe once was prepared in a bomb-shape mold. Now it may be molded in a melon mold or other fancy form and served at the most festive occasion.

Chill in refrigerator a 2-qt mold or two 1-qt. molds.

For Pâté a Bombe—Combine in a saucepan having a tight-fitting cover

2 cups sugar

1 cup water

¼ teaspoon cream of tartar

Stir over low heat until sugar is dissolved. Increase heat to medium and bring mixture to boiling. Cover saucepan and boil mixture gently 5 min. Uncover and continue cooking to 232°F (thread stage, page 4; remove from heat while testing).

Beat until thick and lemon colored

8 egg yolks

Beating constantly, gradually pour a very fine stream of sirup into beaten egg yolks. Cook over simmering water, stirring constantly, until mixture is smooth and thick. Cool over ice and water, beating constantly until cold.

Blend in any one of the following

**2 teaspoons almond extract, 1 table-
spoon vanilla extract, 2 table-
spoons liqueur or 1 cup puréed
fruit**

Beat (1 cup at a time) in a chilled bowl with a chilled rotary beater until cream is of medium consistency (piles softly)

2 cups chilled whipping cream

Fold (page 4) into egg yolk mixture.

For Preparation of Bombe—Rinse chilled mold with cold water and, working rapidly, line with a layer $\frac{3}{4}$ to 1 in. thick of

1 qt. frozen fruit ice

Pack the *Pâté à Bombe* inside the fruit ice. Fill mold level with top. Any leftover *pâté* may be put in refrigerator tray and frozen. Cover mold with waxed paper. Seal with its cover, with foil, or several more thicknesses of waxed paper tied over the top of mold.

Bury mold in mixture of

4 parts crushed ice

1 part rock salt

Freeze 3 to 4 hours.

At end of freezing period, carefully rinse the salt from the mold with cold water and remove covering. Loosen sides of mold with a cold knife. Dip quickly into lukewarm water, dry and unmold.

Garnish Frozen Bombe with whipped cream or fancy glace fruits.

12 to 14 servings

Parfait

(Parfait Glacé)

Mix in a saucepan

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ cup water

$\frac{1}{8}$ teaspoon cream of tartar

Boil 5 min.

Beat until thick and lemon colored

2 egg yolks

Beating constantly, gradually pour a very fine stream of the sugar sirup into beaten egg yolks. Cook in top of double boiler over simmering water, stirring constantly, until mixture is smooth and thick. Cool over ice and water, beating constantly until cold. Blend in

1 teaspoon vanilla extract

Beat until rounded peaks are formed

2 egg whites

Beat in a chilled bowl with a chilled rotary beater until cream is of medium consistency (piles softly)

1 cup chilled whipping cream

Fold (page 4) beaten egg whites and whipped cream together, then fold into egg yolk mixture. Pour into 1-qt. refrigerator tray. Freeze until firm (about 3 to 4 hrs.) without stirring.

6 servings

Chocolate Butter Frosting

(Crème au Beurre Chocolat)

▲ Base Recipe

Place in a heavy saucepan over low heat until chocolate melts

6 oz. semi-sweet chocolate

$\frac{1}{4}$ cup strong coffee beverage

Remove from heat; blend well. Set aside to cool.

Cream until light and fluffy

$1\frac{1}{2}$ cups firm unsalted butter

$1\frac{1}{2}$ teaspoons vanilla extract

Set aside.

Boil gently to 230°F to 234°F (thread stage, page 4; remove from heat while testing)

$\frac{3}{4}$ cup white corn sirup

Meanwhile, beat until thick and lemon colored

4 egg yolks

Beating constantly with a rotary beater, pour sirup very slowly into egg yolks. Beat until mixture is very thick and of same consistency as the whipped butter. Cool completely. Beat



egg yolk-corn sirup mixture, about 2 tablespoons at a time, into butter until just blended. Gradually blend in chocolate mixture.

If tightly covered, this frosting may be stored for several days in refrigerator.

Enough to frost sides and tops of two 8- or 9-in. cake layers

—Butter Cream Frosting

(Crème au Beurre Vanille)

Follow Δ Recipe. Omit chocolate and coffee.

—Liqueur Butter Frosting

(Crème au Beurre au Liqueur)

Follow Δ Recipe or prepare Butter Cream Frosting. Substitute for vanilla extract 1 tablespoon of a liqueur such as Kirsch, Curaçao or Cointreau.

French Pastry Cream

(Crème Pâtissière)

▲ Base Recipe

Scald (page 4) and set aside

$1\frac{1}{2}$ cups milk

Sift together into a bowl

$\frac{1}{4}$ cup sifted flour

$\frac{3}{4}$ cup sugar

$\frac{1}{4}$ teaspoon salt

Add, stirring well

$\frac{1}{2}$ cup cold milk

Gradually stir in scalded milk. Wash double boiler top to remove scum. Return mixture to double boiler top and place over direct heat. Stirring gently and constantly, bring milk mixture rapidly to boiling over direct heat and cook 2 min.

Place over simmering water. Cover and cook about 5 to 7 min., stirring occasionally. Vigorously stir about 3 tablespoons of this hot mixture into

4 egg yolks, slightly beaten

Immediately blend into mixture in double boiler. Cook over simmering water 3 to 5 min. Stir slowly to keep mixture cooking evenly. Remove from heat. Stir in

2 teaspoons vanilla extract

Cover and cool. Chill in refrigerator.

About 2 cups pastry cream

—Saint-Honoré Cream (Crème Saint-Honoré)

Follow Δ Recipe. Soften 1 tablespoon (1 env.) unflavored gelatin in $\frac{1}{4}$ cup cold water. Dissolve in completed, hot French Pastry Cream, stirring constantly. Cool completely. Beat 6 egg whites until frothy and gradually add 3 tablespoons sugar, beating well after each addition; beat until rounded peaks are formed. Fold (page 4) beaten egg whites into cooled cream. Use to fill Saint-Honoré Cake (page 55) or Cream Puffs (page 47).

About 5 cups Saint-Honoré Cream

Apricot Sauce (Sauce Abricot)

Because of the blandness of many favorite desserts served in French homes, a fruit sauce such as this is a frequent accompaniment. It is delicious with puddings.

Heat in a saucepan

1½ cups apricot jam

Stir in gradually

½ cup water

2 tablespoons sugar

Heat to the boiling point. Then cook over low heat 5 to 10 min., stirring to prevent scorching. Strain.

1 tablespoon apricot brandy

Serve hot or cold.

For Storage—Store in covered jar in a cold place. Before covering, top with

1 or 2 tablespoons liqueur

1¾ cups sauce

Decorating Frosting (Glaçage pour Garnitures)

Cream together until butter is softened

2 tablespoons butter

½ teaspoon vanilla extract

Thoroughly blend in, in order

1½ cups sifted confectioners' sugar

1 tablespoon warm cream

Tint as desired, with about

1 drop food coloring

Use for decorating French Pastries.

About 1½ cups frosting

Chantilly Cream (Crème Chantilly)

The name of this well-known garnish for cakes and desserts came from the especially good, thick cream once produced at a model dairy. French royalty operated this dairy in Chantilly, a suburb of Paris.

Beat in a chilled bowl with chilled rotary beater

1 cup chilled whipping cream

Beat until cream stands in peaks when beater is slowly lifted upright.

Fold (page 4) or beat into whipped cream with final few strokes until blended

3 tablespoons sifted confectioners' sugar

1½ teaspoons vanilla extract, coffee beverage, fruit essences or fine liqueur

About 2 cups whipped cream

Almond Pastry Cream (Crème Pâtissière d'Amandes)

Grind fine

⅓ lb. (about 1 cup) blanched almonds (page 3)

Mix in

½ cup confectioners' sugar

Set aside.

Cream until softened

3 tablespoons butter

Beat in, one at a time

1 tablespoon rum or Kirsch

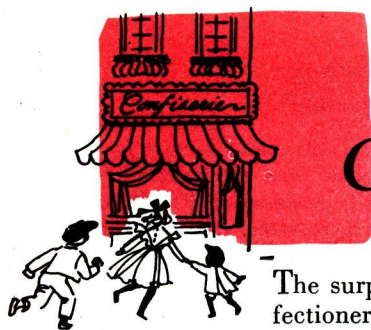
2 egg yolks

Beat until well blended. Blend in almond-sugar mixture.

This paste may be used in Napoleons (page 49).

1 cup paste





Confectionery

(CONFISERIE)

The surpassing skill and artistry of the French in the confectionery field is evident to anyone who has ever paused at the window of a French confiserie in our own country. Many of the names we have given to candy came into our language from the French. Although such names as nougat, fondant, bonbon and pastille are of French origin, they express popular American choices among confections.

Fondant

(Fondant)

▲ Base Recipe

Originally meaning "melting," the word fondant has come to suggest "that which melts in the mouth" or "luscious," a true description of this creamy confection.

Set out large platter or marble slab. (Surface must be smooth and level.)

Combine in a 3-qt. heavy saucepan having a tight-fitting cover

3 cups sugar

1½ cups water

¼ teaspoon cream of tartar

Stir over low heat until sugar is dissolved. Increase heat to medium and bring mixture to boiling. Cover saucepan and boil mixture gently 5 min. (This will dissolve any crystals that may have formed on sides of saucepan.) Uncover and continue cooking without stirring. Using pastry brush dipped in water, wash down crystals from sides of saucepan from time to time during cooking. Cook to 238°F (soft ball stage, page 4; remove from heat while testing).

Wipe platter or slab with damp cloth. Immediately pour fondant onto its surface. Do not scrape pan. Without stirring, cool just enough to hold platter on palm of hand, or to warm

(about 100°F). Pour onto fondant

1 teaspoon vanilla extract

With wide spatula or wooden spoon, work fondant in circles from edges to center until white and creamy. Pile into a ball, cover with bowl and allow to rest 20 to 30 min.

With hands, work fondant (in a kneading motion) until soft and smooth.

Ripen at least 24 hrs. in a tightly covered jar. Shape into small candies or use in following recipes.

About 1¼ lbs. fondant

—Fondant Glaze

(Glaze au Fondant)

Follow ▲ Recipe. Place ripened fondant in double boiler top. Place over simmering water. Stirring constantly, melt fondant, heating to 130°F (no higher temperature). Blend in, to taste, any desired flavoring or liqueur. To tint, blend in 1 or 2 drops food coloring. If fondant is not thin enough to pour over *Petits Fours* (or to coat fruits and nuts) gradually stir in hot water, 1 teaspoonful at a time, until fondant is of pouring consistency.

Use for coating nuts, dates and other fruits. Or frost French Pastries or *Petits Fours* by quickly pouring melted fondant over the cake pieces set on a rack over a tray lined with waxed

(For best results, prepare these candies on clear, bright days. High humidity is often the cause of poor results in candy making.)

paper. Collect dripped fondant from tray, remelt and use again.

For Chocolate Fondant Glaze—When melting fondant, add 4 sq. (4 oz.) chocolate, cut in pieces. When temperature reaches 130°F (no higher temperature), stir in hot water, 1 tablespoon at a time, (will take about 4 tablespoons) until thin enough to pour.

—Bonbons (Bonbons)

No one could quarrel with this French name which, literally translated, repeats "Good! Good!"

Reserve about one-third Δ Recipe for dipping. Divide remaining two-thirds into three or more portions. Color and flavor each portion differently. Work into one portion less than a drop green food coloring and several drops pistachio or lime flavoring. In another portion use vanilla extract or almond extract. Use rose extract and red coloring for remainder. For a different flavor, grate about 1 teaspoon citrus fruit peel (page 3), allow to stand 2 to 3 min. in citrus juice; drain peel and add it to the fondant.

If adding chopped nuts, coconut, candied fruits, dates, figs or raisins, work in with fingers only until blended. (Use alone or in any combination.)

Shape into 1-in. rolls. Cut into small uniform pieces and shape into balls or ovals; slightly flatten one side. Keep small; dipping increases size. Allow all fondant centers to stand on racks or trays covered with waxed paper. Dry several hours before dipping.

Melt reserved fondant as in Fondant Glaze. Add desired flavoring and less than 1 drop food coloring. Test for proper coating consistency by dipping a test center.

Lower a center, rounded side down, into fondant and cover completely with fondant. Immediately remove with fork or candy dipper. Scrape bonbon on edge of pan to remove excess fondant.

Place flat side down onto waxed paper. Make fancy swirl on top by twirling fork or dipper. (Fondant may be reheated to proper dipping consistency.)

Yield will vary according to shapes made

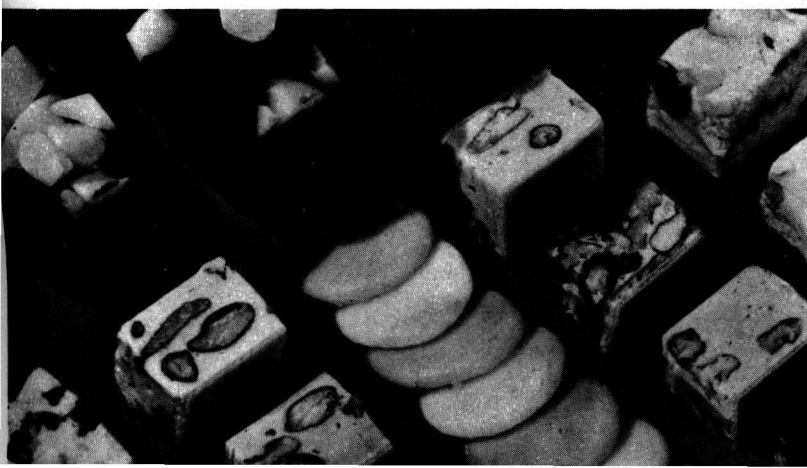
—Fondant Patties (Petits Pâtés Fondants)

Follow Δ Recipe. Fondant can be used for making patties about an hour after working fondant with hands (short ripening period). Prepare space for pouring patties by covering a flat surface with waxed paper.

Stirring constantly, melt fondant over simmering water, heating fondant to 130°F (no higher temperature). Add desired colorings and flavorings. If fondant is not the consistency of thick cream, thin it with hot water, stirring in a small amount at a time. Pour fondant in pools (about the size of quarters) from measuring cup or small pan having a sharp lip. (Warm measuring cup or pan with hot water and dry before filling with fondant.)

As soon as patties are firm, remove from waxed paper and stack patties upright, side-by-side.

About 60 patties



**Chocolate
Caramels,
Nougat and
Fondant
Patties**

Nougat

(Nougat de Montélimar)

Thoroughly butter inside of 8x8-in. pan. Set out candy thermometer.

Blanch (page 3) and chop

½ cup (about 2 oz.) pistachios

Blanch, toast (page 3) and chop

1 cup (about 5½ oz.) almonds

Set nuts aside.

Combine in a heavy saucepan having a tight-fitting cover

2 cups sugar

1 cup water

2 tablespoons white corn sirup

Stir over low heat until sugar is dissolved. Increase heat to medium and bring mixture to boiling. Cover saucepan and boil mixture gently 5 min. (This will dissolve any crystals that may have formed on sides of saucepan.) Remove cover and set candy thermometer (page 4) in place. Continue cooking without stirring. Using pastry brush dipped in water, wash down crystals from sides of saucepan from time to time during cooking.

Shortly before sirup reaches 290°F (soft crack stage, page 4; remove from heat while testing), beat in a 4-qt. mixer bowl until stiff peaks are formed

4 egg whites

When the sirup reaches 290° F immediately pour sirup in a fine stream onto stiffly beaten egg whites. Using electric mixer, beat at a high speed constantly until mixture is thick and bowl is warm (about 100°F) to touch.

Meanwhile, wash thermometer. Combine in saucepan and set thermometer in place (mixture must cover thermometer bulb)

1 cup honey

2 tablespoons white corn sirup

Cook over medium heat until temperature reaches 270°F (soft crack stage). (To keep bubbles from rising above top of pan during cooking, pat bubbles down with back of wooden spoon.)

At once pour a fine stream into egg white mixture, beating constantly at a medium speed

until mixture has lost some of its gloss. (The longer the mixture is beaten the shorter will be the drying period over boiling water.)

Transfer mixture to double boiler top and place over boiling water. Using a wooden spoon constantly stir and turn mixture until it no longer appears moist (at least 25 min.). Nougat is done when a small amount, removed on a spoon and cooled, is no longer sticky. (Nougat on spoon should not stick to finger when finger is pressed on it.) Mix in

2 teaspoons vanilla extract

Gradually stir in the nuts. Turn into pan and set on a cooling rack for 10 min. Press down firmly with hand. When completely cool, cover pan tightly.

Set aside to ripen at least 24 hrs. Loosen sides and shake well to remove block of candy from pan to cutting board. Cut into 1½-in. oblong pieces. Wrap each in waxed or glassine paper.

About 40 pieces Nougat

Candied Chestnuts

(Marrons Glacés)

To Remove Shells and Blanch Chestnuts—Wash and make a slit in both sides of each shell of

1 lb. chestnuts

(Follow either Method 1 or Method 2.)

Method 1: Turn chestnuts into a shallow pan and mix in

1 tablespoon cooking oil

Bake at 450° F 20 min. Cool. Remove shells and all inner skins with a sharp knife.

Method 2: Put chestnuts into saucepan and add water to cover. Boil about 20 min. Drain immediately. Peel off shells and skins.

To Glaze Chestnuts—Turn blanched nuts into saucepan. Cover with boiling salted water. Cover. Simmer 8 to 20 min., or until tender when pierced with a fork. Set aside to drain.



Lightly butter a baking sheet.

Combine in the top of a double boiler having a tight-fitting cover

2 cups sugar

1 cup water

1/2 teaspoon cream of tartar

Stir over low heat until sugar is dissolved. Increase heat to medium and bring mixture to boiling. Cover double boiler top and boil mixture gently 5 min. (This will dissolve any crystals that may have formed on sides of pan.) Uncover and continue cooking without stirring. Using a pastry brush dipped in water, wash down crystals from sides of pan from time to time during cooking. Cook to 300°F (hard crack stage, page 4; remove from heat while testing). Immediately set double boiler top over gently boiling water.

If sirup becomes too thick, place over direct heat until proper consistency. With fork or candy dipper, dip nuts into sirup. Remove when they appear clear. Drain over saucepan for a moment. Dry on a lightly greased baking sheet or pan.

About 1 lb. Candied Chestnuts

Chocolate Caramels

(Caramels Mous au Chocolat)

▲ Base Recipe

The name of these delicious candies is said to have come from Viscount Caramel.

As a French candymaker does, butter lightly a marble slab on which a buttered 8-in. frame is placed. If this is not available, lightly butter 8-in. square pan. Set out heavy 3-qt. saucepan and its cover.

Melt (page 4) and set aside

4 sq. (4 oz.) chocolate

Set out

3 cups whipping cream

2 tablespoons butter

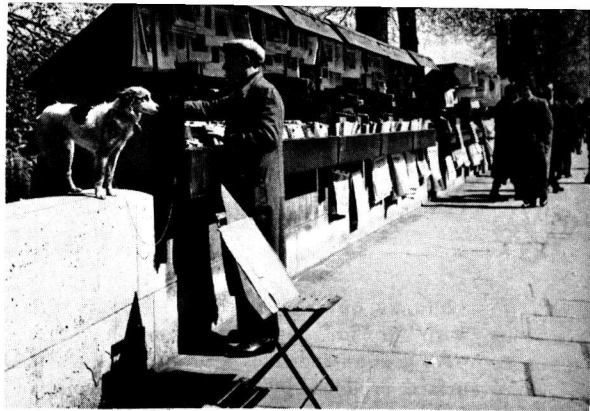
Pour one cup of cream into the saucepan. Add

2 cups sugar

1 cup white corn sirup

1/4 teaspoon salt

Stir gently until sugar is dissolved. Cover pan and bring mixture to boiling over medium heat. Cook 5 min. (This will dissolve any crystals that may have formed on sides of pan.) Re-



Book Stall on the Banks of the Seine

move cover; reduce heat to very low and cook mixture, stirring frequently, until it reaches 234°F (soft ball stage, page 4; remove from heat while testing).

Stirring constantly, gradually add another cup of the cream to saucepan, so that boiling will not stop. Continue cooking over very low heat, stirring frequently, to 234°F.

Stirring constantly, gradually add remaining cream and the butter to saucepan so that boiling will not stop. Stirring frequently, cook to 244°F (firm ball stage). Remove mixture from heat. Immediately add the melted chocolate to saucepan with

1 tablespoon vanilla extract

Stir just until well blended. Immediately pour hot mixture into the buttered pan, but do not scrape bottom and sides of saucepan. To cool, set aside on cooling rack.

When completely cooled (several hours or overnight), turn out upside down onto a board. Using a sharp, long-bladed knife, cut with a sawing motion into 1-in. square caramels. Wrap each caramel in waxed or glassine paper.

64 caramels

—Vanilla Caramels

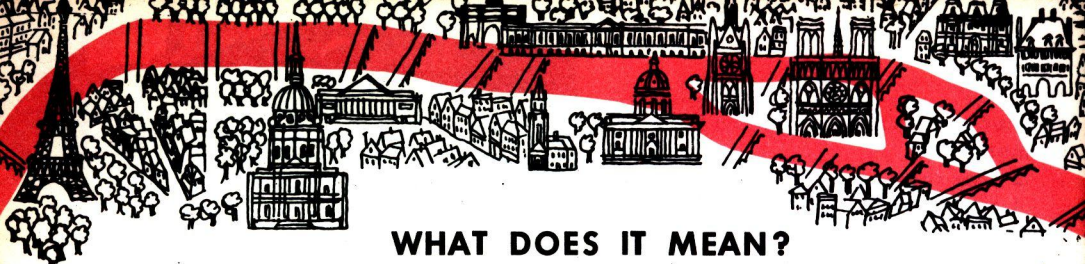
(Caramels Mous à la Vanille)

Follow Δ Recipe; omit chocolate.

—Nut Caramels

(Caramels Mous aux Noisettes)

Follow Δ Recipe or recipe for Vanilla Caramels. Stir in 1/2 cup (about 2 oz.) chopped nuts with vanilla extract.



WHAT DOES IT MEAN?

à la, au, aux—prepared in a certain style; “with” or “in,” depending on use.

Au gratin—indicates a browned or toasted surface, produced by baking with a topping of crumbs or grated cheese, or both.

Bouillon—clear, seasoned stock or broth usually made from browned beef. A quick substitute is 1 meat bouillon cube or ½ teaspoon concentrated meat extract dissolved in 1 cup hot water.

Chapon—crust of bread rubbed well with garlic and tossed in the bowl with a green salad; also capon.

Chervil—an herb of the parsley family—more delicate and aromatic than parsley.

Cocotte—a covered casserole of earthenware or porcelain. Small cocottes generally are used for baked (shirred) eggs. Larger sizes are used for chicken or other entrées.

Consommé—clear, concentrated stock or broth usually made from a combination of two or more kinds of meat, such as beef, veal and poultry. It is highly seasoned, strained and clarified. A quick substitute is 1 chicken bouillon cube dissolved in 1 cup hot water.

Crêpe—light, thin pancake.

Croustade—hollowed-out toast case or pastry shell used as container for fillings.

Croûtons—slices or cubes of bread, toasted and browned in melted butter, or just toasted.

Entrée—small prepared dish served between heavy courses at a formal dinner; at informal meals, main dish of main course.

Foie Gras—goose liver. Prepared pâté is a paste made from this liver.

Gâteau—cake.

Gaufre—wafer-like cookie.

Gruyère—a pale yellow process cheese. Swiss cheese may be substituted.

Herb Bouquet (bouquet garni)—a bunch of aromatic herbs used to flavor soups, stews, braised dishes and sauces. Usually made with 3 to 4 sprigs of parsley, 1 sprig thyme and ½ bay leaf, tied neatly together. Enclose fine, dry herbs in cheesecloth bag.

Leek—a long bulb with flavor like that of an onion, but milder and sweeter. Used mainly in soups.

Marinate—allow to stand in a liquid, usually an oil and acid mixture, to improve the flavor.

Meat Glaze—stock boiled down to jelly stage. A commercial product may be substituted when available.

Pâte—paste or dough.

Pâté—pie or patty with a filling of meat, fish, or spiced meat paste such as Pâté de Foie Gras; pie or patty filled with vegetable or fruit mixture.

Peppercorns—the dried berries of the pepper plant. The French grind them in a mortar or pepper mill as needed.

Petits Fours—individual, small, fancy cakes or pastries of various shapes. Frosting is poured on, decorations added.

Pièce de Résistance—the main dish, usually roasted meat, but also poultry or game served with accompanying sauces and stuffings.

Purée—sieved fruit or vegetable; thick, smooth soup; pounded and sieved fish.

Ragoût—a thick, highly seasoned stew.

Reduce—to continue cooking a liquid until the amount is sufficiently decreased, thus concentrating flavor and sometimes thickening the original liquid. Simmer when wine is used; boil rapidly for other liquids.

Roux—a blended mixture of flour and fat used to thicken sauces and gravies.

Sauté—to cook lightly and quickly in a small amount of hot fat, turning frequently.

Shallot—sometimes called “green onion,” the bulb is smaller and milder in flavor.

Soufflé—a delicate, baked custard-like mixture made light with stiffly beaten egg whites.

Truffle—a black, edible fungus of mushroom family, delicate in flavor and aroma—available in cans or jars.

Vanilla Sugar—sugar mixed and flavored with pods of vanilla beans, stored in a covered jar. Excellent for using, as the French do, in desserts.

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