



**French
General**

A TASTE OF FRANCE

WITH TABLE DE TOURON

RECIPES

SAFFRON RECIPE

TAGINE OF LAMB OR CHICKEN

Flavour the MEAT with a mixture of spices, a teaspoon each of GROUND CUMIN, CORIANDER, CHILLI, TURMERIC, SALT AND PEPPER, then fry over in a drizzle of OLIVE OIL, and add a CHOPPED ONION AND GARLIC.

Add a teaspoon HONEY, half a CONFIT LEMON, a CINNAMON STICK, a cup of SAFFRON INFUSED WATER (20 threads) and a cup of PRUNES. Cook gently under the meat is tender and serve with COUSCOUS or RICE.

To cook the COUSCOUS, place the grains in a bowl and drizzle over a spoonful of olive oil and a pinch of SALT, work the oil into the grains then pour over some BOLING WATER and cover with a plate until ready to serve.

VEGETABLE TAJINE WITH APRICOTS

Peel and chop a good mixture of of vegetables. CAROTS, ZUCCHINI, EGGPLANT, SWEET POTATOES, ONIONA, GARLIC, PEPPERS, BUTTERNUT, POTATOES, and sprinkle on SPICE MIX, a teaspoon each of CORRIANDER, CUMIN, CHILLI, TURMERIC.

PLace in a large pot covered with water with spoonful of HONEY, HARISA PASTE, a cups of APRICOTS, SALT AND PEPPER. Cook until the vegetables are tender.

CAULIFLOWER AND SAFFRON SOUP WITH CAULIFLOWER CANNELÉS

In a pan soften an ONION, 2 cloves GARLIC, and two cups of cauliflower florets then add 3 cups of VEGETABLE STOCK plus a cup of SAFFRON (20-30 threads) INFUSED WATER. Boil gently for 20 minutes and then blend.

Make the CANNELLÉS by mixing a whole and a yolk of 2 EGGS, with 2 oz of FLOUR, 1 tablespoon of MILK, 2 oz PARMESAN, 1 TABLESPOON BUTTER, SALT AND PEPPER, NUTMEG, plus either a cup of diced cooked CAULIFLOWER or CHORIZO or HAM. Butter the moulds add a pinch of GRATED CHHESE and cook for 5 minutes at 420 degrees and then 15 minutes at 360 degrees.

Serve the cannelés beside the soup and if desired drizzle some SUMAC flavored oil over the soup.

SAFFRON INFUSED PEARS

Bring some WATER with a large spoonful of SUGAR to boil in a pan and add a cup of SAFFRON INFUSED WATER (20 threads in warm water).

Peel the PEARS and place in the pan boiling gently for 20 minutes. Leave to cool in their cooking liquid and then serve as a dessert or with a salad with roasted garlic dressing.

LEMON AND THYME CAKE

This is a quatrés quarts, meaning equal amounts of BUTTER, SUGAR, EGGS AND FLOUR.

Mix equal amounts of BUTTER, and SUGAR (6oz) with some GRATED LEMON ZEST and some THYME LEAVES, add 3 EGGS then the FLOUR.

Cook in a loaf tin for 25 minutes at 360 degrees then when cooled serve with a dessert or eat as a cake with a drizzle of LEMON JUICE, SUGAR and THYME LEAVES.

LAVANDE

HERB SALT FROM THE GARDEN

First dry some herbs from the garden or market then blend the leaves: a cup of ROSEMARY and THYME plus 1/3 of a cup of SAGE, a tablespoon of LAVENDER FLOWERS, SAVOURY and MARJORAM LEAVES, then add a pound of SALT CRYSTALS and blend until fine enough.

For an HERBES de PROVENCE mix, also add a tablespoon of FENNEL SEEDS, BASIL, TARRAGON and OREGANO LEAVES.

Store in jars and use throughout the winter.

SOUPE AU PISTOU

For the basil mash: 1 whole ZUCCHINI, POTATO, and TOMATO cooked in the soup and then mixed into the pistou made with 1 cup BASIL LEAVES, 2 GARLIC CLOVES, 1 oz PARMESAN CHEESE, SALT and OLIVE OIL.

For the soup: seasonal vegetables and if possible 2 ZUCCHINI, 1 POTATO, 1 ONION, 1 LEEK, WATER, to cover and then at the end of cooking time add 3 oz of FRENCH BEANS, 2 oz MACARONI and or a cup of WHITE BEANS. Mix the cheesy basil mix to the soup just before serving.

CHEESE GOUGÈRES

1 cup of WATER and 3 oz BUTTER heated together in pan. Add 4 oz PLAIN FLOUR, 1 teaspoon SALT and a pinch of CAYENNE and NUTMEG and stir vigorously before adding 3-4 EGGS, one at a time and then 6 oz of CHEESE. Place spoonfuls on a baking sheet and cook at 400 degrees for 20-25 minutes.

POULET FARCI

A CHICKEN BREAST, halved and filled with a spoonful of soft CHEESE, SUN DRIED TOMATOES, ROSEMARY LEAVES, PINE NUTS and other herbs of choice. Close with either a covering of SMOKED BACON or HAM or tie up with a CHIVE.

BASIL GRANITES

a cup of BASIL LEAVES added to a cup of SUGAR, blended then mixed with 2-3 cups WATER and the juice of 2-3 LEMONS, depending on the strength and the flavor of the basil. Freeze and fork up before storming for later.

LAVENDER CRÈME BRÛLÉE

Heat 2 cups of POURING CREAM and then add a tablespoon of LAVENDER FLOWERS, mix together with 6 EGG YOLKS and 4 oz SUGAR and then sieve mixture into ramekins.

Place the dishes in a roasting tin half filled with water (bain marie) and cook at 300 degrees for about 45 minutes. Cool and then sprinkle with a teaspoon SUGAR before burnng the sugar with a torch until it caramelizes. Decorate with a sprig of lavender to serve,

CHARLOTTE AUX FRAMBOISES

A packet of SPONGE FINGERS, dipped into a SUGAR SYRUP a tablespoon of SUGAR for a cup of HOT WATER plus a tablespoon ALCOHOL or RASPBERRY JUICE. RASPBERRIES or STRAWBERRIES 3-4 cups.

FROMAGE FRAIS/ MASCAPONE 2 cups mixed with 1 cup of CREAM.

Layered cheese cream,, raspberries cheese cream into teh Charlotte, ending with a last layer of biscuits.

PATÉ EN CROUTE

MINCED PORK, 1 cup. Mixed with a handful of PARSLEY, 1/2 cup of RAISINS, 1 ONION sautéed in BUTTER, HERB SALT and PEPPER.

1 EGG half for glaze and half in the mixture. A dash of CIDER/ WHITE WINE if desired. Place the mixture on a sheet of PUFF PASTRY cover with MANGO or FRUIT CHUTNEY, APRICOTS if in season and cook for 45 minutes at 360 degrees.

STUFFED PEPPERS

RED PEPPERS, halved and filled with chopped PARSLEY, GARLIC, SALT, OLIVE OIL and whole CHERRY TOMATOES. Cook for an hour at 320 degrees.

GINGER CUCUMBER SALAD

2 CUCUMBERS, 1 RED ONION, a handful of CORIANDER/ CILANTRO.
1/2 cup WHITE WINE VINEGAR, 1 teaspoon SUGAR, 2 of SESAME OIL,
1 tablespoon VEGETABLE OIL, mixed into KOSHER SALT crushed with
1 tablespoon GINGER ROOT and 1 teaspoon GARLIC. TOASTED SESAME
SEEDS for garnish.

LENTIL AND FETA SALAD

GREEN LENTILS, (Lentils de Puy if possible) cooked in plenty of water until almost soft (10-15 minutes). Add 1 tablespoon of SHOYAU SAUCE (soy), a dash of BALSAMIC VINEGAR, a tablespoon of OLIVE OIL. CHOPPED FETA and CHERRY TOMATOES.

1/2 cup WHITE WINE VINEGAR, 1 teaspoon SUGAR, 2 of SESAME OIL,
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TRUFFLES

HERB OR TRUFFLE BUTTER

Herbs such as PARSLEY, CHIVES, mixed with GARLIC/ LEMON RIND or TARRAGON, DILL any other herbs on hand, chopped finely and forked up into SALTED BUTTER.

Roll into a long sausage within a sheet cling film plastic and cool before chopping into discs and storing or freezing.

For truffle butter do exactly the same and take a disc out of the freezer for adding to sauces, pastas or spreading on toast.

MUSHROOM PÂTE

GRILL RED PEPPERS, skin and tear up then marinade in OLIVE OIL and a crushed GARLIC CLOVE. Slice 8 oz MUSHROOMS and fry over on a gentle heat in 2 oz BUTTER, 15 minutes. Stir in 1oz BREAD CRUMBS, 2 teaspoons grated RAW ONION, 3 oz SOFTENED BUTTER, 4 oz CURD CHEESE, 1 teaspoon LEMON JUICE , blend all to smooth, add SALT, PEPPER and NUTMEG to taste. Pour into a plastic lined terrine dish or individual moulds and leave in the fridge for at least 2 hours. This can also be frozen.

CHAMPIGNONS FARCIS- STUFFED MUSHROOMS

Fry the whole MUSHROOMS in OIL or BUTTER until soft. In the same pan fry over a chopped SHALLOT or ONION then mix with PINE NUTS, PARSLEY, THYME, and FETA. Fill the mushrooms and cook for 10 minutes or broil until golden. Deglaze the the frying pan with a splash of WHITE WINE and a cup of CREAM to add to the mushrooms at then end of cooking if serving the mushrooms as a main course.

MUSHROOMS À LA GREQUE

Marinate sliced MUSHROOMS in OLIVE OIL, LEMON JUICE, SALT and PEPPER, CORRIANDER SEEDS and a dash of SHOYA SAUCE. Leave it at least half an hour before serving at room temperature. Chopped PARSLEY or CILANTRO can also be added before serving.

CAULIFLOWER FRITTERS

Poach one CAULIFLOWER or broccoli head and stems until soft to cut. Put in blender with an EGG, HERBS, such as DILL, PARSLEY, a cup of FETA and a large spoon of CHICKPEA/ or PLAIN FLOUR. Form into balls then flatten and fry in hot OIL until golden.

Serve with a GREEN DIPPING SAUCE of blended herbs, PARSLEY, CHIVES, ONION GREENS, mixed with a tablespoon of TAHINI and a tablespoon of YOGHURT.

BUTTERNUT ROASTED WITH RED ONIONS AND BLACK OLIVES

Peel and cut into wedges a BUTTERNUT SQUASH and a RED ONION, drizzle generously with OLIVE OIL, SALT and add some SAGE LEAVES. Grill/ broil until browned then add sliced GARLIC CLOVES. Cook for another five minutes then add the BLACK OLIVES before serving hot, cold or warm.

ROASTED FENNEL ROOT WITH ORANGES

Cut the FENNEL into quarters and ORANGES or CLEMENTINES (unwaxed or scrubbed) into thick slices. Mix 2 tablespoons of GRAINY MUSTARD, 1 tablespoon BROWN SUGAR, juice of an ORANGE, and a LEMON and 2 tablespoons of OLIVE OIL, SALT and PEPPER. Cover the fennel mixture with the mustard mixture and roast with SAGE LEAVES for about 30 minutes at 360 degrees.

OVEN COOKED RICE AND LENTILS

Place a cup of RICE and a handful of GREEN LENTILS in an ovenproof pot and cover with 2 cups of BOILING WATER. Place the lid on the pot and cook in the oven for 20 minutes at 360 degrees. When still hot add a dash of BALSAMIC VINAIGRE, SHOYU SAUCE and OLIVE OIL. Serve to accompany a dish or add ARUGULA LEAVES and FETA for a cosy lunch or salad.

TRUFFLE ICE CREAM

Heat 2 cups of CREAM add 2 oz of grated BLACK TRUFFLE and then cool and infuse with flavor. Make a custard with 6 EGG YOLKS and a 4 oz SUGAR or HONEY then when ready reheat the cream, cook over a low heat for three minutes and then cool and freeze. Pace in an ice cream maker or stir every hour until iced and creamy.

FRANGIPANE FRUIT TARTE

For the frangipane take equal measures (4 oz of each) of GROUND ALMONDS, SUGAR and melted BUTTER and mix with an EGG and a large tablespoon of FLOUR and an optional dribble of RUM or AMARETTO.

Cut individual shapes of PUFF PASTRY and spread a layer of the frangipane mix onto them. Add quartered or halved PEARS (or any other fruit to hand) and cook at 350 degrees for 20 minutes and sprinkle with ICING SUGAR to finish.

Can be eaten straight from the oven or left to cool.

LE PAIN

FRENCH ONION SOUP LA SOUPE À L'OIGNON

Starts by thinly slicing 5-6 onions and cooking them slowly in a tablespoon of vegetable oil and a handful of thyme leaves.

Stir in a tablespoon of flour and let it color on the base of the pan.

deglaze with a glass of white wine and add a tasty stock (half filling the pan).

Salt and pepper.

Bubble up for 20-30 minutes.

Place grated cheese on a slice of bread and cook under the broiler.

Serve the toast on top of or the base of the bowl covered with hot soup.

MUSTARD

For the mustard, place in a jug or tall container, 2 oz of yellow mustard seeds, 3 oz vinaigrette of choice, 2 oz olive oil, 2 oz water, a garlic clove, 2 tablespoons of honey, 1 tablespoon of flour, a teaspoon of salt.

Mix with a blender until smooth and check for seasoning and flavour.

change vinegars and herbs and spices to create a range of mustards.

example: sweet paprika, whisky, walnut, curry, orange, apricot, herbs

SALADE LYONNAISE

Salade leaves (frisée if possible), fried over bacon and bread croutons.

Dressed with a mixture of one tablespoon red wine vinegar, 3 tablespoons sunflower oil, 1 tablespoon mustard, clove of garlic, salt and pepper.

poached eggs on the salad is very good.

TAPANADE OF OLIVES

Mix a jar of olives (black or green), 2 cloves of garlic, several sun-dried tomatoes, 2 fillets of anchovy (optional), and more for texture if desired 3 oz of toasted and peeled hazelnuts.

Blend together and add olive oil and seasoning to taste and to obtain consistency required.