



Cooking with Claire @TVInfants

The World Tour

Recipes from France ...





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French Recipes, Do you know your countries?

Boulangère potatoes

Ingredients

2 onion, thinly sliced
few thyme sprigs
2 tbsp olive oil
1½ kg floury potato, such as Maris Piper or Desirée, peeled and sliced thinly, by hand or using a food processor
425ml vegetable stock

Method

Heat oven to 200C/fan 180C/gas 6. Fry the onions and thyme sprigs in the oil until softened and lightly coloured (about 5 mins).



Spread a layer of potatoes over the base of a 1.5-litre oiled gratin dish. Sprinkle over a few onions (see picture, above) and continue layering, finishing with a layer of potatoes.

Pour over the stock and bake for 50-60 mins until the potatoes are cooked and the top is golden and crisp.

French onion soup

Ingredients

50g butter
1 tbsp olive oil
1kg onion, halved and thinly sliced
1 tsp sugar
4 garlic clove, thinly sliced
2 tbsp plain flour
250ml dry white wine
1.3l hot strongly-flavoured beef stock
4-8 slices French bread (depending on size)
140g Gruyère, finely grated

Method

Melt the butter with the oil in a large heavy-based pan. Add the onions and fry with the lid on for 10 mins until soft.



Sprinkle in the sugar and cook for 20 mins more, stirring frequently, until caramelised. The onions should be really golden, full of flavour and soft when pinched between your fingers. Take care towards the end to ensure that they **don't burn**.

Add the garlic for the final few mins of the **onions' cooking time, then sprinkle in the flour** and stir well. Increase the heat and keep stirring as you gradually add the wine, followed by the hot stock. Cover and simmer for 15-20 mins.

Mushroom butter on toast

Ingredients

250g pack butter, softened
1 onion, very finely chopped
3 garlic cloves, finely chopped
2 thyme sprigs, plus extra to serve
30g pack dried porcini mushrooms, soaked, drained and finely chopped
250g pack chestnut mushrooms, finely chopped
2 tbsp brandy
juice $\frac{1}{2}$ lemon
small handful each parsley and tarragon, finely chopped
toasted bread and salad leaves, to serve



Method

Melt 50g butter in a pan and gently fry the onion until softened.

Add the garlic and thyme and fry for 1 min more.

Tip in all the mushrooms and toss to coat in the butter. Cook on a high heat for 5-8 mins until soft.

Pour over the brandy and lemon juice, then cook for 2-3 mins more or until all the liquid has evaporated. Turn off the heat, add the herbs and seasoning, then allow to cool.

Once cooled, remove the thyme. Mix the mushrooms with the remaining butter, then divide between 4 ramekins.

Chill until firm, or for up to 2 days, then serve a ramekin, topped with a thyme sprig, between 2 to share with toasted bread and dressed salad leaves.

One-pot chicken chasseur

Ingredients

1 tsp olive oil
25g butter
4 chicken leg
1 onion, chopped
2 garlic clove, crushed
200g pack small button or chestnut mushroom
225ml red wine
2 tbsp tomato purée
2 thyme sprigs
500ml chicken stock



Method

Heat the oil and half the butter in a large lidded casserole. Season the chicken, then fry for about 5 mins on each side until golden brown. Remove and set aside.

Melt the rest of the butter in the pan. Add the onion, then fry for about 5 mins until soft. Add garlic, cook for about 1 min, add the mushrooms, cook for 2 mins, then add the wine. Stir in the tomato purée, let the liquid bubble and reduce for about 5 mins, then stir in the thyme and pour over the stock. Slip the chicken back into the pan, then cover and simmer on a low heat for about 1 hr until the chicken is very tender.

Remove the chicken from the pan and keep warm. Rapidly boil down the sauce for 10 mins or so until it is syrupy and the flavour has concentrated. Put the chicken legs back into the sauce and serve.

Salmon & asparagus quiche

Ingredients

plain flour, for dusting
700g shop-bought or
homemade pastry
50g butter
1 large onion, halved and cut
into thin slices
1 tsp fennel seeds
bunch asparagus (approx 400g),
woody ends trimmed, then
halved lengthways
100ml milk
300g skinless salmon fillets
300ml double cream
3 large eggs, beaten
½ small bunch dill, stalks
removed
zest 1 lemon
100g cheddar, grated



Method

Heat oven to 200C/180C fan/gas 6. Put a baking sheet in the oven to heat up. Dust a clean work surface with flour, then roll out 600g of the pastry to line a 20 x 30cm tin. Trim the edges with scissors so that the pastry sits 2-3mm higher than the sides of the tin. Prick the surface all over with a fork, then line with baking parchment and add an even layer of baking beans. Place on the hot baking sheet and blind-bake for 15 mins.

Meanwhile, roll out the remaining pastry and any off-cuts, cut into strips and plait together. Take the tin out of the oven, remove the baking beans and brush all over with a thin layer of beaten egg. Stick the pastry plaits onto the edges, brush with beaten egg and return to the oven for another 15 mins until cooked through but not brown.

Meanwhile, heat the butter in a frying pan over a low heat and add the onion. Cook gently for 15-20 mins or until soft, then stir in the fennel seeds and take off the heat. Leave to cool in the pan.

Remove the tart case from the oven and set aside while you cook the rest of the filling. Add the asparagus to a large sauté pan, cover with 2-3cm water, bring to a simmer and cook for 5 mins. Drain, then rinse in cold water to cool down quickly. Leave to dry on kitchen paper. Put the empty pan back on the hob, add the milk and salmon, and bring to a gentle simmer. Cook for 4 mins, turning once.

Carefully take the salmon out of the milk and lay on a plate. Pour the milk into a large heatproof jug and set aside. Spoon the onion and fennel seeds in an even layer across the base of the pastry case.

Add the asparagus and, when the salmon is cool enough to handle, break chunks of it over the asparagus. Add the cream to the milk along with the rest of the eggs, the dill and lemon zest, then season. Pour the mixture into the pastry case, top with the cheese, then carefully put back in the oven for 45 mins-1 hr or until the filling is set and the cheese on top is turning golden.

Tarte Tatin

Ingredients

300g all-butter puff pastry
plain flour, for dusting
6 dessert apples (about 900g/2lb),
**such as Braeburn, Cox's Orange
Pippin or Adam's Pearmain**
100g golden caster sugar
85g unsalted butter (60g/2¼oz
chilled and diced, 25g/1oz melted)
crème fraîche (full-fat please!) or
high-quality vanilla ice cream, to
serve



Method

Roll the pastry to a 3mm-thick round on a lightly floured surface and cut a 24cm circle, using a plate as a guide. Lightly prick all over with a fork, wrap in cling film on a baking sheet and freeze while preparing the apples.

Heat oven to 180C/160C fan/gas 4. Peel, quarter and core the apples. Put the sugar in a flameproof 20cm ceramic Tatin dish or a 20cm ovenproof heavy-based frying pan and place over a medium-high heat. Cook the sugar for 5-7 mins to a dark **amber caramel syrup that's starting to smoke, then** turn off the heat and stir in the 60g diced chilled butter.

To assemble the Tarte Tatin, arrange the apple quarters very tightly in a circle around the edge of the dish first, rounded-side down, then fill in the middle in a similar fashion. Gently press with your hands to ensure there are no gaps. Brush the fruit with the melted butter.

Bake in the oven for 30 mins, then remove and place the disc of frozen puff pastry on top – it will quickly defrost. Tuck the edges down the inside of the dish and, with a knife, prick a few holes in the pastry to allow steam to escape. Bake for a further 40-45 mins until the pastry is golden brown and crisp.

Allow to cool to room temperature for 1 hr before running a knife around the edge of the dish and inverting it onto a large serving plate that is deep enough to contain the juices. Serve with crème fraîche or vanilla ice cream.

Ratatouille

Ingredients

2 large aubergine
4 small courgette
2 red or yellow pepper
4 large ripe tomato
5 tbsp olive oil
supermarket pack or small bunch basil
1 medium onion, peeled and thinly sliced
3 garlic clove, peeled and crushed
1 tbsp red wine vinegar
1 tsp sugar (any kind)



Method

Cut the aubergines in half lengthways. Place them on the board, cut side down, slice in half lengthways again and then across into 1.5cm chunks. Cut off the courgettes ends, then across into 1.5cm slices. Peel the peppers from stalk to bottom. Hold upright, cut around the stalk, then cut into 3 pieces. Cut away any membrane, then chop into bite-size chunks.

Score a small cross on the base of each tomato, then put them into a heatproof bowl. Pour boiling water over the tomatoes, leave for 20 secs, then remove. Pour the water away, replace the tomatoes and cover with cold water. Leave to cool, then peel the skin away. Quarter the tomatoes, scrape away the seeds with a spoon, then roughly chop the flesh.

Set a sauté pan over medium heat and when hot, pour in 2 tbsp olive oil. Brown the aubergines for 5 mins on each side until the pieces are soft. Set them aside and fry the courgettes in another tbsp oil for 5 mins, until golden on both sides. Repeat with the **peppers. Don't overcook the vegetables at this stage**, as they have some more cooking left in the next step.

Tear up the basil leaves and set aside. Cook the onion in the pan for 5 mins. Add the garlic and fry for a further min. Stir in the vinegar and sugar, then tip in the tomatoes and half the basil. Return the vegetables to the pan with some salt and pepper and cook for 5 mins. Serve with basil.

Galette des rois

Ingredients

400g ready-made puff pastry
2 rounded tbsp apricot jam
100g softened butter
100g caster sugar
1 lightly beaten egg
100g ground almond
2 tbsp cognac or dark rum



Method

Heat the oven to 200C/fanC180/gas 6. Divide the ready-made puff pastry in half, roll out each piece and cut into a 25cm round. Put one round on a baking sheet and spread with the apricot jam to within 2cm of the edges. Beat together the softened butter and caster sugar until light and fluffy, then beat in the egg. Stir in the ground almonds and cognac or dark rum. Spoon the mixture over the jam, spreading it evenly. Brush the edges of the pastry with water, then cover with the second piece, pressing the edges to seal. Mark the top of the pastry from the centre to the edges like the spokes of a wheel or in a zig zag pattern, then brush with beaten egg. Bake for 25-30 mins until crisp and golden. Serve warm or cold.

Nifty Niçoise

Ingredients

500g baby new potato
250g runner bean
200g can tuna
in olive oil
5 tbsp bottled mustard vinaigrette
1 heaped tbsp mayonnaise
4 egg
1 crisp lettuce
(cos or romaine), separated into leaves
a handful of black olives



Method

Cut any large potatoes in half so they're all a similar size and put them in the top of your steamer. Sprinkle with salt, cover and steam for 18 minutes. String the beans and slice them on the diagonal. Drain the oil from the tuna into a bowl and whisk in the vinaigrette and mayo with salt and pepper to taste to make a creamy dressing. Lift the top off the steamer and lower the eggs into the water beneath, making sure they are covered. Scatter the beans over the potatoes, return to the pan, cover and steam for 8 minutes more. Lift off the potatoes and beans, then lift out the eggs and plunge them into cold water. Tip the potatoes and beans into the dressing and stir to coat. Shell and halve the eggs. Coarsely shred the lettuce into a large salad bowl, then tip the potatoes and beans on top, keeping back a couple of spoonfuls of dressing. Flake the tuna over the top, dot with the eggs and olives and drizzle over the reserved dressing.

Baguettes

Ingredients

For the poolish:

200g strong white bread flour

$\frac{1}{2}$ tsp easy-bake yeast from a 7g sachet



For the baguettes:

200g plain white flour

250g strong white flour, plus extra for dusting and kneading

the rest of the yeast from the 7g sachet

1 $\frac{1}{2}$ tsp fine salt

a little semolina, or more flour, for dusting

Method

To make the poolish, mix the flour and yeast in a medium, deep bowl. Add 200ml room temperature water and stir to a very thick batter. Cover with cling film then chill overnight, after which time the batter will have doubled in size.

The next day, combine the flours, remaining yeast and the salt in a large mixing bowl.

Add another 250ml water to the poolish, then pour into the flours and mix to make a very wet, sloppy dough. Let this sit for 20 mins, which helps the dough to come together more quickly as you knead.

After 20 mins, the dough will still be wet – **possibly much wetter than you're used to**, but this is important for a delicious loaf.

Either knead by hand for 10 mins (see tip on kneading a very wet dough, below), or in a mixer with a dough hook for 5-8 mins, until the dough firms up and becomes smooth and elastic. It will still feel sticky but have shape and spring.

Dust a clean patch of worktop and the dough with a little more flour, then fold the dough inwards on itself to make a ball. It will be dry to touch on the outside, but pleasingly wobbly and alive within. Transfer to a lightly floured large bowl, cover with a clean teatowel and let rise for 1 $\frac{1}{2}$ hours

Method continued...

in a warm, draft-free place until doubled in size.

Dust a heavy teatowel or baker's cloth with plenty of flour, and put it onto onto a large kitchen tray or board. Shape three long, baguette-width ridges in the cloth. Turn the dough onto a floured worktop, then flour the sticky side lightly. Cut into 3 equal pieces using a large knife. Do not **knead the dough or 'knock it back'**.

Working one at a time, press each piece of dough into a rough oval about 25cm long and 20cm deep. Fold one of the long sides to the middle and press it down well with your fingers. Fold in the other long edge in the same way, and press well again to make a long strip of dough with a groove down the centre.

Now fold the dough over itself lengthways into a sausage, pressing the two sides together well in a tight seam against the worktop. Roll very lightly under your palms to seal and make the ends a little pointy. The loaf will be about 40cm long.

Place the dough seam-side down in your prepared cloth, then repeat. Dust all the loaves with a little flour, cover with a clean teatowel and leave at room temperature for 1 hour, or until almost doubled in size.

Heat oven to 220C/240C fan/gas 9. Put a roasting tin on a shelf towards the bottom of the oven, plus set a shelf in the top third. Scatter semolina or more flour over one or two large baking trays.

Carefully roll or lift the breads onto the trays, leaving space for them to grow. If **they stretch or go wonky don't worry, just** pat them back carefully into place.

With a very sharp craft knife or blade, slash the loaves diagonally 5 or 6 times, cutting 1-2cm in. Bake one tray at a time, adding 100ml water to the hot roasting tin and closing the oven door as quickly as you can. Bake for 20 mins or until dark golden, risen and crisp. Cool on racks and enjoy same day.

Mum's best profiteroles



Ingredients

50g butter (preferably unsalted), cut into cubes

2 tbsp caster sugar

75g strong white flour, sifted with a pinch of fine sea salt

2 egg, lightly beaten

300ml double cream

few drops vanilla extract

For the sauce

50g cocoa powder

175g caster sugar

Method

Heat the oven to 220C/200C fan/gas 7.

To make the profiteroles, put the butter and 2 tsp of the caster sugar in a saucepan with 150ml water. Place the pan over a low heat until the butter and sugar have melted, then bring to the boil. Take off the heat, add the flour all at once and beat energetically with a wooden spoon until the dough comes away from the sides of the pan.

Method **continued...**

Leave to cool for 5 mins, then beat in the eggs bit by bit until you have a stiff, glossy mixture (this process is much easier in a food processor). Rinse two baking trays with cold water, shaking off any excess so they are slightly damp (this helps the pastry to rise). Using 2 teaspoons, spoon blobs of the mixture onto the baking trays. Then place in the oven and cook for about 18-20 mins until well risen and brown. Remove the profiteroles from the oven and cut a small slit in **the base of each one so they don't collapse**. Cool on a wire rack.

When they're cold, whip the cream

lightly until just holding its shape. Sweeten to taste with remaining sugar and a few drops of vanilla extract. Cut the profiteroles in half, fill them with the sweetened cream and pile them up on a plate. You can refrigerate them for 1-2 hrs at this point but not for any longer as the pastry will go soggy.

To make the sauce, sift the cocoa powder into a bowl. Put the sugar in a pan with 100ml water and warm over a low heat until dissolved. Bring to the boil, cook for 1 min, then pour over the cocoa powder and stir well until smooth. Return the sauce to the pan, cook for 1 min then set aside for 15 mins before drizzling over the profiteroles.