

chapter nineteen

Savory baking

Savory baking enables the pastry chef to deepen the professional repertoire. Execution of these products will broaden the understanding of how savory baked goods can provide an opportunity for lighter dining, creative amuse plates, and nourishing accompaniment to an informal gathering, cocktail reception, or large-scale catering event.

The importance of savory for a pastry chef or baker

The essential elements of savory baking include an understanding of the varied global influences on savory baking technique and the ability to adapt already-developed traditional baking and pastry skills to the novel and nontraditional aspects of savory baking. For example, layered pastry dishes from the Mediterranean, the Middle East, and Asia are often served as a nourishing and affordable option to a more formal meal.

Current trends include numerous influences on flavor profile, texture, and ingredients that may have been unfamiliar or wholly exotic only a generation ago. For example, the inclusion of spices, spice mixtures, vegetables, seasoned meat fillings, and nuts or seeds engage the palate and stimulate the imagination in a way the strict adherence to traditional baking techniques may not.

An important additional consideration is the ability of savory baking to marry techniques with which the baking or pastry student may be familiar with a variety of foods and cooking techniques that may be unfamiliar. Preparing a savory meat-and-vegetable-filled pastry, for example, can allow hands-on experience with meat cuts, grinding, knife skills, filleting, sautéing, braising, and simmering.

Flavor profiles and food trends

Popular influences on flavors are evident in the crossover between the preparation of traditional pastry and savory pastry flavored with aromatics and herbs. These ingredients allow for a fusion of flavors and textures not traditionally found in a strictly segregated baking or pastry kitchen. Chefs with the proper training and exposure are then able to identify, assess, and prepare a range of savory dishes.

Some savory baking or pastry items are intended to be served as an accompaniment to a hot broth, while others, such as savory scones, are intended to be served warm or cold, as a complement to a light meal or stand-alone bakery take-away item. The essential techniques used for making sweet or dessert items are wholly recognizable. It is the varied and diverse combination of novel or nontraditional ingredients that is of interest.

Seasonality is an important consideration when preparing a menu including savory baking and pastry items. Fresh herbs, seasonal produce, and high-quality supplemental ingredients are of concern to the professional chef seeking to expand the items available on the menu while respecting that the overall quality of the end product.

For this reason, the professional chef may consider the quality of products used in savory baking and the origin of these ingredients, including farming techniques, organic certification, and the distance from the crop or livestock source to eventual delivery for kitchen preparation. It is not always financially practical nor possible given intended use, but as with the current trend toward a broader and more inclusive array of ingredients, the source of such ingredients and the distance traveled is an important consideration for the modern chef and his or her customers.

Finally, savory baking and pastry items allow the professional chef to expand market appeal and to diversify both the niche and the menu for his or her cookery. The audience for savory baking and pastry includes restaurant patrons served an amuse or other small and flavorful side and café customers for whom smaller portions and premise cooking limitations place a premium on maximizing space, plating options, and storage. Brunches allow novel combinations of

ingredients that are still wholly usable and value-added as nutritious additions to baked goods, pastries, and batter-based products. Puff pastries, hors d'oeuvres, and bite-size portions of ingredients complementary to a later meal service, such as canapés filled with a variation on the entrée, are another way in which baked goods and pastries with savory ingredients can enhance the overall enjoyment of food in a variety of professional cooking venues.

Cutting vegetables and fresh herbs

There are several basic knife cuts with which you should be familiar.

Chopping and mincing

Coarse chopping is generally used for mirepoix or similar flavoring ingredients that are to be strained out of the dish and discarded. It is also appropriate when cutting vegetables that will be puréed. Trim the root and stem ends and peel the vegetables if necessary.

Slice or cut through the vegetables at nearly regular intervals until the cuts are relatively uniform. This need not be a perfectly neat cut, but all the pieces should be roughly the same size.

Mincing is a very fine cut, suitable for many vegetables and herbs. Onions, garlic, and shallots are often minced.

1. Rinse and dry herbs well. Strip the leaves from the stems.
2. Gather the herbs into a tight ball before slicing them, which produces a very coarse chop. Use your guiding hand to hold them in place.
3. Position the knife so that it can slice through the pile and chop coarsely.
4. Once the herbs are coarsely chopped, use the fingertips of your guiding hand to hold the tip of the chef's knife in contact with the cutting board. Keeping the tip of the blade against the cutting board, lower the knife firmly and rapidly, repeatedly cutting through the herbs.
5. Continue to cut the herbs until the desired fineness is attained.
6. Green onions and chives are minced differently. Rather than cutting repeatedly, slice them very finely.

Chiffonade

The chiffonade cut is used for leafy vegetables and herbs. The result is a fine shred, often used as a garnish or bed. Use a chef's knife to make very fine, parallel cuts to produce fine shreds. For Belgian endive, remove the leaves from the core and stack them. Make parallel lengthwise cuts to produce a shred. For greens with large leaves, such as romaine, roll individual leaves into cylinders before cutting crosswise. Stack smaller leaves, such as basil, one on top of the other, then roll them into cylinders and cut crosswise.



LEFT: Slicing garlic MIDDLE: Mincing herbs RIGHT: Chiffonading basil

OTHER KNIFE CUTS

STANDARD VEGETABLE CUTS

Fine julienne	$\frac{1}{6}$ by $\frac{1}{6}$ by 1–2 in	2 by 2 by 25–50 mm
Julienne/allumette	$\frac{1}{8}$ by $\frac{1}{8}$ by 1–2 in	4 by 4 by 25–50 mm
Bâtonnet	$\frac{1}{4}$ by $\frac{1}{4}$ by 2–2½ in	6 by 6 by 50–60 mm
Fine brunoise	$\frac{1}{6}$ by $\frac{1}{6}$ by $\frac{1}{6}$ in	2 by 2 by 2 mm
Brunoise	$\frac{1}{8}$ by $\frac{1}{8}$ by $\frac{1}{8}$ in	4 by 4 by 4 mm
Small dice	$\frac{1}{8}$ by $\frac{1}{8}$ by $\frac{1}{8}$ in	6 by 6 by 6 mm
Medium dice	$\frac{1}{2}$ by $\frac{1}{2}$ by $\frac{1}{2}$ in	12 by 12 by 12 mm
Large dice	$\frac{3}{4}$ by $\frac{3}{4}$ by $\frac{3}{4}$ in	20 by 20 by 20 mm

ADDITIONAL VEGETABLE CUTS

Paysanne	$\frac{1}{2}$ by $\frac{1}{2}$ by $\frac{1}{8}$ in	12 by 12 by 4 mm
Fermière	$\frac{1}{8}$ – $\frac{1}{2}$ in, as desired	4–12 mm
Lozenge	$\frac{1}{2}$ by $\frac{1}{2}$ by $\frac{1}{8}$ in, diamond cut	12 by 12 by 4 mm
Rondelle	$\frac{1}{8}$ – $\frac{1}{2}$ in, as desired round cut	4–12 mm
Tourné	7-sided oblong cut, approximately 2 in	50 mm

Dicing



TOP LEFT: Square off the vegetable.
BOTTOM LEFT: Cut batonnet from slices.

TOP RIGHT: Slice parallel cuts of equal thickness.
BOTTOM RIGHT: Cut dice from batonnet.

Chopping onion



Slicing horizontally after scoring vertically



Chopping

Cooking methods

The ability to properly execute any cooking method is imperative to the successful outcome of any formula. Consider the instructions in each individual technique. What is the basic final result? How many steps are there? What is the mise en place for each step?

Sautéing

Sautéing is a technique that cooks food rapidly in a little fat over relatively high heat. Certain menu items, listed as seared/pan-seared, charred/pan-charred, or pan-broiled, are essentially sautéed. Those terms on a menu have come to suggest that even less oil is used than for a traditional sauté. Sautéed dishes typically include a sauce made with the drippings, or *fond*, left in the pan.

Searing may be a first step for some roasted, braised, or stewed foods. They are cooked quickly in a small amount of oil over direct heat. The difference between searing and sautéing is not how the technique is performed, but that these foods are not cooked completely as a result of being seared. Searing is used as an effective way to develop flavor and color for the longer, slower cooking methods.

Stir-frying, associated with Asian cooking and successfully adapted by innovative Western chefs, shares many similarities with sautéing. Foods are customarily cut into small pieces—usually strips, dice, or shreds—and cooked rapidly in a little oil. They are added to the pan in sequence; those requiring the longest cooking times are added first, those that cook quickly only at the last moment. The sauce for a stir-fry, like that of a sauté, is made or finished in the pan to capture the dish's entire flavor.

Choose the most tender cuts for sautéing, from the rib or loin, as well as portions of the leg, of beef, veal, lamb, pork, or large game animals. Poultry and game bird breasts are often preferred for sautéing. Firm or moderately textured fish are easier to sauté than very delicate fish. Shellfish, in and out of the shell, also sauté well. Select the cooking fat according to the flavor you want to create, food cost, availability, and smoke point.

The base for a pan sauce in sautéing may vary to suit the flavor of the main item. Brown sauces such as demi-glace or jus lié, veloutés, reduced stocks (thickened with a slurry if necessary), vegetable coulis, or tomato sauce may be used. Consult specific recipes.

A sauté pan has short, sloped sides and is wider than it is tall to encourage rapid moisture evaporation. It is made of a metal that responds quickly to rapid heat changes. Woks are used to prepare stir-fries. Pan-seared and pan-broiled items are often prepared in heavy-gauge pans that retain heat, such as cast-iron pans. Have tongs or spatulas available to turn foods and remove them from the pan, holding pans to reserve foods while a sauce is prepared or finished, and all appropriate service items (heated plates, garnishes, and accompaniments).



Placing arugula in a sauté pan



Sautéed arugula

Sweating

Sweating is cooking an item, usually vegetables, in a covered pan in a small amount of fat until it softens and releases moisture but does not brown. In some instances, items are begun cooking by sweating and later finished in an item like a quiche or savory tart. It is important not to allow browning when initially cooking the vegetables, as they may burn when cooked further.

Steaming

Cooked surrounded by water vapor in a closed cooking vessel, steamed foods have clean, clear flavors. Steam circulating around the food provides an even, moist environment. Steaming is an efficient and highly effective way to prepare naturally tender fish and poultry. Properly steamed foods are plump, moist, and tender; they generally do not lose much of their original volume. They often retain more intrinsic flavor than foods cooked by other methods because the cooking medium does not generally impart much flavor of its own. Colors also stay true.

The best foods for steaming are naturally tender and of a size and shape that allow them to cook in a short amount of time. Cut food into the appropriate size, if necessary. Fish is generally cooked as fillets, although there are some typical presentations of whole fish. Similarly, boneless, skinless poultry breasts, or suprêmes, steam well. Shellfish can be left in the shell, unless otherwise indicated; for example, scallops are customarily removed from the shell. Shrimp may also be peeled before steaming.



Sweating diced onions and red peppers in a sauté pan



LEFT: Steaming broccoli: Place raw broccoli over boiling water.

RIGHT: The finished broccoli should be tender and bright green.

Many different liquids are used for steaming. Water is common, but a flavorful broth or stock, court bouillon, wine, or beer can also be used, especially if the steaming liquid is served along with the food. Adding such aromatic ingredients as herbs and spices, citrus zest, lemongrass, ginger, garlic, and mushrooms to the liquid boosts its flavor as well as that of the food being steamed. Sometimes food is steamed on a bed of vegetables in a closed vessel; the vegetables' natural moisture becomes part of the steam bath cooking the food. Fillings, marinades, and wrappers can all be used in preparing steamed foods. Fish is sometimes wrapped to keep it exceptionally moist.

Small amounts of food can be steamed using a small insert. Larger quantities, or foods that require different cooking times, are better prepared in a tiered steamer. Remember that it is important to allow enough room for steam to circulate completely around foods as they cook to encourage even, rapid cooking.

Pressure steamers—which reach higher temperatures than tiered steamers—and convection steamers are good choices for steaming large quantities. The chef can then prepare appropriately sized batches throughout a meal period or handle the more intense demands of a banquet or institutional meal situation.

Grilling and broiling

Grilling and broiling are quick cooking techniques that are used for naturally tender, serving-size or smaller pieces of meat, poultry, or fish. By contrast, roasting and baking require a longer cooking time and are frequently used with larger cuts of meat, whole birds, and dressed fish.

Grilling cooks food with radiant heat from a source located below it. Some of the juices are actually reduced directly on the food while the rest drip away. Grilled foods have a slightly charred flavor, resulting from the juices and fats that are rendered as the food cooks, as well as from direct contact with the rods of the grill rack.

Broiling is similar to grilling but uses a heat source located above the food rather than below. Frequently, delicate foods like lean white fish are brushed with butter or oil, put on a heated, oiled sizzler platter, and then placed on the rack below the heat source instead of directly on the rods.

Tender portion-size cuts of poultry, cuts of meat from the loin, rib, or top round areas, and fillets of such fatty fish as tuna and salmon are suited to grilling and broiling. Lean fish may also be grilled or broiled if they are coated with oil or an oil-based marinade. Some less tender cuts of meat such as hanger or flank steak may also be used if they are cut very thin.

All meat and fish should be cut to an even thickness. When preparing meat for grilling or broiling, pound meats and fish lightly if necessary to even their thickness. Meat should be trimmed of excess fat and all silverskin and gristle. Some foods are cut into strips, chunks, or cubes and then threaded onto skewers. The food itself should be seasoned and in some cases lightly oiled.

Different parts of the grill are hotter than others. Divide the grill into zones of varying heat intensity, including a very hot section for quickly searing foods and an area of moderate to low heat for slow cooking and holding foods. (if the grill is wood- or charcoal-fired, set aside an area for igniting the fuel, which may be too hot and smoky to cook foods over directly.) Zones may also be allocated for different types of foods, in order to prevent an undesirable



Grilling vegetables

transfer of flavors. Developing a system for placing foods on the grill or broiler, whether by food type or by range of doneness, helps speed up work on the line.

Woods such as mesquite, hickory, or apple are frequently used to impart special flavors. Hardwood chips, herb stems, grapevine trimmings, and other aromatics can be soaked in cold water and then thrown on the grill fire to create aromatic smoke. The sauce that accompanies a grilled item is prepared separately.

Roasting

Roasting, whether by pan roasting, baking, smoke-roasting, or poêléng, is a way of cooking by indirect heat in an oven. Spit-roasting is more like grilling or broiling. Either way, the result is a crusty exterior and tender interior. The term “baking” is often used interchangeably with roasting; however, it is most typically used in relation to breads, cakes, pastries, and the like.

Rotisserie cooking involves placing the food on a rod that is turned either manually or by a motor. The radiant heat given off by a fire or gas jet cooks the food while constant turning creates a basting effect and ensures that the food cooks evenly.

Roasting, as it is most often practiced today, is more similar to baking than it is to spit-roasting or rotisserie cooking. In an oven, roasted foods are cooked through contact with dry heated air held in a closed environment. As the outer layers become heated, the food’s natural juices turn to steam and penetrate the food more deeply. The rendered juices, also called pan drippings or fond, are the foundation for sauces prepared while the roast rests. Roasting commonly refers to large, multiportion meat cuts, whole birds, and dressed fish.

Smoke-roasting is an adaptation of roasting that allows foods to take on a rich, smoky flavor. The food cooks in a tightly closed environment or in a smoker setup. This can be done over an open flame or in the oven.

Tender meats from the rib, loin, and leg give the best results. Young, tender birds may be roasted whole, as may dressed fish. Trim away any excess fat and silverskin. A layer of fat or poultry skin helps to baste foods naturally as they roast. Season meats, poultry, and fish before roasting to fully develop their flavor. For additional flavor during roasting, herbs or aromatic vegetables may be used to stuff the cavity or to insert under the skin.

Foods such as whole birds, chicken breasts, and chops may be stuffed before roasting. Season the stuffing and chill it to below 40°F/4°C before combining it with raw meat, fish, or poultry. Allow enough time for the seasonings to interact with the food before starting to roast. Place fresh herbs in the cavity of a bird before trussing, rub seasonings on the skin, or slip them under the skin.

A good roasting pan has a flat bottom with relatively low sides to encourage hot air to circulate freely around the roasting food. Select a pan that holds the food comfortably but is not so large that the pan juices will scorch. Food to be roasted may be set on a roasting rack, which permits the hot air to contact all of the food’s surfaces, but good results are also possible when foods are set in very shallow roasting or baking pans elevated by aromatics, such as mirepoix. The pan should remain uncovered.

You may need butcher’s twine or skewers, as well as an instant-read thermometer and a kitchen fork. Have an additional pan to hold the roasted food while a sauce is made from the



Roasted
vegetables

pan drippings. Strainers and skimmers or ladles are needed to prepare the sauce. Have a carving board and an extremely sharp carving knife nearby for final service.

Best results are achieved when the oven is at the correct roasting temperature before the roasting pan is put into it. If searing foods in a very hot oven, heat the oven to 425° to 450°F/218° to 232°C. Roast large cuts such as prime rib or turkey at a low to moderate temperature throughout roasting; a deeply browned exterior is the result of the extended roasting time. Start smaller or more delicate foods at a low to moderate temperature (300° to 325°F/149° to 163°C) and then brown them at the very end of roasting by increasing the temperature of the oven from 350° to 375°F/177° to 191°C.

Barding and Larding

Two traditional preparation techniques for roasted foods that are naturally lean are barding (tying thin sheets of fatback, bacon, or caul fat around a food) and larding (inserting small strips of fatback into a food). The extra fat provides additional flavor and also helps keep the meat tender and juicy. Venison, wild boar, game birds, and certain cuts of beef or lamb may be candidates for barding or larding. Variations using different products are also employed to give different flavors to roasted foods. For example, a roast, rather than being larded with fatback, may be studded with slivers of garlic. The garlic will not have the same tenderizing effect as the fatback, but it will add plenty of flavor.

Today, with increased concern over the amount of fat in diets, every trace of visible fat or skin is often removed in an effort to reduce fat in the final dish, even though the amount of fat released from skin or fat layers as foods roast does not penetrate far into the meat. Fat and skin provide some protection from the drying effects of an oven without dramatically changing the amount of fat in the meat, and foods stripped of their natural protection of fat or skin can become dry and lose flavor.

Frying

Pan Frying

Pan-fried foods have a richly textured crust and a moist, flavorful interior, producing a dish of intriguing contrasts in texture and flavor. When a carefully selected sauce is paired with a dish, the effects can range from home-style to haute cuisine. Pan-fried food is almost always coated—dredged in flour, coated with batter, or breaded. Food is fried in enough oil to come halfway or two-thirds up its side; it is often cooked over less intense heat than in sautéing. The product is cooked by the oil's heat rather than by direct contact with the pan. In pan frying, the hot oil seals the food's coated surface, thereby locking in the natural juices. Because no juices are released, and a larger amount of oil is involved, sauces accompanying pan-fried foods are usually made separately.

Pan-fried food is usually portion-size or smaller. Select cuts that are naturally tender, as you would for a sauté. Rib or loin cuts, top round, or poultry breasts are all good choices. Lean fish such as sole or flounder are also well suited to pan frying. Trim away any fat, silverskin, and gristle. Remove the skin and bones of poultry and fish fillets if necessary or desired. You may want to pound cutlets for an even thickness and to shorten cooking time. This means that the exterior will brown without overcooking in the same time that the meat cooks through.

Ingredients for breading include flour, milk or beaten eggs, and bread crumbs or cornmeal.

The fat for pan frying must be able to reach high temperatures without breaking down or smoking. Vegetable oils, olive oil, and shortenings may all be used for pan frying. Lard,

goose fat, and other rendered animal fats have a place in certain regional and ethnic dishes. The choice of fat makes a difference in the flavor of the finished dish.

The pan used for pan frying must be large enough to hold foods in a single layer without touching. If the food is crowded, the temperature of the fat will drop quickly and a good crust will not form. Pans should be made of heavy-gauge metal and should be able to transmit heat evenly. The sides should be higher than those appropriate for sautéés to avoid splashing hot oil out of the pan as foods are added to the oil or turned during cooking. Have on hand a pan lined with paper towels to blot away surface fat from fried foods. Tongs or slotted spatulas are typically used to turn foods. Select shallow, wide containers to hold coatings, breading, or batters.

Deep-Frying

Deep-fried foods have many of the same characteristics as pan-fried foods, including a crisp, browned exterior and a moist, flavorful interior. Deep-fried foods, however, are cooked in enough fat or oil to completely submerge them. In deep-frying, significantly more fat is used than for either sautéing or pan frying. The food is almost always coated with a standard breading, a batter such as a tempura or beer batter, or a simple flour coating. The coating acts as a barrier between the fat and the food, and also contributes flavor and texture.

To cook rapidly and evenly, foods must be trimmed and cut into a uniform size and shape. Select cuts that are naturally tender; some typical choices include poultry, seafood, and vegetables. Remove the skin and bones of poultry and fish fillets if necessary or desired. Be certain to season the food before adding a coating. Deep-frying is also suitable for croquettes and similar dishes made from a mixture of cooked, diced meats, fish, or poultry, bound with a heavy béchamel and breaded.

Breadings and coatings are common for deep-fried foods. Standard breading can be done three to four hours ahead and items refrigerated before frying, but ideally breading should be done as close to service as possible. A batter or plain flour coating is applied immediately before cooking.

Electric or gas deep fryers with baskets are typically used for deep-frying, although it is also feasible to fry foods using a large pot. The sides should be high enough to prevent fat from foaming over or splashing, and the pot wide enough to allow the chef to add and remove foods easily. Use a deep-fat frying thermometer to check the fat's temperature, regardless of whether you use an electric or gas fryer or a pot on a stovetop. Become familiar with the fryer's recovery time (the time needed for the fat to regain the proper temperature). After foods are added, the fat will lose temperature for a brief time. The more food added, the more the temperature will drop and the longer it will take to come back to the proper level.

Kitchens that must fry many kinds of food often have several different fryers to help prevent flavor transfer. Have a pan lined with paper towels to blot fried foods before they are served. Tongs, spiders, and baskets help add foods to the fryer and remove them when properly cooked.

Savory baking and pastry products

Quiche

Quiche is a savory custard baked in a pie shell and may include a variety of savory, aromatic, and other ingredients. Of French origin, this savory pie is often accompanied by herbs incorporated into the custard, or enhanced with cheese or other appropriate products. Quiche is often served as a brunch or buffet item, and can be readily portion-cut and served with complementary meat or vegetable items.

Tarts

Tarts are made from shallow, straight-sided pastry crust that is either fluted or plain, filled with a savory or sweet mixture. They may be either filled with fresh ingredients and served or cooked and then served either warm or cooled.

Mousse

Mousses are foams made with beaten egg whites with or without whipped cream folded into a flavored base. These items may be either sweet or savory.

Pizzas and sandwiches

These are bread-based items to which any number of toppings or fillers are added, most often a meat, fish, or poultry item with complementary vegetables, herbs, and sauce. Cheese often accompanies both the hot open-faced pizza and the sandwich, open-faced or closed, grilled or cold.

Brie en croûte

MAKES 50 PIECES

Butter puff pastry dough (page 231)	3 lb 8 oz	1.59 kg
Brie, small cubes	8 to 12 oz	227 to 340 g
Egg wash (page 892)	as needed	as needed

- 1** Divide the puff pastry dough in half and roll the 2 pieces to approximately $\frac{1}{8}$ in/ $\frac{3}{8}$ mm thick.
- 2** Using a $1\frac{1}{2}$ -in/ $\frac{4}{5}$ -cm round cutter, mark on one sheet of dough where the cheese will be placed. Mark the circles about 1 in/ $\frac{3}{4}$ cm apart.
- 3** Meanwhile, put the other sheet of puff pastry dough in the freezer to keep it cold.
- 4** Place a piece of the cheese inside each marked circle. Brush egg wash around the cheese.
- 5** Take the second sheet of dough from the freezer and cover the first piece and the cheese with it.
- 6** Using a slightly smaller round cutter, gently press around the cheese to seal the 2 pieces of dough together. Place in the freezer for 20 minutes before cutting.
- 7** Cut each piece of dough using a fluted cutter $2\frac{1}{4}$ in/ $\frac{5}{8}$ cm in diameter.
- 8** Brush the tops of the dough rounds with egg wash and refrigerate overnight.
- 9** Place the dough rounds on a wire rack over a sheet pan and bake at $375^{\circ}\text{F}/191^{\circ}\text{C}$ until the exterior is a deep golden brown, about 40 minutes. Serve.

NOTE You can also add sautéed garlic or other flavoring to the cheese before sealing it in the puff pastry dough. The cheese alone has very little flavor.

Spinach feta quiche

MAKES 1 QUICHE (9 IN/23 CM)

Pâte brisée (page 222)	10 oz	284 g
Onion, chopped	2 oz	57 g
Butter	1 oz	28 g
Spinach, chopped, steamed, and drained	4 oz	113 g
Milk	6 fl oz	180 mL
Heavy cream	6 fl oz	180 mL
Eggs	4 oz	113 g
Egg yolks	2 oz	57 g
Salt	½ tsp	2.50 g
Ground black pepper	½ tsp	1 g
Feta, small cubes	3 oz	85 g

- 1 Roll out the pâte brisée ⅛ in/3 mm thick and line a tart pan. Line the tart shell with parchment paper and fill with dried beans or pie weights. Bake at 350°F/177°C until very light golden brown, about 15 minutes. Cool completely.
- 2 Sauté the onion in the butter until translucent. Add the spinach and cook until wilted. Drain.
- 3 Combine the milk and cream in a saucepan and bring to a simmer.
- 4 Combine the eggs, egg yolks, salt, and pepper in a bowl, stirring with a whisk. Add about one-third of the hot milk mixture to the eggs while whisking constantly. Add the remaining hot milk mixture, stirring to incorporate.
- 5 Spread the spinach mixture in the tart shell and sprinkle the cheese on top. Pour the custard mixture over the top.
- 6 Bake at 350°F/177°C just until the custard is set, about 45 minutes. Serve warm, at room temperature, or chilled.

VARIATIONS **QUICHE LORRAINE** Omit the spinach, onion, and feta. Use 1 lb/454 g grated Gruyère and 1 lb/454 g bacon, diced, rendered, and drained. Make the custard as directed above, fill the tart shell, and bake as directed.

THREE-CHEESE QUICHE Omit the spinach, onion, and feta. Use 8 oz/227 g grated Gruyère, 1 lb/454 g ricotta, and 6 oz/170 g grated Parmesan. Make the custard as directed above, fill the tart shell, and bake as directed.

Spinach and goat cheese quiche

MAKES 1 QUCHE (9 IN/23 CM)

Basic pie dough (page 222)	1 lb 4 oz	567 g
Vegetable oil	1 oz	28 g
Onion, minced	2¼ oz	64 g
Spinach leaves, blanched, squeezed dry, and chopped	8 oz	227 g
Salt	½ tsp	2.50 g
Ground black pepper	¼ tsp	0.5 g
Heavy cream	6 fl oz	180 mL
Eggs	2 each	2 each
Fresh goat cheese, crumbled	1½ oz	43 g
Grated Parmesan	¾ oz	21 g
Sun-dried tomatoes, chopped	1 oz	28 g

- 1 Roll out the pie dough ⅛ in/3 mm thick and line a pie pan. Line the crust with parchment paper and fill with dried beans or pie weights. Bake at 350°F/177°C until very light golden brown, about 15 minutes. Cool completely.
- 2 Heat the oil in a large sauté pan over medium heat. Add the onion and sauté, stirring frequently, until translucent, 3 to 4 minutes. Add the spinach and sauté until very hot, about 4 minutes. Remove from the heat. Season with ¼ tsp/1.25 g of the salt and a pinch of the pepper.
- 3 Transfer to a colander and let the spinach drain and cool while preparing the custard.
- 4 Whisk together the cream and eggs. Stir in the goat cheese, Parmesan, sun-dried tomatoes, and spinach. Season with the remaining salt and pepper. Spread the mixture evenly over the crust.
- 5 Place the quiche pan on a baking sheet and bake at 350°F/177°C until a knife blade inserted in the center comes out clean, 40 to 45 minutes. If the crust begins to overbrown, cover the edges of the crust with strips of aluminum foil or a pie shield.
- 6 Remove the quiche from the oven and cool on a rack. Let the quiche rest for at least 20 minutes before cutting in pieces. Serve hot, warm, or at room temperature.

Caramelized onion quiche

MAKES 1 QUICHE (9 IN/23 CM)

Basic pie dough (page 222)	1 lb 4 oz	567 g
Extra-virgin olive oil	1 oz	28 g
Yellow onions, thinly sliced	7½ oz	213 g
Heavy cream	6 oz	170 g
Milk	6½ oz	184 g
Eggs	6 oz	170 g
Salt	½ tsp	2.50 g
Ground black pepper	¼ tsp	0.5 g
Grated provolone	12 oz	340 g

- 1 Roll out the pie dough ⅛ in/3 mm thick and line the pie pan. Line the crust with parchment paper and fill with dried beans or pie weights. Bake at 350°F/177°C until very light golden brown, about 15 minutes. Cool completely.
- 2 Heat the olive oil in a sauté pan over medium heat. Add the onions and sauté, stirring frequently, until golden and very soft (caramelized), about 15 minutes. Remove and reserve.
- 3 Whisk together the cream, milk, eggs, salt, and pepper in a medium bowl. Stir in the onions and 8 oz/227 g of the cheese. Pour the egg mixture evenly into the crust. Sprinkle the remaining cheese evenly over the top of the quiche.
- 4 Place the quiche pan on a baking sheet and bake at 350°F/177°C until a knife blade inserted in the center comes out clean, 40 to 45 minutes. If the crust begins to overbrown, cover the edges of the crust with strips of aluminum foil or pie shields.
- 5 Remove the quiche from the oven and cool on a rack. Let the quiche rest for at least 20 minutes before cutting in pieces. Serve hot, warm, or at room temperature.

Cheddar cheese wafers

MAKES 120 WAFERS

All-purpose flour	1 lb 2 oz	510 g
Cayenne	½ tsp	1 g
Salt	1 tsp	5 g
Ground black pepper	½ tsp	1 g
Butter, room temperature	1 lb	454 g
Cheddar, shredded	1 lb	454 g
Eggs	2 oz	57 g
Sesame seeds, for garnish	as needed	as needed

- 1 Sift together the flour, cayenne, salt, and pepper.
- 2 Mix the butter on medium speed with the paddle attachment until soft, 2 to 3 minutes.
- 3 Add the Cheddar and mix slightly until thoroughly incorporated, about 1 minute.
- 4 Add the eggs and mix on low speed until fully combined.
- 5 Add the sifted flour mixture and mix on low speed until just combined. Scrape down the bowl as necessary.
- 6 Turn out the dough onto a parchment-lined sheet pan and spread it so that it is no higher than the edge of the pan. Wrap tightly in plastic wrap.
- 7 Place the dough in the refrigerator overnight or in the freezer until thoroughly chilled, at least 30 minutes.
- 8 Turn out the dough onto a lightly floured work surface. Slice the dough into 3-in/8-cm strips.
- 9 Cut the strips to make ¼-in/6-mm wafers.
- 10 Press the sesame seeds gently into the dough.
- 11 Place the wafers onto a parchment-lined sheet pan.
- 12 Bake at 350°F/177°C until light brown, 25 to 30 minutes. Cool completely on racks. Store in an airtight container until ready to serve.

Ham and cheese crescents

MAKES 70 CRESCENTS

Butter puff pastry dough (page 231)	3 lb	1.36 kg
Prepared mustard	as needed	as needed
Swiss cheese	12 oz	340 g
Ham	12 oz	340 g
Egg wash (page 892)	as needed	as needed

- 1 Roll out the puff pastry to $\frac{1}{8}$ in/3 mm thick. Using a pizza wheel, cut into $3\frac{3}{4}$ -in/10-cm squares. Cut the squares in half on the diagonal to make even triangles.
- 2 Using a small paper cone, pipe a pea-size dot of mustard onto each triangle.
- 3 Cut the cheese and ham into $3\frac{1}{2}$ -in/9-cm batons. Place the cheese and ham batons on the triangles. Brush the tips of the triangles with egg wash.
- 4 Roll up the triangle in the same shape as a croissant, starting at the long side opposite the tip first, rolling up so that the tip ends up on the underside of the roll. Brush the crescents with egg wash.
- 5 Bake at 375°F/191°C until the bottoms are a dark golden brown, 12 to 15 minutes. Cool on the baking pans. Serve.

VARIATION You can also use chopped blanched broccoli florets and cheese to fill the crescents.

Leek and mushroom tart

MAKES 2 TARTS (12 IN/30 CM EACH)

Butter puff pastry dough (page 231)	1 lb 4 oz	567 g
Leeks, white and light green parts only	2 lb	907 g
Olive oil	as needed	as needed
Shallots, finely chopped	3 oz	85 g
White mushrooms, sliced	8 oz	227 g
Crème fraîche	8 oz	227 g
Salt	as needed	as needed
Ground black pepper	as needed	as needed

- 1 Divide the dough into 2 parts, roll out $\frac{1}{8}$ in/3 mm thick, and line 2 tart pans. Line the tart shells with parchment paper and fill with dried beans or pie weights. Bake at 350°F/177°C until very light golden brown, about 15 minutes. Cool completely.
- 2 Slice the leeks $\frac{1}{6}$ in/1.5 mm thick. Wash and drain the leeks well.
- 3 In a medium sauté pan, heat the olive oil. Sweat the leeks and shallots until wilted and translucent, about 15 minutes. Do not let them brown.
- 4 Sauté the mushrooms separately in olive oil.
- 5 Combine the sweated leeks and shallots with the crème fraîche and mix until well combined. Place half of the mixture in each tart shell, leaving a $\frac{1}{2}$ -in/1-cm space from the top of the tart shell.
- 6 Top with the sautéed mushrooms.
- 7 Sprinkle salt and pepper on top of the mushrooms.
- 8 Place the tart pans on a baking sheet and bake at 375°F/191°C until a knife blade inserted in the center comes out clean, 40 to 45 minutes. If the pastry begins to overbrown, cover the edges with strips of aluminum foil or pie shields.
- 9 Remove the tarts from the oven and cool on racks. Let the tarts rest for at least 20 minutes before cutting. Serve hot, warm, or at room temperature.

Leek and Mushroom Tart (opposite),
Onion Tart (page 708)



Onion tart

MAKES 2 TARTS (9 IN/23 CM EACH)

Basic pie dough (page 222)	1 lb 8 oz	680 g
Onions	3 lb	1.36 kg
Olive oil	1 oz	28 g
Eggs	4 oz	113 g
Heavy cream	8 oz	227 g
Salt	as needed	as needed
Ground black pepper	as needed	as needed

- 1 Divide the dough into 2 parts, roll out $\frac{1}{8}$ in/3 mm thick, and line 2 tart pans. Line the tart shells with parchment paper and fill with dried beans or pie weights. Bake at 350°F/177°C until very light golden brown, about 15 minutes. Cool completely.
- 2 Peel and slice the onions $\frac{1}{8}$ in/3 mm thick. In a sauté pan, heat the olive oil and sweat the onions until translucent and limp, about 10 minutes. Do not let the onions brown. Cool.
- 3 Combine the eggs and cream in a bowl and whisk them together. Add the cooled onions. Add salt and pepper as needed.
- 4 Divide the mixture evenly between the tart shells.
- 5 Place the tart pans on a baking sheet and bake at 375°F/191°C until a knife blade inserted in the center comes out clean, 40 to 45 minutes. If the pastry begins to overbrown, cover the edges with strips of aluminum foil or pie shields.
- 6 Remove the tarts from the oven and cool on racks. Let the tarts rest for at least 20 minutes before cutting. Serve hot, warm, or at room temperature.

VARIATION Other ingredients such as raw salmon or spiced ham may be diced and added along with the onions.

Potato tart

MAKES 3 TARTS (10 IN/25 CM EACH)

Butter puff pastry dough (page 231)	1 lb 8 oz	680 g
Potatoes, such as Yukon gold	1 lb	454 g
Asparagus	4 oz	113 g
Bacon	8 oz	227 g
Butter, melted	2 oz	57 g
Salt	as needed	as needed
Ground black pepper	as needed	as needed

- 1 Divide the dough into 3 parts, roll out $\frac{1}{8}$ in/3 mm thick, and line 3 tart pans. Line the tart shells with parchment paper and fill with dried beans or pie weights. Bake at 350°F/177°C until very light golden brown, about 15 minutes. Cool completely.
- 2 Peel the potatoes, place in a large pot filled with cold salted water, and bring to a boil. Boil the potatoes until easily pierced with a fork, about 20 minutes. Take the pot off the heat and let the potatoes cool; slice into disks approximately $\frac{1}{8}$ in/3 mm thick.
- 3 Bring another pot of salted water to a boil. Trim the ends and peel the asparagus. Boil the asparagus until tender, about 5 minutes. Place in an ice water bath to stop the cooking and to cool. If the asparagus spears are thick, slice in half lengthwise after cooling.
- 4 Dice the bacon and cook in a sauté pan until crisp. Drain the fat well.
- 5 Fan the potato slices around the tart shells, overlapping them toward the center. Evenly divide the bacon and asparagus and sprinkle over the potatoes. Brush the melted butter over the entire tarts.
- 6 Cover and refrigerate overnight.
- 7 Lightly sprinkle salt and pepper over the top of the tart. Place the tart pans on a baking sheet and bake at 375°F/191°C until a knife blade inserted in the center comes out clean, 40 to 45 minutes. If the pastry begins to overbrown, cover the edges with strips of aluminum foil or pie shields.
- 8 Remove the tarts from the oven and cool on racks. Let the tarts rest for at least 20 minutes before cutting. Serve hot, warm, or at room temperature.

Tomato tart

MAKES 2 TARTS (10 IN/25 CM EACH)

Butter puff pastry dough (page 231)	1 lb	454 g
Tomatoes	1 lb 8 oz	680 g
Basil, chiffonade	as needed	as needed
Salt	as needed	as needed
Ground black pepper	as needed	as needed
Mozzarella, shredded	as needed	as needed

- 1** Divide the dough into 2 parts, roll out $\frac{1}{8}$ in/3 mm thick, and line 2 tart pans. Line the tart shells with parchment paper and fill with dried beans or pie weights. Bake at 350°F/177°C until very light golden brown, about 15 minutes. Cool completely.
- 2** Slice the tomatoes into $\frac{1}{4}$ -in/6-mm rounds.
- 3** Arrange the tomatoes on the tart shells, fanning them toward the center, and leaving $\frac{1}{2}$ in/1 cm around the edge of the tart shell.
- 4** Scatter the basil over the tomatoes. Sprinkle with salt and pepper. Top with the mozzarella.
- 5** Place the tart pans on a baking sheet and bake at 375°F/191°C until a knife blade inserted in the center comes out clean, 40 to 45 minutes. If the pastry begins to overbrown, cover the edges with strips of aluminum foil or pie shields.
- 6** Remove the tarts from the oven and cool on racks. Let the tarts rest for at least 20 minutes before cutting in pieces. Serve hot, warm, or at room temperature.

Blue cheese tart

MAKES 5 TARTS (4 IN/10 CM EACH)

Pâte brisée (page 222)	1 lb	454 g
Cream cheese	8 oz	227 g
Blue cheese	8 oz	227 g
Eggs	4 oz	113 g
Sour cream	3 fl oz	90 mL
Heavy cream	4 fl oz	120 mL
Minced chives	1 tbsp	3 g
Minced flat-leaf parsley	1 tbsp	3 g
Minced thyme	2 tsp	2 g
Sautéed minced shallots	1 tsp	3 g
Salt	½ tsp	2.50 g
Ground white pepper	¼ tsp	0.50 g

- 1** Divide the dough into 5 parts, roll out ⅛ in/3 mm thick, and line 5 tart pans. Line the tart shells with parchment paper and fill with dried beans or pie weights. Bake at 350°F/177°C until very light golden brown, about 15 minutes. Cool completely.
- 2** Cream the cheeses on medium speed with the paddle attachment until smooth. Gradually add the eggs, mixing until fully incorporated after each addition and scraping down the sides of the bowl periodically. Add the sour cream, cream, chives, parsley, thyme, shallots, salt, and pepper and blend well.
- 3** Pour the mixture into the prepared crusts and bake at 300°F/149°C until a knife blade inserted in the center comes out clean, about 20 minutes.
- 4** Remove from the oven and let the tarts rest for at least 10 to 15 minutes. Serve warm or at room temperature.

Sun-dried tomato and goat cheese tartlets

MAKES 30 PIECES

Blitz puff pastry (page 233)	1 lb	454 g
Minced garlic	1 tbsp	9 g
Ground white pepper	1 tsp	2 g
Chopped basil	3 tbsp	9 g
Whole milk	6 fl oz	180 mL
Dry sherry	2 fl oz	60 mL
Eggs	3 each	3 each
All-purpose flour	¼ oz	7 g
Fresh goat cheese, crumbled	4 oz	113 g
Green onions, minced	1 oz	28 g
Sun-dried tomatoes, minced	3½ oz	99 g

- 1 Roll out the dough ⅛ in/3 mm thick. Dock the dough.
- 2 Cut 30 rounds from the dough using a cutter 2 in/5 cm in diameter. Press gently into 1¼-in/4-cm tart molds.
- 3 Cover the dough in the molds with a small piece of foil and fill with dried beans or pastry weights. Bake at 425°F/218°C for 5 minutes. Cool completely. Remove the foil and weights.
- 4 Combine the garlic, pepper, basil, milk, and sherry in a food processor. Add the eggs and flour and process until just blended.
- 5 Toss together the goat cheese, green onions, and tomatoes. Place 2½ tsp/22.50 mL of the mixture into each tartlet. Fill each tartlet two-thirds full with the egg mixture.
- 6 Bake at 350°F/177°C until set, about 15 minutes. Remove from the oven and let the tartlets rest for at least 10 minutes. Serve warm or at room temperature.

Creamed wild mushroom tartlets

MAKES 30 PIECES

Pâte brisée (page 222)	1 lb	454 g
Dry jack cheese, finely grated	2 oz	57 g
Flat-leaf parsley, chopped	1 oz	28 g
Ground black pepper	2 tsp	4 g
Assorted wild mushrooms (shiitake, porcini, oyster, etc.), small dice	1 lb	454 g
Shallots, minced	2 each	2 each
Butter	2 oz	57 g
Brandy	1 tbsp	15 mL
Sherry	1 tbsp	15 mL
Heavy cream	2 fl oz	60 mL

- 1** Roll out the dough $\frac{1}{8}$ in/3 mm thick. Cut 30 rounds from the dough using a cutter 2 in/5 cm in diameter and press gently into 1 $\frac{3}{4}$ -in/4-cm tart molds.
- 2** Cover the dough in the molds with a small piece of foil and fill with dried beans or pastry weights. Bake at 425°F/218°C for 5 minutes. Remove the foil and weights.
- 3** Combine the cheese, parsley, and pepper and reserve.
- 4** Sauté the mushrooms and shallots in the butter. Add the brandy, sherry, and cream.
- 5** Fill each tartlet with $\frac{1}{2}$ oz/14 g of the mushroom mixture while still warm and top with a sprinkle of the cheese mixture.
- 6** Serve warm.



Petit bouche duxelles

MAKES 40 PIECES

Butter puff pastry dough (page 231)	3 lb	1.36 kg
Egg wash (page 892)	as needed	as needed
Mushrooms, finely chopped	1 lb 8 oz	680 g
Shallots, minced	2 oz	57 g
Butter	as needed	as needed
Brandy	1 tbsp	15 mL
Salt	as needed	as needed
Ground white pepper	as needed	as needed

- 1 Roll out the dough $\frac{1}{2}$ in/1 cm thick. Cut 40 rounds from the dough using a fluted cutter 2 in/5 cm in diameter.
- 2 Brush the dough rounds with egg wash. Place back in the freezer if the rounds get too soft.
- 3 Using a 1-in/3-cm round cutter, cut three-quarters of the way through the puff rounds. Make sure you do not cut all the way through.
- 4 Bake the dough rounds at 375°F/191°C, placing a wire rack on top of them on the sheet pan to help keep a uniform height. Bake until the rounds are golden brown, about 10 minutes. Once the rounds have cooled slightly, remove the cut tops with a sharp knife and reserve.
- 5 Sauté the mushrooms and shallots in the butter. Just before the liquid has all evaporated, deglaze the pan with the brandy.
- 6 Season with salt and pepper as needed.
- 7 Fill each pastry round with $\frac{1}{2}$ oz/14 g of the mushroom mixture. Replace the reserved top as a cap. Serve warm.

Wild mushroom pizza

MAKES 25 PIZZA ROUNDS (12 IN/30 CM EACH)

Butter	4 oz	113 g
All-purpose flour	2½ oz	71 g
Milk	48 fl oz	1.44 L
Extra-virgin olive oil	10 oz	284 g
Oyster mushrooms, stemmed	2 lb 8 oz	1.13 kg
White mushrooms, sliced	1 lb 4 oz	567 g
Shiitake mushrooms, stemmed	1 lb 4 oz	567 g
Dried morels, rehydrated	1¼ oz	35 g
Dried porcini, rehydrated and chopped	1¼ oz	35 g
Shallots, minced	1¼ oz	35 g
Garlic, chopped	1 oz	28 g
Port wine	24 fl oz	720 mL
Parsley, chopped	1¼ oz	35 g
Chopped thyme	1¼ tsp	1.25 g
Chopped tarragon	1¼ tsp	1.25 g
Ground nutmeg	1 tsp	2 g
Salt	1 tbsp	15 g
Ground black pepper	1 tbsp	6 g
Mascarpone	6½ oz	184 g
Duram pizza dough (page 144)	25 rounds	25 rounds
Aged Monterey jack, grated	2 lb 6 oz	1.08 kg
Parmesan, grated	1 lb 3 oz	539 g
Chives, minced	1 oz	28 g

- 1** Melt ½ oz/14 g of the butter in a sauce pot. Add the flour, stirring to incorporate, and cook over medium heat, stirring constantly, for 5 minutes. Do not let the roux develop any color.
- 2** Gradually add the milk, whisking constantly. Cook, stirring constantly, until the sauce coats the back of a spoon. Remove from the heat.
- 3** Melt the remaining 3½ oz/99 g butter with the olive oil in a saucepan over medium heat. Add all the mushrooms and sauté until lightly browned, approximately 10 minutes.
- 4** Add the shallots and garlic and sauté until aromatic. Deglaze the pan with the port and reduce for several minutes, until most of the liquid has evaporated. Add the parsley, thyme, tarragon, nutmeg, salt, and pepper.

- 5 For each pizza, place a dough round on an oven peel or sheet pan that has been dusted with semolina flour. Spread 5 oz/142 g of the mushroom sauce on the dough. Top with 1½ oz/43 g of the Jack cheese, ¾ oz/21 g of the Parmesan, and about 1 tsp/1 g of the chives.
- 6 Bake in a 500°F/260°C deck oven until golden brown around the edges, 3 to 4 minutes. Serve at once.

Margherita pizza

MAKES 25 PIZZA ROUNDS (12 IN/30 CM EACH)

Garlic, minced	2½ oz	71 g
Extra-virgin olive oil	1 lb 4 oz	567 g
Tomatoes (canned crushed), drained	3 lb 12 oz	1.70 kg
Salt	2 tsp	10 g
Ground black pepper	2 tsp	4 g
Chopped rosemary	2 tbsp	6 g
Duram pizza dough (page 144)	25 rounds	25 rounds
Semolina flour	as needed	as needed
Mozzarella, grated	3 lb 2 oz	1.42 kg
Parmesan, grated	12½ oz	354 g
Basil, chiffonade	1½ oz	43 g

- 1 Sweat the garlic in the olive oil over low heat until translucent, about 6 minutes.
- 2 Add the tomatoes, salt, and pepper. Cook covered over medium heat until the sauce has thickened slightly and has a good aroma, about 30 minutes.
- 3 Add the rosemary and cook for 15 minutes.
- 4 For each pizza, place a dough round on an oven peel or sheet pan dusted with semolina flour. Cover the dough with 3 oz/85 g of the sauce, leaving a ½-in/1-cm border. Top with 2 oz/57 g of the mozzarella, ½ oz/14 g of the Parmesan, and 1½ tsp/1.50 g of the basil.
- 5 Bake in a 500°F/260°C deck oven until golden brown around the edges, 3 to 4 minutes. Serve at once.

Spanakopita

MAKES 80 PIECES

Butter, solid	3 oz	85 g
Shallots, minced	2 oz	57 g
Garlic, minced	4 cloves	4 cloves
Spinach, stemmed	3 lb	1.36 kg
Feta, crumbled	1 lb	454 g
Pine nuts, toasted	3 oz	85 g
Salt	as needed	as needed
Ground black pepper	as needed	as needed
Phyllo dough	1 lb	454 g
Butter, melted	as needed	as needed

- 1 Melt the solid butter in a sauté pan over moderate heat until it starts to bubble. Add the shallots and garlic and sweat until translucent.
- 2 Add the spinach and sauté gently until the spinach is wilted, 1 to 2 minutes. Transfer the spinach mixture to a stainless-steel bowl and cool to room temperature. Add the cheese and nuts and season with salt and pepper. Refrigerate until needed.
- 3 Lay 1 sheet of phyllo dough on a cutting board. Brush lightly with melted butter. Place another sheet of phyllo dough directly on the buttered sheet and brush it lightly with butter. Repeat with a third sheet of phyllo. Keep the remainder of the phyllo dough covered until needed, to prevent drying out.
- 4 Cut the phyllo dough lengthwise into 6 even strips. Place 1 oz/28 g of spinach filling on the bottom right corner of each strip. Fold the bottom right corner of the strip diagonally to the left side of the strip to create a triangle of dough encasing the filling. Fold the bottom left point of the dough up along the left side of the dough to make a triangle and seal in the filling.
- 5 Fold the bottom left corner of the dough diagonally to the right side of the dough to form a triangle. Fold the bottom right point up along the right edge of the dough. Repeat until the end of the dough is reached and you have a triangle of layered phyllo dough with the filling wrapped inside. Place the phyllo triangle on a parchment-lined sheet pan and brush with melted butter.
- 6 Repeat with each strip. Bake at 375°F/191°C until golden brown, about 15 minutes. Serve.



Place the filling on the bottom right corner of each strip. Fold to make a triangle and seal in the filling.

Smoked salmon mousse

MAKES 3 LB 9 OZ/1.62 KG

Smoked salmon, diced	1 lb 8 oz	680 g
Fish velouté (page 893), cold	8 fl oz	240 mL
Gelatin, granulated	1 oz	28 g
Fish stock (page 892) or water, cold	8 fl oz	240 mL
Salt	as needed	as needed
Ground black pepper	as needed	as needed
Heavy cream, whipped to soft peaks	16 fl oz	480 mL

- 1 Combine the smoked salmon and velouté in a food processor and process to a smooth consistency. Push through a sieve and transfer to a bowl.
- 2 Bloom the gelatin in the cold stock. Melt over simmering water until the mixture reaches 90° to 110°F/32° to 43°C.
- 3 Blend the gelatin into the salmon mixture. Season with salt and pepper.
- 4 Fold in the whipped cream. Shape the mousse as desired. Refrigerate for at least 2 hours to firm the mousse.

savory mousse tartlets

Prebaked tartlet and barquette shells filled with cold savory mousse are a good choice for hors d'oeuvres. Brush the interior of the shells with a thin coat of softened butter and allow it to set firm. The butter will let the shell remain crisp after it is filled with the mousse. Using a

pastry bag fitted with a star or plain pastry tip, pipe the mousse in a corkscrew spiral or a simple, but perfectly executed, rosette and decoratively garnish with some fresh herbs or brunoise of red pepper—something that reflects the flavor of the mousse is always appropriate.

Red pepper mousse in endive

MAKES 30 PIECES

Onions, minced	3 oz	85 g
Finely minced garlic	1 tsp	4 g
Vegetable oil	1 fl oz	30 mL
Red peppers, small dice	1 lb 4 oz	567 g
Chicken stock	8 fl oz	240 mL
Saffron threads, crushed	pinch	pinch
Tomato paste	1 oz	28 g
Salt	as needed	as needed
Ground white pepper	as needed	as needed
Gelatin, granulated	1 tbs	9 g
White wine	2 fl oz	60 mL
Heavy cream, whipped	6 fl oz	180 mL
Endive spears	30 each	30 each
Red pepper, slivered	2 peppers	2 peppers

- 1 Sauté the onions and garlic in the oil until golden. Add the diced peppers, stock, saffron, tomato paste, salt, and pepper. Simmer until all the ingredients are tender and the liquid is reduced by half.
- 2 Bloom the gelatin in the wine.
- 3 Purée the red pepper mixture in a blender. Add the bloomed gelatin while the red pepper mixture is still hot and blend to combine all ingredients well.
- 4 Cool the mixture over an ice water bath until it mounds when dropped from a spoon. Fold in the whipped cream.
- 5 Pipe the mousse into the endive spears and garnish each with a sliver of red pepper.

Blue cheese mousse

MAKES 2 LB/907 G

Blue cheese	1 lb 4 oz	567 g
Cream cheese	12 oz	340 g
Kosher salt	1 tbsp	15 g
Ground black pepper	½ tsp	1 g
Heavy cream, whipped to soft peaks	4 fl oz	120 mL

- 1 Purée the blue and cream cheeses until very smooth. Add the salt and pepper. Fold the whipped cream into the mousse until well blended. There should be no lumps.
- 2 The mousse is ready to use to prepare canapés or as a filling or dip.

VARIATION **GOAT'S MILK CHEESE MOUSSE** Substitute fresh goat's milk cheese for the blue cheese.

Smoked salmon mousse barquettes

MAKES 30 BARQUETTES

Smoked salmon, diced	5 oz	142 g
Fish velouté (page 893)	6 fl oz	180 mL
Aspic gelée (page 892), warm	1 fl oz	30 mL
Heavy cream	4 fl oz	120 mL
Tabasco sauce	¼ tsp	1.25 mL
Salt	½ oz	9 g
Ground black pepper	as needed	as needed
Barquettes made from pâte brisée (page 222), prebaked	30 each	30 each
Salmon roe	2 oz	57 g
Dill sprigs	30 each	30 each

- 1 Purée the smoked salmon and velouté in a food processor until very smooth. Add the warm aspic gelée while the processor is running. Transfer to a bowl.
- 2 Whip the cream to soft peaks and fold gently but thoroughly into the salmon mixture. Season with the Tabasco, salt, and pepper.
- 3 Pipe about ½ oz/14 g salmon mousse into each barquette, garnish with a little salmon roe and a dill sprig, and chill until firm. The barquettes are ready to serve, or they can be refrigerated for up to 1 hour.

Gougères

MAKES 120 PIECES

Milk	12 fl oz	360 mL
Water	12 fl oz	360 mL
Butter	12 oz	340 g
Salt	pinch	pinch
Sugar	pinch	pinch
Bread flour	12 oz	340 g
Eggs	12 oz	340 g
Cayenne	pinch	pinch
Red peppers, cut into brunoise	½ oz	14 g
Swiss cheese, grated	12 oz	340 g
Egg wash (page 892)	as needed	as needed
Parmesan, grated, for garnish	as needed	as needed

- 1 Bring the milk, water, butter, salt, and sugar to a boil over medium heat, stirring constantly.
- 2 Add the flour all at once, stirring vigorously to combine.
- 3 Cook the mixture over medium heat, stirring constantly until the mixture pulls away from the sides and a thin coating is formed on the bottom.
- 4 Transfer the mixture to the mixer. Beat briefly on medium speed with the paddle attachment to cool the dough slightly. Add the eggs, a small amount at a time, and beat until fully incorporated.
- 5 Add the cayenne, peppers, and Swiss cheese and mix until fully incorporated.
- 6 Using a pastry bag fitted with a #6 plain tip, pipe the dough into 1½-in/4-cm rounds onto a parchment-lined sheet pan. Brush with egg wash. Sprinkle the Parmesan on top.
- 7 Bake at 375°F/191°C until golden brown, 10 to 12 minutes.

VARIATIONS HERB-TOMATO GOUGÈRES Substitute olive oil for the butter. Increase the salt to 1 tsp/15 g and omit the cayenne, red peppers, Swiss cheese, and Parmesan. Add to the dough in step 5: ½ tsp/1 g ground black pepper, 2 oz/57 g finely chopped oil-packed sun-dried tomatoes, 3 tsp/9 g finely chopped basil, and 4 tsp/4 g finely chopped thyme. Pipe into domes approximately ¾ in/2 cm in diameter. Bake at 350°F/177°C for about 35 minutes.

MINIATURE GOUGÈRES Omit the red pepper and Parmesan and substitute Gruyère for the Swiss cheese. Pipe into domes approximately ¾ in/2 cm in diameter. Bake at 350°F/177°C for about 35 minutes.

Crabmeat and avocado profiteroles

MAKES 30 PIECES

Pâte à choux dough (page 228)	1 recipe	1 recipe
Egg wash (page 892)	as needed	as needed
Crabmeat, cleaned	4 oz	113 g
Avocado, ripe, small dice	½ each	½ each
Lime juice	2 fl oz	60 mL
Buttermilk	1 tbsp	15 mL
Minced chives	1 tsp	1 g
Minced cilantro	1 tsp	1 g
Salt	as needed	as needed
Cayenne	as needed	as needed

- 1 Using a pastry bag fitted with a #5 plain tip, pipe the pâte à choux into 30 bulbs 1½ in/4 cm in diameter onto parchment-lined sheet pans. Brush lightly with egg wash.
- 2 Bake at 360°F/182°C until the cracks formed in the pastries are no longer yellow, about 50 minutes. Cool to room temperature. Slice the top off each of the baked pastries.
- 3 Combine the crabmeat, avocado, lime juice, and buttermilk. Fold in the chives and cilantro and season with salt and cayenne.
- 4 Split the puffs and fill with the crabmeat mixture. Serve immediately.

Southwest chicken salad in profiteroles

MAKES 30 PIECES

Pâte à choux dough (page 228)	1 recipe	1 recipe
Egg wash (page 892)	as needed	as needed
Chicken, dark meat, cooked, small dice	1 lb	454 g
Tomato concassé	2 oz	57 g
Lime, cut into suprêmes, then diced small	1 each	1 each
Roasted pepper, small dice	½ oz	14 g
Minced jalapeño	1 tsp	5 g
Shallots, minced	1 oz	28 g
Finely minced garlic	1 tsp	4 g
Minced cilantro	2 tbsp	6 g
Chopped marjoram	2 tsp	2 g
Minced chives	2 tsp	2 g
Salt	as needed	as needed
Ground black pepper	as needed	as needed

- 1 Using a pastry bag fitted with a #5 plain tip, pipe the pâte à choux into 30 bulbs 1½ in/4 cm in diameter onto parchment-lined sheet pans. Brush lightly with egg wash.
- 2 Bake at 360°F/182°C until the cracks formed in the pastries are no longer yellow, about 50 minutes. Cool to room temperature. Slice the top off each of the baked pastries.
- 3 Combine the chicken, tomato, lime, roasted pepper, jalapeño, shallots, garlic, and herbs. Season with salt and pepper. Marinate for 2 hours under refrigeration.
- 4 Split the puffs and fill with the chicken mixture. Serve immediately.

Palmiers with prosciutto

MAKES 35 TO 40 PIECES

Blitz puff pastry (page 233)	8 oz	227 g
Tomato paste	2½ oz	71 g
Prosciutto, 12 thin slices	5 oz	142 g
Parmesan, finely grated	¾ oz	21 g

- 1 Roll the pastry dough into a 10-in/25-cm square. Brush one-half of the pastry with the tomato paste. Lay the prosciutto over the tomato paste, then dust with some of the cheese.
- 2 Fold the 2 outer quarters of the dough toward each other to meet in the middle, leaving a ½-in/1-cm gap. Sprinkle the remaining cheese on top of the length of the dough. Complete the book fold (see page 220). Cover the dough and refrigerate until firm, about 1 hour.
- 3 Slice the dough ¼ in/6 mm thick and lay flat on parchment-lined baking sheets. Place a sheet of parchment paper on top to help keep the palmiers a uniform height. Bake at 400°F/204°C until golden brown, about 10 minutes. Remove the top paper for the last few minutes of baking to allow for browning. Transfer to racks to cool. Store in airtight containers.

Mushroom bruschetta

MAKES 20 BRUSCHETTA

Oyster mushrooms	1 lb	454 g
Olive oil	3½ fl oz	105 mL
Minced garlic	2 tsp	5 g
Chopped thyme	1¼ tsp	1.25 g
Minced oregano	1¼ tsp	1.25 g
Chopped marjoram	1¼ tsp	1.25 g
Salt	as needed	as needed
Ground black pepper	as needed	as needed
Baguette (page 154)	5 in	13 cm

- 1 Trim the mushrooms and gently rub off any dirt with paper towels.
- 2 Heat 2 fl oz/60 mL of the oil over low heat. Sauté the mushrooms in the oil until lightly caramelized. Add the garlic and continue sautéing until fragrant.

3 Add the thyme, oregano, and marjoram. Remove the pan from the heat. Season well with salt and pepper.

4 Cut the baguette into slices about ¼ in/6 mm thick, brush with the remaining oil, and toast in a 375°F/191°C oven until lightly golden along the edges, about 10 minutes.

5 Top each toast with about ¾ oz/21 g sautéed mushrooms. Serve warm or at room temperature.

VARIATION Grated cheese may be sprinkled on top and the bruschetta and finished under a broiler or in a hot oven.

Croque monsieur

MAKES 10 SANDWICHES

Pullman bread	20 slices	20 slices
Dijon mustard	10 oz	284 g
Gruyère, 10 thin slices	8 oz	227 g
Boiled ham, 10 slices	1 lb 4 oz	567 g
Muenster, 10 thin slices	8 oz	227 g
Butter, soft	4 oz	113 g

1 Spread the bread slices with the mustard. On 10 of the bread slices, layer 1 slice each of Gruyère, ham, and Muenster over the mustard. Top the sandwiches with the remaining bread slices.

2 Griddle both sides of the sandwiches on a lightly buttered 325°F/163°C griddle until the bread is golden, the cheese is melted, and the sandwich is heated through.

3 Cut the sandwiches on the diagonal and serve immediately.

VARIATIONS **CROQUE MADAME** Some recipes simply add a fried egg to the croque monsieur. In the United States and England, the ham is usually replaced with sliced chicken breast. Use Emmentaler instead of Gruyère. Griddle as directed.

MONTE CRISTO Dip any version in beaten egg and griddle as you would French toast.

Black bean empanadas

MAKES 24 EMPANADAS

EMPANADA FILLING		
Olive oil	½ oz	14 g
Onion, small dice	1 oz	28 g
Minced garlic	¾ tsp	2 g
Ground cumin	¼ tsp	0.50 g
Dried Mexican oregano	¼ tsp	0.50 g
Black beans (cooked or canned), drained and rinsed	12 oz	340 g
Salt	1 tsp	5 g
Ground black pepper	¼ tsp	0.50 g
Water	1½ fl oz	45 mL
Queso blanco, crumbled, or Cheddar, grated	1 oz	28 g
EMPANADA DOUGH		
All-purpose flour	3½ oz	99 g
Masa harina	2 oz	57 g
Baking powder	1½ tsp	4.50 g
Salt	¾ tsp	3.75 g
Canola oil or lard, melted and cooled	1 tbsp	15 mL
Eggs	2 each	2 each
Water	1 fl oz	30 mL
Egg wash (page 892)	as needed	as needed
Canola oil, for frying (or as needed)	1 lb 7 oz	652 g
Kosher salt, for garnish	as needed	as needed

- 1 To make the filling, heat the olive oil in a medium sauté pan over medium-high heat. Add the onion and garlic and sauté, stirring frequently, until tender, 3 to 4 minutes.
- 2 Stir in the cumin and oregano and cook for 30 seconds more. Add the beans and season with salt and pepper.
- 3 Purée the bean mixture with the water. If the beans are too stiff to purée easily, add additional water as needed.
- 4 Transfer the beans to a bowl and stir in the cheese. The filling is ready to use immediately, or it can be stored in a covered container in the refrigerator for up to 2 days.

- 5** To prepare the dough, combine the flour, masa harina, baking powder, and salt in a bowl. Add the oil and mix by hand with a wooden spoon until evenly distributed.
- 6** In a small bowl, stir together the eggs and water. Add gradually to the flour mixture, stirring as you add.
- 7** Knead the dough until it is pliable, about 3 minutes. Adjust the consistency of the dough with more flour or water if needed.
- 8** To assemble the empanadas, roll out the dough $\frac{1}{8}$ in/1.5 mm thick.
- 9** Using a 3-in/8-cm round cutter, cut the dough into 24 circles.
- 10** Place $2\frac{1}{2}$ tsp/12.50 mL of the filling on each circle. Brush the edges of the dough with the egg wash, fold in half, and seal the edges by crimping with the tines of a fork.
- 11** Place the empanadas on parchment-lined baking sheets, cover, and refrigerate until ready to use. They may be held for up to 24 hours or frozen for up to 3 weeks. Thaw completely in the refrigerator before frying.
- 12** Heat the oil in a deep fryer or deep skillet to 350°F/177°C. Add the empanadas to the hot oil a few at a time and fry until golden brown and crisp, turning if necessary to brown both sides evenly, 3 to 4 minutes.
- 13** Drain briefly on paper towels. Sprinkle with a little kosher salt and serve very hot.

Potato crêpes with crème fraîche and caviar

MAKES 30 PIECES

Puréed cooked potatoes	12 oz	340 g
All-purpose flour	1 oz	28 g
Eggs	4 oz	113 g
Egg whites	3 oz	85 g
Heavy cream (or as needed)	2 fl oz	60 mL
Salt	as needed	as needed
Ground white pepper	as needed	as needed
Grated nutmeg	pinch	pinch
Vegetable oil	as needed	as needed
Crème fraîche	4 fl oz	120 mL
Caviar	1 oz	28 g
Dill sprigs	as needed	as needed
Smoked salmon slices (optional)	6 oz	170 g

- 1 Combine the potatoes and flour on low speed with the paddle attachment. Add the eggs one at a time, then the whites. Adjust the consistency with the cream to that of a pancake batter; season with salt, pepper, and nutmeg.
- 2 Coat a nonstick griddle or sauté pan lightly with oil. Pour the batter as for pancakes into silver dollar-size portions. Cook until golden brown on the bottom; turn and finish on the second side, about 2 minutes total cooking time.
- 3 Serve the crêpes warm with small dollops of crème fraîche and caviar, a small dill sprig, and a smoked salmon slice, if desired.

VARIATION DILL CRÊPES Chop some of the dill, add to the heavy cream, and heat slightly. Cool before preparing the crêpe batter.