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# French Patisserie

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Course 2011

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## **Intro**

- Safety- Fire exit
- Dishes
- Lunch time and regular breaks
- Material provided by tutor!
- Recipe cards and website

## **On the Menu**

- Brioche
- Financiers
- Madeleines
- Biscuits Bretons
- Tarte poire chocolat
- Tarte fruits (strawberries/ raspberries and other fruits)
- Lemon tart
- Galette des Rois
- Profiteroles
- Creme Caramel
- Quiche (lunch)
- Clafoutis (optional)

### Task sheet

Task number	Recipe	Description	Done
1	<b>Brioche</b>	Prepare all ingredients for the Brioche	
1	<b>Tartes*/ Biscuits/ Quiche</b>	Prepare all ingredients for the shortcrust pastry <b>(give the mould to be used)</b>	
2	<b>Brioche</b>	<b>Demo</b> for the Brioche (first 3 steps)	
2	<b>Shorcrust Pastry/ Biscuits</b>	<b>Talk through students doing their own pastry.</b> Biscuits &pastry to rest into the fridge	
2	<b>Brioche</b>	<b>Demo</b> for the Brioche (until rising stage)	
3	<b>Poached pears</b>	Prepare all ingredients Talked the student through the <b>poaching</b> stage	
4	<b>Madeleines</b>	Prepare all ingredients	
5	<b>Tartes*</b>	<b>Cook pastry blind</b>	
6	<b>Choux pastry</b>	Prepare all ingredients	
6	<b>Choux pastry</b>	<b>Demo</b> on Choux Pastry	
7	<b>Galette/ Tartelettes/Choux</b>	Prepare all ingredients for crème patissiere, then <b>demo</b>	
8	<b>Creme Caramel</b>	Prepare all ingredients and <b>demo</b> on caramel. Student to do the crème.	
9	<b>Quiche</b>	Prepare quiche	
10	<b>Tarte au Citron</b>	Prepare the lemon curd	
11	<b>Tarte aux Poires</b>	Prepare the chocolate frangipane	
12	<b>Galette</b>	Prepare the crème d'amande	
13	<b>Tartelettes</b>	Prepare chocolate ganache/ prepare tartelettes- <b>Demo</b>	
14	<b>Profiteroles</b>	Fill the choux and finish the dish!	
15	<b>Madeleines, biscuits</b>	Cook madeleines and biscuits	
16	<b>Friands</b>	Prepare and cook brioche	
17	<b>Brioche</b>	Cook brioche	
18	<b>Clafoutis</b>	Make clafoutis	

**Tartes\*:** Tarte au Poire, Tartelettes, Tarte au citron, Quiche, Biscuits Bretons

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<b>Recipe</b>	<b>Facts</b>
<b>Brioche</b>	Recipe from 15 <sup>th</sup> century- made famous by Marie Antoinette; Memories; what you can use it with
<b>Brioche</b>	Facts about yeast
<b>Financiers</b>	Created 17 <sup>th</sup> century by Visitandine order- name change with Swiss bakers
<b>Madeleines</b>	King Stanislas of Poland cook- father of Marie-Antoinette
<b>Biscuits Bretons</b>	Where they are from
<b>Galette des Rois</b>	When served- similar to Pithiviers
<b>Chocolate</b>	Melting chocolate/ Chocolate ganache do not use thickened cream
<b>Choux Pastry</b>	Basics
<b>Sugar temperatures</b>	Basics
<b>Kitchenware</b>	Choosing good cooking utensils

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### **Choux Pastry Tips and Tricks!**

Choux Pastry contains a large amount of water in the dough, which turns to steam when baked, puffing the pastry.

The first stage of cooking is to create a paste by boiling together butter and water, to which flour is added. It's important the butter and water mixture be boiling rapidly when the flour is added so the starch cells in the flour burst open, allowing them to accept more water, which in turn create more steam.

Cool the paste slightly before adding the eggs.

Add the eggs one at the time.

Drying out the puffs: Prick them with a skewer and return them to the oven for about 5 minutes.

## Sugar syrup and their use

Light Syrup: (250g sugar to 500ml water) – for fruit salads and poaching fruits

Medium Syrup: (250g to 250ml of water)- for candying fruits

Heavy Syrup: (250g to 225ml of water)- for caramel and ice cream.

Soft-ball (116-118 degrees): for Italian meringue and buttercream icing

Hard-ball (125 degrees): for marzipan, fondant and sweets

Soft-crack (134 degrees): for nougat, some caramel and toffee

Hard-crack (145 degrees): rock sugar, straw sugar, glazed fruits

Caramel: Take care not to cook your caramel over 190 degrees or it will burn. Swirl the pan so the caramel colour evenly! Do not stir the caramel!

Praline: Equal amount of nuts and sugar are used.