

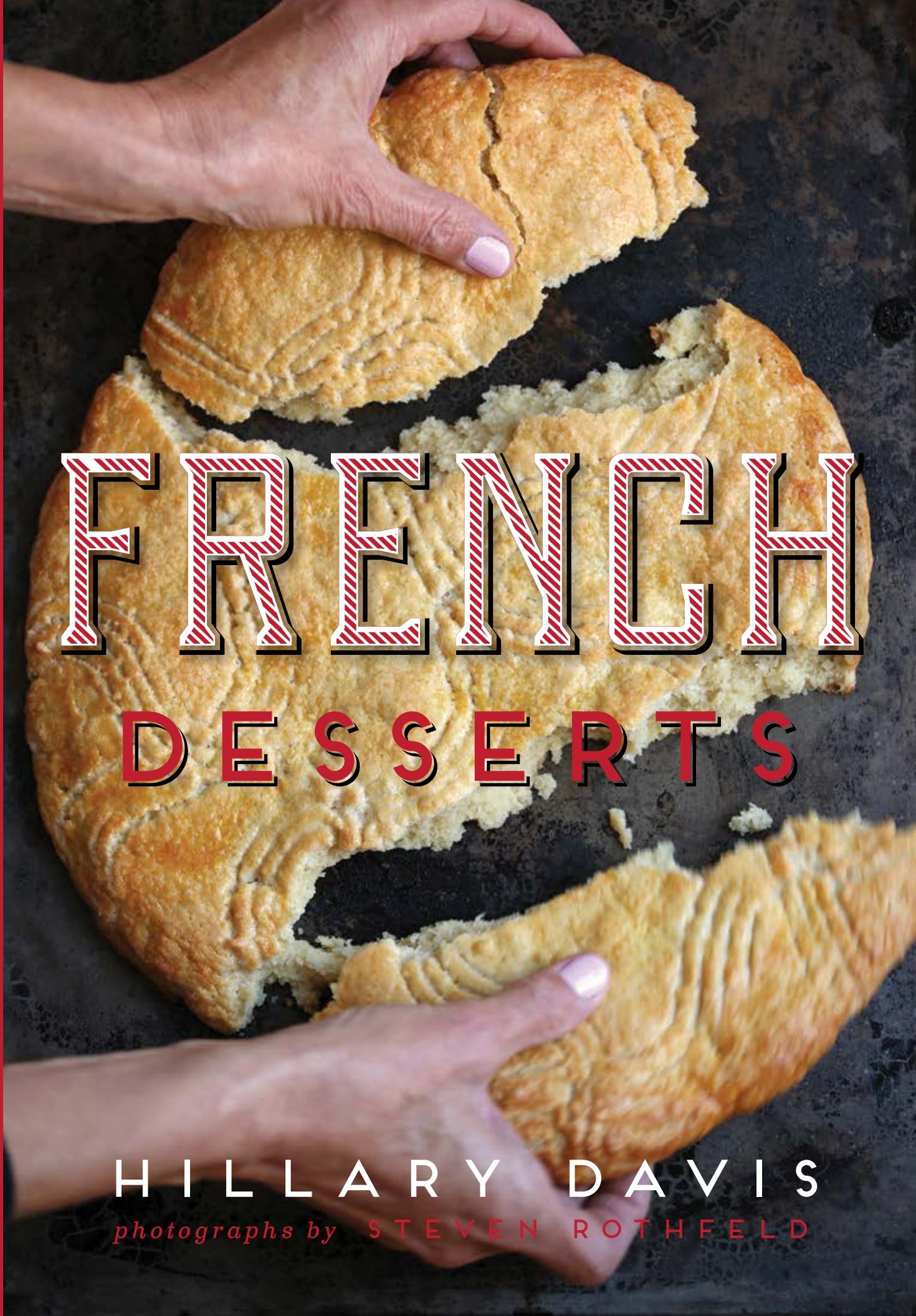


FRENCH
DESSERTS

DAVIS



GIBBS
SMITH



FRENCH
DESSERTS

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GREEN AND RED APPLE PANCAKE

Matefaim aux Pommes **QUICKER** | SERVES 4

Matefaims, or matafans, from the France-Comte region in eastern France that borders Switzerland, means “calming hunger.” Most often they are thick savory pancakes made with mashed potato. I was hiking with friends there and they packed potato matefaims made into sandwiches with ham and cheese for our portable lunch. They told me they also like to make them in a sweet version with apples for an afternoon snack.

My recipe has apples, both red and green, and I often add a dash of cognac to the batter.

EQUIPMENT: LARGE NONSTICK SKILLET

1 ½ cups all-purpose flour	3 tablespoons olive oil	3 Granny Smith apples
½ teaspoon baking soda	1 ½ teaspoons pure vanilla extract	3 red apples
¼ teaspoon salt	1 organic lemon, zested and juiced	confectioner’s sugar
½ cup sugar	1 cup milk	grated chocolate for garnish (optional)
2 large eggs, room temperature		

Put the flour, baking soda, salt, and sugar in a large bowl and whisk to combine.

In another bowl, whisk the eggs, olive oil, vanilla, and lemon zest together.

Pour the wet ingredients into the dry ingredients, mix with a wooden spoon until smooth and all lumps disappear, then gradually whisk in the milk.

Let the mixture rest at room temperature for 2 hours.

When you are ready to cook the pancake, grate 2 unpeeled Granny Smith and 2 unpeeled red apples on the large holes of a box grater. Scoop the apples into a bowl, pour the lemon juice over them, and toss well to coat.

Spray the skillet with cooking spray and heat. Add the grated apples to the pancake batter and stir to combine. Scoop all of the batter into the skillet and cook over medium-low heat, without moving, for about 8 minutes. Place a plate over the top, invert, then slide the pancake back into the skillet to cook another 5 minutes.

Garnish with 1 Granny Smith apple and 1 red apple that you have sliced into slivers, leaving the skin on for color, then sift confectioner’s sugar and chocolate over the top.

Tip: Replace the apples with pears. Also, rather than grating the apples you can achieve more texture by cutting them into very small cubes.

RED CHERRIES AND WHITE CHOCOLATE TRUFFLES AND CHOCOLATE WHISKEY TRUFFLES

Cerises Séchées Truffles Blanches et Truffles au Chocolat au Rhum

QUICKER | MAKES 25 (½-INCH) TRUFFLES

You can serve one each in small foil candy cups or simply scatter them across a beautiful platter with a dusting of cocoa. Homemade truffles are always on my menu when I entertain, even if I just tuck a couple on the saucer next to everyone's espresso, they are always a very special treat.

EQUIPMENT: MELON BALLER

White Truffles

4 tablespoons heavy cream

11 ounces white chocolate chips

½ teaspoon pure vanilla extract

⅛ teaspoon salt

½ cup dried cherries, chopped
confectioner's sugar

Chocolate Rum Truffles

2 tablespoons heavy cream

¼ teaspoon salt

8 ounces bittersweet chocolate,
finely chopped

3 tablespoons light brown sugar

1 tablespoon plus 1 teaspoon
rum

1 tablespoon unsalted butter
cocoa powder

To make the white truffles, heat the cream until small bubbles form around the edges. Take off the heat, pour in the chocolate chips, and stir until melted. Stir in the vanilla, salt, and dried cherries.

Scoop into a shallow bowl, cover with plastic wrap, and refrigerate for at least 2 hours or until firm.

Use small melon baller or small spoon to make balls. Drop them on parchment paper coated with confectioner's sugar and roll into the balls. Toss

into a plastic bag and into the freezer or refrigerator until ready to use.

To make the chocolate truffles, heat the cream till simmering. Add salt and chocolate and whisk until smooth. Add brown sugar, rum, and butter and whisk until smooth. Chill for at least 2 hours until firm enough to form. Use a melon baller to create balls. Dust a piece of parchment paper with cocoa powder and roll the balls in it to coat them. Chill them for 1 hour before serving.





A PRECIOUS PEAR CHARLOTTE

Une Poire Charlotte Précieu **LONGER** | SERVES 8

First created in France by the great chef, Antoine Carême, a charlotte was a creation of sliced cake lining a mold then filled with a mousse thickened with gelatin. It is a classic French pastry, brought to the table tied around the middle with a satin ribbon. Normally the French would buy this in a pastry shop, but it is actually quite easy to make at home, although it requires several steps, takes time, and must be made the day before as it needs to be refrigerated overnight. It's totally worth it.

EQUIPMENT: FOOD PROCESSOR; GLASS OR CERAMIC 7.5 TO 8-INCH SOUFFLÉ DISH OR A TRADITIONAL CHARLOTTE MOLD

1 cup sugar, plus $\frac{3}{4}$ cup

1 cup dry white wine, plus $\frac{1}{4}$ cup, plus 1 tablespoon

4 star anise

3 (15-ounce) cans sliced pears in syrup or pear juice

1 $\frac{1}{2}$ cups heavy cream, chilled

$\frac{1}{4}$ teaspoon anise extract

6 large egg yolks, room temperature

1 tablespoon unflavored gelatin

1 (7-ounce) package Savoiardi biscuits

Melted chocolate

$\frac{1}{2}$ cup heavy cream

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

4 ounces semisweet chocolate, finely chopped

Cut a piece of plastic wrap 24 inches long and fit it into the dish or mold, leaving the excess hanging as you will use it later to fold over the top. Cut off another piece of plastic wrap and fit it into the dish at a 90 degree angle. Gently press all the way around the bottom so the plastic wrap fits snugly. The plastic wrap will ensure that the charlotte is easy to unmold.

Make a wine syrup by melting 1 cup sugar with 1 cup wine and 4 star anise in a saucepan. Bring to a boil, reduce to a simmer, and cook for 5 minutes. Cool to room temperature.

Drain the pears, reserve the syrup. Put 2 $\frac{1}{2}$ cups of the sliced pears in the food processor and process until very smooth. Measure out 1 $\frac{1}{2}$ cups of the purée. Save the rest of the pears for later.

Whip the cream and the anise extract until soft peaks form. Refrigerate until ready to use.

Pour $\frac{3}{4}$ cup sugar over the egg yolks then beat for 3 minutes until fluffy and pale.

Pour the 1 $\frac{1}{2}$ cups pear purée and $\frac{1}{4}$ cup wine into a saucepan and bring to a boil.

Soften the gelatin in 8 teaspoons pear syrup, stir, let sit for 5 minutes, then add it to the boiling pear purée. Whisk while simmering for 1 minute then take off the heat and continue whisking for 4 minutes.

Scoop $\frac{1}{2}$ of the pear mixture into the egg yolks and beat for 30 seconds then add the rest and beat for

another minute. Allow to cool for 10 minutes. If it is too warm it will deflate the whipped cream.

Dip the biscuits quickly into the wine syrup and line them up around the inside edges of the mold with their rounded sides out. Then line the bottom. Keep any remaining wine syrup.

Fold the whipped cream into the egg mixture, trying to maintain volume as well as thoroughly combining.

Pour this mixture into the mold, fold over the plastic wrap to cover the top, and put in the refrigerator overnight.

When you are ready, use a small sharp knife or kitchen scissors to cut off the tops of the cookies so they are flush with the chilled custard. Fit a plate over the charlotte and invert to unmold. Pull the mold off the charlotte and take off the plastic wrap. Arrange the reserved pear slices in a decorative pattern over the top.

Make the chocolate drizzle by heating the cream and salt until small bubbles form around the edges. Toss in the chocolate, take off the heat, and vigorously whisk until the chocolate is melted and the drizzle is smooth. Drizzle over the top of the pears and serve the charlotte.

Tip: For festive occasions, tie a beautiful ribbon around the charlotte: white for a wedding theme, red for Christmas, orange for Thanksgiving, pink for Valentine's Day.