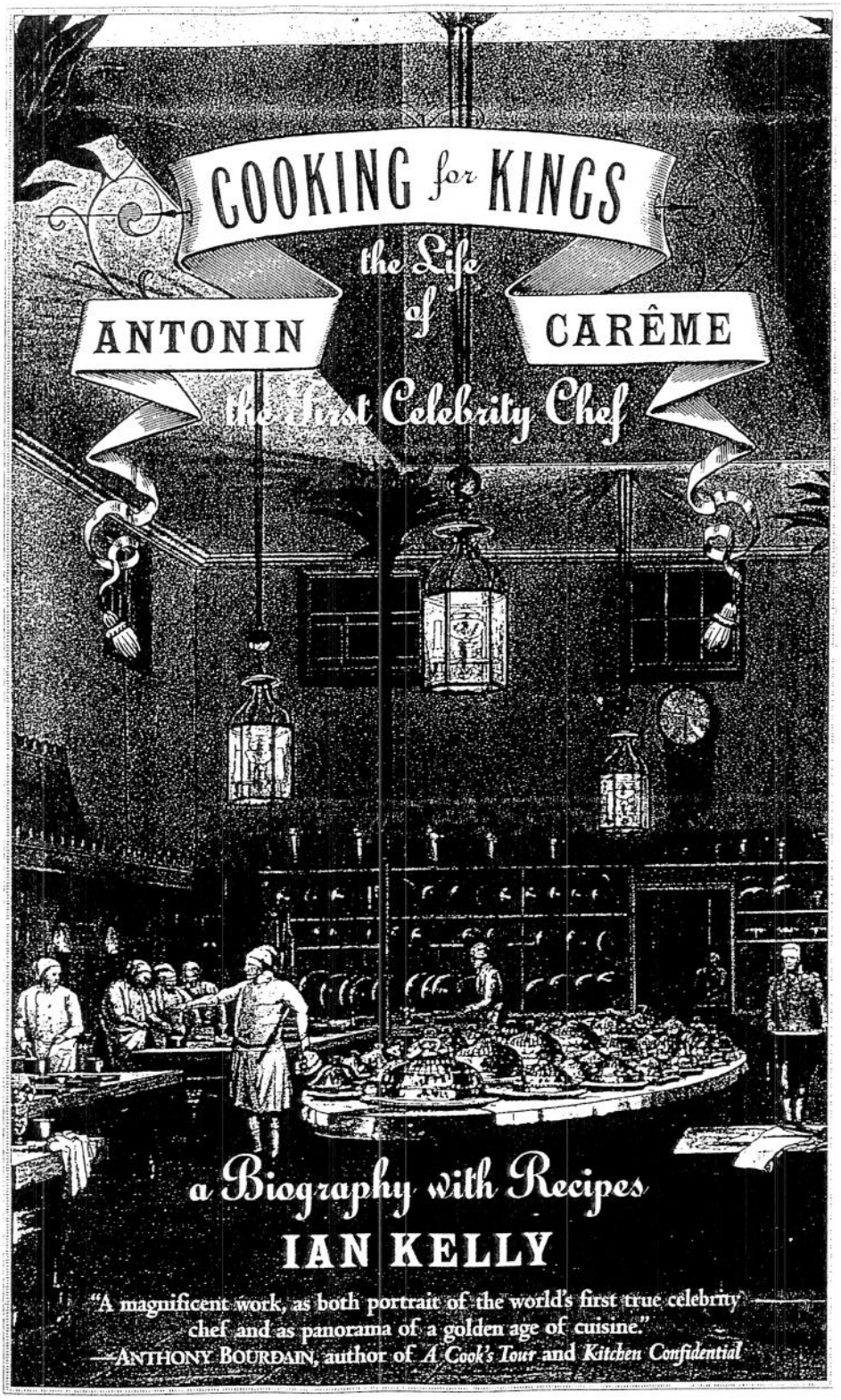

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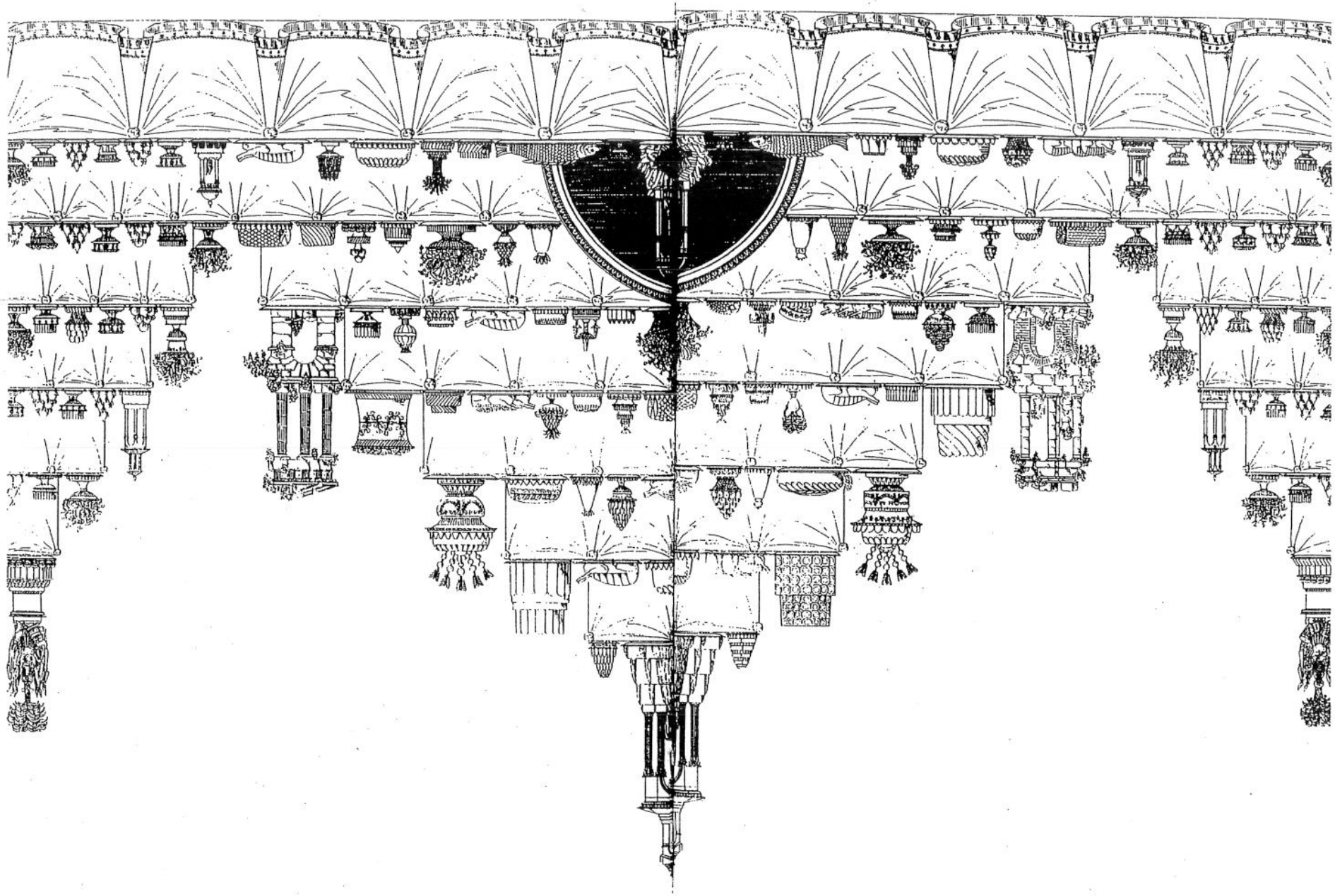
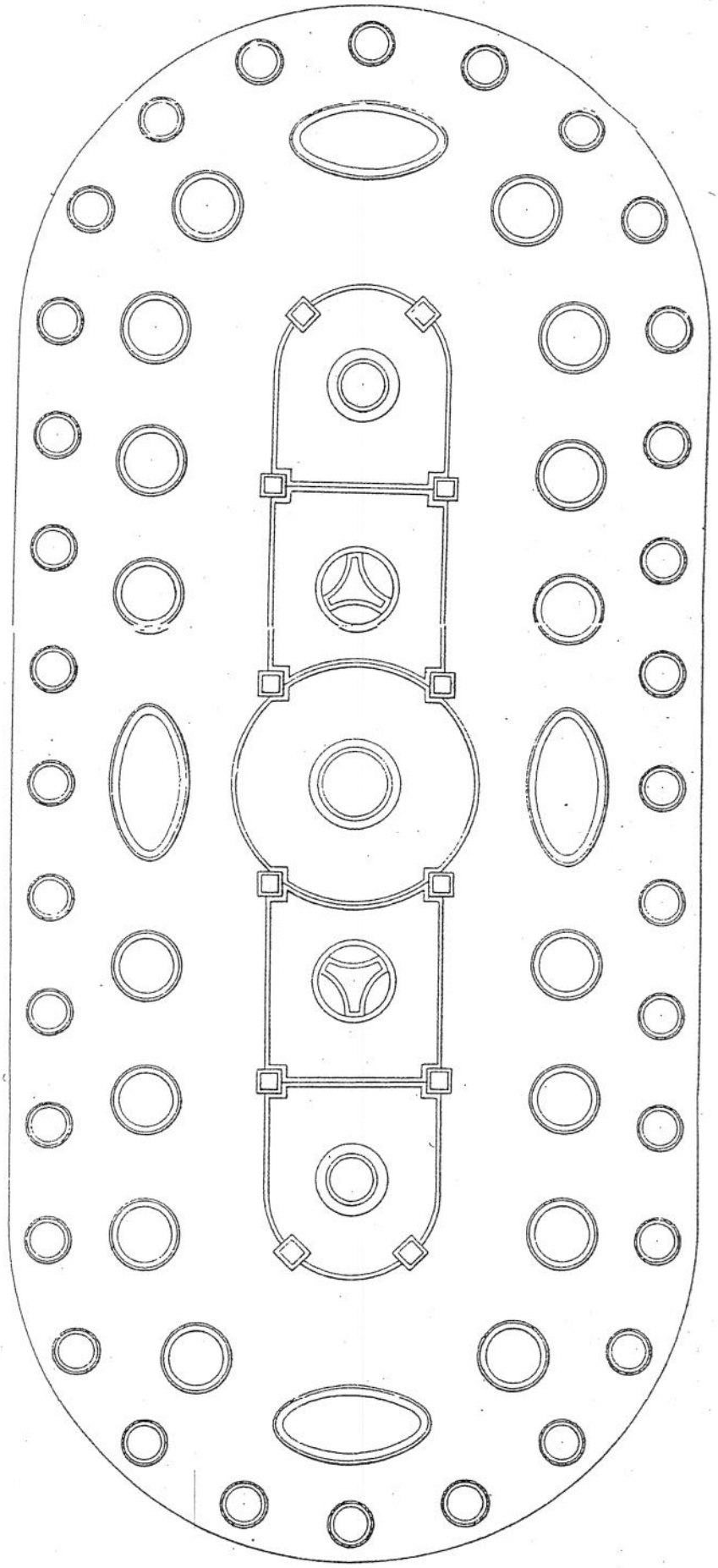
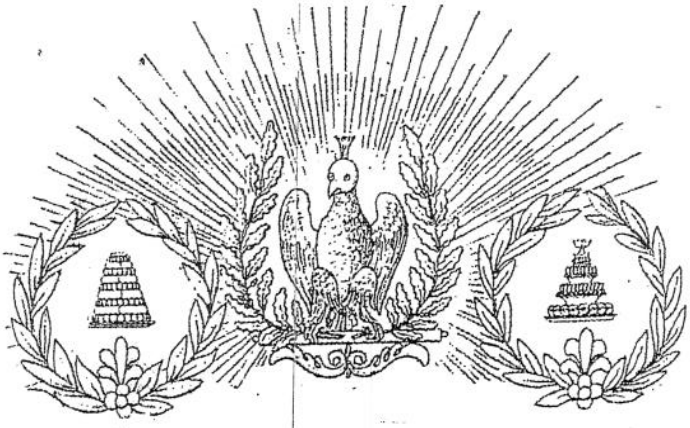
ADVICE TO YOUNG CHEFS: YOUNG PEOPLE WHO LOVE YOUR ART; HAVE COURAGE, PERSEVERANCE..... ALWAYS HOPE... DON'T COUNT ON ANYONE, BE SURE OF YOURSELF, OF YOUR TALENT AND YOUR PROBITY AND ALL WILL BE WELL.

Antonin Careme







Antonin Careme

First Celebrity Chef

HIS HUMBLE BEGINNINGS:

HIS POSSIBLE CHOICES:

THINGS HE ACCOMPLISHED:

TRIUMPHS:

REGRETS:

HOW HE DIED:

WHAT CAN I LEARN FROM HIM?:

Key

Antonin Careme

First Celebrity Chef

HIS HUMBLE BEGINNINGS:

Paris, France 1783 16-22 children in family

Abandoned at age 10

Named after Marie Antoinette

HIS POSSIBLE CHOICES: LIVE, DIE, WORK!

- Worked at tavern
- At 15 apprenticed at pastry shop
- Taught himself to read & draw at library

THINGS HE ACCOMPLISHED:

- 1804 opened own pastry shop (age 21)
- Designed pièces montés (centerpieces)
- Got royal attention with his creations

Invented: Mother Sauces, sugar stages, chefs garb

TRIUMPHS:

- Worked and cooked for many royal people all over Europe
- First "best seller" cookbook
- Became fairly wealthy

REGRETS:

- Married to his job!
- Wife left him
- daughter disowned him
- mistress? (I guess you can't have everything!)

HOW HE DIED:

Died in early 50's from carbon monoxide poisoning (Black lung from charcoal ovens)

WHAT CAN I LEARN FROM HIM?:

1. Worked hard / develop talents → professional
2. Didn't let misfortune stop him
3. Problem solver / IMPROVE THINGS...
4. Saw the importance of education -- Reading
5. Curious about other people in history
6. Always ready to learn from other chefs and their expertise!

bowed himself out, got into his carriage, and returned to Paris.' The dinner was one of the last formal meals he ever cooked. 'Our work destroys us,' Carême once said of the life of a great chef. 'Our only duty, after cooking, is to record and publish, or if not we will suffer such regrets.' Three years later, he was dead.

NECTARINE PLOMBIÈRE

as served to Lady Morgan at Château Rothschild

Reserve some 'perfect' nectarines for garnish. Boil fifteen peeled, stoned nectarines with six ounces of sugar into a 'marmalade'. Press through a sieve. Leave to cool. Put the yolks of four eggs, a spoonful of rice flour and three glasses of full cream milk (nearly boiling) in a pan. Stir over a low heat with a wooden spoon. When it starts to thicken, remove from heat, stir till smooth and then let simmer, very gently, stirring, till it has the consistency of custard, after which add two ounces of pounded sugar and a grain of salt. Place in a large cold pan, with the cooled marmalade, and set on ice. Just before serving, stir in a 'plateful' of thickly whipped cream. Serve on a silver pedestal as a 'rock' or in sugar-glazed vol-au-vent cases, or in cups made from marzipan.

Antonin Carême

FIFTEEN ASSIETTES VOLANTES
À SERVIR APRES LES POISSONS

De petits vol-au-vents a la Reine
De petit pâtés de mauviettes
De croquettes à la royale
De canetons à la Luxembourg
De filets de poissons à l'Orly

EIGHT GROSSES PIÈCES

Le quartier de sanglier marine
Les poulardes à l'Anglaise
Les filets de boeuf à la Napolitaine
Les faisans truffés à la Perigueux
La dinde à la Godard moderne
La longe de veau à la Monglas
Les perdrix aux choux et racines glacés
Le rosbif de quartier de mouton

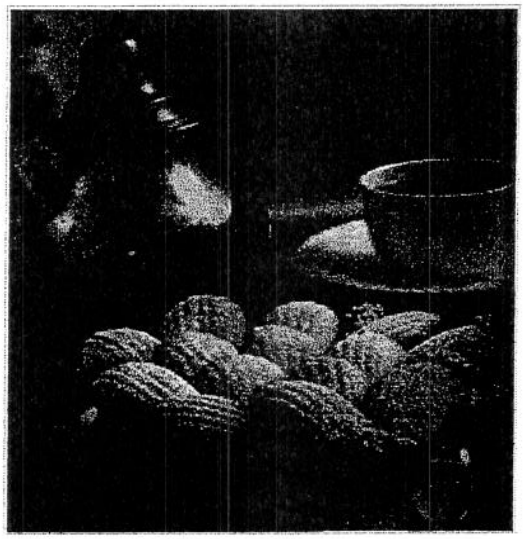
FORTY ENTREES

(arrranged around the releves de poissons as indicated)

Le sante de poulardes a la d'Artois
Les ris de veau glacés à la chicorée
La croustade de grives au gratin
Les poulets a la reine, à la Chevry
Les côtelettes de lapereaux en lorgnette
(Les perches à la Hollandaise)
Les quenelles de volaille en turban
Les cailles à la mirepoix, ragoût à la financiere
La magnonaise de perdreaux a la gelee
L'emince de langues a la Clermont
Les poulets depéces à l'Italienne
(La truite saumonée à la Genoise)
Les filets de volaille en demi-deuil
Les aiguillettes de canards à la bigarade
La darne de saumon au beurre de Montpellier

Madeleines

Bon Appétit | January 2000



(photo by: Gary Moss)

This cookie launched a thousand memories — and a literary masterpiece — for Marcel Proust. The group enjoys madeleines with tea, just as the narrator did in Swann's Way.

Makes about 20.

ingredients

2 large eggs
2/3 cup sugar
1 teaspoon vanilla extract
1/2 teaspoon grated lemon peel
Pinch of salt
1 cup all purpose flour
10 tablespoons (1 1/4 sticks) unsalted butter, melted, cooled slightly
Powdered sugar

preparation

Preheat oven to 375°F. Generously butter and flour pan for large madeleines (about 3x1 1/4 inches).* Using electric mixer, beat eggs and 2/3 cup sugar in large bowl just to blend. Beat in vanilla, lemon peel and salt. Add flour; beat just until blended. Gradually add cooled melted butter in steady stream, beating just until blended.

Spoon 1 tablespoon batter into each indentation in pan.

Bake until puffed and brown, about 16 minutes. Cool 5 minutes. Gently remove from pan. Repeat process, buttering and flouring pan before each batch.

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mandarin orange napoleons

Gourmet | *January 2005*

recipe
photo
reviews (6)
my notes

Active time: 20 min Start to finish: 35 min (not including thawing phyllo)

Servings: Makes 4 servings.

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Ingredients

1/2 teaspoon Chinese five-spice powder
1/4 cup granulated sugar
4 (17- by 12-inch) phyllo sheets, thawed
3 tablespoons unsalted butter, melted
8 oz cream cheese, softened
1 1/2 teaspoons fresh lemon juice
1/2 teaspoon vanilla
2 (11-oz) cans mandarin oranges in light syrup, drained and syrup reserved
Confectioners sugar for dusting

Preparation

Put oven rack in middle position and preheat oven to 375°F.

Whisk together five-spice powder and 2 tablespoons granulated sugar in a small bowl.

Cover phyllo with overlapping sheets of plastic wrap and a dampened kitchen towel. Arrange 1 phyllo sheet on a large baking sheet, then brush with some butter and sprinkle with one third of spiced sugar. Make 2 more layers in same manner. Top with remaining phyllo sheet and brush with remaining butter. (For a corrugated look, invert a large rectangular cooling rack and place it on top of phyllo.)

Bake until golden, 12 to 15 minutes. Carefully remove cooling rack (if using) and transfer phyllo (in 1 piece) with 2 metal spatulas to another rack to cool.

While phyllo cools, blend together cream cheese, lemon juice, vanilla, 2 tablespoons reserved orange syrup (discard remainder), and remaining 2 tablespoons granulated sugar in a food processor until smooth. Transfer to a bowl and fold in oranges.

Break phyllo with your hands or cut with a serrated knife into 12 pieces. Arrange 1 piece of phyllo on a plate and top with a dollop of orange cream. Repeat layering and top with another piece of phyllo. Make 3 more napoleons in same manner. Dust with confectioners sugar.

See All Reviews ›

Flan

¼ liter of milk (retain ½ cup)
1 ½ tsp vanilla
50 g sugar
2 eggs
20 g cornstarch
50 g powdered almonds

Heat the milk (¼ liter minus ½ a cup), the vanilla and the sugar in a pan.

Separate the egg whites from the yolks.

Beat the yolks with the cornstarch, slowly adding the ½ cup of milk. Slowly add the heated milk mixture.

Replace everything into the pan and thicken the mixture over a low flame, stirring continuously. Remove from heat after first sign of bubbling.

Beat the egg whites into stiff peaks. Delicately mix in the thickened flan mixture and the powdered almonds.

Place a puff pastry sheet in the bottom of a cake pan. Pour the above mixture over the puff pastry and bake a hot oven for thirty minutes.

Mousse au chocolat

6 jumbo eggs
8 oz of semi-sweet chocolate chips

- melt chocolate in double boiler.
- Seperate the egg whites and beat to stiff peaks.
- mix melted chocolate and yolks thouroughly.
- gently fold ⅓ of whites with chocolate mixture
- repeat until all whites are folded in.
- spoon into serving cups
- refrigerate for at least 3^{h} before serving.

SMALL SAUCES

The major leading sauces—béchamel; veal, chicken, and fish veloutés; and espagnole—are rarely used by themselves as sauces. They are more important as the bases for other sauces, called *small sauces*. Tomato sauce and hollandaise are used as they are, but they, too, are important as bases for small sauces.

Let's expand our sauce family chart one more generation to include examples of the small sauces in order to show the relationships (see Chart 8.2).

CHART 8.2

The Small Sauces

Basic Ingredient	Leading Sauce	Secondary Leading Sauce	Small Sauce
White Sauces			
Milk	Béchamel		Cream Mornay Cheddar Cheese Nantua Soubise Mustard
White Veal Stock	Veal Velouté	Allemande	Poulette Aurora Hungarian Curry
Chicken Stock	Chicken Velouté	Suprême	Mushroom Albufera or Ivory Hungarian Curry
Fish Stock	Fish Velouté	White Wine Sauce	Normandy Bercy Mushroom Herb
Brown Sauces			
Brown Stock	Espagnole	Demiglaze	Bordelaise Robert Charcutière Chasseur Deviled (Diable) Lyonnaise Madeira Perigueux Piquante Mushroom Bercy
	Fond Lié	Demiglaze	
		Demiglaze	
Red Sauces			
Tomato plus stock	Tomato Sauce		Creole Portuguese Spanish
Butter Sauces			
Butter	Hollandaise		Maltaise Mousseline
	Béarnaise		Choron Foyot

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caramel mousse napoleon with caramel sauce and berries

Bon Appétit | *September 2000*

Nicole Coady

recipe
photo
reviews (16)
video
my notes

Servings: Makes 6 servings.

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Ingredients

Pastry Layers
1 17.3-ounce package frozen puff pastry (2 sheets), thawed
2 tablespoons (1/4 stick) unsalted butter, melted
6 teaspoons sugar

Caramel sauce and mousse
3 tablespoons plus 3/4 cup water
1 envelope unflavored gelatin

2 3/4 cups sugar
2 tablespoons light corn syrup
1 3/4 cups whipping cream, room temperature
1/2 cup (1 stick) unsalted butter

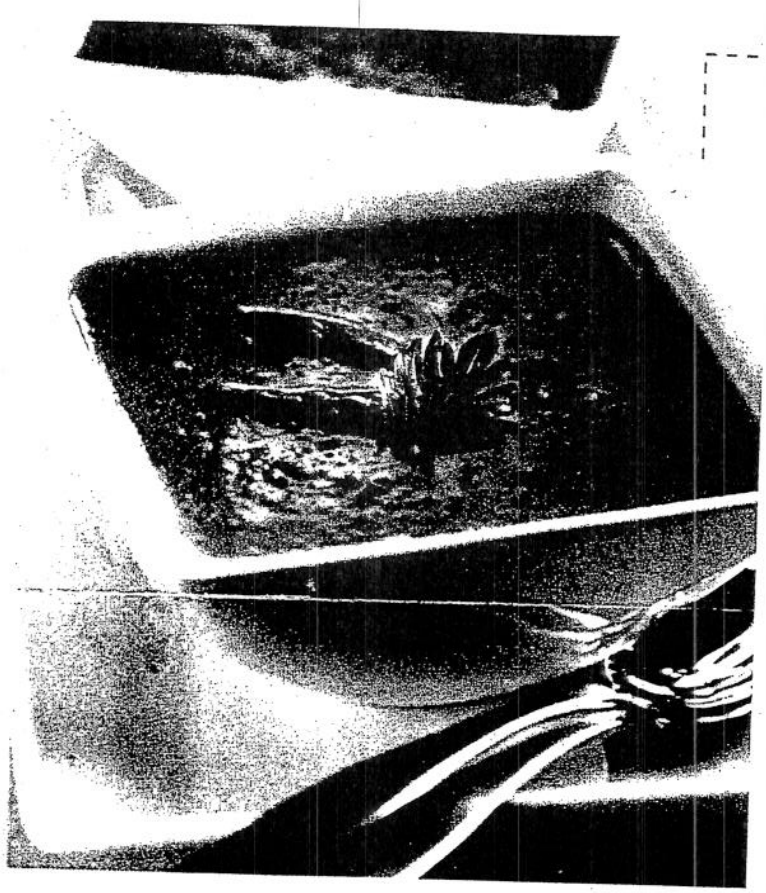
1 1/2 cups chilled whipping cream

Assembly and final decoration
Powdered sugar
Assorted fresh berries

Preparation

Make pastry layers: Position 1 rack in top third and 1 rack in bottom third of oven and preheat to 400°F. Roll out 1 pastry sheet on lightly floured surface to 15x12-inch rectangle. Using small sharp knife and long ruler, trim sheet to 13x10-inch rectangle. Cut in half lengthwise, forming two 13x5-inch rectangles. Pierce rectangles all over with fork; transfer to 1 ungreased baking sheet. Repeat with remaining pastry sheet, transferring to another ungreased baking sheet. Brush rectangles with melted butter; sprinkle each with 1 1/2 teaspoons sugar.

Bake pastries 8 minutes. Reverse position of baking sheets and bake until pastries are golden, about 8 minutes longer. Cool pastries on sheets.



Creamy Asparagus Soup

The essense of garden-fresh asparagus in every creamy spoonful.

1/4	cup margarine
1	onion, chopped
3	stalks celery, chopped , 1 carrot
3	tbsp. all-purpose flour
4	cups water
1	(10.5 oz.) can condensed chicken broth
4	tsp. chicken bouillon powder
1-2	potato, peeled and diced
1	lb. fresh asparagus, trimmed and coarsely chopped
3/4	cup half-and-half
1	tbsp. soy sauce
1/4	tsp. each ground black and white pepper

salt to taste

Melt butter or margarine in a heavy cooking pot. Add onions and chopped celery; saute until tender, about 4 minutes. Stir in flour, mixing well. Cook for about 1 minute, stirring constantly. Do not burn, or let it go lumpy. Add water, chicken broth, and chicken soup base; stir until smooth. Bring to a boil. Add diced potatoes and chopped asparagus. Reduce heat, and simmer for about 20 minutes. Puree soup in a food processor or blender in batches. Return to pot. Stir in half and half cream, soy sauce, and black and white pepper. Bring soup just to boil. Adjust seasonings to taste. Serve hot. Serves 6-8.

VERMICELLI SOUP

The last meal of Queen Marie Antoinette before her execution.

Prepare consommé using one whole fowl but no beef bones. Add 12 ounces of Italian vermicelli. Leave to simmer for 25 minutes and serve in a tureen filled with a pint of blanched peas or the tips of half a bunch of asparagus, blanched to a fine green, with a little sugar and blanched chervil.

BOUILLON D'ESCARGOTS ET DE GRENOUILLES POUR LES TOUX SECHES

Broth of snails and frogs, for Coughs

Take 12 snails and four dozen frog's thighs and sweat them over a low fire. Pound them, and re-boil them with two pints of water, adding the whites of four leeks, six small turnips cut into pièces and two spoonfuls of pearl barley. Skim the broth, reduce it by one third and pass it though a sieve. Use one half in the morning, coloured with saffron, and the remainder in the evening.

Antonin Carême

SAUCE ESPAGNOL

2 ounces butter
1 ounce flour
1 pint dark meat stock
bouquet garni
1 ounce tomato purée

Melt the butter, stir in the flour and cook gently on a heat until well browned. Add the stock and stir unt thickens. Add the bouquet garni and simmer half an h By this time the sauce will have reduced. Remove bouquet garni, add the tomato purée and simmer ano five minutes. Makes one pint.

Carême ~ and this recipe ~ were instrumental in br ing the tomato into the culinary mainstream.

CARÊME'S four CLASSIC SAUCES

Talleyrand said that the British had three sauces and 360 religions whereas the French had three religions and 360 sauces, though the Compte de Croze counted more than 500. Carême claimed all these sauces could be put into four families; the 4 Classic Sauces, from which, he argued, all others are descended.

SAUCE BÉCHAMEL

(named after the maître d'hôtel of Louis XIV, the Marquis de Bechamiél 1630-1703)

half an ounce butter
2 tablespoons flour
half a pint milk
salt and pepper
grated nutmeg
1 shallot stuck with a clove
bouquet garni

Heat the butter and stir in the flour and add, gradually, the milk, shallot, nutmeg and bouquet garni. Simmer very slowly for 20 minutes, remove bouquet garni and shallot before serving.

~

SAUCE VELOUTÉ

1 ounce butter
1 ounce flour
3 glassfuls of stock ~ preferably veal
salt and pepper
pinch of nutmeg
pinch of ground ginger

Melt the butter and stir in the flour. Add gradually the stock, ginger, nutmeg and seasoning. Bring to the boil and simmer, skimming occasionally, until reduce to a half. The sauce should now be thick but light and creamy. Add cream to turn this into the white glaze sauce for chicken a l'ivoire.

~

SAUCE ALLEMANDE

1 ounce butter
1 ounce flour
half a pint boiling water
salt and pepper
1 egg
3 drops of wine vinegar

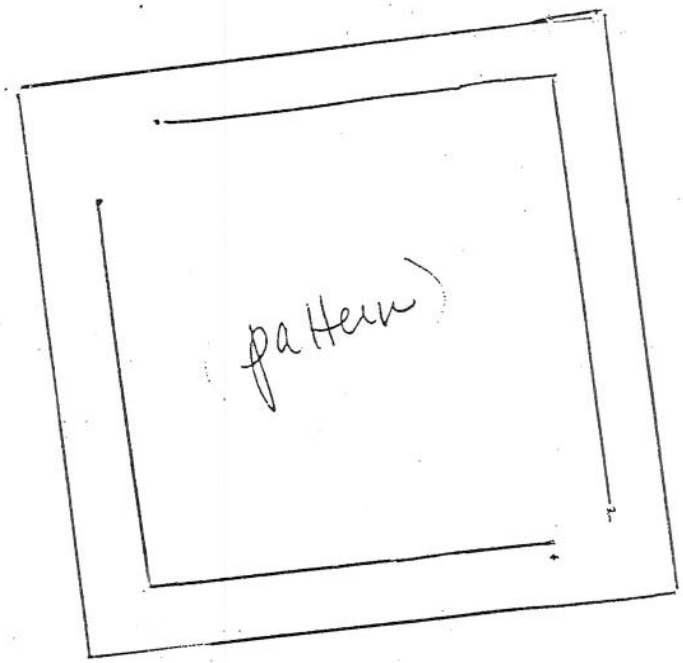
Melt the butter, add the flour and then the boiling water and seasoning. Off the heat whisk well the egg and vinegar and add gradually to the sauce whilst whisking. not reboil.

VOL-AU-VENTS PUITS D'AMOUR

Fountain of Love Vol-au-vents

I give great preference to these, being crisp and having the advantage of being light and of easy digestion with an interior containing a greater portion of garniture than any other cake that I am acquainted with. Dip the vol-au-vent cases, in the shape of diamonds, boxes or rounds, in caramel and then in chopped pistachios, fill with cream, flavoured with violets, or vanilla crême Chantilly (in the style created by Vatel) with a fine strawberry or preserved maraschino cherry on top.

Antonin Carême



CROISSANTS

yield: 18 medium croissants

Ingredients:

1 1/2 c. Lukewarm water OR milk
3 c. flour
2 Tblsp. sugar
1 tsp. salt
1 Tblsp. yeast
2 cubes butter or margarine(chilled)

How to make:

1. Mix yeast, water and 1 c. flour. Set aside in warm place for 20 min. or until yeast has grown sufficiently.
2. Add rest of flour, sugar and salt. Stir until mixed. Let rise 2 hrs. in warm place, then place in refrigerator at least an hour. Dough will be very sticky.
3. Divide chilled dough into 2 equal parts. IMPORTANT: At this point dough must be cold.
4. Put one part of dough back in refrigerator.
5. Place other part on well floured board and turn it over until well covered w/flour.
6. Roll dough into about a 12 inch circle.
7. Take 1 cube butter (well chilled) and place in center of circle. Flatten butter with rolling pin. (fig. 1)
8. Fold in top, bottom and sides so butter is enveloped in dough. (fig 2)
9. Roll into long rectangle and fold sides into middle. (fig. 3) Repeat. Butter should be well layered into the dough.
10. Roll into large rectangle and cut in 9 triangles. (fig. 4)
11. Roll wide end of each triangle toward narrow end forming croissant shape. (fig. 5). Curve if desired. (fig. 6)
12. Place on UNGREASED cookie sheets. Spread well apart to allow for rising. Let rise for one hour.
13. Brush top of croissants w/beaten egg white.
14. Bake at 400 for 15 - 18 mins. or until golden brown and crisp.
15. Take other half of dough out of refrigerator and repeat steps 5 - 14.

BON APPETIT!!

Fig. 1

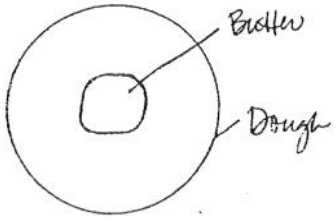
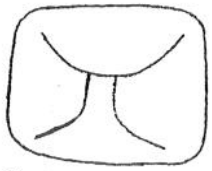
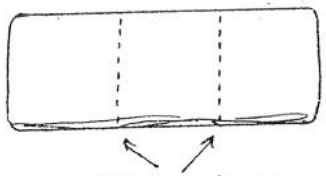


Fig. 2



Fold up bottom
Fold in sides
Fold down top ... over butter

Fig 3



Fold here into thirds

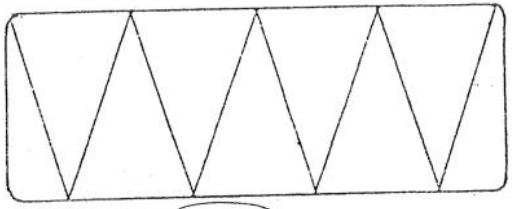
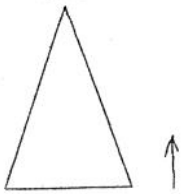


Fig. 4

Cut into 9 triangles

Fig. 5



Roll this way

Variations: (A) Add a small piece of ham and Swiss cheese at Fig. 5 (CROISSANT JAMBON)
(B) Add semi-sweet chocolate chips at Fig. 5 (PAIN au CHOCO

Strawberry Rhubarb Filling

2 ½ - 3 cup chopped rhubarb
12 large strawberries (quartered)
1 cup sugar
1/4 cup water
3 T. tapioca

Put all ingredients except strawberries in pan. When almost done, add strawberries. Spread on pie crust. Bake 30-40 minutes or until done. (350/375 °).

Pâte Brisé (Pastry) Yield 2 - 9" crusts

2 ½ cup flour
1 cup butter
1/4 tsp. salt
1 T sugar

Cut in above ingredients. Slowly add in ½ cup water. Stir with fork. Roll out.