

The building blocks (hashtags) are outlined at the start of each week. You are to upload examples of the building blocks as you come across them that week. You should upload a picture of the finished dish with the title of the dish and the hashtag demonstrated.

1 week 2 tag 3 title

### WEEK 1

Potato Pancakes

Pasta Cacio e Pepe

### WEEK 2

Blueberry Scones

#fraisage

Potato, cheddar, bacon soup with sour cream.

#sweating

Foccacia

Chocolate Cheesecake

#bainmarie

Long Lasting Chantilly Cream (Whipped Sweetened Cream)

### WEEK 3

Pulled Pork

#Braising

My favourite BBQ sauce

Pulled Pork

Enriched Straight Dough/Loaf

Veg Version

Hersheys Chipits Chocolate Chip Cookies

### WEEK 4

CARAMELIZED BANANA CREPES

### WEEK 5

Sourdough Pizza Crust

NJ Pizza Sauce

Chilled Sichuan Noodles

#Julienne

### WEEK 6

Churros FRIED CRULLERS

#ChouxPastry (pastry classes)

#DeepFry (grade 10)

Bernbrot

[Quiche](#)

[#PateBrisee](#)

[Pate Brisee](#)

[Swirl Brownies](#)

[WEEK 7](#)

# WEEK 1

This week we will concentrate on fraisage technique and kneading

Fraisage is French for to smear. The technique is used in pastry making and biscuit method recipes. These streaks of butter allow the pastry to maintain a tender flaky crumb.

Kneading is similar at first glance to fraisage but the goal is the opposite. It is used to develop gluten in order to trap air in bread baking which would allow the elastic quality of the gluten to trap the air longer and create a higher rising bread.

## Potato Pancakes

Potato pancakes, Reibekuchen, Kartoffelpuffer, Latkes, Hashbrowns, Pakoras...all cultures have some sort of delicious potato fritter. And rightfully so.

You will demonstrate:

panfrying-controlling temperatures, preheating pan, golden colour and cooked through

Stove safety-preheating pan, tipping pan away for flipping

Success criteria: golden brown, well seasoned fritters.

1 potato, grated and squeezed

1 T onion, brunoised

1/2 large egg, lightly beaten

1 T flour (more or less, depending on how dry your potatoes are)

1/2 teaspoon salt and ground black pepper

Vegetable oil, for frying

Using a box grater, grate the potatoes. Add the potatoes, onion, eggs, flour; salt,, and pepper. Toss to combine.

Line a baking sheet with paper towels.

In a large skillet, heat 1/2 inch of oil over medium-high heat. Drop 1/4 c measures of the potato mixture into the skillet, flatten them slightly And panfry until golden brown, about 3 to 4 minutes a side. Drain on paper towels.



## Pasta Cacio e Pepe

In this class you will demonstrate;

Cooking pasta to al dente, identifying and using a microplane, emulsifying a sauce of starch and proteins in cheese. Success Criteria-a properly emulsified sauce glossy and coating al dente pasta.

The original Mac 'n' cheese.

This is not a recipe. This is a life style.

12 oz spaghetti

2 T butter

2 T XVOO

1 t cracker pepper

3/4 c parmesan or pecorino Romano

Salt salt salt salt

Heat 1 tablespoon olive oil and about a teaspoon of black pepper in a medium skillet over medium-low heat until ingredients are fragrant and pepper is barely starting to sizzle, about ½ minute. Set aside.

Then boil spaghetti in a small amount of well-salted water and strain about 6 minutes- three minutes before it's fully cooked, reserving 1 cup of the pasta water. You may need a bit more so...

The reserved pasta water is then added to a large saucepan with 2 tablespoon of butter and 1 teaspoon of fresh cracked pepper.

Cook the pasta in the "sauce" until it's al dente and has absorbed most of the liquid.

Remove the pan from the heat and add 1 cup of parmesan or pecorino Romano.

Add cheese and remaining tablespoon olive oil to the skillet and stir with tongs until cheese is completely melted. Add a few more tablespoons of pasta water to the skillet to adjust consistency, reheating as necessary until the sauce is creamy and coats each strand of spaghetti. Season to taste with salt and more black pepper. Serve immediately, passing extra grated cheese and black pepper at the table.

# WEEK 2

## Blueberry Scones

### #fraisage

You will:

Following recipes, success in ovens, preheat oven, biscuit method, baking powder vs baking soda, measurement. Sheet Pan sizes, parchment, silpat, heavy gauge sheet pan Double tray, Rotate pans.

Success Criteria: Tender, fluffy golden biscuits with a golden, not burnt bottom

Scones, southern drop biscuits, and Scottish Griddle scones (bannock).

Ingredients:

4 oz unsalted butter, grated on the large holes of a box grater and frozen

1/2 c. blueberries (if using fresh, place in freezer; if using frozen do not thaw)

4 oz whole milk

4 oz. sour cream (may substitute milk or 10 % cream or buttermilk)

10.6 oz flour

100 g sugar

2 t. baking powder

1/4 t. baking soda

1/2 t. salt

eggwash

coarse sugar

1. Pre-heat oven to 400 degrees F; line a baking sheet with parchment paper. Whisk milk and sour cream in a small bowl; refrigerate till ready to use. Whisk flour, sugar, baking powder,

baking soda, salt, and if using in a bowl. Add grated butter and smear or 'fraisage' with fingers till well coated.

2. Fold in milk/sour cream mixture till combined. Transfer dough to a well-floured work surface and dust with more flour. Work gently 6-8 times, adding flour as needed.

3. Roll or pat dough into a 12" square. Fold into thirds as if you were folding a business letter. Fold the short ends of dough in likewise, so that you have a 4x6 rectangle..

4. Roll out dough again into a 12" square. Sprinkle with blueberries, pressing lightly into the dough so that they adhere. Roll dough into a tight log and lay seam side down. Press or press into a 16" x 4" rectangle. Cut crosswise into 4 even pieces and cut each piece diagonally into 2 triangles. Place onto your prepared baking sheet; brush tops with eggwash and sprinkle with coarse sugar. Place on sheet pan laid out.

5. I will have some ready-grab one and bake for each member of the group. Baking Instructions. Bake for 18-25 minutes, or till golden brown and place the others on a sheet pan for the freezer . Cool on wire racks for 10 minutes prior to serving.



Potato, cheddar, bacon soup with sour cream.

## #sweating

### Ingredients

3 strip (uncooked) bacon cut into small pieces  
3 Tablespoon butter unsalted  
1 medium yellow onion chopped , brunoised  
3 T all-purpose flour  
2 large or medium potatoes, peeled and cut into macedoine  
3 cups chicken broth  
2 cups milk  
1 ½ teaspoon\* salt  
1 teaspoon ground pepper  
1/2 cup sour cream  
Shredded cheddar cheese, chives, and additional sour cream and bacon for topping optional

### Instructions

Place bacon pieces in a large Dutch Oven or soup pot over medium heat and cook until bacon is crisp and lightly browned.

Remove bacon pieces and set aside, leaving the fat in the pot.

Add butter and chopped onion and sweat onions 3 minutes..

Sprinkle the flour over the ingredients in the pot and stir until smooth (use whisk if needed).

Add diced potatoes to the pot along with chicken broth, milk, salt, pepper,. Stir well.

Bring to a boil and cook until potatoes are tender when pierced with a fork (about 10-15 minutes).

Have this done by 930!

Reduce heat to simmer and use an immersion blender to half blend the soup (be careful, it will be hot!)

Return the pureed soup to the heat and add sour cream and reserved bacon pieces, stir well.

Allow soup to simmer for 5 minutes before serving.



## Foccacia

**You will demonstrate accurate measures**

**Success criteria: a 65% hydration bread, golden, crisp crust. Soft interior.**

Use 1250 g flour

Recipe

65% water

1.5% salt

1% Yeast

1 % sugar

2 teaspoons olive oil for the top

Salt for the top.

Knead ingredients 5 minutes until smooth. The dough should be soft.

Let rise 1 hour in a warm place.

Spread on a greased tray and cover.

Let rise 45 mins to 1 hour or overnight in the fridge.

Oil, pock and salt.

Bake @425 for 23 minutes.



# Chocolate Cheesecake

## #bainmarie

prep 30 mins

cook 1 hour

6 inch cake pan

### Ingredients

For the Crust:

60 g Chocolate Wafer Crumbs

20 g unsalted butter, melted

For the Chocolate Cheesecake:

115g bittersweet chocolate, coarsely chopped

1- 8 oz pkg full-fat cream cheese, at room temperature

60 g granulated sugar

15 g light brown sugar

1 Tablespoon unsweetened natural cocoa powder

1 large egg plus 2 egg yolks, at room temperature

60 g heavy cream, at room temperature

½ teaspoon vanilla extract

For the Chocolate Ganache:

70 g semi-sweet chocolate, finely chopped

110 g heavy cream

25 g unsalted butter, at room temperature, cut into cubes

### Instructions

For the Crust:

Preheat oven to 325°F (163°C). Grease the bottom and sides of a 6-inch pan.

In a medium mixing bowl, combine the chocolate wafer crumbs and melted butter. Pat the mixture firmly into the bottom of the prepared pan. Chill.

For the Chocolate Cheesecake:

Fill a medium pot one-third full with water and bring it to a low simmer over medium heat.

Place a heatproof bowl that will fit on top of the pan snugly, but will not touch the simmering water, on top of the pan. THIS IS CALLED A BAIN MARIE Reduce the heat to low and add the chopped chocolate into the bowl over the pot. Heat until the chocolate is completely melted, stirring occasionally with a silicon spatula. Remove the pot from the heat, leaving the bowl of chocolate over the hot water. Set aside until needed.

In the bowl of a mixer, cream the cream cheese until completely smooth, scraping down the sides of the bowl as needed, about 2 minutes. Add in both sugars and cocoa powder and beat

smooth. Add in the eggs, egg yolks, and heavy cream and mix until just combined, about 20 seconds. Fold in the chocolate. Finally add in the vanilla and pulse for another 20 seconds. Remove the bowl, using a rubber spatula, stir the filling several times to ensure it's evenly blended.

Scrape the filling over the partially baked crust in the prepared pan.

Place the springform pan in a roasting pan or large baking pan. Place the roasting pan in the preheated oven and pour enough hot water into the pan to come 1-inch up the sides of the pan. THIS IS ALSO CALLED A BAIN MARIE.

Bake the cheesecake in the water bath for 30-45 minutes, or until the center of the cake is set but still slightly jiggly. Internal temp of F150. The cake will set completely as it cools.

Remove the cake from the water bath and place the pan on a wire rack. Carefully loosen the foil, then immediately run the tip of a knife around the sides of the pan, to prevent the top from cracking. Cool completely (in the pan), then transfer cheesecake to the refrigerator to chill for at least 6 hours before removing from the pan and slicing.

## FRIDAY

For the Chocolate Ganache:

Add chopped chocolate to a medium bowl; set aside.

In a small saucepan over medium-heat, bring the cream to a low simmer. Pour the cream on top of the chocolate pieces. With a whisk, begin to incorporate the cream into the melted chocolate and continue carefully whisking until smooth and glossy.

Remove from heat. Add in the butter and use a spatula to stir until the butter is completely melted. The mixture will be dark and glossy. Set aside, at room temperature, until needed.

Pour ganache over cooled cheesecake. Set aside until ganache is set.

To serve, slice the cheesecake with a thin-bladed sharp knife, wiping the knife clean between each cut.

Store, loosely covered, in the refrigerator, for up to 5 days.

## Long Lasting Chantilly Cream (Whipped Sweetened Cream)

2T sugar

Pinch sea salt

1/3 cups heavy cream

1 teaspoons vanilla extract

The trick is a bit of extra sugar, which helps the cream whip into a stable foam that can be held for up to eight hours. With a hearty pinch of salt, it's not too sweet, making it the ideal accompaniment for everything from strawberry shortcake to butternut pumpkin pie.

Combine sugar, salt, cream, and vanilla extract, if using, in the bowl of a stand mixer fitted with the whisk attachment. If using a vanilla bean, run the flat of the blade down each half to scrape out the seeds and add them to the cream (reserve the pod for another project). Mix on medium-low speed to dissolve the sugar, about a minute, then increase to medium-high and whip until cream is thick enough to hold firm peaks, about 3 minutes.

Use immediately, or cover and refrigerate until needed, up to 8 hours.

Refrigerate leftovers in an airtight container for up to 1 week; before serving, briefly rewhip the cream to restore its light and silky texture.

# WEEK 3

## Pulled Pork

### #Braising

#### My favourite BBQ sauce

1/2 cup ketchup  
2 tablespoons brown sugar  
2 tablespoons Worcestershire sauce  
1 tablespoon cider vinegar  
1 dash hot pepper sauce  
1 teaspoon garlic powder  
1/4 teaspoon mustard powder  
1/4 teaspoon salt

In a small saucepan over medium heat, stir together the ketchup, brown sugar, Worcestershire sauce, vinegar, hot pepper sauce, garlic powder, mustard powder, and salt. Bring to a simmer, then remove from heat and allow to cool slightly.

## Pulled Pork

### Ingredients

1 onion, sliced  
1 c canned crushed tomatoes  
2 5-pound boneless pork shoulder (Boston butt)  
1 T salt

Heat oil in a large heavy pot over medium heat. Add onion, tomato and my favourite BBQ sauce. Add pork to pot; cover and transfer to oven.

Braise pork, cooking slowly in the oven to break down muscle until very tender, about 2 1/2 hours. Shred with 2 forks and mix with braising liquid.



## Enriched Straight Dough/Loaf

You will demonstrate: accurate measurement, yeast leavened dough, kneading technique

Success criteria: Golden tight crumb tender bread shaped using a braiding technique.

2 teaspoon instant dry yeast

205g warm water

2 tablespoons sugar

2 large eggs, at room temperature, plus 1 egg beaten, for glaze

90 g oil

540g all-purpose flour

2 teaspoons salt

Add all ingredients and knead for 5-7 minutes. Add a little more flour only if dough is sticking to the sides of the bowl after a few minutes of kneading. Knead until the dough is smooth and elastic, 5-7 minutes. The dough should be soft but not sticky. Remove the dough from the bowl. Form the dough into a ball, transfer it to a lightly oiled bowl, and cover with plastic wrap. Let the dough have its first rise in a warm, draft-free spot until it doubles in bulk, 1 ½ - 2 hours. Line a sheet pan with parchment paper. Punch down the dough and turn it out onto a clean work surface.

Shape and proof the shaped dough covered for 30-60 minutes

The bread should be puffy and pillow-soft when gently squeezed, 30-40 minutes.

Position a rack in the lower third of the oven, and preheat to 400 F ( 200 C).

Brush the bread lightly with the beaten egg. For burger buns, sprinkle with sesame seeds.

Bake until puffed and golden brown, 20-25 minutes. Serve Immediately

## Veg Version

1/2 cups homemade BBQ sauce or store bought

6 oz mushrooms

6 oz baby Portobello mushrooms (624 g)

1 tbsp extra-virgin olive oil

1/2 large white or yellow onion , finely diced

Salt and pepper , to taste

Make the BBQ sauce, if you don't already have some on hand, to allow the flavors to infuse while you prepare the mushrooms.

Thinly slice the mushrooms. They should look shredded. Heat the oil in a large skillet on medium heat. Depending on the size of the pan, you may need to cook the mushrooms and onions in two batches. When the oil is hot, add the mushrooms and onions and stir frequently

until the mushrooms lose their water and the onions become translucent and soft, approximately 5 to 7 minutes.

Turn up the heat to medium-high and add salt and pepper to taste. Cook until the onions caramelize and the edges of the mushrooms begin to crisp up, approximately 5 minutes.

When the mushrooms and onions are done cooking, add the BBQ sauce to the pan and stir until the mushrooms are completely coated in the sauce. Bring the mixture to a boil on medium heat and then reduce the heat to a low simmer. Cook for 5 minutes, stirring frequently, until the sauce is thick and sticky.

## Hersheys Chipits Chocolate Chip Cookies

Hey... if a chocolate chip company has researched on thing, it is choco chip cookies.

What I like about this recipe is baking soda helps them brown, brown sugar makes them chewy and salt takes the sweet off.

24 cookies

### INGREDIENTS

160 g all-purpose flour

½ tsp baking soda

1/4 tsp salt

125 g butter

75 g granulated sugar

75 g light brown sugar

1/2 tsp vanilla extract

1 egg

½ c CHIPITS Dark Chocolate Chips or CHIPITS Semi-Sweet Chocolate Chips

### DIRECTIONS

1. Heat oven to 375°F (190°C).

2. Stir together flour, baking soda and salt. Beat butter, granulated sugar, brown sugar and vanilla in large bowl with mixer until creamy. Add eggs; beat well. Gradually add flour mixture, beating well. Stir in chocolate chips if desired. Drop by rounded teaspoons onto ungreased cookie sheet. Chill

3. Bake 8 to 10 minutes or until lightly browned. Cool slightly; remove from cookie sheet to wire rack. Cool completely.

For an even greater burst of chocolate taste, substitute HERSHEY'S CHIPITS Baking Chips with HERSHEY'S CHIPITS Chunks.

CHIPITS "PERFECTLY CHOCOLATE" CHOCOLATE CHIP COOKIES: Simply add 1/3 cup (75 mL) HERSHEY'S Cocoa to your favorite chocolate chip cookie recipe.

CHIPITS SKOR & CHOCOLATE CHIP COOKIES: Use CHIPITS SKOR Toffee Bits and CHIPITS Dark Chocolate Chips or CHIPITS Semi-Sweet Chocolate Chips in place of chocolate chips.. Drop and bake as directed.

# WEEK 4

## CARAMELIZED BANANA CREPES

Since today is Mardi Gras, we are doing a dish in honour of bananas foster which is a dish created at the famous Brennans in New Orleans.. It is missing the flambé portion which would usually include rum. We will not.

By the end of this lesson you will demonstrate;proper technique for making crepes, use and care of crepe pans

For the crepes,

1 Eggs

95 g Milk

62 g Water

20 g oil

1 t Vanilla extract

1/2 c All purpose flour

1 T Sugar

Pinch Salt

For caramelized bananas,

2 T Butter

2 Bananas

2 T Brown Sugar

Pinch of cinnamon

¼ c whipping cream

Powdered sugar – a few tablespoons, for dusting

Crepes: Add all the ingredients for the crepe batter in a blender and blend for a few seconds to make a smooth batter. Alternately, use a bowl and whisk to make the batter.

Heat a 10-inch non-stick skillet. Using a folded paper napkin, spray with non stick spray in the skillet.

Add 1/4 cup worth batter in the center of the pan and swirl the pan so that the batter evenly covers the bottom. Cook the crepe till you see bubbles appearing on the surface. Flip the crepe as soon as you see the edges turning a light golden brown. Cook the other side for just a few seconds and remove onto a plate.

Repeat till all the batter is used up, stacking the crepes on the plate.

Caramelized bananas: Slice the bananas into rounds.

Heat a large skillet on medium high heat and melt the butter. Add the bananas and cook for a couple of minutes, till they begin to caramelize. Flip the slices over once and caramelize the

other side as well. Add the sugar and cinnamon mix and add cream.. Remove on to a plate and keep aside.

Place a few banana slices at the center of each crepe and roll. Drizzle the chocolate syrup generously over the filled crepes and dust lightly with powdered sugar.

## PAIN RUSTIQUE

12 oz water

15 oz Flour

2 t yeast

2 t salt

Mix all ingredients with paddle on high for 30-60 seconds to make a shiny dough that starts to climb up the paddle.

Allow a first rise- Cover and let rise 40 mins.

Pull and fold from corners and allow to proof 45 min more. Set oven at F425. Turn out on a floured surface, flour top and cut in 4. Place cut side up place in oven. Turn oven down to 400 and bake 23 mins.

# WEEK 5

## Sourdough Pizza Crust

You will demonstrate: shaping and baking pizza dough.

Success criteria: crispy chewy crust, golden on the top and bottom.

241g sourdough starter (100%hydration)

165g warm water

298g All-Purpose Flour

1 teaspoon salt

1/2 teaspoon instant or active dry yeast

Add the warm water, flour, salt, yeast, and Pizza Dough Flavor (if using). Mix to combine, then knead for about 7 minutes in a mixer with the dough hook, until the dough wraps itself around the hook and cleans the side of the bowl.

Place the dough in a greased container, cover and let rise until almost doubled in bulk.

Depending on the vitality of your starter, this will take between 2 and 4 hours at room temp or overnight in the fridge.

### NEXT DAY

For two thin-crust pizzas, divide the dough in half, and gently shape each into a flattened disk.

Preheat Oven to F550 with a baking sheet inverted on the highest rack setting.

Flour dough slightly. Press into flour to make 2 disks and allow to rest. Using less flour, finish stretching to 2 12 inch disks and place on parchment.

Spread sauce, drizzle chili oil and torn basil. Top w mozza.

Bake and add more fresh basil, chili oil and parmesan.

## NJ Pizza Sauce

3 c pureed tomatoes  
2 clove garlic  
2T XVOO  
1 T tomato paste  
1 t dried oregano  
½ t salt  
Pinch black pepper  
Pinch of chili flakes

IN A COLD POT, add olive oil and garlic. Heat on medium heat until fragrant. Remove from heat. Add tomato paste and mix in. Add the rest of the ingredients and simmer for 15 minutes. Remove garlic and discard. Place in a container and store overnight.

Also needed.  
2 c Mozza, grated.  
Basil  
Chili oil



## Chilled Sichuan Noodles

### #Julienne

Julienne is a vegetable cut measuring 2mm x 2mm x 5 cm. Useful as a component in salads or quick cooking methods such as Stirfry.

#### Ingredients

- 4 oz of Dan Dan or Xian zi noodles, cooked and drained
- 1 teaspoon chili flakes (more or less to taste)
- 1/2 teaspoon peppercorns (Sichuan peppercorns would be traditional)
- 2T vegetable or canola oil
- 1 medium clove garlic, grated and pureed (about 1 teaspoon)
- 1 teaspoon grated fresh ginger
- 2 tablespoons Chinese sesame paste or tahini
- 2 tablespoon rice vinegar
- 4 teaspoons soy sauce
- 1/2 tablespoon sugar
- 1 small cucumber, peeled, seeded, and cut into julienne
- 1 thinly sliced scallion
- ¼ c cup chopped fresh cilantro leaves and thin stems
- 1/2 tablespoon roasted sesame seeds
- 1 T toasted almonds crushed lightly under a pan or in a mortar and pestle

#### Directions

Transfer noodles to a colander or strainer. Rinse under cold running water for 30 seconds, then set over a bowl to drain while you make the sauce.

Crush the dried chilies and pepper in a mortar and pestle or spice grinder until it has the texture of store-bought crushed red pepper flakes. Place in a heatproof container along with peppercorns. Heat the oil in a small saucepan over medium-high heat until shimmering. Pour the hot oil over the chilies and peppercorns (it should sizzle vigorously). Let stand 5 minutes while you prepare the rest of the sauce.

Combine garlic, ginger, sesame paste, vinegar, soy sauce, and sugar in a large bowl and stir with a spoon to combine. Carefully pour the chili-infused oil into the bowl through a fine mesh strainer (add only half of the chili sauce if you prefer a less spicy dish). Discard dried chilies and Sichuan peppercorns. Stir sauce to emulsify, adding a few drops of water if it is very thick (sesame paste can vary in thickness). Add cucumbers, scallions, cilantro, sesame seeds, and drained noodles. Toss to coat, adjusting seasoning with more tahini, sugar, soy sauce, or vinegar to taste. Transfer to a serving platter, top with peanuts, and serve.

# WEEK 6

## Churros FRIED CRULLERS

### #ChouxPastry (pastry classes)

### #DeepFry (grade 10)

a boiled dough enriched with eggs and/or egg yolks. Can be fried for Churros or Crullers or baked for cream puffs or eclairs. A hollow interior with a crispy golden crust is indicative of a well made dough.

You will learn; making choux pastry, piping, deep frying.

Success criteria: choux pastry that is puffy, cooked all the way through, golden and crispy

YIELD: 4 TO 6 SERVINGS

90 g unsalted butter

1 cup unbleached all-purpose flour

1 c water

½ teaspoon salt

1/4 teaspoon grated nutmeg

3 large eggs

1 large egg yolk

Vegetable oil, for frying

1 cup granulated sugar

1 teaspoon ground cinnamon

In a large saucepan set over medium-high heat, bring 1 cup water and the butter to a boil.

Reduce the heat to medium and add the flour, salt, and nutmeg.

Beat vigorously with a wooden spoon until the paste comes together and forms a ball. Cook the dough, stirring, until a film forms on the bottom of the pan, about 2 minutes. Remove the pan from the heat and continue to stir vigorously for another 2 minutes to cool the dough before adding the eggs.

Add the egg yolk and then the eggs one at a time, beating until each egg is incorporated. The batter should be stiff enough to hold a soft peak. YOU MAY NOT NEED ALL OF THE EGGS depending on how dry your batter was. Transfer the mixture to a pastry bag with a star tip.

In a large, heavy-bottomed pot, heat the oil to 360°F.

Mix the sugar and cinnamon together on a large plate.

Squeeze 5 inches of dough into the hot oil, cutting it from the end of the tip with a knife. Squeeze 3 more 5-inch dough pieces and fry them, turning occasionally, for 3 minutes, or until they are golden brown. Remove them from the oil with a slotted spoon or kitchen tongs, and immediately dredge the churros in the sugar mixture. Continue with the remaining dough.

## **Bernbrot**

You will demonstrate: accurate measurement, yeast leavened dough, kneading technique

Success criteria: Golden tight crumb tender bread shaped using a braiding technique.

2 teaspoon instant dry yeast

100g very warm water

105 g milk

2 tablespoons sugar

2 large eggs, at room temperature, plus 1 egg beaten, for glaze

60 g oil

30 g melted butter

540g all-purpose flour

2 teaspoons salt

Add all ingredients and knead for 5-7 minutes. Add a little more flour only if dough is sticking to the sides of the bowl after a few minutes of kneading. Knead until the dough is smooth and elastic, 5-7 minutes. The dough should be soft but not sticky. Remove the dough from the bowl. Form the dough into a ball, transfer it to a lightly oiled bowl, and cover with plastic wrap. Let the dough have its first rise in a warm, draft-free spot until it doubles in bulk, 1 ½ - 2 hours. Line a sheet pan with parchment paper. Punch down the dough and turn it out onto a clean work surface.

Shape and proof the shaped dough covered for 30-60 minutes

The bread should be puffy and pillow-soft when gently squeezed, 30-40 minutes.

Position a rack in the lower third of the oven, and preheat to 400 F ( 200 C).

Brush the bread lightly with the beaten egg. For burger buns, sprinkle with sesame seeds.

Bake until puffed and golden brown, 20-25 minutes. Serve Immediately

## Quiche

### #PateBrisee

A shortcrust pastry made with butter salt flour and water. Sugar can be added but most often used in savoury applications or desserts that are sweet enough (think buttermilk tarts)

You will demonstrate: blind baking, making pastry and baking savoury custard.

Success criteria, tender flaky crust smooth creamy custard just set.

### Pate Brisee

You will demonstrate: fraissage.

Success criteria: tender flaky crust.

Pâte brisée--butter, salt, and a little water to bring it all together It's something every cook should master--it's so easy and so versatile. Pâte brisée is used for savory tarts, such as quiches, and for very sweet tarts.

2 tarts

#### Ingredients

12 oz All-purpose flour

pinch Kosher salt:

8 oz Cold unsalted butter, cut into 1/4-inch cubes: 227 grams/8 ounces

Approx 1/4 c Ice water 2 oz/60 g

#### Procedure

Place half the flour and the salt in the bowl of a stand mixer fitted with the paddle attachment and mix to combine. With the mixer running on low speed, add the butter a small handful at a time. When all the butter has been added, increase the speed to medium-low and mix for about 1 minute, until the butter is thoroughly blended. Scrape down the sides and bottom of the bowl. Turn the speed to medium-low, add the remaining half of flour, and mix just to combine. Add just enough of the water to mix until incorporated. The dough will come up around the paddle and should feel smooth, not sticky, to the touch.

2. Remove the dough from the mixer and to be certain that there are no visible pieces of butter remaining; if necessary, return the dough to the mixer and mix again briefly.

3. Pat the dough into a 7- to 8-inch disk and wrap in plastic wrap. Refrigerate for at least 1 hour, but preferably overnight. (The dough can be refrigerated for up to 1 day or frozen for up to 1 month.)

YIELD: 1 (8-INCH) TART, FOR 6 SERVINGS

16 oz pastry Pate Brisee (Pastry Chapter)

1/2 c ham, chopped

1 onion, diced  
1 1/2 cup whole milk  
3 large eggs  
3 yolks  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
pinch cayenne pepper  
pinch freshly ground nutmeg  
4 ounces cheese, grated

Preheat the oven to 375°F.

Roll out the pastry and fit it into an pie plate. Using a fork, poke holes into the bottom of the crust. Line the pastry with another tin about 1-inch deep with sugar. (To keep the bottom of the tart from rising as hot air pushes it up from the bottom.) Bake for 15 minutes.

Remove the shell from the oven and transfer the sugar to a heatproof dish.

Remove from the oven and cool. In a medium skillet, cook the onion in some butter over medium heat until it is soft. In a medium bowl, combine the milk, eggs and egg yolks, salt, pepper, cayenne pepper, and nutmeg and whisk until combined.

Place the pastry shell on a baking sheet. Spread a layer of onion, ham and cheese over the bottom of the shell and then carefully pour in the milk-egg mixture to fill the tart. Bake for 15 minutes or until the custard is set. Remove the quiche from the oven and let cool for 10 minutes. Cut and serve warm or at room temperature.

## Swirl Brownies

You will demonstrate: making 2 batters and testing doneness.

Success Criteria: tender moist brownies with a decorative cheesecake swirl.

Makes 16 two-inch brownies

To accurately test the doneness of the brownies, stick the toothpick into the brownie portion, not the cream cheese. Leftover brownies should be stored in the refrigerator. Let leftovers stand at room temperature for 1 hour before serving.

### Cream Cheese Filling

4 ounces cream cheese, cut into 8 pieces

1/2 cup sour cream

2 tablespoons sugar

1 tablespoon all-purpose flour

### Brownie Batter

2/3 cup (3 1/3 ounces) all-purpose flour

1/2 teaspoon baking powder

1/2 teaspoon salt

4 ounces unsweetened chocolate, chopped fine

2 oz unsalted butter

1 1/4 cups (8 3/4 ounces) sugar

2 large eggs

1 teaspoon vanilla extract

For the cream cheese filling: Microwave cream cheese until soft, 20 to 30 seconds. Add sour cream, sugar, and flour and whisk to combine. Set aside.

Adjust oven rack to middle position and heat oven to 325 degrees. Make foil sling for 8-inch square baking pan by folding 2 long sheets of aluminum foil so each is 8 inches wide. Lay sheets of foil in pan perpendicular to each other, with extra foil hanging over edges of pan. Push foil into corners and up sides of pan, smoothing foil flush to pan. Grease foil.

For the brownie batter: Whisk flour, baking powder, and salt together in bowl and set aside. Melt butter and chocolate in a bain marie.

Whisk sugar, eggs, and vanilla together in medium bowl. Add melted chocolate mixture (do not clean bowl) and whisk until incorporated. Add flour mixture and fold to combine.

Transfer 1/2 cup batter to bowl used to melt chocolate. Spread remaining batter in prepared pan. Spread cream cheese filling evenly over batter.

Microwave bowl of reserved batter until warm and pourable, 10 to 20 seconds. Using spoon, dollop softened batter over cream cheese filling, 6 to 8 dollops. Using knife, swirl batter through cream cheese filling, making marbled pattern, 10 to 12 strokes, leaving 1/2-inch border around edges.

Bake until toothpick inserted in center comes out with few moist crumbs attached, 35 to 40 minutes, rotating pan halfway through baking. Let cool in pan on wire rack for 1 hour.

WEEK 7



Churros

Springrolls



