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Cooking with the Impressionists: Henri de Toulouse-Lautrec

Buckwheat Galettes filled with Mushroom and Bacon. Recipe by Chef Dr. Wendy Joyce



Galette, which is more properly called Breton galette, is also the name given in most French *crêperies* to savoury buckwheat flour pancakes, while those made from wheat flour, much smaller in size and mostly served with a sweet filling, are branded *crêpes*. This type of galette is a large, thin pancake mostly associated with the region of Brittany, where it replaced at times bread as basic food, but it is eaten countrywide. Buckwheat was introduced as a crop suitable



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to impoverished soils and buckwheat pancakes were known in other regions where this crop was cultivated, such as Limousin or Auvergne.

Crêpes are usually eaten with sweet toppings such as slices of fruit, jam, chocolate spread or maybe just a sprinkle of sugar. (Personally I have sweet memories of eating one piping hot crêpe with apricot jam late one summer evening when I was 16, bought from a humble kiosk stand in Montmartre. That is true Paris perfection for me!)

The galette on the other hand is served as a main course, commonly topped with egg, ham and cheese.

You will often find that instead of *galette*, it is often described as *crêpes à la farine de blé*, meaning “crêpes made out of buckwheat flour” or ‘galette sarassin’. But really, who cares what it’s called if it means you can eat pancakes for both dinner and dessert!

Buckwheat galettes

100 grams buckwheat flour

300 ml milk

1 large free range egg

¼ teaspoon sea salt

50 g melted butter

Ghee or coconut oil for sautéing



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Method

1. Combine 150 ml of the milk with the flour and salt and stir to a smooth paste. Add the rest of the milk. Refrigerate one hour (or overnight).
2. Heat a spoonful of ghee or coconut oil over a medium heat in a large sauté pan. Pour in a ¼ cup of batter and swirl the pan to spread the mixture out very thinly. Cook for one minute before flipping with a spatula. Cook for a further minute. Keep an eye on the heat so that the crepes do not burn – you are aiming for lightly golden.
3. Repeat until all the batter is used. Add additional oil to the pan as needed. Keep them warm covered in the oven on a low heat or make up to a day in advance. Crepes can be reheated in a sauté pan or covered in tinfoil in the oven.

Filling (enough for 2 galettes)

2 strips bacon

150g mushrooms, sliced

1/2 onion, sliced

3 cups mushrooms (brown have nice flavour but white button are fine)

1 clove garlic

50g goat cheese or gruyere cheese, grated

Parsley and 2-3 sprigs thyme

2 fried eggs (optional)



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Method:

1. Prep your ingredients: finely slice onion and mushrooms (keep separate). Mince garlic.
2. Fry bacon in a pan over medium heat for a few minutes until slightly crispy. Remove from pan and place onto paper towel.
3. Place onions in the pan with some butter or oil and gently soften and allow to caramelize; will take about 10 minutes. Set aside to cool.
4. Place mushrooms into pan and sauté for a few minutes.
5. Add minced garlic to the mushrooms.
6. While this is cooking cut the bacon into smallish pieces, a thyme sprig and seasoning.
7. Combine mushrooms, onions and bacon.
8. Garnish with the chopped parsley.

To serve: Fill warm crepes with sautéed mushroom mixture. Top with fried egg and cheese and place in oven for a few minutes for the cheese to melt. Serve immediately with a green salad. Enjoy!



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Free-Form Rustic Pear Galette with frangipane. Recipe by Chef Dr. W. Joyce

Confusingly, the word *galette* is also used to describe several types of flat round cakes, including open-faced fruit tarts with gathered edges.

The advantage of a galette is that it's meant to be rustic so there's no need to worry about creating picture-perfect edges.

This galette dough is a wonder. Easy to mix and roll, it bakes up sturdy yet flaky. I usually make my dough in a food processor. For the best results, don't cut the butter too small. Leave it in big, visible chunks—sugar-cube size is fine. You'll see streaks of butter when you gather the dough into a disk, but don't be alarmed. In the oven, those streaks of butter help to create light, flaky, buttery layers.

A layer of frangipane keeps the crust crisp by absorbing some of the fruits' juices.

CRUST:

- 2-1/2 cups high grade flour
- 2 Tbs. sugar
- 1/2 tsp. salt
- 227g unsalted butter, cut into 1/2-inch pieces and chilled
- 2/3 cup ice water

FRANGIPANE:

1 tablespoon all-purpose flour, plus more for rolling dough

1/2 cup unsalted butter



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1/2 cup granulated sugar

1 large egg

1 cup almond meal

1 T vanilla extract or rum

A few teaspoons apricot preserves

Egg wash

2 pears

Raw sugar, for sprinkling

METHOD:

1. For the frangipane: In a clean food processor, cream butter and sugar until light and fluffy. Add egg, ground almonds, rum or extract, and flour; beat until smooth. Set aside in fridge until ready to use.
2. For the crust: In a clean food processor, combine the flour, sugar and salt, Pulse 5-6 times.
3. Add the cubed butter and pulse until mixture has small pebble-like pieces.



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4. Add the ice water all at once to the flour and butter. Mix the dough just until it begins to come together (if using a stand mixer or a food processor, be especially careful not to overmix the dough). Gather the dough with your hands -- don't worry if you see streaks of butter -- and shape it into two disks. Wrap the disks in plastic and refrigerate for at least 1/2 hour.
5. Preheat oven to 180 degrees C and line two baking sheets with parchment paper.
6. Roll out dough on a lightly floured surface. Using a template, cut into 6 rounds.
7. Transfer to the baking sheets and refrigerate 15 minutes or, if the dough isn't too soft, make the tarts right away.

ASSEMBLE:

1. Spread the preserves on the pastry rounds, leaving about a 1-inch border. Spread the frangipane over the apricot preserves.
2. Arrange the pear slices on top, fanning the pear slices in a circular design.



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3. Fold the pastry up and over the fruit.

4. Brush with egg wash over the pastry and then sprinkle with the raw sugar.

5. Bake the galettes for 30 to 40 minutes, rotating the baking sheets halfway through the baking time. The galettes are finished when the crusts are brown and the frangipane is puffed.

6. Let cool slightly before serving.