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COOKING SCHOOL

## Parisian Picnics with Dr. Wendy JOYCE

### *Menu*

*Oeufs Berrichon*

*Puff pastry tartes soleil : ham & cheese/pesto tomatade*

*Champignons farcis*

*Salade Canaille*

*Roast potato salad with dill*

*Tarte au citron*

*Pear and almond frangipane tart*

*Served with rosé wine and Savour Pohutukawa kombucha*



## Oeufs Berrichon Recipe adapted from “Monet’s Table” cookbook

Hard boiled eggs from the Berry region, similar to deviled eggs

### Ingredients:

- 6 hard boiled eggs (I place room temp eggs into cold water, bring to a boil, turn off the heat and let eggs sit in the water for 6 minutes for size 7 eggs)
- 4 T Mayonnaise
- 2 tsp vinegar (I use apple cider vin)
- Salt & pepper to taste
- 1-2 tsp Dijon mustard
- Possible toppings: paprika, anchovies, parsley (Monet loved this!)

### Method:

1. Halve the eggs lengthwise and scrape out the yolks into a bowl.
2. Add all the other ingredients except toppings and mash together.
3. Refill the egg white cases. I use a pastry bag with a floral top for fancy effect! Then sprinkle with smoked paprika.
4. Serve on a platter, preferably one of those really fun retro ceramic ‘deviled’ egg serving dishes with indents for each egg to keep them from rolling around.

## Roasted potato salad with a mustard-dill vinaigrette

### Ingredients:

10 new potatoes (preferably from your organic garden, freshly dug!), washed and cubed  
1/3 cup vegetable oil  
1/4 cup mustard-dill vinaigrette (recipe below)  
1/2 cup fresh dill, chopped, and 3 T capers (optional)  
1 tablespoon ground black pepper  
1 tablespoon salt

Preheat the oven to 225 degrees C. Wash and cube the potatoes. Spread them into a single layer on a baking sheet and drizzle with the vegetable oil. Sprinkle the salt and toss to coat in oil and salt. Slide into the oven and roast until tender, 20-30 minutes depending on the size of the cubed potatoes. Half way through roasting (after about 10-15 minutes) remove from oven and turn with a large spoon so all the sides of the cubes become golden brown.

Once the potatoes have roasted, let them cool before tossing with the capers, vinaigrette, dill and ground pepper. Serve cool.



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## Mustard-dill vinaigrette

- 1 cup cider vinegar
- 1 1/2 cup olive oil
- 1 garlic clove
- 3 teaspoon grainy mustard
- 1/4 cup brown sugar
- 1/4 cup fresh dill

Place all of the ingredients in a food processor except for the oil. Turn on the processor and slowly add the oil in a steady stream until the full cup and a half is emulsified. Season with a bit of salt to taste and store in an airtight container in the refrigerator.



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**Tarte Soleil: a fabulous, eye-catching appetizer or main that will wow your guests who can have fun pulling it apart over drinks!**

### Ingredients:

- 2 packets of frozen flakey puff pastry in 32cm rounds (I use butter puff from Panneton at about \$11 per pack from Moore Wilsons; it comes as a rectangle so you have to cut out the circle and use the off cuts for something else. Just don't roll the leftovers into a big ball because that destroys the layering)
- Filling: 1/2 cup tomatade (recipe below) and/or tapenade, sun dried tomato paste, grated cheese, artichoke paste, pesto : OR caramelized onions over a spread of crème fraiche, then slices of ham and cheese (colby or gruyere).
- 1 egg yolk beaten with a little milk
- fennel seeds for sprinkling

### Method:

1. Remove flakey pastry from freezer or fridge and bring to room temperature.
2. Preheat the oven to 180 degrees centigrade.
3. With the paper still attached to it, roll out the first sheet of pastry onto a baking tray.
4. Spread with the pastes, leaving 1cm free around the edge.
5. Brush the edge with water and lay the second round of pastry on top.
6. Place an upside down glass in the centre to make the sun - don't press it in, just leave it sitting there.
7. If the pastry has got a bit soft, put the whole tray with the pastry in the freezer for 5 mins to firm it up. That way it will be much easier to cut. With scissors, cut the pastry and paper from the edge up to the glass edge. Do quarters first then eighths then keep cutting till you have 32 sun rays.
8. Remove the glass and start twisting the rays. Gently pick up the first ray about midway with your right hand fingers and twist twice with your left hand fingers.
9. Brush with egg glaze and sprinkle lightly with fennel.
10. Bake in the oven for half an hour or till golden.

### Tomatade aka pesto

100g sun-dried tomatoes, rehydrated in a bit of boiling water, then add olive oil to coat  
2 tbsp olive oil  
50g pine nuts  
handful of fresh basil  
pinch of sugar  
2 sml cloves garlic  
1/2 tsp Espelette pepper or smoked paprika

Blend it all together in the food processor till chunky - not too smooth.



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## Salade Canaille

A French tradition, with roots in Escoffier's *Le Guide Culinaire*, the 'salade composee' has led to an improvisational and elastic vision for salad.

This recipe is inspired by Iowa-born French-food cookbook author Richard Olney, who lived for most of his adult life in an obscure village in Provence, where he painted, gardened, cooked, entertained, and (luckily for us) wrote inspiring cookbooks.

Salade Canaille, which literally means "Scoundrel Salad," is actually something quite civilized: It's a French salad platter of beautiful things you've found from your garden, farmers' market, and your best butcher shop or seafood purveyor.

*"This salad, in the seasonal round of my own life, symbolizes the happiest time of the year— that which is lived almost entirely out of doors with the table set daily on the terrace in the shade of the grape arbor, the sparkling play of light heightening the effect of the table display of variegated greens and bright-colored punctuations."*

— Richard Olney

### Possible Ingredients for a Salade Canaille (today's are marked with an \*)

Vinaigrette — Use your favorite or mine. Make enough to toss everything separately.

\*Sliced braised lamb, grilled lamb chops, sliced

\*Potato salad (see above) or small round red or yellow potatoes, boiled whole, sliced in halves or quarters and, while still warm, tossed gently with enough white wine to moisten

\*Asparagus, grilled or French green beans, steamed to desired tenderness

\*Sliced tomatoes, the best you can find

\*roasted red capsicum (I did ours on the bbq), cut into strips

Crudités — raw vegetables that are at their freshest, in-season best, such as onions, sweet peppers, celery hearts, radishes, cucumbers, etc., cut into pleasant bite-size pieces

\*Rocket and tender lettuces (Boston, baby romaine, leaf lettuce) or baby spinach

\*\*Fresh herbs — a good quantity (but not too many different kinds. See note).

Hard-cooked eggs, dolloped mayo spiked with a little mustard and sprinkled with Piment d'Espelette, Aleppo pepper, or paprika



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### Method:

1. Make vinaigrette. Go easy on the salt, as you'll salt it all later.
2. When ready to serve, toss each ingredient in vinaigrette separately, then season with salt and pepper. Arrange on a large platter, keeping the meat and eggs separate
3. Arrange the meat and eggs on the platter. Sprinkle everything with a few more herbs. Serve immediately.

*\* \* Choose the herbs carefully. Olney advises, "Too many herbs will confuse the palate." I used a good amount of dill and chives for my salad, as that's what I had on hand. Mint and tarragon would also be a great combo for the lamb. Simply choose an herb or two that goes well with your main protein; e.g., thyme and rosemary with chick peas; dill, parsley and basil with salmon; sage or basil with chives for steak. Use them generously (except sage — a little can go a long way)*

### Vinaigrette

1 small garlic clove

½ cup olive oil

1 T red wine vinegar

Freshly ground black pepper

### Method:

1. Slice garlic into a bowl. Add salt and pepper and work with a wooden pestle until the garlic is completely pureed and forms a dry paste with the salt and pepper.
2. Add the vinegar and stir until dissolved.
3. Stir in the olive oil and the roast capsicum.
4. Add any meat and hard raw veg at this point and stir gently to coat.
5. Or, right before serving, gently toss each ingredient in the dressing (in separate bowls if you prefer), then present everything on a lovely platter, decorating with flower petals (calendula, nasturtium blossoms, hyssop or thyme flowers)



## Champignons farcis, stuffed mushrooms from Richard Olney's "Simple French Food"

One of the nicest things one can do with a cultivated mushroom. You can use relatively small (up to 3-inch) firm, healthy porcini or swiss browns.

### Ingredients:

500 g mushrooms, with stems torn off and reserved  
1 large onion  
2 T butter  
Salt, pepper, ground nutmeg  
Chopped parsley  
¼ cup breadcrumbs  
Juice of ½ lemon

### Method:

1. Pour a bit of olive oil over the mushroom caps in a large bowl. I then barbecue them for a few minutes to get the bbq flavour. They will produce liquid so try and bbq with the caps upside down so the juices stay in the cap. Remove from bbq and reserve liquid.
2. Chop stems and onion and fry together gently for about 15 minutes. Add salt and pepper and nutmeg to taste. Add parsley and lemon juice.
3. Place mushroom caps on a tray and sprinkle bread crumbs onto them. Bake on a high temperature or grill setting for a few minutes to brown the breadcrumbs slightly. Remove from oven.
4. Fill the caps with the filling. Sprinkle more breadcrumbs over and finish in the oven for a few minutes (225c)



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## Whole Lemon Tart

This recipe comes courtesy of my mom in Pennsylvania via the NY Times food writer Doris Greenspan. (Lucky me: my mom sends me hard copies of the NY Times magazines and the book reviews every week! I love the food column with a different contributor each week). Prior to discovering this recipe, my mom and I always made lemon tarts the traditional way with a cooked custard filling. This one is SO much easier! You just throw all the filling ingredients in the food processor and voila!

Adapted from “Paris Sweets,” by Dorie Greenspan.

Yield 8 servings

Time 1 hour, plus cooling

### Ingredients

1 partly baked 9-to-9 1/2-inch tart crust in a pan with a removable bottom ([recipe below](#))

1 lemon, scrubbed and dried

1 ½ cups/300 grams sugar

2 large eggs, at room temperature

3 tablespoons/24 grams cornstarch

4 ounces/113 grams unsalted butter (1 stick), melted and cooled

Confectioners' sugar, for dusting

### Sweet Tart Crust

Yield One 9-to-9 1/2-inch crust

Time 45 minutes, plus chilling and cooling

This recipe, a trusted go-to, is sweet, golden and more crisp than flaky. Typically French — it's a pâte sablée — I use the recipe for my [whole lemon tart](#) as well as for the less French [bakewell tart](#). I make the dough in a food processor using very cold butter, and while it sounds like culinary heresy, I roll it out as soon as it's made. Sandwiched between parchment or wax paper, the dough is a cinch to roll at this point — just make sure to chill it





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before you bake it (better yet, freeze it once it's in the pan). I also like to partly bake the crust before I fill it, a step you can skip, but prebaking will give you a crisper bottom crust.

## Ingredients for crust

1 ½ cups/204 grams all-purpose flour

½ cup/60 grams confectioners' sugar

¼ teaspoon fine sea salt

4 ½ ounces/128 grams very cold unsalted butter (1 stick plus 1 tablespoon), cut into small pieces

1 large egg yolk

## Method:

1. Put the flour, sugar and salt in a food processor, and pulse to blend. Scatter in the butter, and pulse about a dozen times, until the butter is cut in — you'll have pieces the size of oatmeal flakes and others the size of peas. Stir the yolk to break it up and add it in 3 additions, pulsing after each. Pulse until the dough has curds and clumps; it should hold together when you pinch it.
2. Turn it out onto a counter, knead it into a compact ball and flatten it into a disk.
3. Roll the dough into an 11-inch circle between layers of parchment (or wax) paper. If it's cold enough, fit it into a 9-to-9½-inch tart pan with a removable bottom, trimming the top even with the pan's edges; if it's not, chill it until you can work with it. Refrigerate the crust (in the pan) for at least 1 hour (or cover and freeze for up to 2 months).
4. Heat the oven to 200C. Place the pan on a baking sheet, and cover with a piece of buttered foil or parchment, pressing it lightly to cover the crust's bottom and sides; fill with rice.
5. Bake for 20 minutes. Carefully remove the foil and rice. If you're going to bake the tart again with a filling, bake it uncovered for 5 minutes more. Cool for at least 30 minutes before filling.

## Method for tart:

Cut the lemon into thin slices, and discard the seeds. Toss the slices and sugar into the bowl of a food processor, and whirl for 3 minutes, scraping the bowl as needed, until smooth. With the machine running, add the eggs, one at a time, and then, when they're incorporated, the cornstarch followed by the melted butter. Remove the bowl, and rap it against the counter a



few times to pop some of the bubbles in the mixture. Pour the batter into the pre-cooked crust.

Bake the tart for 45 to 55 minutes, until the filling is puffed and lightly browned — don't be concerned if the top cracks. If you tap the side of the pan, the filling should seem firm; if it jiggles just the least bit in the center, that's fine. A toothpick poked into the center — be gentle — will come out clean. Transfer the tart on the baking sheet to a cooling rack. Leave until it reaches room temperature. The tart can be served now or chilled (it will keep in the refrigerator overnight).

Just before serving, dust the top with icing sugar, if desired.

### **Rustic Pear Frangipane Galette**

Free-Form Rustic Pear Galette with frangipane (makes 6 individual tartlets or one large)

Recipe from *The Art of Cuisine*, recipes of Toulouse Lautrec by Maurice Joyant, adapted by Chef Dr. Wendy Nolan Joyce

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 pastry 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.

#### **PASTRY:**

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:

1/2 tablespoon all-purpose flour, plus more for rolling dough

1/4 cup unsalted butter (1 stick)

1/4 cup granulated sugar

1/2 cup almond meal

1/2 large egg

Apricot jam

1/2 T vanilla extract or rum

Egg wash

2 pears peeled and sliced plus sugar for sprinkling

METHOD:

For the frangipane: In a clean food processor, cream butter and sugar in the bowl until light and fluffy. Add egg, ground almonds, rum or extract, and flour; beat until smooth. Set aside in fridge until ready to use.

For the crust: In a clean food processor, combine the flour, sugar and salt, Pulse 5-6 times.

Add the cubed cold butter and pulse until mixture has small pebble-like pieces.

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 or overnight.

Preheat oven to 180 degrees C and line two baking sheets with parchment paper.

Roll out dough on a lightly floured surface. Using a template, cut into 6 rounds or one large round.



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Transfer to the baking sheet 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.
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.

## Ricciarelli: Chewy Italian Almond Cookies

Ricciarelli are dense, chewy Italian almond cookies originating in Siena. They are a distant, and much less fussy, Italian cousin to the French macaron — perfect with tea or coffee!

## Ingredients

- 2 egg whites
- 1 dash lemon juice
- 2 1/4 cups almond flour
- 1 3/4 cups powdered sugar
- 1 pinch salt
- 1/4 tsp baking powder
- 1 tsp orange zest about half a large orange
- 1 tsp almond extract
- 1 tsp vanilla extract
- 1/2 cup powdered sugar for coating cookies

## Instructions

1. Whip egg whites and lemon juice together with a stand mixer or hand mixer until stiff peaks form.
2. Using a fine mesh sieve, sift in almond flour, 1 3/4 cups powdered sugar, salt, and baking powder and fold into egg whites. I don't do it all at once but maybe in 2-3 batches. Try to keep some air in the egg whites, but at this point it will form a pretty sticky dough rather than a fluffy meringue.
3. Add orange zest, vanilla extract, and almond extract and fold in until combined.
4. Line a baking sheet with parchment paper. Using clean hands, roll dough into balls about 1" in diameter, then roll in powdered sugar until well coated. Shape into an oval, then arrange on baking sheet with some space between them for spreading, and flatten slightly.



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5. Leave at room temperature for about an hour or until the tops have dried out and formed almost a little shell. (This may take longer in humid areas.) Pre-crack the shell by squeezing the cookies slightly from opposite corners. (Not doing this won't affect the taste, but pre-cracking them makes them much prettier if you want that beautiful white-gold contrast!)

6. While cookies are drying, preheat oven to 300 degrees. When the cookies are ready, bake for about 20 minutes. Cool and store in an airtight container. These are even better the next day and are great with coffee or tea!