



Bordeaux Menu

Cheese Gougeres

(six servings)

Ingredients:

½ cup milk
½ cup water
80 grams butter
150 grams flour
3 to 4 eggs
100 grams cheese **
pinch baking powder

*** You can use any kind of cheese, but we usually recommend Swiss or cheddar cheese. You could also use blue cheese if this is something that you like*

Preparation:

- Heat milk, water, butter and 1 tsp of salt.
- When the milk mixture is simmering, add flour and stir for 30 seconds.
- Then, add the baking powder.
- Stir in eggs one at a time.
- Add cheese.
- Put the dough in piping bags or quenelle it.
- Pipe into quarter-size balls and bake at 375 for 10-12 minutes.

Beurre Blanc

(six servings)

Ingredients:

6 shallots
2 lemons
1 cup white wine
½ cup heavy cream
1 tbs. vinegar
160 grams butter
pinch of salt

Preparation:

- Mince the shallots and sauté in 1 tbs. butter
- Deglaze with white wine and then add the vinegar and simmer until the sauce has reduced by half.
- Add the lemon juice The quantity of lemon juice depends on your own taste but we usually add the juice of 2 lemon.
- Add heavy cream and bring to a boil.
- Add the butter and whisk it in
- Turn down flame

We did not add any herbs in our beurre blanc recipe because you can add any type of herbs, usually we would add chives or dill or thyme. You can even use parsley. You can choose your favorite herbs. It will enhance the flavor of the beurre blanc, and you can just add it at the very end of the recipe.

Pasta

(Two servings)

Ingredients:

1 cup flour
1 egg
1 egg yolk
1 shot glass filled with ½ water
and ½ olive oil
pinch salt

Preparation:

- Season flour with salt
- Pour flour on counter or mixing bowl and make a well in the center of the flour.
- Add egg, egg yolk, and liquids to the center of the well.
- Incorporate liquid to dry ingredients to form dough.
- Refrigerate 30 minutes.
- Roll into desired pasta style.

Salmon

There is no specific cooking instruction regarding the salmon because really it can be cooked any way you would like, you can grill it, roast it, steam it. During the cooking class, we first grill the salmon fillets on the skin and then we cook them in the oven for about 10-15 minutes at 500 degrees F. The cooking time really depends on the salmon fillets size.

Chocolate Souffle

(Six servings)

Ingredients:

225 grams chocolate
75 grams butter
4 egg yolks
4 egg whites
100 grams sugar

Preparation:

- Melt butter and chocolate together in bain marie
- Whisk yolks and sugar together until ribbon stage
- Whip whites to stiff peaks with a tablespoon of sugar
- Incorporate chocolate mixture to yolks and sugar.
- Fold in egg whites.
- Butter and sugar the molds
- Fill molds 2/3 way full and bake for 20-30 minutes at 350.