



FRENCH  
PASTRIES  
*and Desserts by*  
LENÔTRE

*200 Classic Recipes  
Revised and Updated*

Flammarion









FRENCH  
PASTRIES  
*and Desserts by*  
LENÔTRE

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IGS, L'Isle-d'Espagnac

**Printed in Bosnia and Herzegovina**

by GPS Group

Originally published in French as

*Faites Votre Pâtisserie comme Lenôtre*

© Flammarion, S.A., Paris, 1975–2020

English-language edition

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87, quai Panhard et Levassor

75647 Paris Cedex 13

[editions.flammarion.com](http://editions.flammarion.com)

21 22 23 3 2 1

ISBN: 978-2-0802-6384-1

Legal Deposit: 09/2021

The cover features a white background with numerous small, stylized leaves in shades of orange and yellow scattered across the surface, giving the impression of autumn foliage falling.

# FRENCH PASTRIES *and Desserts by* LENÔTRE

More than 200 Classic Recipes

Flammarion



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## RECIPE SKILL LEVEL

★ Basic   ★★ Intermediate   ★★★ Advanced

# GENERAL ADVICE

## Apricot glaze (*abricotage*)

Adds an attractive sheen when brushed over pastries, tarts, and sweet breads and prevents fruit toppings from drying out. It can be purchased ready to use or made at home. Heat apricot jam until it melts, adding a little water or lemon juice to thin it, if necessary. Strain the jam through a fine-mesh sieve and, while still warm, brush it over in a thin, even layer.

## Blind-baking

To blind-bake a tart shell, line it with parchment paper and fill with pie weights. Bake until the pastry is lightly golden around the edges. Remove the parchment paper and weights, then brush the pastry with egg yolk to seal it. Return it to the oven for an additional 3–5 minutes, until the pastry is evenly golden.

## Butter

Unless otherwise specified, unsalted butter is used in the recipes in this book, preferably with a fat content of at least 82%. Look for European-style or cultured butters but, if these are unavailable, use a butter with a fat content of around 80%. It is especially important to use butter with a higher fat content when making laminated doughs such as puff pastry or croissant dough.

Remove butter from the refrigerator 30 minutes before use to come to room temperature.

- **Clarified butter:** Used in recipes to impart a rich flavor. To clarify butter, melt it in a saucepan over very low heat without stirring until a white foam forms over the surface. Skim off the foam, letting the milk solids settle at the bottom. Carefully pour the clear, golden, clarified butter through a strainer into a separate container, leaving the milk solids behind. Butter can be clarified in large quantities and stored in a covered container for up to 1 month at room temperature and up to 2 months in the refrigerator.

- **Browned butter (*beurre noisette*):** Adds a caramelized and nutty flavor to cakes and desserts such as financiers and crêpes. Heat butter in a skillet, stirring until it melts, then continue cooking until the butter turns golden brown and develops a nutty aroma. Take care not to let it burn. Strain through a fine-mesh sieve before using.

- **Softened butter (*beurre pommade*):** To soften butter, cut room-temperature butter into dice, place in the bowl of a stand mixer fitted with the paddle beater, and work until it is smooth, creamy, and spreadable. Alternatively, place the diced butter briefly in the microwave, then work by hand using a spatula. Place back in the microwave for a few seconds and whisk until smooth.

## Cream

If whipping, use cream that contains at least 35% fat (whipping or heavy cream in the US, whipping or double cream in the UK). Only remove cream from the refrigerator when ready to use it: the colder it is, the easier it will be to whip. Chilling the bowl will also allow the cream to be whipped more quickly. Begin by whipping on medium speed until the cream just begins to thicken, then reduce the speed to low, or finish whipping by hand, to avoid over-whipping which can give the cream an unattractive, grainy texture.

## Eggs

Use eggs at room temperature, removing them from the refrigerator 30 minutes before use.

- **Sizes:** Unless otherwise indicated, the recipes in this book are made using eggs weighing approximately 2 oz. (55–60 g) in their shell (“large” eggs in the US and Canada, or “medium” in the UK), with an average composition of: **whole egg without shell:** 3½ tbsp (1¾ oz./50 g); **white:** 2 tbsp (1 oz./30 g); **yolk:** 1½ tbsp (¾ oz./20 g). Sizes can vary, however, so weighing eggs is recommended for optimal results.

- **Raw eggs:** Some of the recipes in this book contain raw or lightly cooked eggs. Ensure they are as fresh as possible. Pasteurized eggs can also be substituted, or egg products such as refrigerated liquid eggs or dried eggs. Powdered egg white can be used for making meringues, but must first be diluted in water to reconstitute the egg whites (about 2 tsp powdered egg white to 2 tbsp/30 ml water).

## Gelatin

Used for setting custards, jellies, and creams. Gelatin is available in powder form (to be dissolved in 5 times its volume of water) or as transparent sheets. Although interchangeable, gelatin sheets are used in the recipes in this book. Sheets are graded by Bloom—the setting strength of the gelatin—with four main grades: bronze, silver, gold, and platinum. Gold sheets, weighing 0.1 oz. (2 g) each, with a Bloom strength of around 200, are mostly used in this book.

To use gelatin sheets, soak them in a bowl of cold water for 5–10 minutes until softened. Squeeze out the sheets to remove excess water and, if adding to a hot liquid (maximum temperature 158°F/70°C), stir in the sheets until dissolved. If adding to a cold liquid or meringue, place the squeezed-out sheets in the center of a bowl and microwave on high for 5–10 seconds, or until melted. Alternatively, place the bowl over a saucepan of barely simmering water (*bain-marie*). Stir the melted gelatin into the cold mixture.









### Lining baking rings and pans with pastry dough

Roll the dough to the required thickness and gently ease it into the greased ring or pan. Take care not to stretch it or it will shrink back during baking. Press the pastry over the base to exclude any pockets of air, which will cause the pastry to rise in the oven, and ease it up the sides. Pinch around the top to make a border. Chill the pastry for at least 30 minutes to relax it before baking.

### Measuring ingredients

Both imperial and metric measures are given in the recipes in this book. It is important to use one or the other, and not mix the two. Spoon and US cup measures are also included. However, weighing ingredients is more precise and accurate, especially important in pastry-making, and the use of digital scales (and, preferably, metric weights) is recommended to ensure consistent results. All spoon and cup measures are level, unless otherwise indicated.

### Paper piping cones

Used for piping intricate decorations in chocolate or icing on cakes and desserts. Cut a large square or rectangle of parchment paper in half diagonally to make two right-angled triangles. Form a cone from one triangle by holding the center of the longest side with one hand and wrapping the points around with the other to give a tightly closed tip. Fold the excess parchment down into the cone and secure by creasing it tightly or with a staple. Stand upright in a tall glass or mug to fill. Spoon melted chocolate or icing into the cone, filling it about one-third full. Fold over the top to seal the cone and snip off the tip with scissors. The smaller the hole is, the thinner the piping will be.

### Pastry rulers

These make it easier to roll pastry dough or marzipan into an even layer (and thus help to ensure even baking). This is particularly important when it needs to be very thin. Pastry rulers can be purchased, or handmade by cutting several strips of heavy cardboard measuring 10 in. (25 cm) in length. Place one, or stack several strips (depending on the desired thickness), on either side of the dough or marzipan and roll until it is flush with the tops of the rulers.

### Pectin NH

Used to make many of the glazes in this book. This type of pectin can be melted, reset, and re-melted, as required, allowing glazes to be prepared ahead of time and reheated when needed.

### Sugar

Unless otherwise indicated, granulated white sugar or superfine sugar (also known as baker's or caster sugar) is used in these recipes. In many of the recipes, the two are interchangeable but the latter is recommended for making meringues and creams, as it dissolves more easily. Decorative white sugars—such as coarse, sanding, or pearl—have larger crystals that do not dissolve when baked. They are used for decoration and for adding crunch to the tops of yeast breads, cakes, and choux puffs. In recipes calling for brown sugar, light or dark can be used.

• **Vanilla sugar:** Available to buy in 1½ tsp (7.5–8 g) packets, or make your own. Split a vanilla bean lengthwise and place it in a storage jar of sugar, completely immersing the bean. Seal the jar and leave for 24 hours, or longer, for the vanilla to impart its flavor to the sugar. Vanilla sugar can also be made by grinding a bean to a fine powder in a spice grinder and mixing it with sugar.

### Thermometers

Use an instant-read thermometer to measure the temperature of a mixture quickly and accurately. If your thermometer cannot read the high temperatures required for sugar boiling, a candy thermometer will also be needed.

### Yeast

Fresh yeast (also known as compressed, cake, or baker's yeast) is recommended for making many traditional French pastries, especially viennoiseries such as croissants and brioches. However, it is not always easy for home cooks to source, particularly in the US. Active dry and instant yeasts can both be substituted.

• **Using fresh yeast:** Fresh yeast does not need proofing and can be added directly to doughs. However, it is best to dilute it first in a little lukewarm water (no hotter than 122°F/50°C, or the yeast will be killed) before mixing it with the other ingredients, as this will help distribute the yeast more evenly throughout the dough. Fresh yeast must never come into direct contact with salt and sugar, as this can prevent it working properly and may even kill it.

• **Using active dry yeast:** If a recipe uses fresh yeast, divide the weight by 1.5 when substituting active dry yeast. This yeast must first be proofed to activate it. Dissolve it in either lukewarm water or another liquid used in the recipe and let sit for about 10 minutes until foamy. It can then be added to the other ingredients.

• **Using instant yeast:** When substituting instant yeast for fresh, use half of the weight of fresh. Instant yeast does not need proofing and can be stirred directly into the flour. However, it is important that the yeast is thoroughly incorporated into the flour before any liquid is added.













# A SCHUSS\*

---

## OF MEMORIES

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I loved preparing for the show. The PA system had announced that “at 3 p.m. French chef Gaston Lenôtre will reveal the secrets of Italian meringue.” It was 1977 and the first edition of *Lenôtre’s Desserts and Pastries* was prominently displayed on the immense countertop in Bloomingdale’s, New York’s great department store. The book had recently been published, and Gaston Lenôtre, my father, was about to revitalize the art of French patisserie and become famous around the world.

After unpacking all the boxes of ingredients and equipment, there was just enough time for my father to don his white chef’s jacket and chef’s hat—tucking in a few unruly strands of hair—and steal a brief glance at the audience before the grand event began. Acting as interpreter, I gripped the microphone while keeping one eye on the sugar syrup that was beginning to boil in the saucepan. The scraping of the whisk against the copper bowl was unmistakable, as the still-liquid egg whites swirled up in a kind of dance, following the rhythm of my father’s wrist. With each beat, more air bubbles became trapped in the egg whites, and so the metamorphosis began.

The excitement felt by this audience of amateur pâtissiers was palpable, and every spectator leaned forward a little, mesmerized by the transformation taking place. They were all wondering just how high the whites would rise, well aware that they could collapse, break up, or separate. The sugar syrup had now boiled to the hard ball stage and, very carefully, I poured it into the foamy cloud of egg white. It was already silky but, as the whisk worked its magic, it soon became pearly-white and glossy, with a sweet fragrance. Finally, my father stopped whisking and turned the bowl upside down, as everyone in the audience held their breath. The stiff peaks of meringue held firm, and my father faced the camera with a big smile on his face. Very gently, so as not to crush the fragile white cloud, he scooped the meringue into a pastry bag, then piped it over small choux puffs. For my father, this was just another demonstration, performed for the sheer pleasure of it.

The memories we shared were literally edible ones. These tangible impressions have often triggered a powerful and mysterious current in me that goes straight to my heart and makes my mouth water. It is a reflex I have experienced all my life.

My mother, like all mothers, carried her children for nine months, but when she was at her patisserie store, she was always attentive to her customers and the team of girls who served them. As soon as she brought us home from the hospital, warmly wrapped up with our tiny faces peeking out from bonnets she had hand-knit, my mother returned to work, nursing us on the job. It is to Colette, my mother, that I dedicate this new edition of the book. She is the part of the cake that has most nourished the Lenôtre family.

Just as my father devoted himself to his passion, totally immersing himself in his work and tackling challenges head on, my mother, a *Parisienne* at heart, steered their lives with panache. It was she who saved Le Pré Catelan, the historic Parisian restaurant in the Bois de Boulogne, from closure in 1976. Seeking advice from artisans who had worked at the Palace of Versailles, she was able to restore the Napoléon-III pavilion to its original splendor. Work was certainly the driving force in both their lives. They thrived on challenges, whether it was hiring chefs and sales assistants, training apprentices, or seeking to enhance their products.

Another memory I would like to share takes us into the archives of the French National Audiovisual Institute and a television program recorded in 1977. The first edition of *Lenôtre’s Desserts and Pastries* had just been published, and Gaston was asked to prepare a recipe from the book on the program. I encouraged him to make a gâteau that had been created for the opening of our store in Deauville. My mother had loved the cake and named it *Clairfontaine*, after the local racecourse. For the book, I had modified the recipe slightly and changed its name: *Rosace à l’Orange* (Orange Upside-Down Cake, see p. 212). My father agreed with my suggestion to make it on the program.

To be honest, we were not always in agreement. I'll never forget the weekly show we presented in 1982 for the radio station Europe 1. All week long, I would test the recipes in our atelier at Plaisir, near Paris, and continue testing at home under the inquisitive eyes of my three sons. Every Thursday evening, I'd type up the results, before heading to Le Pré Catelan early on Friday morning to collect my father. In the twenty minutes it took for his chauffeur to drive us to the radio station, he would read through what I'd written and scribble down notes. He would never allow himself to be contradicted and his entire being declared, "*Le patron, c'est moi*," (I am the boss.) I'd be so tense by the time we reached the studio that it took all the kindness and charm of the presenter, Denise Fabre, to put me at ease. My father, on the other hand, would be in his element throughout the entire show. Our loyal listeners and Lenôtre fans were divided—some couldn't stand it when I corrected my father, whereas others took my side. The show was a real verbal duel. We would finish with our hearts racing, before rushing back to Plaisir. The program was broadcast over six months, and it gave me the motivation I needed to finish writing our next cookbook, published in 1983.

But, let us return to *Rosace à l'Orange* and the recording studio in 1977. Knowing his recipes by heart was always a priority for my father. On the program, which was broadcast with only a very brief time delay, he had to juggle all the ingredients for a recipe using half-finished or completed components, having previously prepared two of each in case they were needed. In just twenty-five minutes, we covered every step of the recipe—oranges sliced and candied; genoise sponge layers prepared, baked, and cut; orange pastry cream made; pans readied; and, finally, the finished cake unmolded. On top of that, we'd provide the quantities to serve eight, as well as professional tips for home bakers. All using studio equipment from the 1970s.

Only an expert with my father's dexterity could beat the genoise batter to the ribbon stage live on air, without forgetting the specific temperatures required and the precise way each mixture needed to be assembled. He described everything in detail and was even playful, quipping, "If all goes well . . ." just before turning out the dessert, sending a little shiver of apprehension through us all. Unlike other methods of cooking, the end results in patisserie are never guaranteed and that was what my father so enjoyed—the element of risk.

He once confessed to me that, in 1936—as a sixteen-year-old looking for work, freshly crowned "Premier Apprenti de Normandie" (Best Apprentice in Normandy)—he had occasionally bet on horses at the Vincennes racecourse. I understood what he meant when he compared the sound of the whisk against the mixing bowl with the thud of horses' hooves: as he whipped the cream, evoking the gallop of champions, he must subconsciously have been reminded of his youth. For Gaston, it was all about playing to win, being first across the finish line, and making lucrative deals, sometimes by taking a gamble.

Sylvie Gille-Naves Lenôtre

\* Schuss is an iconic Lenôtre gâteau (see p. 216 for the recipe).

Created in 1968, the year of the Winter Olympic Games in Grenoble, this all-white cake evokes the snow-covered slopes frequented by schussing skiers.



Gaston and Colette Lenôtre.







# FOREWORD BY

## ALAIN LENÔTRE

**Origins.** My family's culinary tradition began with my grandparents, Éléonore and Gaston, who were both professional chefs. My grandmother worked for the Rothschild family and was one of the first female chefs in France, while my grandfather was chef saucier at the historic Grand Hotel in Paris. I'm so proud of them.

After working for several years in Paris, my grandfather's health deteriorated, and my grandparents were forced to leave the capital. They returned to their native Normandy, where they bought a modest farmhouse in Bernay. My father, Gaston, was born there in 1920, followed by his brother Marcel a year later.

My grandparents were unable to afford the cost of sending the brothers to continue their studies beyond the age of fourteen, so my grandfather encouraged them to "choose a vocation that will guarantee that you never go hungry." Gaston chose an apprenticeship in pastry, while Marcel opted for bread making.

After earning their professional certification, the brothers headed to Paris in search of fortune. On the eve of World War II, jobs were scarce in the capital and, initially, they were only able to find work as porters at Les Halles, Paris's central market. Unloading market goods from trucks at night was grueling work, but they eventually found steady employment: Gaston with a chocolatier and Marcel with a baker.

When the war broke out, the brothers rushed back to Bernay, where the mayor tasked them with reopening the town's two bakeries in order to provide bread to the many refugees who were fleeing German persecution. One of the refugees, Colette Courallet, would later become my mother. Gaston and Colette married, and after the war they opened the first Lenôtre pâtisserie in nearby Pont-Audemer, where I was born along with my sisters, Sylvie and Annie.

Ideally located halfway between Paris and the elegant seaside resort of Deauville, many Parisians would stop in to enjoy Gaston and Colette's pastries. Over the next decade, encouraged by the growing demand and enthusiastic patronage of their Parisian customers, my parents decided to try their luck in Paris.

In 1957, they opened a new Lenôtre pâtisserie at 44 Rue d'Auteuil in the sixteenth arrondissement. My parents, two sisters, brother-in-law, and I all worked together over twenty-five years to build what would become known as the Maison Lenôtre.

**My father and I.** I apprenticed for my father at 44 Rue d'Auteuil for two years, rather than the habitual three. At the end of my apprenticeship, I had to take a trade exam, so I memorized our famous brioche recipe in preparation. But my father forbade me from divulging the Lenôtre recipe to the judges—he didn't want our competitors to steal it—and asked me to improvise an alternative recipe instead. Further complicating my situation, I learned the night before the exam that I would probably be asked to prepare choux pastry for the judges—a recipe that I didn't know, so I spent the night frantically learning how to make it. At the exam, I became acutely aware that my fellow apprentices had not been properly trained. The realization planted a seed in me that grew into a desire to reform the culinary education system.

**Letting go of the baker's peel.** We baked everything in our tiny atelier on Rue d'Auteuil, but Gaston was master of the oven. Made of multiple shelves, the oven was extremely hot at the back and cooler at the front, but my father knew how to load and unload it, how to safely slide the metal baking trays in and out, and how long different doughs needed to rise. My father was guardian of the fire, wielding his fourteen-foot-long wooden peel, and he always had the final word on everything that left his atelier, until the day he deemed me worthy of taking his place at the oven.

Years later, he confided that it was only after he had handed over the reins to me that he began to make money; he was able to focus on the business side of things, dedicating more time to our burgeoning catering business and to the opening of new pâtisseries.

**He who opens a school door, closes a prison**

(Victor Hugo). Gaston Lenôtre, a pioneer in modern patisserie, was humble enough to believe that he still had much to learn, particularly in the intricate art of chocolate making. At the time, there were no schools of continuing education in France devoted to the craft of chocolate making, so he selected Coba, a world-renowned Swiss pastry school. He figured that he could take the overnight train from Paris to Basel, remain at the school from Monday through Friday, and return to Paris for the weekend to attend to the business at Rue d'Auteuil. He enrolled under a different name, but his real identity was soon discovered. The chefs at the school, who were mostly from Alsace, passed on their knowledge to my father in French.

Delighted by his experience, my father enrolled me in the school, telling me it would do me a world of good. I gladly accepted this study vacation, and I hit it off with the owner by speaking with him in German. On one occasion, when we were talking together, he confided to me that he would soon be retiring and closing the school. He had just informed his chefs, who included Paul Rey and the director Gilbert Ponée. Very excited, I called my father to suggest that we open our own professional school and invite these two chefs to join us.

This was in 1968, and we had just moved the Lenôtre headquarters to Plaisir, a suburb of Paris; it was here that my father visualized a space where the school could be built. I then spoke to the chefs and we set a date to meet six months later. It wasn't long before we were welcoming our first students to teach them the art of patisserie. Officially opened in 1971, the École Lenôtre also trained the chefs working at our franchise in KaDeWe, the iconic Berlin department store. Our school has only grown since then, and today it continues to offer top-level training to both professionals and amateurs from around the world.

Across the Atlantic, my father's legacy lives on in Houston, Texas—the fourth largest US city. It is where my wife Marie and I settled with our five children and, for many years, we've been passing on the knowledge and expertise I acquired at my father's side.

We established the CULINARY INSTITUTE LENÔTRE® in Houston in 1988. For the past three years, it has been selected out of 170 schools by Niche.com as the #1 Best College for Culinary Arts in America. At the institute, twelve chefs—most of them French—train three hundred students a year.

In memory of my father, Marie and I have created the Gaston Lenôtre Scholarship Foundation: a perpetual endowment fund to help deserving students fulfill their dreams and build a career.

This comprehensive volume of pastry and dessert recipes *à la française* that you are holding in your hands will no doubt be an indispensable tool in bringing a taste of French tradition to kitchens worldwide, including your own.

All our thanks go to Flammarion and the Lenôtre company for making this new edition possible.

**Alain Lenôtre**



On the terrace of Le Pré Catelan restaurant in 1980.  
From left to right: Annie, Alain, Colette, Gaston, Sylvie, and Alain Gille-Naves.











# DOUGHS, SPONGES, AND MERINGUES

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## BISCUITS À LA CUILLER

# LADYFINGER SPONGE ★

**Makes**

40 individual ladyfingers or  
10 × 4¾-in. (12-cm) round  
sponge layers

**Active time:** 25 minutes

**Cooking time:** 18 minutes  
per batch

**Storage:** Up to 2 weeks  
in an airtight container  
or up to 1 month  
in the freezer

**INGREDIENTS**

5 egg yolks  
(scant ½ cup/110 g)  
¾ cup (5 oz./150 g) sugar,  
divided  
⅔ cup (2½ oz./75 g)  
AP flour, sifted  
½ cup (2½ oz./75 g)  
cornstarch, sifted  
5 egg whites (⅔ cup/  
150 g)  
Confectioners' sugar,  
for dusting

**EQUIPMENT**

Stand mixer fitted  
with the whisk  
Pastry bag fitted with  
a ¾-in. (2-cm) plain tip  
2 cookie sheets lined  
with parchment paper

1. **Preheat the oven** to 340°F (170°C/Gas Mark 3).
2. **Whisk together the egg yolks** and ⅔ cup (4½ oz./125 g) of the sugar on medium speed for 5 minutes, until pale and falling in thick ribbons from the beaters when lifted. Using a flexible spatula, gently fold in the flour and cornstarch, taking care not to deflate the mixture.
3. **Whisk the egg whites** on high speed for 5 minutes, adding the remaining sugar halfway through, until they hold firm peaks.
4. **Briskly stir one-third of the whites** into the yolk mixture, before gently folding in the remainder until evenly incorporated.
5. **Transfer the batter to the pastry bag** and stick the parchment paper to the cookie sheets with a dot of batter in each corner. Pipe out 20 ladyfingers measuring 3½ in. (9 cm) in length on each sheet (see Chef's Notes).
6. **Lightly dust with confectioners' sugar** and leave to soak in. Sift over another layer of confectioners' sugar: this second dusting will form attractive little bubbles when baked.
7. **Bake one sheet at a time** for 18 minutes; if necessary, rotate the sheets after 12 minutes for even coloring. To check the ladyfingers are cooked, carefully lift one corner of the parchment; if golden underneath, they are ready. Slide the ladyfingers, still on the parchment, onto a rack and let cool completely before removing.

**Chef's Notes**

- Ladyfinger batter must be piped and baked immediately.
- The batter can be flavored with 5 tsp (20 g) vanilla sugar; 1 tbsp (15 ml) orange flower water; or, if serving the ladyfingers on their own, the finely grated zest of ½ lemon.
- To make round sponge layers, draw a circle of the required diameter on a sheet of parchment paper. Place the parchment on a rimmed baking sheet with the pencil line underneath and, starting in the center, pipe the batter in a tight spiral to the circle edge. Bake as above.
- When making a charlotte (see pp. 338–43), pipe the ladyfingers side by side so they are almost touching. As they bake, they will spread slightly and stick together, forming a band.
- After freezing, let thaw at room temperature for 24 hours.







## BISCUIT JOCONDE

## JOCONDE SPONGE ★

**Makes**

3 sponge layers

**Active time:** 25 minutes**Cooking time:**

7–8 minutes per layer

**Storage:** Up to 2 days

in the refrigerator or

2 weeks in the freezer

**INGREDIENTS**1½ cups (6 oz./180 g)  
confectioners' sugar⅓ cup (2½ oz./45 g)  
AP flour1¾ cups + 2 tbsp (6 oz./  
180 g) almond powder

5 eggs (1 cup/250 g)

5 egg whites  
(¾ cup/165 g)2 tbsp (25 g) granulated  
or superfine sugar**EQUIPMENT**

10½- × 14½-in.

(27- × 37-cm) Joconde  
sponge frame, ¼ in.  
(5 mm) deep

Cookie sheet

Stand mixer with  
the paddle beater  
and whisk

**1. Preheat the oven** to 450°F (240°C/Gas Mark 8). Set the frame on the cookie sheet and cut a sheet of parchment paper to line the frame.

**2. Sift the confectioners' sugar** and flour together into a large bowl and stir in the almond powder.

**3. Put 1 egg in the stand mixer bowl**, add the dry ingredients, and, using the paddle beater, beat on medium speed for 2 minutes. Scrape down the sides and bottom of the bowl and the beater.

**4. Add another egg** and beat on medium speed for 5 minutes, until the mixture is pale and has the consistency of a light mousse. Scrape down the bowl and beater again.

**5. Repeat until all the eggs** have been incorporated. Transfer the mixture to a large mixing bowl. Fit the stand mixer with the whisk and wash and dry the bowl.

**6. Whisk the egg whites** until they hold soft peaks, add the sugar, and whisk until the peaks are firm. Gently fold into the mousse mixture a third at a time, until evenly combined.

**7. Pour one-third of the batter** into the frame and spread it out with a palette knife to fill the frame, using as few movements as possible. The batter must be evenly spread as any thin areas could dry out in the oven. Bake for 7–8 minutes, until golden and springy to the touch.

**8. As soon as the sponge** comes out of the oven, remove the frame and slide the sponge onto the work surface. Wait 1–2 minutes for the sponge to cool a little. Lay a fresh sheet of parchment paper on top and flip the sponge upside down. Let cool between the two sheets of parchment paper, so the sponge remains moist and does not dry out.

**9. Repeat with the remaining batter** to make 3 sponge layers in total.

## BISCUIT ROULÉ

## ROULADE SPONGE ★

**Makes**

4 sponge layers

**Active time:** 15 minutes**Cooking time:**

7–8 minutes per layer

**Storage:** Up to 4 days

in the refrigerator or

2 months in the freezer

**INGREDIENTS**3 egg yolks  
(scant ¼ cup/60 g)1 tsp (5 g) honey  
1¼ cups (8½ oz./240 g)sugar, divided  
½ cup (2 oz./60 g)  
AP flour, sifted⅓ cup (2 oz./60 g)  
cornstarch, sifted5 egg whites (¾ cup/  
160 g)**EQUIPMENT**Stand mixer fitted with  
the whisk16- × 12-in. (40- × 30-cm)  
rimmed baking sheet  
lined with parchment  
paper

1. **Preheat the oven** to 350°F (180°C/Gas Mark 4).
2. **Whisk together the egg yolks**, honey, and half the sugar on medium speed for 5 minutes, until pale and falling in thick ribbons from the whisk when lifted.
3. **Transfer to a large mixing bowl** and gently fold in the flour and cornstarch, taking care not to deflate the mixture. Wash and dry the whisk and mixer bowl.
4. **Whisk the egg whites** with the remaining sugar until they hold firm peaks. Gently fold the yolk mixture into the egg whites until just combined.
5. **Spread one-quarter of the batter** (about 5 oz./145 g) over the baking sheet in a ¼-in. (5-mm) layer. Bake for about 8 minutes, until golden and springy to the touch. Avoid overbaking or the sponge will dry out and crack when it is rolled. Lay a clean sheet of parchment paper on the work surface.
6. **As soon as the sponge** comes out of the oven, slide it onto the work surface. Wait 1–2 minutes for the sponge to cool a little. Lay a fresh sheet of parchment paper on top and flip the sponge upside down. Let cool between the two sheets of parchment paper, so the sponge remains moist and does not dry out.
7. **Repeat with the remaining batter** to make 4 sponge layers in total.
8. **Once cooled**, carefully peel away the lining parchment. The sponge is now ready to be filled and rolled, or rolled and stored in the freezer (see Chef's Notes).

**Chef's Notes**

- To fill the sponge, trim the edges neatly using a bread knife, spread with your chosen filling, and roll.
- If storing the sponge without filling it, let cool completely between the two sheets of parchment paper, then remove the lining paper and roll up the sponge, with the fresh sheet of parchment paper inside. Wrap it airtight and refrigerate or freeze.
- After freezing, let thaw overnight, ready to be filled and re-rolled the following day.



## FEUILLETAGE CLASSIQUE

# CLASSIC PUFF PASTRY ★★

**Makes**

1¼ lb. (600 g)

**Active time:** 30 minutes**Chilling and resting time:**

5 hours

**Storage:** Up to 4 days

in the refrigerator

(see Chef's Notes) or

1 month in the freezer

**INGREDIENTS***Water dough*

½ cup (125 ml) water

1½ tsp (7 g) salt

2 cups (9 oz./250 g)

AP flour

3 tbsp (1½ oz./40 g)

butter, softened

*For laminating*

2 sticks (9 oz./250 g)

butter, well chilled

**EQUIPMENT**

Stand mixer fitted with

the dough hook

2 silicone baking mats

(or parchment paper)

Cardboard pastry rulers

(see Chef's Notes)

1. **To prepare the water dough**, place the water and salt in a bowl and mix until the salt dissolves.

2. **Beat the flour and butter** together in the mixer on low speed for 30 seconds. Add the salted water and mix for an additional 30 seconds to make a smooth dough. If necessary, finish kneading the dough by hand using a bowl scraper.

3. **Shape the dough** into a ball and slash the top in a criss-cross pattern using a bread knife. Transfer to a clean bowl, cover, and refrigerate for 2 hours to relax the dough.

4. **To laminate the dough**, place the butter between the silicone mats or sheets of parchment paper and beat it with a rolling pin until it is as malleable as the dough, but still cold and firm. Shape the butter into a square.

5. **Roll the water dough** into a square roughly twice the size of the butter. Place the butter in the center and fold over the corners of the dough to enclose the butter completely.

6. **Dust the work surface** lightly with flour and roll the dough into a rectangle three times as long as it is wide. Fold in three and give the dough a quarter turn. This is known as a single turn.

7. **Roll and fold the dough** again in the same way to make a second turn, making sure you always give the folded dough a quarter turn in the same direction. If necessary, dust the work surface with a little more flour to prevent the dough from sticking. If, between turns, the dough becomes too soft to roll and fold without the butter breaking through, wrap and return to the refrigerator to firm it up before continuing.

8. **Cover the dough** with plastic wrap and chill for 1 hour.

9. **Give the dough two more single turns**, making a total of four. Cover with plastic wrap and chill for an additional hour (see Chef's Notes).

10. **Give the dough two more turns** to make a total of six. Cover and return it to the refrigerator to rest for 1 hour before using. The dough can then be rolled out and used as required.

**Chef's Notes**

- Pastry rulers make it easier to roll dough evenly to a desired thickness, such as ¼ in. (2 or 3 mm) for tartlets. Cut 10-in. (25-cm) strips from thick cardboard and stack as many as are needed to obtain the desired thickness on either side of the dough, before rolling it out.

- If refrigerating or freezing part or all of the dough, only give it four turns and then tightly wrap and store. Before using the dough, give it two more turns and let rest in the refrigerator for 1 hour.

- If left in the refrigerator for longer than 3–4 days, the dough will begin to discolor.

- Any dough trimmings can be used to make rings or other decorations.

## FEUILLETAGE RAPIDE

# QUICK PUFF PASTRY ★★

**Makes**

1¼ lb. (600 g)

**Active time:** 20 minutes**Chilling and resting time:**

3 hours

**Storage:** Up to 1 month

in the freezer (see Chef's

Notes)

**INGREDIENTS***Water dough*

2½ cups (11 oz./320 g)

AP flour

1 stick (4½ oz./130 g) cold

butter, diced

½ cup (130 ml) water

2 tsp (10 g) salt

*For laminating*

1 stick (4½ oz./130 g)

butter, well chilled

**EQUIPMENT**

Stand mixer fitted with

the dough hook

2 silicone baking mats

(or parchment paper)

Cardboard pastry rulers

(see Chef's Notes)

1. **To prepare the water dough**, sift the flour into the mixer bowl, add the butter, and mix on low speed for 30 seconds. Add the water and salt and mix again for 30 seconds to make a smooth dough. If necessary, finish kneading the dough by hand using a bowl scraper.

2. **Shape the dough** into a ball, place in a clean bowl, cover, and refrigerate for 1 hour.

3. **To laminate the dough**, place the butter between the silicone mats or sheets of parchment paper and beat it with a rolling pin to make it more pliable. On a lightly floured surface, roll out the dough into a rectangle about ¼ in. (5 mm) thick. Cut the butter into small pieces and place these evenly over the top two-thirds of the dough.

4. **Fold the bottom third of the dough** up over the butter and the top third down. Give the folded dough a quarter turn and roll it into a rectangle again, this time slightly less than ½ in. (1 cm) thick, lightly dusting the work surface and the dough with more flour, as necessary.

5. **Fold in the shorter ends of the dough** so they touch in the center, then fold the dough in half to give four layers. Give the dough a quarter turn, in the same direction as before, and then roll and fold again in the same way. The dough has now had two double turns. Wrap tightly and refrigerate for 1 hour. If not using all of the dough, wrap airtight and freeze the surplus straight away (see Chef's Notes).

6. **Before using the dough**, roll it out and give it two additional double turns, as above. Wrap and let rest in the refrigerator for 1 hour. The dough can then be rolled out and used as required.

**Chef's Notes**

- Pastry rulers make it easier to roll dough evenly to a desired thickness, such as ⅛ or ⅜ in. (2 or 3 mm) for tartlets. Cut 10-in. (25-cm) strips from thick cardboard and stack as many as are needed to obtain the desired thickness on either side of the dough, before rolling it out.

- If not freezing, the pastry needs to be used on the day it is made, as it does not keep for longer than a day in the refrigerator.

- Any dough trimmings can be used to make rings or other decorations.

## GÉNOISE NATURE

# GENOISE SPONGE ★

**Makes**

8-in. (20-cm) cake  
to serve 8

**Active time:** 30 minutes

**Cooking time:** 30 minutes

**Storage:** Up to 1 week  
in the refrigerator or  
1 month in the freezer

**INGREDIENTS**

1 tbsp (15 g) softened  
butter and a little  
AP flour, for the pans  
3 small eggs  
(scant  $\frac{2}{3}$  cup/140 g)  
 $\frac{1}{3}$  cup (2 $\frac{3}{4}$  oz./75 g) sugar  
 $\frac{2}{3}$  cup (2 $\frac{1}{2}$  oz./75 g)  
AP flour, sifted  
1 tsp (4 g) vanilla sugar  
 $1\frac{1}{2}$  tbsp (20 g) butter,  
clarified  
(see Chef's Notes),  
melted, and cooled

**EQUIPMENT**

8-in. (20-cm) round cake  
pan  
Rimmed baking sheet  
Electric hand beater  
Instant-read thermometer

1. **Preheat the oven** to 350°F (180°C/Gas Mark 4).
2. **Grease the cake pan** with the softened butter and dust with flour. Set on the baking sheet.
3. **Whisk together the eggs and sugar** in a large heatproof bowl over a saucepan of barely simmering water (bain-marie) for several minutes, until the mixture thickens and reaches 104°F (40°C). Do not let it exceed this temperature: if the batter gets too hot, the genoise will be dry when baked. Remove the bowl from the heat to the work surface.
4. **Continue whisking** on high speed for 8 minutes, then reduce the speed to low and whisk for an additional 15 minutes, until the mixture is light and airy and the bowl is cool to the touch. The mixture should fall from a spatula or the beaters in thick ribbons.
5. **Gently fold in the flour** and vanilla sugar, followed by the melted clarified butter, until just combined. Do this quickly but lightly to avoid deflating the batter.
6. **Immediately pour the batter** into the prepared pan and bake for 30 minutes, until the sponge turns a light golden brown and begins to shrink from the sides of the pan.
7. **Turn out onto a wire rack** while still warm and let cool completely before filling or decorating as desired.

**Chef's Notes**

- It is preferable, but not essential, to use clarified butter.
- After freezing, let thaw in the refrigerator for 24 hours before using.





## MERINGUE ITALIENNE

## ITALIAN MERINGUE ★★

**Makes**

6½ oz. (190 g)

**Active time:** 15 minutes

**Storage:** Up to 2 days  
in the refrigerator or  
2 weeks in the freezer  
(see Chef's Notes)

**INGREDIENTS**

3 small egg whites  
(⅓ cup/75 g)  
⅔ cup (4½ oz./125 g)  
sugar  
2 tbsp (30 ml) water  
1 tsp (4 g) sugar

**EQUIPMENT**

Stand mixer fitted  
with the whisk  
Instant-read thermometer

1. Place the egg whites in the mixer bowl.
2. Stir the ⅔ cup (4½ oz./125 g) sugar into the water in a saucepan. To ensure a successful meringue the following two steps must be done simultaneously.
3. Dissolve the sugar over low heat, then increase the heat and bring to a boil.
4. As soon as the syrup starts to boil, begin whisking the egg whites on high speed. When they hold soft peaks, add the 1 tsp (4 g) sugar and continue whisking until the peaks are firm (about 5 minutes in total).
5. Check the temperature of the sugar syrup and as soon as it reaches 250°F (121°C; see Chef's Notes), reduce the mixer speed to low and very carefully drizzle the syrup into the whites. Do not let the hot syrup touch the whisk, as it could spray up and burn you.
6. Continue whisking on low speed for about 5 minutes, until the meringue is firm and glossy, and it has cooled to room temperature.

**Chef's Notes**

- It is important for the temperature of the sugar syrup to reach 250°F (121°C), known as hard-ball stage. To test the temperature without using a thermometer, let a drop of the syrup fall into a bowl of very cold water. It should immediately form a ball that remains rigid when pressed.
- If freezing the meringue, cool it completely before storing it in a tightly sealed plastic bag or airtight container. Let thaw at room temperature for 30–60 minutes before using.
- To ensure successful results, this is the minimum quantity to be made.

## MERINGUE SUISSE

## SWISS MERINGUE ★

**Makes**

13 oz. (370 g)

**Active time:** 35 minutes

**Cooking time:**  
45–50 minutes

**Storage:** Up to 2 weeks  
in an airtight container  
in a dry place

**INGREDIENTS**

4 egg whites (½ cup/  
120 g)  
Scant 2 cups (8¾ oz./  
250 g) confectioners'  
sugar, or 1¼ cups  
(8¾ oz./250 g)  
superfine sugar  
Unsweetened  
cocoa powder, for  
dusting (optional)

**EQUIPMENT**

Cookie sheet, lined  
with parchment paper  
Instant-read thermometer  
Electric hand beater  
Pastry bag fitted with  
a ¼-in. (6-mm) plain tip

1. **Preheat the oven** to 250°F (130°C/Gas Mark ½).
2. **Whisk the egg whites and sugar** together in a bowl set over a saucepan of barely simmering water (bain-marie), until the mixture reaches 122°F (50°C).
3. **Remove from the saucepan** and continue whisking on high speed for 10 minutes, then on low for an additional 10 minutes, until the meringue is firm, glossy, and cool.
4. **Transfer to the pastry bag.** Pipe decorative shapes onto the parchment paper (see Chef's Notes). If wished, dust with a little sifted cocoa powder.

5. **Bake for 45–50 minutes**, propping the oven door ajar with the handle of a wooden spoon. The meringues should be dry on the outside and soft in the center. Cool on a wire rack.

#### Chef's Notes

- For chocolate meringue, whisk 1 cup (4¼ oz./120 g) cocoa powder into the whites in step 3, on high speed.
- Use Swiss meringue to make decorations, such as mushrooms for a Yule log (see pp. 168–69).

## MERINGUE FRANÇAISE

# FRENCH MERINGUE ★

#### Makes

about 1 lb. (465 g),  
or 3 × 7-in. (18-cm) round  
bases, or 20 × 2¾- × 1½-in.  
(7- × 3.5-cm) individual  
meringues

**Active time:** 15 minutes

**Cooking time:** 1¼ hours

**Storage:** Up to 2 weeks  
in an airtight container  
in a dry place

#### INGREDIENTS

5 egg whites  
(scant ¾ cup/155 g)  
Generous ¾ cup  
(5½ oz./155 g) superfine  
sugar, divided  
Scant 1¼ cups (5½ oz./  
155 g) confectioners'  
sugar

#### EQUIPMENT

2 cookie sheets  
Stand mixer fitted  
with the whisk  
Pastry bag fitted with  
a ¾-in. (2-cm) plain tip

1. **Preheat the oven** to 200°F (100°C/Gas Mark ¼). If making round meringue bases, draw 3 × 7-in. (18-cm) circles on sheets of parchment paper with a pencil and place upside down on the cookie sheets. For individual meringues, simply line the cookie sheets with parchment paper.
2. **Set aside 5 tsp (20 g)** of the superfine sugar and combine the rest in a bowl with the confectioners' sugar.
3. **Whisk the egg whites** on high speed until they hold soft peaks. Add the reserved 5 tsp (20 g) superfine sugar and continue whisking for about 5 minutes or until a stiff, shiny meringue is obtained.
4. **Gently fold in** the combined superfine and confectioners' sugar, taking care not to deflate the mixture.
5. **The meringue must be used immediately.** Spoon it into the pastry bag and stick the parchment paper to the cookie sheets with a dab of meringue in each corner.

6. **To make round bases**, pipe the meringue in a tight spiral, starting at the center of each drawn circle and piping outward to the edge. To make individual meringues, pipe 20 oval-shaped mounds, each measuring approximately 2¾ × 1½ in. (7 × 3.5 cm). For oval meringues, start piping at the drawn circle and work inward to the center.
7. **Place the sheets of meringues** in the oven and bake for about 1¼ hours, watching them closely to ensure they do not color too much. The meringues should be a pale golden color and dry on the outside and underneath.
8. **Let cool completely on a wire rack** before storing in an airtight container.



## FOND DE SUCCÈS

## SUCCÈS MERINGUE BASES ★★

**Makes**

2 × 8-in. (20-cm) bases +  
10 × 2½-in. (6-cm) bases,  
or 40 × 2½-in. (6-cm)  
bases

**Active time:** 15 minutes

**Cooking time:** 1 hour  
20 minutes

**Storage:** Up to 2 weeks  
in an airtight container  
in a dry place

**INGREDIENTS**

5 egg whites  
(scant ¾ cup/155 g)  
1 cup (6¾ oz./190 g)  
superfine sugar, divided  
Scant ⅔ cup (3 oz./90 g)  
confectioners' sugar  
Scant 1 cup (3 oz./90 g)  
almond powder  
4 tbsp (50 ml) whole milk

**EQUIPMENT**

Stand mixer fitted  
with the whisk  
Pastry bag fitted with  
a ¾-in. (2-cm) plain tip  
(for larger bases)  
Pastry bag fitted with  
a ½-in. (1-cm) plain tip  
(for smaller bases)

**1. Preheat the oven** to 300°F (150°C/Gas Mark 2).

Using a pencil, draw an 8-in. (20-cm) circle on two sheets of parchment paper and 5 × 1½-in. (4-cm) circles on each sheet around the larger circles. If you are only making smaller bases, draw 40 × 1½-in. (4-cm) circles on the parchment paper. Place upside down on two cookie sheets, so the pencil marks are underneath.

**2. Whisk the egg whites** on high speed until they form soft peaks. Whisk in 5 tsp (20 g) superfine sugar, a little at a time, until a stiff, shiny meringue is obtained.

**3. In a separate large bowl**, whisk together the remaining 1 scant cup (6 oz./170 g) superfine sugar, confectioners' sugar, almond powder, and milk. Stir a small amount of the first (meringue) mixture into the second until combined, then add this back to the rest of the first mixture, folding it in gently so as not to deflate the meringue.

**4. Stick the parchment paper** to the cookie sheets with a dab of meringue in each corner.

**5. For the larger bases**, spoon the meringue into the pastry bag fitted with the ¾-in. (2-cm) tip. Starting at the center and working outwards, pipe the meringue in a tight spiral to fill the circles.

**6. For the smaller bases**, spoon the meringue into the pastry bag fitted with the ½-in. (1-cm) tip. Pipe in a tight spiral to fill the circles, as above. The bases will expand slightly as they bake, resulting in 2½-in. (6-cm) rounds.

**7. Bake the larger bases** for about 1 hour 10 minutes and the smaller ones for 40–45 minutes, until the meringue is dry and crisp. Invert the positions of the cookie sheets halfway through the cooking time. Both the large and small meringue bases can color quickly, so watch them carefully and lower the oven temperature as necessary.

**8.** If cooking two sizes at once, remove the smaller bases from the oven when they are ready and transfer them to a wire rack to cool. Leave the larger bases in the oven until cooked, then remove and let cool on the rack.

## BABAS

**BABA CAKES** ★★**Makes**

2 babas, each serving  
10 (see Chef's Notes)

**Active time:** 15 minutes

**Rising time:**

55–60 minutes

**Cooking time:**

15–20 minutes

**Storage:** up to 10 days

in the refrigerator or  
1 month in the freezer,  
baked (see Chef's Notes)

**INGREDIENTS**

¼ oz. (7 g) fresh yeast  
(see Chef's Notes)  
2 tbsp (30 ml) lukewarm  
water  
2 cups (9 oz./250 g)  
AP flour, sifted  
Scant ½ cup (100 ml) milk,  
divided  
2 tsp (6 g) fine salt  
3 eggs (¾ cup/150 g)  
2 tsp (6 g) sugar  
5 tbsp (2½ oz./75 g)  
butter, diced + more  
for the molds

**EQUIPMENT**

Stand mixer fitted with  
the dough hook  
2 × 8-in. (20-cm)  
baba molds (see Chef's  
Notes)

1. **Dissolve the yeast** in the lukewarm water in the bowl of the stand mixer.

2. **Add the flour**, 1 tbsp (15 ml) of the milk, and the salt (see Chef's Notes), and mix together on low speed.

3. **With the mixer running**, add the eggs one by one to make a fairly firm dough.

4. **Increase the speed** to medium and knead for 8 minutes, until the dough is smooth and elastic.

5. **Soften the dough** by gradually adding the remaining milk, followed by the sugar and butter. Continue to mix until the butter has been fully incorporated and the dough is smooth; it has been sufficiently kneaded when it can be easily stretched between your fingers without tearing.

6. **Shape the dough** into a ball, place in a clean bowl, cover, and leave in a warm place for about 15 minutes, until risen but not necessarily doubled in volume (this will take longer in a cold kitchen). The dough must not be left to rise for too long or the babas will be fragile.

7. **Deflate the dough** by picking it up with lightly floured hands and dropping it onto the work surface.

8. **Lightly butter the baba molds**, divide the dough between them, cover loosely, and let rise for 40–45 minutes at room temperature, or until the dough rises to the top of the molds.

9. **Preheat the oven** to 350°F (180°C/Gas Mark 4) and bake for 15–20 minutes. To check the babas are cooked, push the tip of a pointed knife into the center: if it comes out dry, they are ready.

10. **Turn out onto a wire rack** while still hot. If a baba sticks to the mold, overwrap in aluminum foil to create steam that will help to release the baba from its mold.

11. **Let the babas dry out** at room temperature for 1–2 days, as they will better absorb the imbibing syrup.

**Chef's Notes**

- This recipe makes 1 lb. 2 oz. (500 g) baba dough, which is the optimal quantity to make: the dough hook will be able to knead better and the result will be a smoother, more elastic dough.
- If you only have one baba mold, bake one large baba and use the other half of the dough to make 10 individual babas in savarin molds or muffin cups: bake for 15 minutes at 340°F (170°C/Gas Mark 3).
- The unbaked dough does not freeze well, so if only one baba is required, bake two and freeze the second one (unsoaked) for another occasion.
- If storing, wrap the baked baba tightly in plastic wrap while still slightly warm, and refrigerate or freeze. After freezing, let thaw in the refrigerator for 24 hours.
- Baba dough is traditionally made using fresh yeast, as it gives the best results. If fresh yeast is unavailable, you can substitute 1½ tsp (5 g) active dry yeast or 1¼ tsp (3.5 g) instant yeast. Instant yeast must be mixed directly into the flour before any liquid is added, rather than dissolved in the water, which can be omitted.
- Never allow fresh yeast to come into direct contact with salt and sugar, as this can prevent it working properly, or even kill it.

## PÂTE À BRIOCHE

# BRIOCHE DOUGH ★★

**Makes**

1¼ lb. (600 g)

**Active time:** 30 minutes**Rising time:** 3½–4½ hours**Chilling time:** overnight**Storage:** Up to 1 month  
in the freezer**INGREDIENTS**¼ oz. (7 g) fresh yeast  
(see Chef's Notes)1½ tsp (7.5 ml) lukewarm  
water

3¾ tsp (15 g) sugar

1½ tsp (7 g) fine salt

1 tbsp (15 ml) whole milk,  
well chilled2¾ cups (8¾ oz./250 g)  
high gluten or bread  
flour

3 eggs (¾ cup/150 g)

1 stick + 2 tbsp

(5¼ oz./150 g) butter

**EQUIPMENT**

Stand mixer fitted

with the dough hook

2 silicone baking mats

(or parchment paper)

1. **Dissolve the yeast** in the lukewarm water in a small bowl. In another small bowl, dissolve the sugar and salt in the milk.

2. **Pour the milk mixture** into the bowl of the stand mixer, add the flour, and finally the dissolved yeast, without letting the yeast come into direct contact with the sugar or salt (see Chef's Notes).

3. **Knead on low speed until combined.** Add 2 eggs and knead briefly to make a firm, smooth dough, before incorporating the remaining egg.

4. **Increase the speed to medium** and knead for about 15 minutes, until the dough is smooth and elastic and can be easily stretched between your fingers without tearing.

5. **While the dough is kneading,** place the butter between two silicone mats or sheets of parchment paper and beat with a rolling pin until the butter is as malleable as the dough.

6. **When the dough is ready,** reduce the mixer speed to low. Cut the butter into 3 or 4 pieces and add them, one at a time, kneading continuously until the butter is fully incorporated and the dough pulls away from the sides of the bowl.

7. **Transfer to a large clean bowl,** cover with a dish towel, and let rise at room temperature until doubled in volume (about 1½ hours).

8. **Deflate the dough** by lifting it out of the bowl with lightly floured hands and dropping it onto the work surface; do this twice. Shape the dough into a ball, return it to the bowl, and cover. Let rise for 2–3 hours in the refrigerator.

9. **Deflate the dough again,** reshape it into a ball, and return to the bowl. Cover tightly with plastic wrap and refrigerate overnight.

10. **Transfer the dough** to a floured work surface and knead it briefly with your hands until smooth. The brioche dough can then be shaped or placed in a mold, and baked.

**Chef's Notes**

- This recipe makes enough dough for about 20 individual brioches or 2 large brioches, each serving 5. This is the optimal quantity of dough to make: the dough hook will be able to knead better and the result will be a smoother, more elastic dough. Any leftover dough can be used to make buns or rolls, or can be frozen for another occasion.
- If freezing all or part of the dough, do not refrigerate overnight, but divide it into the desired portion sizes, wrap airtight, and freeze. Let thaw in the refrigerator for 24 hours before proceeding with step 10.
- Brioche dough is traditionally made using fresh yeast, as it gives the best results. If fresh yeast is unavailable, you can substitute 1½ tsp (5 g) active dry yeast or 1¼ tsp (3.5 g) instant yeast. Instant yeast must be mixed directly into the flour before any liquid is added, rather than dissolved in the water, which can be omitted.
- Never allow fresh yeast to come into direct contact with salt and sugar, as this can prevent it working properly, or even kill it.





## PÂTE À CHOUX

## CHOUX PASTRY ★

**Makes**

1¼ lb. (800 g)

**Active time:** 15 minutes**Cooking time:** 30 minutes  
per batch**Storage:** Up to 1 week  
in the refrigerator or  
1 month in the freezer  
(see Chef's Notes)**INGREDIENTS**½ cup (125 ml) water  
½ cup (125 ml) whole milk  
1 tsp (5 g) fine salt  
1¼ tsp (5 g) sugar  
7 tbsp (4 oz./110 g) butter,  
diced  
1 cup + 1 tbsp (5 oz./140 g)  
AP flour, sifted  
5 eggs (1 cup/250 g)  
2½ tbsp (20 g)  
confectioners' sugar,  
for dusting**EQUIPMENT**Pastry bag fitted with  
a ½- or ¾-in.  
(1- or 1.5-cm) plain tip  
2 cookie sheets lined  
with parchment paper

1. **Preheat the oven** to 425°F (220°C/Gas Mark 7).
2. **In a large saucepan**, place the water, milk, salt, sugar, and butter. Heat gently until the mixture just begins to boil. Meanwhile, warm a large mixing bowl.
3. **Remove the saucepan** from the heat and add the flour all at once. Begin by beating vigorously with a whisk, then a wooden spoon, until smooth. Return to low heat and cook for 1 minute, stirring continuously with the spoon so the mixture dries and comes away from the sides of the pan.
4. **Transfer to the warm mixing bowl**, cool slightly, and stir in 2 eggs. Stir in 2 more eggs until incorporated, followed by the final egg. Stop stirring as soon as the dough is smooth. The dough can now be used and should be piped and baked right away to prevent it drying out and cracking.
5. **To make choux puffs**, spoon the dough into the pastry bag and stick the parchment to the cookie sheets with a dab of dough in each corner.
6. **Pipe 1½-in. (4-cm) mounds** onto the sheets, well spaced apart; don't worry if the shapes are not identical as they will even out during baking. With practice, you can try piping shapes such as logs for éclairs (see pp. 272–78), ovals for Salambo Choux Puffs (see p. 290), or rings for Paris-Brest (see p. 210).

7. **Dust the puffs** with the confectioners' sugar, place in the oven, and prop the door ajar with the handle of a wooden spoon. Bake for 5 minutes, then reduce the oven temperature to 350°F (180°C/Gas Mark 4) and bake for another 25 minutes, until the puffs are golden and crisp but still soft inside. Watch them closely as, if they overbake, they will be too dry to work with. Puffs will cook more quickly than larger items such as a Paris-Brest, so follow the instructions in the recipe you are making.

8. **Transfer to a wire rack** to cool completely.

**Chef's Notes**

- This recipe makes enough dough for about 32 éclairs or choux puffs. To ensure successful results, this is the optimal quantity of dough to make.
- Once baked and cooled, choux pastry keeps well in the freezer, so it is worthwhile preparing the quantity of dough given in the recipe, baking it in your chosen shapes, and then freezing in airtight containers.
- After freezing, let thaw overnight in the refrigerator and re-crisp for 5 minutes in a 350°F (180°C/Gas Mark 4) oven.





## PÂTE BRISÉE

## SHORTCRUST PASTRY ★

**Makes**

1 lb. 2 oz. (500 g)

**Active time:** 15 minutes**Resting time:** At least 2 hours, preferably overnight**Cooking time:**

15–25 minutes, if blind-baking

**Storage:** Up to 1 week in the refrigerator or 2 months in the freezer**INGREDIENTS**

2½ tsp (10 g) sugar  
 1½ tsp (8 g) fine salt  
 1 stick + 5 tbsp (6¾ oz./190 g) butter, well chilled and diced (see Chef's Notes) + more for the pan  
 1 egg (3½ tbsp/50 g)  
 About 2 tbsp (30 ml) whole milk  
 3 cups (9½ oz./265 g) cake flour  
 1 egg yolk, lightly beaten, for glazing

**EQUIPMENT**

Stand mixer fitted with the paddle beater  
 Tart pan or ring  
 Cookie sheet, lined with parchment paper if using a ring  
 Pie weights or dried beans for blind-baking

1. **Prepare the dough** by beating the sugar, salt, and butter together in the stand mixer. Add the egg and 2 tbsp milk and beat for several seconds to incorporate.
2. **Add the flour** all at once and beat on low speed until the dough comes together, adding more milk, if necessary. The dough should not be elastic and it is fine if small clumps of butter remain. Take care not to overwork the dough, or the pastry will be tough.
3. **Gather the dough together** using your hand, shape it into a ball, and cover tightly with plastic wrap. Let rest in the refrigerator for at least 1 hour, or preferably overnight, as the dough will be even better and easier to roll out the following day.
4. **To line a tart pan or ring**, set the pan or ring on the cookie sheet. Butter the inside of the pan or edge of the ring to help stick the dough to it and prevent the edge from falling during baking. It will also make it easier to unmold the baked tart. Roll out the required amount of dough to the desired thickness on a lightly floured surface and carefully line it into the pan or ring. Gently press it right into the corners and against the sides, taking care not to stretch it.
5. **Either run a rolling pin** across the top to remove excess dough so it is flush with the rim, or leave a little overhanging and crimp by pressing the blunt edge of a knife blade into the dough at an angle at regular intervals. Line with plastic wrap and let rest in the refrigerator for at least 1 hour, or up to 24 hours, before baking.

6. **To blind-bake the crust**, preheat the oven to the required temperature and prick the base all over with a thin-tined fork. Do not prick the base if you are making a fruit tart as the juices will make the crust soggy. Line with parchment paper and fill with pie weights or dried beans to prevent the base from puffing up during baking.
7. **Bake until lightly golden**, remove the parchment paper and weights, and brush the pastry with lightly beaten egg yolk. Return to the oven for 5–10 minutes, until the crust is crisp and evenly golden.
8. **Let cool** before filling.

**Chef's Notes**

- This recipe makes enough dough for about 16 tartlets or 2 tarts, each serving 6. To ensure successful results, this is the optimal quantity of dough to make.
- If storing the dough, refrigerate or freeze at step 3. After freezing, let thaw for 24 hours in the refrigerator before using.
- Equal quantities of unsalted and salted butter can be used but reduce the quantity of salt by half.
- To prevent the dough from becoming elastic, before starting the recipe, place the flour and half the butter on a work surface. Combine with your fingertips and then, using the heel of your hand, smear the butter into the flour until it has the texture of coarse sand; the French term for this technique is *frasier*. Continue with step 1, using the remaining butter, and then incorporate the butter and flour mixture at step 2.

PÂTE SABLÉE SUCRÉE

## SWEET SHORTCRUST PASTRY ★

Makes	INGREDIENTS	EQUIPMENT
1 lb. 2 oz. (500 g)	1¼ sticks (5 oz./145 g) butter + more for the pan	2 silicone baking mats (or parchment paper)
Active time: 15 minutes	Generous ⅓ cup (1¾ oz./ 50 g) confectioners' sugar	Stand mixer fitted with the paddle beater
Resting time: At least 1 hour, preferably overnight	2 tsp (8 g) vanilla sugar	Tart pan or ring
Cooking time: 15–25 minutes, if blind-baking	1 pinch fine salt ½ cup (1¾ oz./50 g) almond powder	Cookie sheet, lined with parchment paper if using a ring
Storage: Up to 1 week in the refrigerator or 2 months in the freezer	2½ cups (7½ oz./210 g) cake flour 2 egg yolks (2½ tbsp/ 40 g) + 1 egg yolk, lightly beaten, for glazing	Pie weights or dried beans for blind-baking

1. Place the butter between the silicone mats or two sheets of parchment paper and beat it with a rolling pin until softened and pliable.

2. Cut the butter into pieces and place in the bowl of the stand mixer. Add the confectioners' sugar, vanilla sugar, salt, and almond powder and beat together.

3. Scrape down the sides of the bowl and then add the cake flour in 2 equal quantities, mixing until just combined. Scrape down the sides of the bowl again and continue mixing briefly, until the dough has the texture of coarse sand.

4. Add the egg yolks and mix just until the dough comes together; take care not to overwork the dough, or the pastry will be tough.

5. Cover tightly with plastic wrap (or divide into portions, as required, and then wrap tightly). Let rest in the refrigerator for at least 1 hour, or preferably overnight, as the dough will be easier to roll out the following day.

6. To line a tart pan or ring, set the pan or ring on the cookie sheet. Butter the inside of the pan or edge of the ring to help stick the dough to it and prevent the edge from falling during baking. It will also make it easier to unmold the baked tart. Roll out the required amount of dough to the desired thickness on a lightly floured surface and carefully line it into the pan or ring. Gently press it right into the corners and against the sides, taking care not to stretch it.

7. Either run a rolling pin across the top to remove excess dough so it is flush with the rim, or leave a little overhanging and crimp by pressing the blunt edge of a knife blade into the dough at an angle at regular intervals. Line with plastic wrap and let rest in the refrigerator for at least 1 hour, or up to 24 hours, before baking.

8. To blind-bake the crust, preheat the oven to the required temperature and prick the base all over with a thin-tined fork. Do not prick the base if you are making a fruit tart as the juices will make the crust soggy. Line with parchment paper and fill with pie weights or dried beans to prevent the base from puffing up during baking.

9. Bake until lightly golden, remove the parchment paper and weights, and brush the pastry with the lightly beaten egg yolk. Return to the oven for 5–10 minutes, until the crust is crisp and evenly golden.

10. Let cool before filling.

### Chef's Notes

- This recipe makes enough dough for about 16 tartlets or 2 tarts, each serving 6. To ensure successful results, this is the optimal quantity of dough to make.
- If storing the dough, refrigerate or freeze at step 5. After freezing, let thaw for 24 hours in the refrigerator before using.