

Cooking Thyme with Stacie

SHARING THE JOY OF  COOKING & HOSPITALITY

Paris a la Carte

- Menu Serves 4 –

Warm Spinach and Bacon Salad

French Bistro Filet Mignon

Peppercorn Sauce

Tarte aux Pommes

www.cookingthymewithstacie.com

To access the class video copy and paste the following link into your browser:

www.cookingthymewithstacie.com/video-class-purchase/parisalc512

Shopping

Dairy

- ¼ cup blue cheese
- 3 TB unsalted butter
- 1 cup heavy whipping cream
- 2 cups half-and-half
- 3 egg yolks

Frozen

- 1 sheet Pepperidge Farm puff pastry

Pantry

- Kosher salt and pepper
- 3 TB red wine vinegar
- ¾ cup plus 1 TSP granulated sugar
- ½ TSP Dijon mustard
- ½ cup walnuts
- 1 ½ TB vegetable oil
- 4 TB all-purpose flour
- ½ cup chicken broth
- 2 TB cornstarch
- 1 TSP vanilla

Produce

- ½ red onion
- 1 bag fresh spinach
- 2 Granny Smith apples
- 1 lemon

Protein

- 8 pieces, thick cut bacon
- 4, 6-ounce filet mignon steaks

Spices

- 2 TSP black peppercorns

Specialty

- 3 TB brandy
- ½ cup apricot jam

Equipment

Baking

- 2 Large baking sheets
- Parchment paper
- Rolling pin

Pots and Pans

- Non-stick skillet
- Cast-iron skillet
- Small saucepan

Tools

- Chef's knife
- Cutting board
- Fine mesh sieve
- Measuring cups and spoons
- Meat thermometer
- Pastry brush
- Mortar and pestle (or a Ziploc bag and rolling pin)
- Whisk

Mise en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

- **I recommend you read through the recipes before class.**
- **Collect all the ingredients and organize them by recipe**
- **I encourage you to prep your ingredients so that you will have more time to watch the instruction.**

Warm Spinach and Bacon Salad

Serves 4

8 pieces thick cut bacon, cooked and chopped
3 TB red wine vinegar
1 TSP granulated sugar
½ TSP Dijon mustard
½ red onion, slice thinly
½ cup walnuts, toasted and chopped
¼ cup blue cheese crumbled
1 Bag fresh spinach

Preheat oven to 350°. Place the chopped walnuts on a baking sheet and bake them for about 6 - 8 minutes until they smell “nutty”. Remove them and let cool.

Fry bacon over medium – low heat in a large skillet until crispy. Remove 1 1/2 tablespoons of grease and put in another skillet. Heat the bacon grease over medium heat and add the onions and cook until caramelized, about 8 minutes.

In the same skillet that you cooked the bacon in – add the vinegar, sugar, and mustard to the remaining bacon grease. There should be about 3 TB of bacon grease in the pan.

Over medium – low heat, whisk the ingredients until well blended (an emulsion).

When ready to serve, drizzle about half the dressing over the spinach and toss well. Check the taste and see if you need to add more dressing.

Top each salad with the onions, walnuts, and cheese.

Serve immediately.

French Bistro Steak

4, 6-ounce beef tenderloin steaks

Salt and pepper to taste

1 ½ TB vegetable oil

Preheat the oven to 425°.

Pat dry the steaks with paper towels. Generously salt and pepper them on both sides. Tie them with butcher's twine around each steak to shape into a circle.

Heat a cast iron skillet over medium high heat about 5 minutes. Add the oil to the skillet. Sear the steaks until browned – about 1 - 2 minutes per side. Place the pan in the oven and cook until a meat thermometer registers 135° for medium rare.

Remove from the oven and let rest. Serve with peppercorn sauce.

Peppercorn Sauce

3 TB unsalted butter
3 TB all-purpose flour
1 cup heavy whipping cream
½ cup chicken broth
3 TB brandy
2 TSP black peppercorns (adjust this according to taste)
½ - 1 TSP salt, depending on your taste

Gently crack the peppercorns in a mortar and pestle or place the peppercorns in a plastic Ziploc bag and roll over it with a rolling pin a few times.

In a small saucepan, melt the butter over low heat. Next add the flour and whisk until combined. Continue to cook an additional 1-2 minutes. Add the brandy and stir well. Slowly pour in the cream, whisking constantly. Then add the chicken broth and peppercorns. Next add the salt.

Reduce the heat to a simmer and continue to cook until it is to your desired thickness.

Tarte aux Pommes

Makes One 10" x 15" tart

1 (10"x15") sheet puff pastry
2 Granny Smith apples, peeled, cored, and thinly sliced
1 TB freshly squeezed lemon juice
¼ cup sugar

Custard

2 cups half-and-half
3 egg yolks
½ cup sugar
2 TB cornstarch
1 TB flour
1 tsp vanilla

Glaze

½ cup apricot jam
2 TB water

Preheat the oven to 400 degrees. Defrost the puff pastry sheet.

In a large bowl toss together the apples, lemon juice, and sugar.

To make the cream –

In a saucepan warm the half-and-half over medium heat until bubbles form around the edges, remove from heat.

In a mixing bowl, beat the egg yolks, sugar, cornstarch, flour, and vanilla together. Then whisk in ½ cup of the half-and-half. Pour the egg mixture into the heated half-and-half in the saucepan. Return the mixture to the heat and whisk it for 2 minutes. Reduce the heat to low and continue whisking until the mixture thickens, about 10 minutes.

Place the cream in a large bowl, covering it with plastic wrap on the surface of the cream. Set aside.

To prepare the pastry-

Line a cookie sheet with parchment paper and lay out the puff pastry. Fold the pastry edges up ½" all around pinching as you go. Refrigerate the dough until ready to assemble.

To prepare the glaze-

Combine the apricot jam and the water in a small pan and cook on low until blended, about 2 minutes. Pass the mixture through a fine mesh sieve. Toss the solids and reserve the mixture.

Assembly-

Remove the pastry from the refrigerator. Spread $\frac{1}{4}$ " of cream over the pastry. Arrange the apples in rows, overlapping slightly. Brush the tops of the apples and the pastry edges with $\frac{1}{4}$ of the glaze. Bake for 25 minutes until the crust is golden. Brush the top with the remaining glaze. Serve.