



- French Bistro -

Menu - French Onion Soup - Quiche Lorraine with Mixed Greens and Mustard
Vinaigrette - Homemade Crepes Suzette

Copy and Paste the link below to access the class video:
www.cookingthymewithstacie.com/video-class-purchase/frenchquiche1020

Shopping List

Fruits/Vegetables

- 4 yellow onions
- 3 sprigs fresh Italian parsley
- 3 sprigs fresh thyme sprigs
- 1 lemon
- Bag of mixed salad greens
- 1 orange

Dairy

- 1 stick (1/2 cup) unsalted butter
- 3/4 cup Jarlsberg, Gruyere or Swiss cheese grated for soup
- 1 cup Gruyere cheese for quiche
- 2 cups heavy whipping cream
- 8 large eggs, divided
- 2 cups whole milk

Meat/Poultry

- 4 ounces ham, diced

Pantry

- Kosher salt and pepper
- 2 cups plus 3 TB flour plus extra for rolling out pastry dough
- About 1 cup granulated sugar
- 1/2 TSP vanilla
- 3 TSP Better than Bouillon (Vegetable or chicken)
- Dried bay leaf
- Cooking spray
- 2 TB white wine vinegar
- 1/4 cup olive oil
- 1 TSP honey
- 1 TSP Dijon mustard

Freezer

- 1/2 package Pepperidge Farm puff pastry

Bakery

- Loaf of French bread

Alcohol

- 1 cup white wine
- 2 TB triple sec

Equipment List

Pots

- Large Dutch oven
- 8” crêpe pan or non-stick skillet

Baking

- Large baking sheet
- Quiche dish or 9” pie plate
- Pie weights

Utensils

- Cheese grater
- Chef’s knife
- Paring knife
- Measuring cups and spoons
- Large and small mixing bowls
- Whisk
- Zester
- Fine mesh sieve
- Spatula

Serveware

- 4 oven proof bowls

Specialty

- Butchers twine or cooking bands
- Parchment Paper
- Food processor



These are the bands I use purchased at Bed, Bath and Beyond

Mis 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.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

To prepare in advance:

- **Make sure to leave your butter out so that it is room temperature.**
- **Prepare the broth for the French Onion Soup.**
- **Preheat the oven to 375° F.**
- **Thaw the puff pastry dough sheet. Once thawed leave it in the refrigerator until we begin class.**
- **Shred the cheeses you will use for the soup and quiche.**

French Onion Soup

Serves 4

4 large onions, I use yellow

3 TB butter

3 TB all-purpose flour

3 cups water

3 TSP vegetable or chicken bouillon paste (see below)

1 bouquet garni: 3 Italian parsley sprigs, 3 fresh thyme sprigs, 1 bay leaf **

½ tsp salt

Dash ground black pepper

1 cup white wine (if you want to skip the wine, just add more broth instead)

4 slices of French bread, cut into quarters

¾ cup grated Jarlsberg or Gruyere cheese

Prepare bouillon by boiling the 3 cups of water, then add the bouillon and stir until incorporated.

Slice onions in half, keeping the root ball intact. Peel off the outer skin and remove just the very tops of the halves. Then slice each half into thin slices, about ¼" thick.

In a large Dutch oven, sauté onions in butter over low heat until soft and lightly brown. This will take about 20 minutes. Sprinkle with flour. Add bouillon. Stir until well incorporated.

Add bouquet garni, salt and pepper and bring to a boil. Reduce heat to simmer, cover and cook for about 20 minutes. Remove from heat. Add wine to soup. Stir.

Preheat oven to 450° F.

Transfer soup by ladling each portion into individual ovenproof bowls. Cut four slices of French bread. Cut each slice into 4 smaller pieces. Place 4 bread cubes on top of each bowl of soup and sprinkle with the cheese.

Place the bowls on a cookie sheet and bake in the oven for 10 minutes until the cheese melts and turns golden brown. You can broil for the last minute for an extra crunchy top!



This is the brand of bouillon I recommend. **To make the bouquet garni wrap twine or silicone band around herbs.

Quiche Lorraine

½ package Pepperidge Farm puff pastry, thawed
4 ounces ham, diced
1 ¾ cups heavy whipping cream
6 large eggs
1 cup shredded Gruyere cheese
Salt and pepper to taste

Preheat the oven to 375 degrees.

Lightly spray a pie plate or quiche dish with cooking spray. Roll out the puff pastry on a lightly floured counter a bit larger than the width of your pan. Lay the pastry in the pan. Fold the edges under that extend past the top of the pan. Crimp the edges between your thumb and first finger. Prick the bottom and sides of the dough all over with a fork. Line the pastry with parchment paper and place pie weights or rice in the bottom to weigh it down. Bake for about 10 minutes until the edges look lightly browned. Remove from the oven and let it sit with the weights for an additional 10 minutes.

Whisk together the eggs and cream, season with the salt and pepper in a medium bowl. Set aside.

Remove the parchment and weights from the dish. Sprinkle the ¾ cup of cheese and the ham on the bottom of the crust. Pour the egg mixture over the ham and cheese into the crust. Sprinkle the remainder ¼ cup of cheese on top.

Place the quiche dish on a cookie sheet and bake about 40 - 45 minutes or until the center is set and a knife comes out clean.

Salad Greens with Mustard Vinaigrette

1 bag mixed salad greens
2 TB white wine vinegar
2 TB lemon juice
1 tsp honey
1 tsp Dijon mustard
 $\frac{1}{2}$ tsp salt
 $\frac{1}{4}$ tsp ground pepper
 $\frac{1}{4}$ cup extra virgin olive oil

Whisk together all ingredients except the olive oil. Then slowly pour the oil in while whisking the mixture.

Serve at room temperature tossed with salad greens.

Classic Crêpe

2 cups all-purpose flour
¼ cup sugar
½ Tsp Kosher salt
2 cups whole milk
2 large eggs
1 TB unsalted butter, melted
½ Tsp vanilla

In a large bowl whisk the dry ingredients together, flour, sugar, and salt.
In a separate bowl whisk together the wet ingredients, milk, eggs, vanilla and butter.

Pour the wet ingredients into the bowl with the flour mixture and whisk together until smooth.

You may make the batter ahead and chill the batter for 1 hour or up to 12 hours before making your crêpes.

Remove the batter from the refrigerator and strain the mixture through a fine sieve to remove any lumps. You may also add ½ cup of water if the batter is too thick.

Heat an 8” crêpe pan or non-stick skillet over medium-high heat. You may want to melt a small amount of butter in the pan before making the first crêpe. Then pour in about ¼ cup batter onto the heated pan, remove from the heat and swirl until the bottom is evenly coated. Place back on the heat until the crêpe appears dry. Loosen the sides with a spatula and flip. (I use my hands.) Cook for an additional 30 seconds.

As you make them stack on a plate. They are ready to serve.

** You may omit the sugar and vanilla and prepare the recipe to fill with savory fillings.

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Crêpes Suzette

¼ cup unsalted butter, softened and at room temperature
1/3 cup + 2 TB fine granulated sugar
Zest from one orange, about 1 TB
2 TB triple sec
2 TB fresh orange juice
One batch sweet crêpes
Orange segments for garnish
Optional – whipped cream

Leave the butter on the kitchen counter overnight. In a food processor, pour in the granulated sugar. Pulse it a few times until it is fine.

In a small bowl, combine the butter and orange zest. Next add the fine sugar and mix with a spatula until well combined. Add the triple sec and stir together. Lastly, add the fresh orange juice. Stir until well mixed together and set aside.

Heat a non-stick skillet over medium low heat. Place one crepe in the pan and spread an even layer of the orange butter. Fold in half and then in half again, forming a triangle. You can heat up to three crepes at a time in the pan. They are ready to serve when you see the butter oozing out! I prepare three crepes to serve each person.

Garnish with additional orange zest, orange segments and whipped cream if desired.

**This is the traditional preparation from the “French Cooking Bible” LaRousse! The French version is made with mandarins, however, in the US, mandarins are not as accessible and are at least \$3 each.

You can also substitute curaçao or Grand Marnier for the triple sec.

Difference between curacao, triple sec and Grand Marnier.

- **Curacao** is from the Caribbean island of the same name and was originally made from the Valencia oranges planted by the Spanish. They were a bitter variety resulting to the climate and eventually when no one wanted to eat the fruit, the peels were used to create the orange liqueur.
- **Triple sec** has been traced back to France where two companies Cointreau and Combier, both claim they originated the orange flavored liqueur. The triple refers to the triple distillation of the grain spirit and the “sec” as the level of dryness.
- **Grand Marnier** is also an orange liqueur, but the base is an aged brandy instead of a neutral spirit which is used in the creation of triple sec and curacao.