

## Recipes from BTW students - December 2020

Thank you to all the participants of this year, don't hesitate to send us your best recipes during the year ;-)

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## Real Southern Cornbread by Kelsey

### Ingredients:

1 c cornmeal\*  
1 c flour\*\*  
1 tbsp baking powder  
1 tbsp sugar  
A pinch of salt  
1 egg  
2-3 tbsp oil, melted butter or fat  
1 c buttermilk (or substitute yogurt)

- Combine dry ingredients in a large mixing bowl.
- Add the egg, fat and buttermilk and combine just enough to wet the mixture.
- Pour into a well-greased baking pan or iron skillet.
- Bake in 375°F oven until a knife inserted in the center comes out clean.
- Or, cook on the stove in an iron skillet on low heat until done.

\*This recipe is for cakey cornbread (to spread butter and jam on).

For crumbly cornbread to sprinkle on soups or sauces, use 1 ½ c cornmeal and ½ c flour.

\*\*For a gluten-free version, use corn starch instead of flour

## Eggs In « Meurette » By Marie-Helene

2 eggs per person (if it's the main course, one egg if it's the starter),

150 g of pieces of bacon,

200 g of button mushrooms,

1 jar of small whites onions,

1 tablespoon of flour,

1 bottle of strong red wine,

1 square of dark chocolate (70% cocoa minimum),

1 square of sugar, butter,

pepper, salt, croutons (bread),

a little bit of cream, oil.

The recipe is good if you use a good wine. Personally I use a Pommard or Chambolle.

1. Mince the onion and mushrooms.
2. In a stove, cook the onions with a little of oil until they turn gold.

Add sugar 5 mn before the end of cooking. Set them aside.

3. Brown the mushrooms and bacon with a little butter in the stove.
4. Mix onions, mushrooms and bacon in a large saucepan. Add the flour and stir until the flour turns golden brown.
5. Add the wine gradually. Add salt and pepper. Leave on low heat to reduce for 45 min. The sauce should become creamy.
6. Before serving, toast the bread (or use ready-made croutons).
7. Just before serving, add to the wine a square of dark chocolate and a tablespoon of cream.
8. Poach the eggs in the wine
9. In a plate, deposit the croutons, the poached eggs and add the sauce

## Monkfish recipe with Whisky and Green Pepper

For 4 People :

- one kilo of monkfish cut in slices
- three TBSP of heavy cream sour
- forty grams of butter
- a shot glass of Whisky
- a teaspoon of green pepper

Method :

- Melt the butter in a large pan, put the slices of Monkfish
- Brown the slices for five minutes on each side add salt, pepper
- Put the Whisky glass and flambe, add the cream reheating for three minutes
- Serve with Basmati rice and creamed spinach

Enjoy your meal !

## Marie's Smashed Pumpkin Casserole

1.5 kg pumpkin  
500 gr potatoes  
500 gr chopped steak  
150 gr smoked breast bacon  
2 onions  
3 cloves garlic  
100 gr butter  
80 gr grated parmesan  
parsley  
grated nutmeg  
salt and pepper

- At first, pumpkin and potatoes must be chopped off in cubes and stewed in a cooking pot in 40 gr butter and a pinch of salt during 45 minutes.
- The flesh must be reduced to a puree.
- Then add salt, pepper and nutmeg.
- The chopped onions and garlic must be melted in 40 gr butter without being coloured.
- After 5 minutes, add the smoked breast bacon and then chopped steak.
- Mix it well and add the parsley. Let it cook during a few minutes.
- Pour the meat preparation at the bottom of a casserole dish.
- Cover it with mash and equalize the surface.
- Sprinkle with the parmesan and divide the rest of the butter into hazelnuts.
- Bake for 20 minutes to brown. Serve with fruity and robust red Gaillac.

## **Annie's Lasagna with Butternut Squash (or pumpkin) and Forest mushrooms**

A pack of frozen mushrooms or 600g ceps

500g butternut squash

25cl milk

2 tbsp cornstarch

2 tbsp fresh cream

Salt, pepper and a pinch of nutmeg

10-12 dry sheets of lasagna

Grated parmesan cheese or goat cheese

If you don't have wild mushrooms, you can use a pack of frozen forest mushrooms and follow the instructions to prepare them.

- Cook the squash : peel it, cut it into chunks, brown them in oil, add 2 tbsp of water then cook until the squash is soft. Roughly mash it.
- Prepare a bechamel sauce. To make it quicker and lighter, I just combine cornstarch and milk, salt, pepper and nutmeg, I heat it until it thickens, stirring the sauce constantly to prevent sticking.
- Then I add fresh cream.
- Pre-heat the oven (180°).
- Butter a baking dish.
- Put a layer of butternut and mushrooms in the bottom.
- Lay lasagna sheets on top of this (cut them to fit if necessary).
- Then put a layer of béchamel sauce.
- Continue layering until all the ingredients have been used up.
- Finish with a layer of béchamel sauce and sprinkle grate cheese on the top.
- Bake for 40mn.

## **Chicken Fafa (Polynesian Recipe) by Dominique**

Fafa is a typical polynesian plant that we can't find here. So we substitute with spinach (which is very close). Personally, I use frozen spinach branches. Easier!

### **Ingredients for 6 persons**

- 600 g fafa (or spinach in branches)
- 6 big chicken legs
- 35 cl of coconut milk
- 4 onions
- 4 green lemon (maybe 3 are enough, Tahitian lemons are different: small, round, and very flavored)
- 2 garlic cloves
- mixed herbs
- ginger
- salt and pepper

### **Method**

- Cook spinach in water with lemon and salt, during a quarter of an hour.
- Cut onions and ginger
- Cut chicken legs in two pieces (or more If you need)
- Sauté onions and ginger in a casserole dish. Then add chicken pieces, garlic and brown slowly.
- When they are brown enough, add fafa (or spinach) , the rest of lemon, salt and pepper.
- Stir slowly without burning ? Sticking? for 5 minutes, by regularly wetting with the spinach cooking water.
- Cover and cook on low heat for 40 minutes
- At the end of cooking, add coconut milk and stir.
- Serve over rice.

**It's a very easy recipe, and the result is delicious!  
My friends and family love it, I hope you too!**

**Dominique**

## Josiane's Chocolate Salted Butter Fondant

### Ingredients:

200 grams of salted butter,  
200 grams of a good quality of dark chocolate,  
160 grams of powdered sugar,  
5 eggs.

### Method:

- Preheat your oven at 180°
- Put all the ingredients in a bowl and mix them
- Line your cake pan with baking paper and spread your preparation into it
- Cook it during 25, 30 minutes (look at it and cook it a little more if necessary)

## Gaelle's Yoghurt Cake And Chestnut Fondant

### 1) Yoghurt Cake

ingredients: 1 yoghurt, flour, white sugar, eggs, oil, 1sachet of baking powder

- First, preheat the oven at thermostat 180°
- Then pour the yoghurt in a bowl and keep the pot because you need it to measure the other ingredients.
- In the bowl, add :  
3pots of flour  
2pots of sugar  
3eggs  
half a pot of oil  
the sachet of baking powder
- Stir all of these ingredients with a wisk and if you want, put some fruits cut in dice (apples, pears, bananas)
- Pour the mixture in a cake mould and put in the oven during 35 minutes at thermostat 180 degrees.

Enjoy with coffee and vanilla ice cream.  
Children can do it easily!

### 2) Chestnut Fondant

Ingredients: 250 grams of butter, 500 grams of chestnut cream, 6 eggs

- First, cook the butter over a low heat
- In a salad bowl, melt the eggs and the chestnut cream ant add the melted butter.
- Put the mixture in a mould (I use a crown mould with a hole in the middle).
- Bake it in the oven during 50minutes at thermostat 200 degrees.

If you like chestnut, the taste of this cake is amazing although a little caloric ;-)

## **Pecan pie and salted butter caramel**

### Ingredients :

one pie crust - 250g pecan nuts - 170 g sugar - 30 salted butter caramels = one bag 200g  
40 g butter - 6cl milk - 3 eggs - ½ teaspoon vanilla - a pinch of salt

- Preheat the oven to 170°C
- Press the pie crust in the mold and put it in the fridge.
- In a sauce pan melt the caramels with milk and butter on low heat until you get a smooth batter.
- Stop and leave it aside.
- In a big bowl beat the eggs with sugar vanilla and salt.
- Add the caramel salsa and then the pecan nuts.
- Pour all this on the pie crust.
- Put in the oven 50 min until the crust is golden. Let it cool and enjoy with whipped cream or vanilla ice cream.