

Culina Europe

Dine With Europe's
Master Chefs

*h.f.*fullmann

Foreword

Master Chefs brings a selection of international haute cuisine right into your kitchen. More than 100 professional chefs, many of them recipients of multiple awards and distinctions, associated with renowned restaurants in 15 countries throughout Europe, joined forces to create this unique book. Here they divulge their best and their favorite recipes for unsurpassed hot and cold appetizers, fish and meat entrées, desserts, and pastry specialties.

The collection contains more than 250 recipes on over 600 pages and is not only an essential guide for gourmet cooks, but also an absorbing document of European culture that goes far beyond short-lived culinary trends. In a fascinating way, *Master Chefs* explores the common roots of the different “arts of cooking” that have developed in various geographic locations, as well as their abundant variety.

For eating is much more than the fulfillment of a basic bodily need; cooking is often elevated to the level of an art, especially in association with parties and celebrations of all kinds, in private life and in the public sphere. Young couples plan their futures over a special dinner at an elegant restaurant, partners gather at table to launch new business ventures, heads of state are wined and dined. Every conceivable celebration involves food, from weddings to funerals, from intimacies shared over coffee and cake to Sunday dinners to Passover and Thanksgiving feasts.

We often have our first contact with the cultures of other lands, whether nearby or across an ocean, through their food. Precisely because the various contributing chefs are rooted in their distinct traditions, some flavors and combinations will be new to readers from other parts of the world, and occasionally ingredients are called for that may be unfamiliar or even difficult to locate. The texts accompanying each recipe help elucidate and, wherever possible, suggest substitutes for ingredients that are

not readily available everywhere. A glossary is also included to explain terms that may not be obvious, listing some ingredients.

Because precision is often crucial to the success of recipes of this caliber, a few words regarding measurements and conversions are in order. In Europe, it is customary to use metric units of liquid volume or weight, that is, milliliters or grams. Every household has a kitchen scale and solid ingredients are weighed, rather than measured by volume. Converting milliliters to fluid cups and grams to ounces is straightforward, if not always neat. More problematic are ingredients given in grams that North Americans measure by volume, in tablespoons and cups. Throughout the book, the original metric measurement follows the North American equivalent. The conversions are painstakingly accurate up to 100 ml and 100 g (which necessitates some awkward-looking amounts). Thereafter, they are more neatly, and thus less accurately, rounded off. As with all recipes, measurements are approximate for many ingredients, and a wide variety of factors ranging from temperature and humidity to accuracy of kitchen implements to the way food is sold will affect the amount actually used. If the reader wants to recreate the recipes as given, however, the use of a kitchen scale is strongly recommended.

The unique collection of around 250 recipes contained in *Master Chefs* aims to excite its readers' curiosity. Classic dishes, which have been enjoyed for generations and thus form the foundations of modern cookery, are liberally presented. But there are also new and surprising pleasures, familiar foods prepared in novel ways, as well as culinary delights composed of ingredients from far away places that we experience for the first time. Allow yourself to be inspired by the international master chefs to try and, perhaps, try again.

Cold Soup

Preparation time: 20 minutes
Cooking time: 10 minutes
Difficulty: ★

Serves four

For the soup:

1/2 lb to 1 lb / 250 g to 500 g salted cod
2 lbs / 1 kg potatoes
3 sprigs of thyme
half a bunch of parsley
5 cloves of garlic
2 cups / 500 ml olive oil



For the broth:

2 leeks
2 onions
half a bunch of parsley

For the garnish:

1 red pepper
1 green pepper
1 tomato

This soup is like a play for five actors taking very different roles – salted cod, potato, parsley, olive oil, and garlic – which, together, make an excellent soup that is delicious either hot or chilled. It can thus be enjoyed all year round, though our chef considers winter the most appropriate season for serving this particular fish.

Salted cod is a favorite among the Basque fishermen in Spain, who prepare the fish right on the boat by preserving it in salt brine before handing it over to their wives, who know hundreds of ways of preparing it. Salted cod is also regarded as a delicacy in other parts of Spain, as well as in Portugal, Norway, and France. For this soup, you need a salted cod that has been marinated in salt for at least six months, which is why it needs

to be soaked in water for a few days before it can be used. Large filets should be cut into strips first, which makes preparation much easier later on.

Garlic and olive oil, typical Basque ingredients, feature strongly in this recipe. Our chef always recommends the use of fresh garlic, though if its flavor seems too strong, you may substitute the lighter-flavored pickled garlic. Or, if for some reason you want to do without garlic completely, you can compensate by increasing the amount of olive oil you use.

1. Soak the salted cod in water for 36 hours before preparing it, changing the water every eight hours. Reserve the water for the broth, to which leeks, onions, and parsley are added.

2. Place the salted cod, potatoes, parsley, and thyme in a saucepan. Pour in the strained fish stock and simmer for about 15 minutes. Save an attractive-looking piece of cod for the garnish.



Smoked Breast of Duck

Preparation time: 30 minutes
Cooking time: 10 minutes
Pickling time: 24 hours (optional)
Cooling time: 24 hours
Difficulty: ★★

Serves four

2 breasts of duck
2 tbsp / 30 g dry black tea leaves
1 tbsp / 15 g hoisin sauce (ready-made)

For the vegetables:

8 fresh baby corn
10 cherry tomatoes
3/8 lb / 80 g snow peas



For the salt brine:

Salt for pickling (2 tsp / 10 g per 1 lb)

For the miso vinaigrette:

1 tbsp / 15 g white miso (see below)
1 tbsp / 15 ml vegetable oil
1 tbsp / 15 ml rice vinegar
2 tbsp / 30 ml broth

For the garnish:

half a bunch of smooth parsley
half a bunch of curly parsley
half a bunch of chervil

In days gone by, food was smoked in order to preserve it; now the process is primarily used to impart flavor. Here, chef André Jaeger demonstrates how this method can transform a breast of duck.

Smoking with tea is practiced in China to this day (with whole leaves, not broken ones). It lends a delicious flavor to the meat. The black tea sold in wooden crates is particularly suitable for this purpose, as its aroma is very strong. You don't need a smokehouse to do it: you can smoke the meat by placing it on a perforated rack in a covered frying pan, or make your own makeshift smokehouse from wood scraps. For better smoking, the duck breasts should be pickled in a salt brine for twenty-four hours to make the meat more tender. After smoking the breasts should be brushed with hoisin sauce, which consists of

fermented and perfumed soybeans with spices and is available in many Asian markets and health-food stores. The combination of hoisin sauce and duck meat might seem a little strange at first to a Western palette, but in fact it is a perfect match. After preparation, the meat should be left to rest so it becomes even more tender; it is then cut into slices with a pointed knife.

Miso, a paste made of fermented soybeans, comes in two basic varieties: red miso has a stronger flavor; white a milder one. For this recipe, the delicate, pale color of the white miso vinaigrette contrasts well with the hearty color of the duck, but, on the other hand, if your tastes run to the stronger flavor, use red miso instead.

1. Rub the duck breasts with salt; refrigerate for 24 hours. Then pour the dry tea leaves into a frying pan, place a flat sieve or perforated lid on top, place the salted breast on that, and cover.

2. Heat on the stove top until the tea leaves start smoking, and maintain the heat for 15 to 20 minutes. When smoke appears from the meat, reduce the heat so the duck will not cook prematurely.



Oxtail Balls

Preparation time: 1 hour
Cooking time: 4 hours
Difficulty: ★★★

Serves four

half an oxtail
2 slices of goose liver pâté
4 tomatoes
1 celeriac
1 carrot
1 small leek
1 onion stuck with 3 cloves



1 tbsp / 15 g concentrated tomato paste
1 tbsp / 15 g poppy seeds
2 sprigs of thyme
1 bay leaf
half a bunch of fat-leaved parsley
1¼ cups / 300 ml red wine
scant quart / 1 l beef broth
½ cup / 125 ml sherry vinegar
¾ cup / 100 ml walnut oil
fat for frying
salt, pepper to taste

Oxtail is not regarded too highly, although it is inexpensive, very tasty, and has a sublime consistency. Its upper portion bears the most delicious meat. Our chef, Étienne Krebs, recommends the tail from a young ox; when he makes this recipe, he looks for an ox of the Simmental breed from the Swiss region of Waadt. The oxtail has to cook for a long time, around four hours, over a very low heat, in order to draw out all the flavor and make it easier to separate the meat from the bone. Since only the meat will be consumed, it requires a bit of patience to discard all the fat and nerve tissue.

To make the celeriac ravioli you will need even, thin slices of celeriac: a slicing machine works well for this task; slice the celeriac as if you were slicing a ham. The celeriac itself should not be fibrous but firm and fresh. In Switzerland, the best varie-

ties are Alba or Mentor, if they have been cultivated traditionally; otherwise, get one in season (September through May) that is relatively free of knobs or blemishes. The celeriac flavor is the ideal accompaniment for the goose liver pâté, as quite a few recipes can attest to.

The choice of pâté depends on the consistency and the subtle differences of the slightly sweet flavors involved: a marinade of Madeira and sugar is a perfect contrast to the poppy seed crust that will coat the pâté.

Instead of the oxtail, you can make this dish with calf's tail; instead of ravioli, you might try serving it with a julienne of deep-fried onions.

1. Quarter the tomatoes. Salt and pepper the oxtail on all sides. Place in a pan lined with tomatoes and spices, add wine, salt, and pepper, stir, and cook for four hours over very low heat. Peel the celeriac, slice extremely thin, and boil in broth for one to two minutes. Using a circular cutter, cut out 24 circles of about 3 in / 5 cm in diameter from the celeriac slices.

2. Let the oxtail cool a little, strain the meat juice, and reduce to an aspic. Separate the meat from the bone, discard the fat and nerve tissue, and dice into small chunks. Chop the vegetables finely. Mix the meat with parsley and add the vegetables, tomato paste, vinegar and 4 tbsp / 60 ml of reduced meat broth. Mix well and season to taste.



Celery and Truffle Oil



3. Shortly before serving, cut the fillet into slices around a $\frac{1}{4}$ in / $\frac{1}{2}$ cm thick. Carefully whisk the ingredients of the vinaigrette in a bowl. Wash the arugula and discard any yellowing or decaying leaves. Shave the Parmesan to yield about 2–3 tbsp / 30 g.

4. To serve, arrange the salad in layers on four plates: the beef fillet first, and then the celery, arugula, and Parmesan, until all ingredients have been used up. Generously pour the vinaigrette over the salad and serve immediately.



Spinach and Cèpes



3. Sauté the spinach in some olive oil and remove from the pan. Thinly slice the reserved cèpe caps and sauté in the same oil. Finely chop the remaining ½ onion and sweat in another pan without allowing it to color; spoon this mixture over the mushroom slices. Deep-fry the julienned carrot.

4. Clean and fillet the grouper, but do not skin. Season with salt and pepper and pan-fry over high heat, skin-side down, for about 4 minutes. Do not turn the fish. Just before serving, finish by crisping the skin under the broiler. Serve on a bed of spinach and cèpes, garnished with the sauce and some chervil.



Roast Shoulder of Lamb

Preparation time: 30 minutes
Cooking time: 16 minutes
Difficulty: ★★

Serves 4

1 shoulder of lamb, about 3½ lb/1½ kg
40 carrots with greens
1 large potato



10½ oz/300 g flat-leaf parsley
3 tbsp/30 g coriander
3 tbsp/30 g basil
3 tbsp/30 g chervil
5 tbsp/70 g butter
1¼ cups/300 ml lamb stock
2 tbsp honey
olive oil
salt and pepper

Potatoes cut into rose shapes are a true family tradition in the French department of Savoie, where they are often served with coffee.

In the 19th century, about 100 years after their introduction into Central Europe, these potatoes fried in pork fat were a luxury item at festive dinners, where even their skins were greatly prized. These “potato roses” not only add a Savoyard note to this dish but form a very original garnish.

Lamb is considered a symbol of purity, and for centuries it has been associated with a series of mystical traditions; in the three great monotheistic religions – Judaism,

Christianity and Islam – it is traditionally part of the most important religious feasts of each year.

Young lamb is best suited for this. The flesh should be firm and glossy, yet feel tender. The shoulder is a very tender joint with a small amount of fat. It is easy to prepare, and better value than the leg or rib. Make sure that it has some time to rest after cooking, before it is carved.

To achieve a balance between the various flavors, it is best to use fresh herbs, which have a fuller flavor, and add cayenne pepper if you want to give a Mediterranean flavor to your dish.

1. Place the shoulder of lamb on your work surface and trim off the superfluous fat. Remove the stalks from the herbs, wash them, and cook for 5 minutes in boiling salted water. Drain well, purée and pass through a fine sieve. Peel the carrots, leaving 1 in/2 cm of the greens attached, cook for 5–6 minutes in salted water, and refresh in ice cold water.

2. Reduce the lamb stock, stir in butter and add the herb purée, then season and keep warm. Heat some olive oil in a pan. Season the lamb with salt and pepper, brown, then roast for 16 minutes in a 390 °F/200 °C oven, turning it after the first 8 minutes. Set aside to rest on a rack covered with aluminum foil.



Chocolate Charlotte



3. To make the jelly, heat the moscato, then remove it from the heat and add the sugar and dissolved gelatin. Allow to cool. Cover the top of the charlottes with the jelly. For the Cointreau ice cream, bring the milk, cream, and pulp of the vanilla bean to a boil. Whisk the egg yolks and sugar, then add the hot milk mixture and reduce while stirring. Allow the ice cream to cool, stir in the Cointreau, and let it harden in an ice cream maker.

4. Arrange thin slices of pineapple on four plates. Place a charlotte in the center of each and surround with a chocolate cage. Garnish with finely chopped mint leaves. Serve with a ball of Cointreau ice cream and a chocolate stick made of rolled up bittersweet chocolate.



Glossary

TO ADD LIQUID: adding liquid such as wine or broth to the contents in the frying pan to loosen them from the base of the pan.

TO ADJUST SEASONING TO TASTE: seasoning a dish towards the end of preparation, or seasoning its components as you complete their preparation, with salt, pepper, spices, or herbs according to taste rather than measurement.

AÏOLI: a Provençal garlic mayonnaise (in French, ail means garlic) traditionally served with steamed fish, hard-boiled eggs, or vegetables, such as crudités.

AL DENTE: to keep pasta or vegetables from being overcooked, and thus render them too soft to resist slightly a diner's bite, Italians instruct they be cooked "to the tooth."

ALMOND AND SUGAR MIXTURE: Mixture of equal parts (by weight rather than volume) of ground almonds and refined sugar.

AMERICAN SAUCE: a sauce made with roasted root vegetables and crushed lobster shells; the sauce is flambéd with brandy, white wine is added, and it is finally whisked with butter. It is traditionally served with fish and shellfish.

ANGELICA: A herb, related to parsley, with a slightly bitter flavor. The stalk of the angelica plant is usually dried and candied and used as a garnish for tortes or other sweet dishes.

APRICOT GLAZE: Hot, strained apricot jam can be spread onto pastries, either as a glaze or as an isolating layer underneath glazes and cream or fruit fillings.

ASPIC: a flavored jelly, often made from clarified meat juices (but also from vegetables or fish) that sets to form a clear or semi-clear elastic mixture, prepared with pectin or gelatin. Used as a base for molded dishes as well as a garnish – served, for example, as a cubed accompaniment next to a terrine that is based on the same aspic.

BAIN-MARIE: an extremely delicate method of cooking ingredients, such as custards or sauces, that will turn if subjected to a sudden change in temperature. A pot, bowl, or pan of food is placed in a larger pot that is filled with warm water (sometimes boiling, sometimes at a lower temperature); the combination is then cooked in an oven or on the stove. See double boiler.

TO BAKE: To cook food surrounded by the dry heat of an oven.

TO BAKE AU GRATIN: to sprinkle cooked dishes with bread crumbs, cheese, or pats of butter and bake at high heat, allowing a crust to form.

TO BAKE BLIND: To bake a pastry shell without a filling. The bottom should be pricked with a fork to release steam, then covered with waxed or baking paper and filled with dried beans, rice or metal baking beans, which pre-

vent the bottom from buckling and the sides from collapsing.

TO BAKE WITH OR WITHOUT STEAM: Most professional ovens, but few home ovens, are outfitted with a special vent that traps moisture in the oven when closed, but allows steam to escape when opened, creating a drier heat similar to home ovens. When a recipe specifies to bake with steam, one can create a similar effect at home by placing a shallow pan filled with water in the oven. To achieve better results when baking in a convection (or fan) oven, which creates a very dry heat, always add a source of moisture.

TO BASTE: to moisten roast meat (such as roast beef, roast duck, suckling pig, roast turkey, etc.) with the meat's own juices to prevent the meat from drying out while in the oven. Basting is also done to encourage skin to become crispy or a crust to build up.

BÉCHAMEL SAUCE: one of the French "mother sauces," made with flour, butter, and milk (the proportions determine its consistency, which may vary), blended into a creamy sauce and served hot.

TO BIND: Adding any of a number of substances, including flour, cornstarch, eggs, egg yolk, gelatin or cream, to a hot liquid in order to make it creamier.

TO BIND IN A ROUX: to bind (or thicken) sauces or bind vegetables together in a heated mixture of equal amounts of flour and butter.

BISCUIT: The French word for sponge cake. In Eurodélices, biscuit designates a classic sponge cake of egg whites and egg yolks, each beaten separately with sugar until light and foamy, then combined and enriched with a small amount of flour, ground nuts and/or baking powder.

TO BLANCH: a technique with two purposes: the first is to cook ingredients, particularly vegetables, in boiling water for just a moment then in cold water to either soften a harsh flavor or scent, or kill germs or enzymes. The second is to pour boiling water over fruit, vegetables, or nuts to facilitate peeling or shelling; alternately, they may be dipped in the boiling water for a moment (as in blanching tomatoes).

TO BLEND: See to fold.

BLINI: the traditional small Russian pancakes made with buckwheat flour, usually served with soured cream, caviar or smoked salmon.

BOUQUET GARNI: a bunch of herbs that are tied together and used for seasoning soups, casseroles, etc. The traditional bundle consists principally of thyme, bay leaf, and parsley, but rosemary, marjoram, lovage, fennel, leek, or celery might also be used, depending on the recipe and the region.

TO BRAISE: a technique (in the oven or on the stove) of cooking vegetables or meat, alt-

hough it may also be used with certain kinds of fruit. The ingredients are first browned in butter, oil, or lard, then a small amount of liquid (such as water, broth, stock, or wine) is added, the pan is tightly covered, and the ingredients are slowly cooked. The ingredients thus cook in fat, liquid and vapor, with tender, flavorful results.

TO BREAD: to roll meat, poultry, vegetables, or fish in a mixture of flour, eggs, and bread crumbs, for subsequently frying or deep-frying.

BRITTLE: A mixture of caramelized sugar and nuts, often ground hazelnuts or almonds; crumbled it is a common topping for cakes and desserts, particularly in Europe, where it is called krokant.

BROTH: a spiced cooking broth, which is the result of having cooked meat, fish, or vegetables in water; the cooking ingredients impart their flavor into the water and turn it into stock that can then be used for cooking other ingredients.

TO BROWN: to cook briefly over a high or medium-high heat, usually in a buttered or oiled frying pan on top of the stove. Often used to cook a tender piece of meat or a slice of bacon, or thin slices of vegetables such as potatoes; the method browns the exterior but enables the interior to remain moist.

BRUNOISE: a mélange or mixture of vegetables that have been either shredded, grated, or diced finely, and are then slowly cooked in butter, to be used primarily to flavor sauces or soups.

CAKE GLAZE: Cake glaze is available in most European countries as a ready mix. The commercial mixture is modified starch, the gelling agent carrageenan, with the addition of calcium tartrate. At home one could use 1 heaped tbsp / 15 g of a mixture of cornstarch and ground gelatin or carrageenan and 2 level tbsp / 30 g of sugar, to which 1 cup / 250 ml water (or a little more than 1 cup / 250 ml fruit juice) is gradually added over low heat. Stir continuously until the glaze is smooth, then bring to a boil and thicken. use immediately.

TO CANDY: To immerse, marinate or cook fruits, flowers, peel or seeds (e.g. cherries, ginger, lemon peel, orange peel, violets) in one or more increasingly concentrated sugar syrups and then allow them to air-dry. The sugar crystallizes, forming the typical thick crust.

CARAMEL: Caramel is produced when sugar is melted and heated to 320–350 °F/160–177 °C and becomes light to dark brown. To make caramel candy or sauce, other ingredients like water, cream and butter are added, but one must add liquid carefully and gradually to sugar heated to these temperatures.

TO CARAMELIZE: To melt sugar until it becomes caramel; or to coat with caramelized sugar; or to sprinkle sugar on the surface of a cake or dessert and then apply strong heat briefly until the sugar turns into caramel (for example, a crème brûlée).

CARPACCIO: a classic Italian dish with a legendary history (see carpaccio recipes throughout this volume), in which extremely thin slices of filleted, raw meat (usually beef) are dressed with oil and lemon juice, a mayonnaise or mustard dressing, or with an olive oil vinaigrette, and served as an appetizer. The term has also come to include types of fish and shellfish.

TO CARVE: to slice meat, poultry or fish, or to cut these for presentation, traditionally in front of the dining guests. A large and very sharp knife and a chopping board are required for carving.

CHANTILLY: part of the French culinary vocabulary, meaning dishes (à la chantilly), from sweet puddings to savory appetizers, that are served with or mixed with whipped cream. The dessert Chantilly cream is a sweetened whipped cream, often flavored with a liqueur or vanilla extract.

CHARLOTTE: A charlotte is multi-layered; a form begins with spongecake, finger biscuits (ladyfingers), waffle, or buttered bread base, topped with layers of either a pudding of pureed fruit, or whipped cream or custard.

CHARTREUSE: a pie made with chopped meat, vegetables and bacon, cooked in a bain-marie, and served cold. There is also a liqueur of the same name, that comes in green or yellow varieties and was originally developed by the monks of La Grance Chartreuse in France.

CHOCOLATE COATING: Also known by its French name, *couverture*, chocolate coating is professional-quality chocolate with a high cocoa butter content (around one-third) that makes it particularly suitable for thin, shiny chocolate glazes. It is available in chocolate shops or gourmet supply stores.

CLARIFIED BUTTER: Butter from which the milk solids and water have been removed, leaving pure butter fat. It has a higher smoking point than whole butter but less butter flavor. To clarify butter, melt it slowly in a double boiler without stirring, then remove and discard the foam on the surface and pour off the clear butter without the solids at the bottom of the pan.

TO CLARIFY: to make a cloudy liquid, such as a soup or sauce, clear by stirring in slightly whisked egg white, carefully heating, cooling, and, finally, straining through a sieve or cheese-cloth; the egg whites attract the sediment.

TO COAT: In baking, coating generally refers to covering cakes and pastries with a surface layer of chocolate, marzipan or other substance.

COCKLES: molluscs of the family *cardium*, who have striped and ribbed brown-and-white (to varying degrees) shells. Cockles are at home in the flat coastal waters of the Atlantic and the Mediterranean. Wash thoroughly to clean them of substantial amounts of sand, and serve raw with lemon juice, fried, or steamed.

CONFECTIONERS' SUGAR: American term for icing sugar. Also known as powdered sugar.

CONSOMMÉ: a meat or vegetable broth, cooked and reduced for a long time and finally clarified until it is translucent. Served cold or hot, and often used as the base for a stock or soup.

CORAL: the roe of crustaceans, from lobsters to scallops, so named because, when cooked, it turns a salmon-pink color that resembles the color of some ocean coral; regarded by gourmets as a particular delicacy.

COULIS: A thick sauce consisting of pureed fruit, sometimes with the addition of lemon juice and sugar syrup.

CROUTONS: roasted or toasted diced bread, used to garnish soups, baked dishes or salads; often browned in garlic, herbs, or spices.

CRUDITÉS: a French term for raw vegetables, usually cut into strips, served as an appetizer with dips, a cold dressing, or sauce.

CUSTARD: sauce for puddings made with confectioners' sugar, an egg yolk, milk, and a pinch of salt, rounded off with cream. Often cooked in a bain-marie.

TO DEEP-FRY: to cook (usually until crisp and brown) ingredients, usually vegetables, fish, or meat, by immersing them in extremely hot oil or other fat. The exterior crust formed seals in the food's flavors and moisture.

TO DEGLAZE: To use a liquid such as wine, water, or stock (or fruit juice in sweet recipes) to dissolve food particles and/or caramelized drippings left in a pan after food has been roasted or sautéed in it. The liquid is usually used to make a sauce to serve with the food.

DIJONNAISE: French term for dishes prepared with light Dijon mustard, a special, creamy kind of mustard made with mustard grains soaked in sour, fermented juice of unripe grapes, and hailing originally from Dijon, France.

DOUBLE BOILER: Also called a bain-marie, a double boiler is two pans that nestle into each other. The bottom pan is filled with simmering water and the top pan rests over, but not in, the hot water, providing a gently source of heat to cook delicate foods like custards and sauces, to melt chocolate, and to dissolve gelatin. See also water bath.

EXTRACT: Baking extracts are the concentrated flavors and scents of fruits, plants and spices, which are suspended in "carriers" (usually alcohol or oil). Some of the most commonly used in baking include vanilla, lemon, bitter almond, rum, and arrack.

FLAMBÉ: though often a technique of presentation intended to impart a sense of drama to a dish – the word is French for "flaming" – it may also be a step during the cooking process. Either way, it involves pouring liquor on top of foods most often a dessert (*crêpes*, *crème brûlée* still

cooking and lighting the alcohol to better render the food's aroma.

TO FLAVOR: Adding spices, herbs, extracts or alcohol to foods in order to give them a particular taste.

TO FLOUR: Also called dusting, this means coating a greased baking pan with flour, sugar, bread crumbs, sesame seeds, finely ground almonds or other nuts, or another fine substance.

TO FOLD: Also called blending. A means of combining a light, airy mixture (often beaten egg whites) with a second, heavier mixture. With the lighter mixture on top of the heavier one, use a spatula to cut through both, scrape along the bottom of the bowl and then up the side. Rotate the bowl slightly and repeat until the mixtures are thoroughly blended. This should be done very carefully and gently so that the lighter mixture does not collapse and its volume is retained.

FONDANT: A mixture of sugar, water, and cream of tartar cooked until the syrup is reduced, then kneaded and beaten until the mixture can easily be molded. It is used to form decorations, or warmed and used as icing for cakes.

TO FRY BRIEFLY: to fry meat, fish, onions or other ingredients in a little hot fat, just until brown.

GALANTINE: a classic French layered dish, often consisting of a spicy pie that is cooked rolled in cloth or thin strips of meat, or in an appropriate form.

GARNISH: the decoration of a dish, considered a crucial aspect in many cuisines; also used to refer to ingredients added to a soup or sauce, such as cream or chopped onions in soup, or chopped herbs in a sauce.

GAZPACHO: a cold vegetable soup of Spanish origin traditionally made with ripe tomatoes, red peppers, cucumber, olive oil, garlic and bread crust.

GELATIN: A clear and flavorless substance used to jell liquid mixtures. Gelatin is available in 1/4 oz / 7 g envelopes of granules (more common in the United States), or in paper-thin sheets (standard in Europe). Sheet gelatin should be soaked in cold water for 5–10 minutes, then thoroughly wrung out before, like ground gelatin, being dissolved in a small amount of hot liquid (preferably in a double boiler) before use. To jell 2 cups / 500 ml of liquid, one needs 1 envelope or 4 sheets of gelatin.

GÊNOISE: A type of sponge cake in which whole eggs are beaten with sugar until light and foamy before flour, finely ground nuts or other ingredients are folded into them.

TO GLAZE: To spread a thin layer of eggs, jelly or jam, gum arabic or any other kind of coating onto foods to give them a shiny finish.

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Skill ratings of the recipes:

- ★ easy
- ★★ medium
- ★★★ difficult

This book and the information contained herein has been researched and compiled with the greatest of care. However, content errors cannot be completely ruled out. Changes in the field of catering are at all times possible. The Master Chefs' places of work and their gourmet guide ratings are especially prone to constant change. The publisher cannot therefore accept any responsibility whatsoever for information concerning either the recipes or the chefs and pastry chefs listed in this book.

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