



From Scratch - Jack Lenards

Class Three - Chefs Supper Club Classical French Cookery

Tarte au Citron

INGREDIENTS

Tart Dough

Plain flour	175g	Icing sugar	25g
Butter (room temp)	100g	Cold water	20mls

Lemon cream

Lemon juice	250g	Caster sugar	150g
Egg yolk	150g	Unsalted butter	150g
Whole eggs	150g	Gelatine leaf	1

EQUIPMENT

- | | |
|---|---|
| <input type="checkbox"/> Oven set to 180C | <input type="checkbox"/> Beater attachment |
| <input type="checkbox"/> Baking tray | <input type="checkbox"/> Stand mixer |
| <input type="checkbox"/> Parchment | <input type="checkbox"/> Oven |
| <input type="checkbox"/> Pot | <input type="checkbox"/> Spatula |
| <input type="checkbox"/> Weighing scales | <input type="checkbox"/> Serrated knife |
| <input type="checkbox"/> Wooden spoon | <input type="checkbox"/> Sieve |
| <input type="checkbox"/> Bowls | <input type="checkbox"/> Tart mould - large |
| <input type="checkbox"/> Piping bag x1 / large nozzle x1
(freezer bag will do) | |

METHOD

1. Start by making tart dough as this will need the longest to rest.
2. Place the flour, icing sugar and butter together in your stand mixer and beat for about 2 minutes until it starts to look like breadcrumbs. If you don't have a stand mixer add the flour, icing sugar and butter into a bowl and rub the mixture between your finger and thumb until it's all mixed and you have a sandy texture.
3. Once you have the sandy texture slowly add in your egg yolk and water and mix until the dough comes together - ensure you don't over work the dough.
4. Once the dough is ready, knead it quickly on the kitchen surface and leave dough in a square shape ready for rolling.
5. Cover fully and tightly in cling film or greaseproof paper to prevent the pastry from drying out. Allow the dough to rest for about 1 hour in the fridge, this prevents it shrinking too much when you cook it.

REST FOR 1 HOUR

6. After resting take your dough out from the fridge and dust with flour. Keep the pastry moving as you roll it out so it doesn't stick to the counter don't add too much flour as it will dry out the dough. Roll it out to about 2mm thick and to fit the size of your tart tin..
7. Once rolled, place into your tart mould and press the dough into the mould to achieve desired shape. Cut off some excess pastry roll into a ball and use that to press all the dough firmly into the pie case and use any of the excess pastry to fill in any holes, rips or tears. Once lined rest your dough for about 15mins in the pie dish in your fridge before adding to the oven.
8. Pre heat your oven to 180C.

LEMON FILLING

9. Add the gelatine into water to soak - (NB if you are using powder gelatine please refer to the package for the quantity of water needed to dissolve it fully)
10. For the lemon filling place lemon juice in pan and warm gently.
11. In a bowl whisk eggs, egg yolk and sugar.
12. Gradually whisk the lemon juice into the mix in small quantities .
13. Remove your gelatine from the water, squeeze out the excess water and whisk that into the mix.
14. Into the same saucepan heat it to 70C (ideally have a temp / probe to check this) and keep the pan at this temp for 5/6 mins while constantly stirring the mix to ensure it's fully cooked through.
15. Take it off the heat and cover and press in cling film and place in the fridge to chill to 35C

CHILL THE MIX

16. Remove the tart case from the fridge - trim off all the remaining excess pastry, use a fork to prick the base of pastry - prevents the pastry bubbling up while cooking.
17. Take some parchment paper and line the inside of your tart case and then fill the centre with rice/beans etc - heat the oven to 200C/180C fan/gas 6,
18. Bake for about 15 minutes or until the pastry is firm.
- 19.

LEMON MIX

20. When the lemon mixture has chilled to 35C mix take it out of the fridge. Pulse it with a hand blender and then add in the chilled butter bit by bit. Keep blending until fully mixed, and the curd is smooth and glossy and there is no butter lumps left.
21. Pour the mix into a piping bag (or a freezer bag) so it's ready to fill the tart case . Leave it in the fridge to chill.

ONCE TART IS BAKED BLIND

22. Once the tart is baked blind - remove the paper and the beans and place the tart back into the oven for another 5 mins so the base can be cooked a light brown. Once cooked remove from the oven and leave to cool.

FILL THE TART CASE

23. Using piping bag, pipe the mixture to your tart base (or spoon it into the base if you prefer). Then smooth out using pallet knife or the back of a spoon.
24. Allow to chill.
25. To serve - sieve icing sugar over the top. Cut and serve. Enjoy.

Toulouse Cassoulet

PASTRY INGREDIENTS

Smoked pork belly	150g	Olive oil	5tbsp
Toulouse sausage	300g	Lemon juice	1
Haricot beans	600g	Salt	
Celery	1	pepper	
Onion	1	Bouquet Garni	1
Carrot	1	or make your own (thyme, bay + rosemary wrapped in 1 leek leaf).	
Bouquet Garni	1		
Stock	1L		

Topping

Garlic cloves	4
Breadcrumbs	50g
Parsley	50g

EQUIPMENT

<input type="checkbox"/> hob	<input type="checkbox"/> oven
<input type="checkbox"/> casserole dish	<input type="checkbox"/> chef knife
<input type="checkbox"/> spatula	<input type="checkbox"/> paring knife
<input type="checkbox"/> tongs	<input type="checkbox"/> chopping board

METHOD

Toulouse Cassoulet - Instructions

1. Preheat your oven to 200C
2. Start by chopping your bacon into large lardons, about 2-3 cm in size. Use a smoked bacon and leave to one side while you prep the veg.
3. Create a Bouquet Garni (thyme, bay and rosemary) take one large leek leaf and pack in all the herbs and roll it up tight into the leek, then tie it up using string so it remains tightly packed during the cooking. Alternatively buy a pre-made one and have it ready to add to the pot.
4. Place the beans into cold water and blanch for 15-20 mins. If they are tinned beans drain the brine, rinse in cold water and place to one side.
5. Take a medium size pot of cold water and add the lardons into the water to remove some of the excess salt. Simmer for 15-20 mins.
6. Chop all your veg (celery, carrot and onion) into a brunoise dice, ending with 3 millimetres cubes. This way all the veg will cook evenly. Peel and trim the garlic cloves.
7. Heat the casserole dish and add 2 table spoons of olive oil and start to sweat off the veg, (celery, carrot and onion) .Add in the Bouquet Garni. Add salt and pepper to season.
8. Add in your sausage, lardons with the 1L stock, (you can chop your sausage into 2/3 pieces if you prefer), if you are using dried beans add now, but if you are using pre-cooked or tinned beans do not add yet. Keep it on gentle simmer for 5 mins - do not boil.
9. Once it's been simmering for 5 mins. Add a squeeze of lemon juice and add the pre-cooked or tinned beans and leave it to simmer for another 2-3 mins.
10. Transfer the casserole to the oven uncovered. Cook until thickened, about 45 mins.
NB ** If you are using dried beans you may need to cook for 1 hr / 1hr 15 to ensure they are cooked through

OVEN - 45 mins - 1hr 15 mins Cooking

11. Remove the cassoulet from the oven. Remove the Bouquet Garni from the dish .
12. Finely chop your parsley and finely crush or chop your garlic, add these into a bowl with the bread crumbs and mix thoroughly.

ADD THE HERB CRUMBLE

13. Sprinkle the herbs and breadcrumbs over the top just before your ready to eat it, make sure to cover the top of the stew fully. Add to the 180C oven and cook for a further 10 mins until golden on top.
14. Ready to serve with a sprinkle of fresh chopped parsley.

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