



From Scratch - **Jack Lenards**

Class Three Chefs Supper Club Classical French Cookery

Crème brulee

INGREDIENTS

Tart Dough

Double cream	390g	Egg yolk	5
Whole milk	100g	Caster sugar	50g
Vanilla pod or vanilla essence	1		

EQUIPMENT

- | | |
|---|---|
| <input type="checkbox"/> Oven Temp - Pre heat your oven to 180C | <input type="checkbox"/> Oven |
| <input type="checkbox"/> Baking tray | <input type="checkbox"/> spatula |
| <input type="checkbox"/> Pot | <input type="checkbox"/> Serrated knife |
| <input type="checkbox"/> Weighing scales | <input type="checkbox"/> Sieve |
| <input type="checkbox"/> Wooden spoon | <input type="checkbox"/> Tart mould |
| <input type="checkbox"/> Bowls | |
| <input type="checkbox"/> Jug | |

METHOD

1. Heat the oven to 180C. Sit your ramekins into a deep roasting tray.
2. Take your vanilla pod cut it down the middle and scrape out all the seeds with a spoon and drop them into the cream, or add a few drops of vanilla essence instead.
3. Into a medium pot pour your cream with the vanilla and your milk. Whisk slightly and leave to simmer on the heat.
4. Into a bowl add your egg yolk and caster sugar whisk together for 2 min until it turns pale.
5. Slowly add your egg mix into the saucepan with the milk and cream to “scald your eggs” . Once fully mixed pour the contents into a jug.
6. Use a spoon to remove any scum (air bubbles) on the top of the liquid mix.
7. Pour hot water into the dish around your ramekins till the hot water comes halfway up the ramekin.
8. Pour your mix into your ramekins to desired level do not fill to the top only three quarters fill.
9. Heat the oven to 180C/160C fan/gas 4.
10. Cover the top of the tray with tin foil it avoids a skin setting on the top. Bake for 30-35 mins until the mixture is softly set. To check, gently sway the roasting tin and if the crème brûlées are ready, they will wobble a bit like a jelly in the middle. Don't let them get too firm.

PUT INTO OVEN 40/50 mins

11. Then remove from the tray and allow to cool in a fridge until ready to serve.

FOR THE TOP.

12. Sprinkle a layer of caster sugar across the top of the dessert, caster sugar will melt faster than coarse sugar. Then take your blow torch and burn/melt the sugar all over the top until you get that caramel brown colour. If you don't have a blow torch you can grill it on high heat under the grill to melt the sugar .

Quiche Lorraine

PASTRY INGREDIENTS

Pastry

Plain flour	175g
Butter	100g
Egg yolk	1

Filling

Lardons	200g	Eggs	3
Gruyere	50g	nutmeg	1 tsp
Crème fraiche	200g	Salt	1 tsp
Double cream	200g	pepper	1 tsp

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 |
| <input type="checkbox"/> rolling pin | <input type="checkbox"/> tart mould |

METHOD

1. Start by making your dough as this will need time to rest. Place the flour and butter together into a bowl and crumble them together between your finger and thumb until the butter is mixed and it's a sandy texture. Add the egg and mix thoroughly. Once it becomes a dough, place it on the kitchen counter and knead it gently into a square shape. Wrap into cling film tightly and allow to rest in the fridge for 40mins to 1 hour.

PASTRY RESTS 1 HR

2. For your filling: take your chopping board and chop your smoked bacon lardons (1 inch approx).
3. Make your egg mix - so crack in the eggs into a jug, add the Gruyere and whisk through. Add Crème fraiche and cream, mix again. Grate in the nutmeg . Add a pinch of salt and black pepper. Place the jug with the egg mixture into the fridge to chill.
4. Fry off your lardons in a frying pan until it has a little colour takes 4/5 mins
5. Roll out the pastry to fit your tart case, place into the case and trim off the excess pastry. Using a fork prick the base of the pastry all over. Then allow to chill in fridge for a further 30 mins.

CHILL PASTRY

6. Once chilled place a layer of parchment paper on the pie base and fill with rice or beans and blind bake for 200C/fan 180C/gas 6 for 15 mins.,
7. Remove from the oven and remove paper and beans, If you notice any small holes or cracks, patch up with pastry trimmings. Bake it again for a further 5/6 mins more until the pastry base is pale golden. Remove from oven.

BAKE BLIND for 10 - 15 MINS

8. Spread the bacon over the base of your tart case, carry to the oven and place on rack.
9. Then fill with the egg mix. Lower the oven to 190C/fan 170C/gas 5. Bake for about 25 mins, or until golden and softly set (the centre should not feel too firm).

COOK FOR 25 Min

10. Remove from the oven. Let the quiche settle for 4-5 mins, then remove from the tin. Serve hot or cold.

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