

*Pastry* 2009  
*in europe*

tart with the gun to get a velvety effect. Garnish with pieces of coloured chocolate and gold leaves.

### Café d'écume

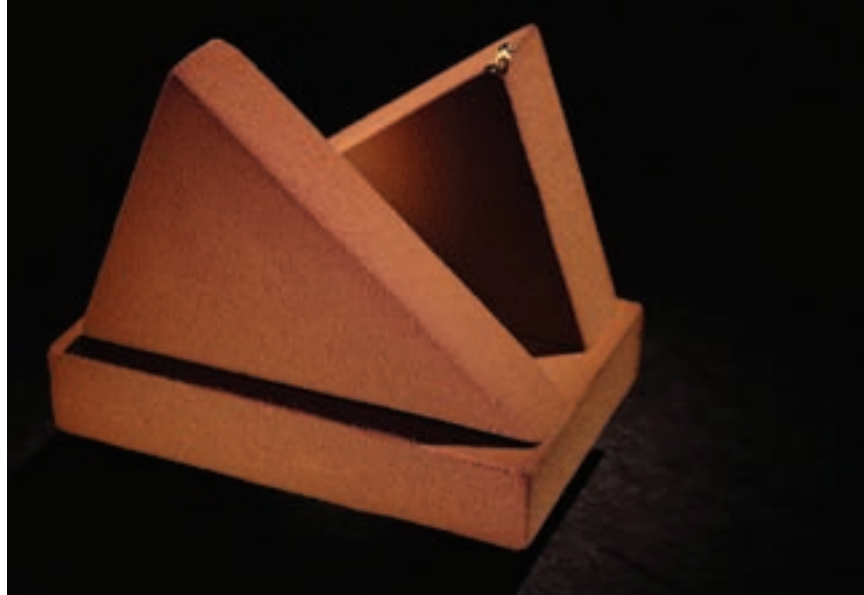
For 25 pieces:

**Coffee foam:** 125 g espresso, 40 g coffee beans, 75 g unsweetened condensed milk, 200 g whole milk, 50 g crème fleurette, 20 g egg yolk, 20 g sugar, 1 dash of licorice powder, 1 g trablit (liquid coffee extract), 1 g fleur de sel.

**Chocolate caramel:** 100 g sugar, 80 g cream, 10 g butter, 180 g pure chocolate, 50 g water, 700 g 2% milk, 70 g cream.

**Condiment:** 20 g almond oil, cocoa powder.

*For the foam:* heat the milk and the condensed milk, add the coffee beans, let stand for 4 minutes and pour through a fine mesh sieve. Add the espresso and the cream and heat to 80°C/175°F. Beat egg yolks and sugar and pour the hot espresso over it. Add the spices and trablit; pour in a siphon and let cool. Add a charger to the siphon and let rest in the fridge for one hour before using. *For the chocolate caramel:* melt the sugar without water, deglaze with cream and add butter. Then add the water and the pure chocolate, let melt slowly and add the milk. Stir while you bring it to a boil and lastly add the cream. Fill half of it in a little



glass flute, carefully add 2 mm almond oil and finish with the coffee foam. Sprinkle with cocoa powder and serve immediately with a small straw.

### Entre Deux

**Hazelnut-chocolate biscuit:** 95 g egg yolks, 45 g eggs, 80 g almond paste, 25 g trimoline, 45 g flour, 35 g hazelnut powder, 30 g butter, 95 g egg white.

**Ganache of pure chocolate:** 230 g crème fleurette, 200 g pure chocolate 70%, 40 g butter, 10 g syrup 30o, 1 vanilla bean.

**Insert of sour strawberry:** 350 g strawberries, 100 g sugar, 50 g lemon juice, 1 g salt, 15 g pectin, 15 g sugar.

**Crusty chocolate:** 30 g pure chocolate, 10 g cocoa butter, 280 g praliné almond hazelnut, 80 g feuillantine.

**Black velvet:** 100 g pure chocolate, 50 g cocoa butter.

*For the biscuit:* Beat the eggs with the almond paste, the egg yolks and the trimoline with an electric beater. Put the flour, the cocoa powder and the hazelnut powder through a sieve. Melt the butter. Beat the egg whites until quite stiff. Blend the almond paste with the flour mixture, add the butter and then (carefully) add the egg whites. Pour on a baking sheet to 5mm thick and bake in a convection oven for 10 minutes at 170°C/340°F.

*For the crust:* Melt the chocolate and the cocoa butter and add all the ingredients. Roll the mixture to a thickness of 3mm between two sheets of wax paper and cool in the fridge. *For the insert:* Mix strawberries with the lemon juice, the sugar, and the salt and cook slowly until the strawberries are soft and done. Mix 15 g sugar with the pectin, add to the strawberries, let thicken and reserve. *For the ganache:* Heat the cream and pour over the chopped chocolate. Mix together carefully and add the butter, the vanilla bean and the syrup. Let cool to room temperature. Cut the biscuit in four even triangles and the crust in two same-sized triangles. For the base, cut two rectangles of the biscuit, crunch one and make one crust almost the same length as the triangles. Build the



elements up with the fillings, just like a sandwich and let rest in the fridge for a while. Release the velvet with the baking gun. Place a gold leaf on one of the triangles.

### Chestnut tart

**For 10 pieces:** 300 g sweet dough, 50 g insert amarena (sour black cherry) jam, 300 g chestnut compôte, 250 g rice porridge, 150 g chestnut jelly.

**For the sweet dough:** 80 g butter, 35 g icing sugar, 35 g almond powder, 25 g eggs, 130 g flour T55.

**For the insert amarena jam:** 15 g cherries griotte amarena, 7 g water, 0.5 g cinnamon powder. 6 g cherry jam, 0.5 g candied orange peel, 15 g griotte pitless cherries, 4 g red wine, 1 g pectin, and 1 g sugar.

**For the chestnut compôte:** 22 g armagnac, 7 g liquid vanilla, 135 g chestnut purée, 135 g chestnut paste.

**For the rice porridge:** 185 g 2% milk, 30 g Arborio rice, 15 g sugar, 1.5 g vanilla bean, 10 g whipped cream.

**For the chestnut jelly:** 95 g water, 16 g chestnut honey, 11 g sugar,

6 g water, 17 g chestnut purée, 1.5 g armagnac, 0.5 g vanilla, 1.5 g gelatin.

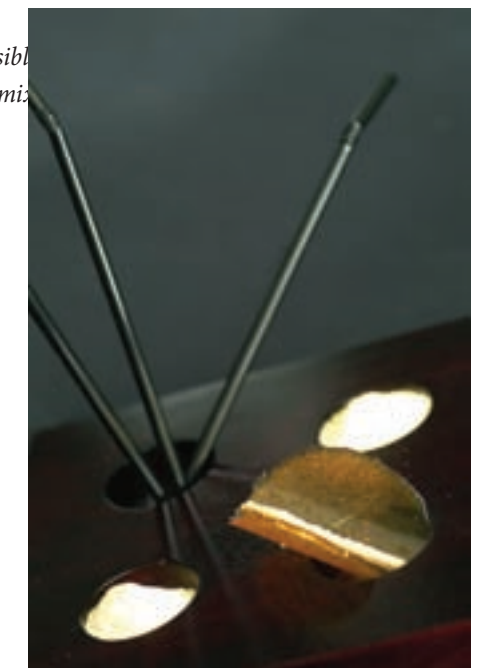
*For the sweet dough:* Make a dough with the ingredients as mentioned, let rest for one hour in the fridge, and roll out in a tart forms of 85 mm in diameter. Bake at the bottom of the oven at 180°C/350°F until they look golden. Wash the rice and cook this carefully in the milk with the sugar and vanilla. Cool, and slowly add the whipped cream; set aside in the fridge.

*For the jelly:* Heat the water with the honey and the sugar. Dissolve the chestnut purée in 6 g water. Add the purée, the Armagnac, the vanilla and the pre-soaked gelatin to the syrup; push through a sieve and then through a coffee filter.

*For the chestnut compôte:* Mix the cream with the chestnut purée, add the armagnac and the vanilla and store in the fridge.

*For the amarena jam:* Cook all the ingredients together; mix the pectin with 1g of sugar and add. Let thicken and line 5 g jam in half moon flexi pan shapes. Put in the freezer. With a piping bag put a layer of 1 cm on the bottom of the tart, put the cherry insert in the center and put 15 minutes in the fridge. Fill the rest of the tart form with the rice porridge, smooth the top and let rest for 1 hour in the fridge. Put a rhodoid leaf (or baking paper) around the tart; there should be an edge of 5 mm above the tart. Pour the still liquidy but cold jelly on top and put again in the fridge for 15 minutes. Finish with a chestnut dipped in caramel, a chocolate decoration and gold leaves.

Even snuffing is possible  
(turbo mix)





# Noma

*The new Scandinavian  
gastronomy*

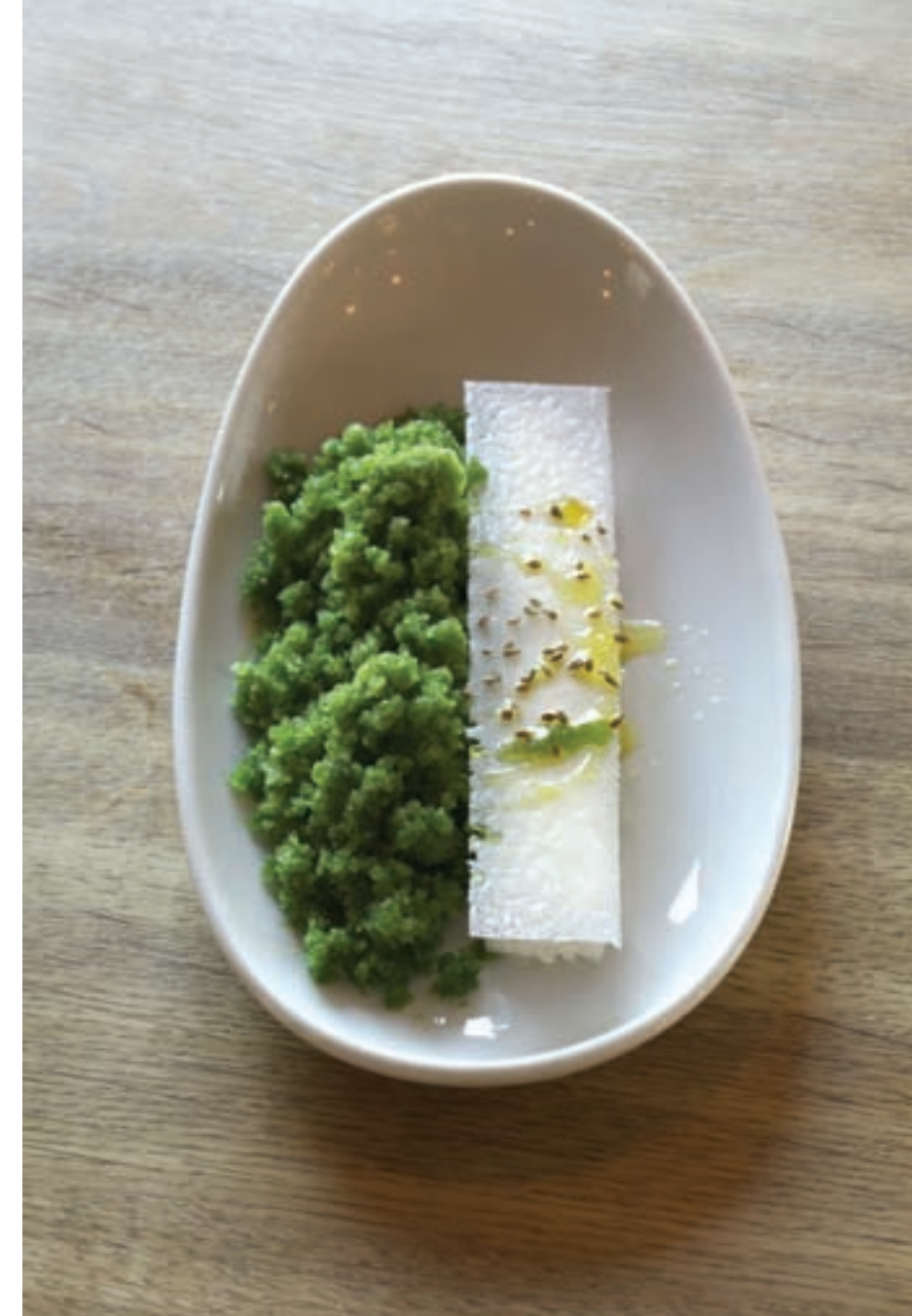
**During a visit to Copenhagen it was difficult for us to avoid visiting Noma. Chef René Redzepi, who is considered among the top 10 chefs in the world, demonstrated in a young and most innovative way his respect for the region and let us taste the exclusive flavors of the local food in Scandinavia. During a full course menu, herbs, flowers and plants you have never seen or have never dared to eat passed in front of our eyes. He is not afraid of modern techniques, they are even invented here, but above all clean and authentic tastes are top priority.**

Today we are here to visit a Canadian chef-pâtissier and that is why we are visiting the Danish capital. Daniel Burns grew up on the East Coast of Canada near Halifax where he took his education, but then moved to Vancouver, a city with a lot more culinary pizzazz. He worked another year with famous Canadian chef Susur Lee in Toronto until his British girlfriend took him back to her country. Not a bad choice since it gave him an opportunity to work at St. JOHN restaurant and The Fat Duck. But when a friend moved to Copenhagen to work at Noma, Daniel

decided to follow him. He has been working there for over two years as chef-pâtissier in the very busy kitchen. Because Daniel is one of those job hoppers, we asked him why he is still at this same address? “This business is constantly developing and though many chefs claim they cook according to the season, here it really happens. René feels strongly about that and would not want it any different. We have a good position in the market and therefore have access to the best and freshest produce available. The cooking style is light and clean. The chef’s food is very inspirational and that’s why I want to stay here for a while.”

Our chef-pâtissier uses the same style in his desserts. “I hardly use any chocolate or dairy and the sweet content is as low as possible. As pâtissier you should adapt your desserts to the food the guest has eaten. Therefore I use savoury ingredients and many frozen items. I like playing with textures and temperatures. When I decorate a plate I do this very consciously and think of the way the guest will eat it. The order in which it is eaten determines how the flavours will fit as they are meant to be. You almost have to guide the guest through the dishes to get the optimum effect.”

[www.noma.dk](http://www.noma.dk)



## *Sheep yogurt and sorrel*

**For 4 people: green anise seeds, olive oil.**

**For the mousse of sheep yogurt: 300 g sheep yogurt, 3 gelatin leaves, 250 g whipped cream, 150 g egg white, 50 g sugar.**

**For the granita of sorrel: 2kg water, 600 g sugar, 26 bunches of sorrel, 220 g lemon juice.**

**For the nougat tuile: 450 g glucose, 575 g fondant powder.**

For the mousse warm a bit of the yogurt and dissolve the pre-soaked gelatin in it. Mix well with the rest of the yogurt and beat egg whites with the sugar.

Combine yogurt, whipped cream and meringue and put in a piping bag.

For the granita boil water and sugar until it is dissolved and let cool. Pick the leaves of the sorrel, wash thoroughly and dry completely. Whisk the dried leaves and the sugar syrup in a blender until smooth and pass through a sieve; add the lemon juice and place in a container in a blastchiller. Scrape it loose regularly and then put aside in a normal freezer. For the tuile cook glucose and fondant powder to 130°C/265°F, pour on a silpat and cool. Grind to a fine powder in a food processor and sprinkle a thin layer on a dry silpat. Cut in desired shapes and sprinkle lightly with green anise seed. Bake 3 minutes in a regular oven at 160°C/320°F. Draw a line on a plate with the mousse, put on a straight rectangular tuile and scoop a generous amount of granita on the side. Finish with a few drops of olive oil.



# Old & New binding

With classic gelatin and hyper-modern  
methyl cellulose

Chefs and pastry chefs are now inundated with new binding methods and techniques to change the structure of their products. Several of these products will earn a special place in the kitchen and others will disappear from the shelves of the stores within a year. So we thought it would be a great idea to outline a binding method that every chef already has in the kitchen and yet is a binding method not many people know about. We know the way gelatin works. But methyl cellulose can be used to bind or to gel and will dissolve in cold as well as hot water. It sets when hot and melts when cold! Methyl cellulose is sold under the name “Methyl” and a variety of textures. Just be aware that in this case the measurement of gelatin is extremely important. A sheet of gelatin does not always weigh exactly 2 g, which can give a totally different result.

## *Marshmallows made of red beet*

**Ingredients:** 150 g pureed red beets, 20 g gelatin powder, 500 g sugar, 240 g water, 60 g pasteurized egg white, dash of salt.

Mix the cold beet purée with the gelatin powder. Boil water and sugar to 125°C/260°F, take off the heat and add the purée when the water bubbles have disappeared. Mix well. Add a dash of salt to the egg whites and beat until they are stiff. Then add the hot beet purée in small drops to the mix. Mix for a bit longer and then cool. Dust a piece of parchment paper with icing sugar and squirt little drops of the mixture on top. Leave to dry for at least 3 hours at room temperature until it gets a little crust.



You can turn liquid into a crunchy substance with liquid nitrogen (see warning on page 31). The technique allows us to create surprising contrasts in a dish, differences in structure and temperature that will give a normal taste combination an enormous sensation. We use two methods to create a crunchy cream. One is an edible dish in itself; the other is a crunchy layer around a liqueur.

### *Egg shells made of crunchy cream*

**Ingredients:** liquid nitrogen, one dewar-vat (a double-insulated stainless steel bowl) oval spoon of your choice, digital alarm clock with the capability to measure seconds, 2 nesting bowls.

The working method has to be very precise, but once you have it under control, you will be able to make lots of this. Fill a bowl with cold water and another bowl with (sweetened) whipping cream. Wet the oval spoon in water, then put it in the liquid nitrogen and wait until the surface of the liquid becomes smooth. Take the spoon out of the nitrogen and let rest on a table for exactly 30 seconds, using the digital alarm clock. Immerse the spoon with the curved side in the cream and then in the nitrogen. Hold it in there for 10 seconds and repeat it once more in the cream. Hold the spoon another 5 seconds in the liquid nitrogen. If you

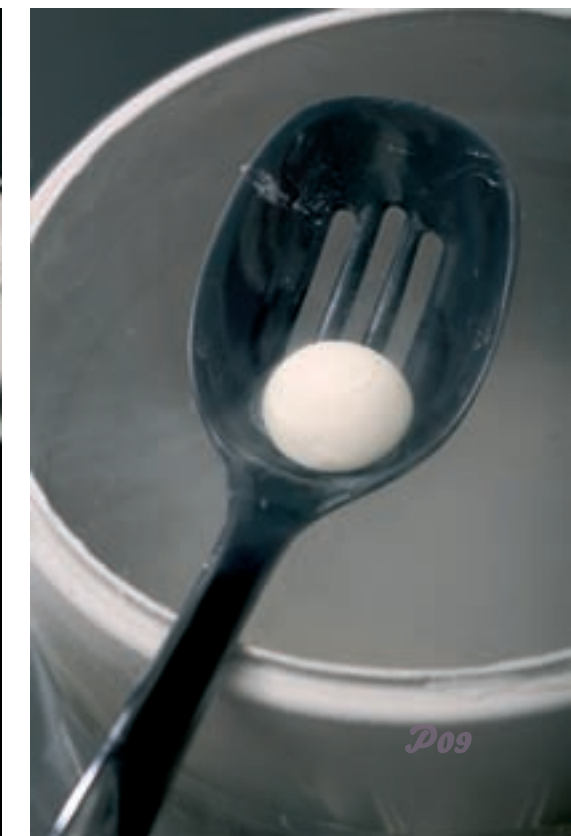
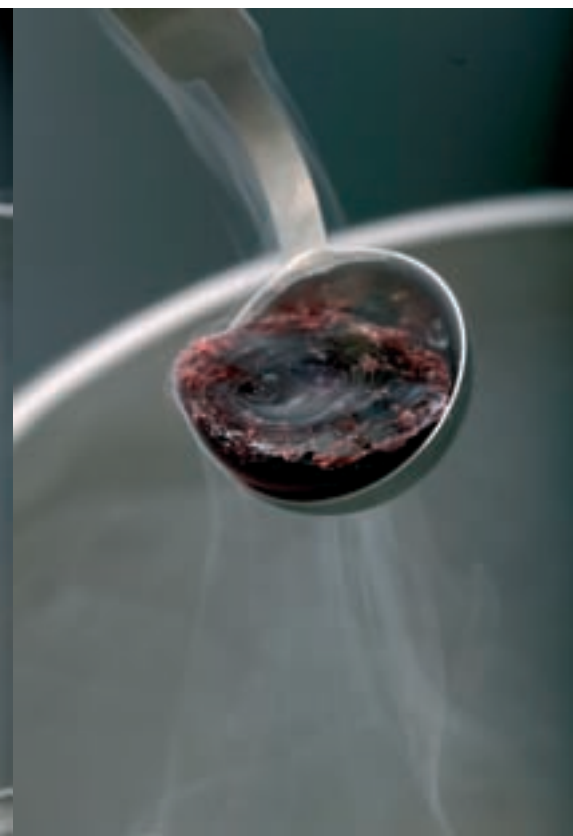
follow these instructions precisely, you will see that the crunchy cream loosens itself from the spoon. Put this immediately in a tight container in the freezer and leave it there for a minimum of 1 hour. They will keep very well in the freezer.

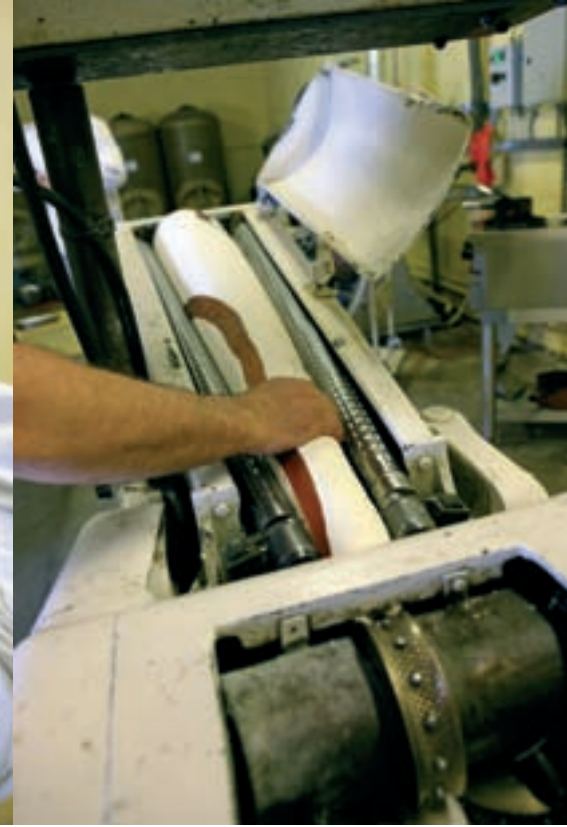
### *Liqueur shots in crunchy cream*

**Ingredients:** liquid nitrogen, dewar-vat, measuring spoons of 5 ml, perforated spoons, 1 plastic syringe, 2 small ramekins, 1 plastic slotted spoon.

Bend the spoons so that the stem of the spoon is perpendicular to the bowl. Fill one ramekin with the sweetened cream and the other one with a layer of liqueur of your choice. Fill the syringe with the liqueur. Hold

the curved spoon in the nitrogen until the surface of the nitrogen comes to a rest. Take the spoon out of the liquid, squirt the liqueur into the spoon, submerge it again and freeze thoroughly. The small little ball that has now been formed will come off very easily. It is crucial that the spoon is first ice cold; otherwise the liqueur will not come off. Drop the little ball in the sweetened cream and take it out after 3 seconds with the perforated spoon. Drop it again in the nitrogen and take it out after a few seconds with the plastic slotted spoon. Use the plastic spoon because the ball will roll off more easily than with a metal spoon. Submerge the little ball "bonbon" once again in the cream and let harden for a few more seconds. Leave the bonbons in the freezer for at least one hour at -18°C/0°F). The cream will stay crunchy at this temperature, while the liqueur becomes fluid again.





The word *bêtise* simply means stupidity, and stupidity played a key role in the history of a famous candy. When we started to do research on this candy we came upon a “stupid” bakery student: Emile Afchain. Over two centuries ago this character worked at the pastry shop of his parents. When he made a crucial mistake while he was preparing his candies, his mother yelled: “Your candies have gone to pot. You are not capable of doing anything. Again a *bêtise*!” But miraculously this bad candy became a huge success! The recipe was written down and a new product created, which was the result of stupidity. The baking industry discovered you could make a lot of money with the *bêtise* and now everyone claims that they are making the original *bêtise*.

### From one story to the next

A few kilometers outside the center of Cambrai, in the little village of Fontaine-Notre Dame, we find the shop of Despinoy, a small artisan confiserie. François Campion, the maître confiseur and owner, gives us

a warm welcome. We asked to learn more about the history of the *bêtise*. Campion: “There are many stories going around, but I really don’t know the true story. It is believed, that in the early days, the men who were visiting the annual traditional market, which took place for several days, took a box of candies home, to hide their stupidity. Another story is much more related to my shop. In 1850, there was a student working for Jules Despinoy, and this student burnt the sugar. To disguise this, he started to pull on the sugar, in the hope of getting it white again.” We explained that we had read this story in full on the Internet in which a certain Afchain played the key character. François looked at us in shock: “The liars! The story of Jules Despinoy has existed much longer.” It turns out there has always been a lot of rivalry between the families of Afchain and Despinoy, even in the courts. In 1889 a judge ruled Afchain was deemed to be the inventor of the *bêtise*, while Despinoy was chosen to be the maker. At that time, this hilarious story was picked up by the French Press and published in all the newspapers, which made this

candy very famous. The result? Many cities started to make their own *bêtises*, even in Belgium. In the Belgian city of Tournay (Doornik) this candy is called *sotisse*, which means exactly the same as stupidity.

### Pure coincidence

The candy adventure for François Campion started because his father, who was a brewer, fell in love with Mrs. Despinoy, who wanted to sell her business. The father accepted her offer but paid very little attention to the confiserie. François, the son, had no intention to become a brewer, but the candy business did attract him. This was in 1990. The father was very lucky to get the help of a 92 year old man, the last maître-confiseur of Despinoy. “Life was tough in the beginning”, says François. “In those days my wife and I worked with one large copper pot and a wooden mill, which we had to turn by hand. The first year we produced 10 tonnes of *bêtises*, last year 130 tonnes”. But in spite of that hardship, he still cherishes the beginning. “The sugar was much better when we worked

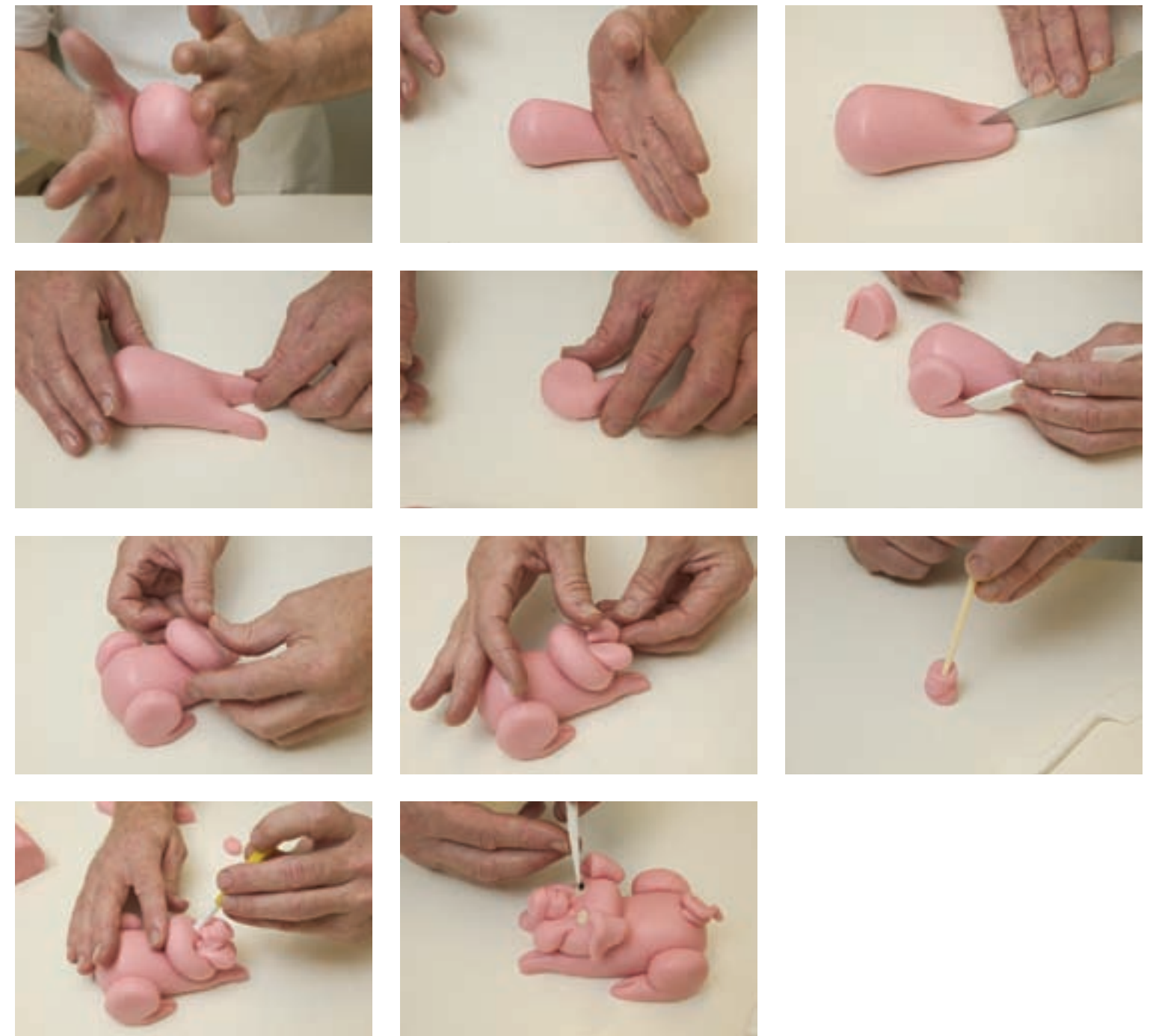
with the copper pot. Because of the new laws on hygiene I was forced to use different material.” But the basic recipe never changed, with mint as the most important base. François uses a combination of saccharose and glucose. In the early days he used corn sugar, but because of all the controversy over genetically modified corn and the difficulty in obtaining non-GM corn, he doesn’t trust use corn sugar anymore. The sugar mixture is heated to 140C/285oF and then spread on a cool slab. He used to use marble, but that is also prohibited now. Part of the sugar is colored with caramel; the rest is treated in a pulling machine for 5 minutes. This gives the sugar 25 to 30 per cent more volume. Both sugar concoctions are then combined and pulled through the laminoir (mill). The caramelized sugar gives the candy a yellow stripe. The candies are now ready to be cut and wrapped, and are processed at 500 pieces per minute. Knowing the history of competition and rivalry of this candy, we wanted to know what the secret is of making the best *bêtise*. François: “Everything has to be natural. For example, we do not



### The Pig

Our next item is a little pig. According to Johan, the most important part is the making of oval shapes and round balls, which is important for all bodies. The little figurines all have a funny face and according to our teacher, it should be that way. "It is a caricature and we have to keep it that way, with figurines as well as flowers." Starting with the basic little body, the pink piggy is created with a little head, cheeks, ears, the snout, the bum and the little curly tail. The eyes are made last. He gives us a tip: a figurine should always look at a certain direction, no matter which way. A marzipan animal that looks straight ahead is a dead object and has no sparkle. The pupils of the eyes are black, made with norit (activated carbon). The rest of his colour selection is made of colored powders that prevent the forming of mold. Good quality of the materials is of utmost importance. Johan teaches us that it starts with the marzipan. If the marzipan is too stiff, the molding will be very difficult. Therefore, the best working temperature is 21°C/70°F. The kind of marzipan is also very

important and you do not want to skimp on quality. Johan chooses the famous marzipan from Lübeck 1:3. This ratio is finer than the coarser one of 1:2, both made of 100% Spanish almonds. In the meantime Johan has prepared another figurine he wants to show us, revealing the importance of details. The body is usually the same but the head is quite different. If a head has long ears, it is a rabbit or pony, but if they look like little balls or pointed tips, it is a hippopotamus or a horse. We ask Johan how we can best preserve marzipan. He says the freezer is the best solution, as long as the marzipan is vacuum packed, as moisture is the worst enemy of marzipan. Does Johan not meet people who think they know it all or better? He laughs. "Of course there are always people who claim they can make better roses and I will admit that, but I always tell them they can call me in a case of emergency, as I like to help them. Most of the time, this means that I have gained another client for life!"



# London



**We carefully planned our trip. However, it was clear that we had not realized how large this metropolitan city is; the locations we wanted to visit were sometimes far apart. A day-trip card with public transport was our saviour.**

We are going to this big city full of anticipation, curious to find fun pastry shops, and traditional lemon curd and jelly pudding. We must have been a little too excited, because no matter where we looked, it was hard to find these cute shops; they seem to be passé in 2008. According to the pâtissiers we met, we would have to go to the English countryside. London is a very expensive city, which is why many small artisan bakeries had to leave, between the high rents and competition from the large commercial businesses. However, there are still many shops where we find croissants and buns and where we can also find our lemon curd. It is too bad that these have been taken over by pizzerias. Are we disillusioned? No, because at the pâtisserie department of the immensely huge Harrods store we find several of the delicacies we are looking for. Compared to Amsterdam or Brussels, London has only a few selected top pâtissiers. However, on our way we still find some kind of craftsmanship. For example, there is a wagon at the station which has Cornwall Pastry written on it in big letters. It is not sweet pastry but savory. The history of this pastry is fairly recent. In the labour environment of Cornwall, in the far corner of England, the women would bake this kind of pastry for their husband-miners. The pie dough was made with lard and filled with a hearty amount of vegetables and meat. They used the dough leftovers to make the initials of their husbands and put on top of the pies. Those pies would be lowered on a rope to go into the mines. The tradition continued and became known outside the mines. Some of the flavors are beef and Stilton, cheese and onions, lamb, and pieces of the classic roast beef, potatoes, onions and cabbage. At another spot in London, under the Big Ben, we find Radar, a jolly immigrant who has been roasting and caramelizing nuts for over twenty-seven years. Radar does not want his picture taken, as he is an illegal immigrant. Of course we wouldn't want him to be deported, so we didn't take a picture. First he sautés the nuts in sunflower oil and then adds some sugar to give them a thin coating. Simplicity at its best! Illegal or not, the nuts are delicious and cheap. If you happen to be in that area in London, then do go to the London Eye, the Ferris wheel. It gives you a spectacular view of the entire city. Don't worry about rain or wind as the carts are closed in.

