



Jean Moulin Vocational School

C1C

C1 CS HCR

OUR RECIPE BOOK

January 2021

Mrs Brahimi

LASAGNE



Ingredients: (serves 4)

Lasagna pasta (without precooking), 600 g of Bolognese sauce (ready-made Panzani style), 350g minced meat, 1 onion, 100 g of grated Gruyere



Bechamel sauce: milk, 2 large tablespoons of flour, 125 g butter.



Instructions: (Preparation: 20min – Cooking: 45 min)

Step 1: Cut the onion into small pieces and brown in olive oil.

Step 2: When the onions are well browned, add the meat.

Step 3: Cook over medium heat then add the Bolognese sauce.

Step 4: Prepare the Bechamel sauce and make the butter over high heat.

Step 5: Once melted, add the two tablespoons of flour then stir with a whisk.

Step 6: When the mixture is homogeneous (very fast), gradually add the milk without stopping whipping to avoid lumps.

Step 7 : Continue to stir until the béchamel thickens.

Step 8 : Mix the Bolognese sauce made previously with the Bechamel sauce.

Step 9 : Then in a gratin dish, pour a layer of this preparation then cover with lasagna dough. Repeat the same thing until the sauce is used up (about 2 times).

Step 10 : The last layer must be a layer of sauce. Add the grated Gruyere and cook for about 45 min at 180 ° C (th.6.).

Step 11 : To know if the lasagna is done, prick with a knife, the lasagna pasta must be tender, and the knife must sink in without problem.

Julie BERTRAND, C1B

Bœuf carottes

A family recipe

Ingredients: (serves 6)

600g beef, 2 onions, 2kg carrot, 3 teaspoons of tomato paste, garlic



25g butter, 40cl white wine, 2 beef bouillon cubes, salt and pepper

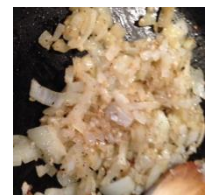


Instructions:

Step 1: Melt the butter in a casserole dish, brown the meat.



Step 2: Stir in the onions with the garlic, salt and pepper.



Step 3: Deglaze with the white wine, scrape off the cooking juices then add the tomato paste.



Step 4: Crumble the bouillon cubes in the casserole dish and wet with a little water.

Step 5: Leave to cook for 1h15.

Step 6: Add the peeled and sliced carrots and cook for 45 minutes.





Cheese pizza recipe

A family recipe

Ingredients: (serves 4)

1 pizza dough



tomato coulis



Cheddar



Comté



Blue cheese



Mozzarella



basil

Instructions:

Step 1: Roll out the pizza dough in a pizza pan.



Step 2: Pour in the tomato coulis and spread it over the dough using the back of a tablespoon, leaving about 1 cm without filling all around the pizza.



Step 3: Cut the four cheeses into cubes and distribute them on the pizza step.



Step 4: Sprinkle with basil.

Step 5: Bake for about 20 minutes at 170° C (thermostat 5/6).



Crêpes

Ingredients (serves 4):



200 g flour

2 whole eggs

4 tbs of sugar

8 tbs of oil

16 cl milk

1.33 cl rum

Instructions:

Step 1: Put the flour in a bowl and form a well.



Step 2: Add the whole eggs, sugar, oil and butter.



Step 3: Mix delicately with a whisk, gradually adding the milk. The dough thus obtained should have a consistency of a slightly thick liquid.



Step 4 : Flavor with rum.



Step 5: Heat a non-stick pan and lightly oil it. Pour in a ladle of dough, distribute it in the pan and wait until it is cooked on one side before turning it over. Cook all the pancakes over low heat.



Curry rice

A family recipe



Ingredients: (serves 4)

2 cups of basmati rice



1 garlic / basil bouillon cube



Curry powder



2 tablespoons of olive oil



Water



Instructions:

Step 1: Heat the oil in a fairly deep pan. Pour in the two cups of rice, then brown it for 3 minutes.



Step 2: Pour 2 glasses of water over the rice. Add the bouillon cube then the curry according to taste. Cover. Monitor and mix frequently.



Step 3: After complete absorption of water, check if the rice is cooked enough; if it is not, add more water until it is.





Quiche Lorraine (A family recipe)

Ingredients (serves 4):

1 ready-made pastry, 200g lardons, 30g butter, 3 eggs, 20cl fresh cream, 20cl milk, nutmeg, salt and pepper



Instructions:



Step 1: Preheat the oven to 180 ° C.

Step 2: Put the pastry in a pastry dish.



Step 3: Brown the bacon in a pan.



Step 4: Beat the eggs, sour cream and milk.



Step 5: Add the bacon.



Step 6: Season with salt, pepper and nutmeg.



Step 7: Pour over the pastry.



Step 8: Cook 45 to 50 min.



Divyna Henrard, C1A

Tarte au Maroilles

A family recipe



Ingredients: (serves 4)

1 ready-made pastry



1/4 of a Maroilles



A pinch of salt



Butter



Flour



Instructions:

Step 1: Butter and sprinkle a dish with flour and spread the dough. Place in the oven for about 20 minutes at 70°C.



Step 2: Cut slices of Maroilles and cover the dough.



Step 3: Place your pie in the oven for 15-20 minutes at 180°C.



Lindsay LARCHER, C1A

Gratin de pâtes

A family recipe

Ingredients: (serves 4)

400 g Macaroni

10 cl Cream

100 g grated cheese

1 garlic **clove**

50 g Butter

Salt

Pepper



Instructions:

Step 1: Preheat your oven to 200 ° C. Bring the cream to a boil in a small saucepan and set it aside. Peel and finely chop the garlic clove.

Step 2: Cook the pasta in a large volume of water according to the instructions on the bag, to keep them "al dente". Drain them and pour them into a large gratin dish.

Step 3: Pour the cream over the pasta then sprinkle with small pieces of garlic, grated cheese, and finally fine shavings of butter.

Step 4: Bake for 20 minutes and serve hot.

Gratin dauphinois

A family recipe

Ingredients: (serves 6)



1.5 kg of potatoes



2 cloves of garlic



30 cl of cream



100 g butter



1 l. milk



Pepper

Instructions:

Step 1: Peel, wash and cut potatoes into thin slices. (!⚠ Don't wash them AFTER cutting them as starch is necessary for a correct consistency).

Step 2: Chop the garlic very finely.

Step 3: Bring milk, garlic, salt, pepper and nutmeg to a boil, then dip potatoes in a saucepan and cook for 10 to 15 minutes, depending on their firmness.

Step 4: Preheat the oven to 180°C (thermostat 6) and butter a gratin dish.

Step 5: Place drained potatoes in dish. Cover with cream, then arrange the small knobs of butter on top.

Step 6: Bake in the oven until the potatoes are golden brown on top and the cream is mostly absorbed, about 50 minutes.

Rhubarb tart

A family recipe

Ingredients: (serves 8)

1 pastry



20cl cream



500g rhubarb



75g sugar



2 eggs



1/2 teaspoon cinnamon



Instructions:

Step 1: Preheat the oven to 200°C.



Step 2: Put the pastry in a pastry dish.



Step 3: Wash and slice the rhubarb.



Step 4: Mix the eggs, the sugar, the cream and the cinnamon.



Step 5: Pour the mixture into the pastry tin add the of rhubarb.



Step 6: Bake for 30 minutes.



Chocolat cake

A family recipe



Ingredients: (serves 4)

1 glass of flour



1 glass of sugar



50g of butter



200g of chocolate(black or milk)



4 eggs



Instructions:

Step 1: Preheat the oven to 180°C.

Step 2: Melt, over medium heat, the chocolate and butter in a saucepan (medium size) with a little water.

Step 3: Off the heat, add the sugar and mix. Add the egg yolks and keep the whites.

Step 4: Add the flour and mix. Beat the egg whites (very firm) and mix them into the dough.

Step 5: Pour everything into a buttered (and possibly floured) mold then bake for 30 minutes at 180 ° C.

Guilian LOMBART, C1B



GÂTEAU AU YAOURT

A family recipe

Ingredients: (serves 6)

Eggs, yoghurt, flour, sugar, baking powder, oil, butter, vanilla sugar.



Instructions:

Step 1: Preheat the oven to 180°C.



Step 2: Mix the yoghurt, flour, sugar and vanilla sugar.

Step 3: Put the oil, mix and add the baking powder.



Step 4: Mix again, the pastry will be smooth.



Step 5: Butter a pan and pour the pastry into it.

Step 6: Put in the oven for 30 min at 180°C.



Ryan LOMBART, C1B



Salmon tart

A family recipe

Ingredients: (serves 6)

1 shortcrust pastry, 25 cl of sour cream, 3 eggs, 1 bunch of chives, 1 knob of butter,



salmon



pepper and salt.

Instructions:

Step 1: Preheat the oven to 200 ° C (thermostat 6-7). Roll out the dough in a pie dish, prick the bottom with a fork.



Step 2: Beat the eggs into an omelet and incorporate the cream and the chopped chives. Season. Pour 3 tablespoons of this preparation on the dough.

Step 3: Mince the slices of salmon and place half of them in the pie dish.

Step 4: Cover with the rest of sauce and place the remaining salmon.

Step 5: Bake for 45 min.

Marie MALTERRE, C1A



Galette des rois

A family recipe

Ingredients: (serves 4)

2 : puff pastry



140g : Almond powder



100g : Fine sugar



2 : eggs



75g : Soft butter



1 : Egg yolk



1 : bean



Instructions:

Step 1: Place a puff pastry in a pie dish, prick the dough with a fork.



Step 2: In a bowl, combine the ground almonds, sugar, 2 eggs and soft butter.



Step 3: Place the resulting dough in the pie pan and hide the bean there.



Step 4: Cover with the second puff pastry, sticking the edges well.



Step 5: Make drawings on the lid and brush with the egg yolk.

Step 6: Bake for 20 to 30 minutes at 200°C (thermostat 6-7); regularly check the cooking!



Hélène POLLET, C1A



CHORIZO PIZZA

Ingredients: (serves 6)

1 ready-made pastry, 30cl tomato coulis , 100g chorizo, 1 fresh mushroom, 1 red bell pepper, 125g mozzarella, 100g grated cheese, 5cl liquid cream.



Instructions:

Step 1: Preheat the oven to 210 ° (th.7).



Step 2: Spread the pizza dough on a baking sheet.



Step 3: Spread pizza base with tomato coulis.



Step 4: Wash the mushroom and cut it into thin slices. Cut the mozzarella and chorizo into slices. Wash and cut the red pepper into thin strips.



Step 5: Arrange on the coulis (in order), the mushroom slices, the chorizo slices, the mozzarella slices and the pepper strips.

Step 6: Drizzle with a drizzle of liquid cream (optional according to taste).



Step 7: Sprinkle with grated cheese, then Parmesan and oregano.



Step 8: Place the pizza in the oven for a good 20 minutes and enjoy!



Yoghurt cake

A family recipe

Ingredients: (serves 8)



3 eggs



1 natural yoghurt



1 packet baking powder



flour



Sugar



1 packet of vanilla sugar



Oil



6.5g butter

Instructions:

Step 1: Mix together the yogurt, flour, sugar and vanilla sugar.



Step 2: Add the 3 eggs and beat together until well combined.



Step 3: Add the oil and the baking powder and beat together until well combined.



Step 4: Butter a pan and pour the dough into it.



Step 5: Place in the oven for 30 minutes at 180°C, checking regularly.



Glédy SUAREZ, C1A