



♥ DETAILS

AGA AUSTRALIA

330 MALVERN RD, PRAHRAN VIC 3181

WWW.AGAAUSTRALIA.COM.AU

INFO@AGAAUSTRALIA.COM.AU

(03) 9521 4965



AROUND THE WORLD WITH

French cooking with Annie Smithers

Ham crepes

♥ DATE: 26 JULY 2018

♥ INGREDIENTS

Buckwheat crepes	Béchamel	- 250 gm sliced leg ham
- 500ml milk	- 30 gm butter, chopped	- 4 tbl Dijon mustard
- 1/4 teaspoon sea salt	- 40 gm plain flour	- 250 gm gruyere, grated
- 80g unsalted butter, melted	- 550 ml milk	
- 70g buckwheat flour	- 40 gm parmesan cheese, finely grated	
- 105g plain flour	- 1/4 teaspoon salt	
- 3 large eggs	- good pinch ground nutmeg	

♥ METHOD

- 1 For the crepes, whisk milk, eggs and melted butter together. Place flours and salt into a bowl, make a well in the centre and whisk in the liquid ingredients. Whisk until you have a smooth batter. Cover and chill overnight. Remove the batter from the refrigerator about an hour before frying. Stir it briskly, it should be the consistency of heavy cream. If it has it too thick, dilute with a little more milk.
- 2 Heat a 22cm cast iron or non stick pan on the stovetop. Drop a tiny piece of butter into the hot pan and swirl about. Lift the pan and pour 1/4 cup of the batter in the middle of the hot skillet, swirling the pan to distribute the batter quickly and evenly. The pan shouldn't be too hot or too cold: the batter should start cooking within a few seconds, giving you just enough time to swirl it. After about a minute, run a non-stick spatula around the underside of the rim of the crêpe, then flip the crepe over. Let the crêpe cook on the flip side for about 30 seconds, then slide it out onto a cooling rack. Repeat until batter is finished.
- 3 For the Béchamel, melt butter in a medium saucepan over medium-high heat until foaming. Add flour. Cook, stirring, for 1 to 2 minutes or until bubbling. Remove from heat. Slowly add milk, whisking constantly, until mixture is smooth. Return to heat. Cook, stirring with a wooden spoon, for 10 to 12 minutes or until sauce comes to the boil, thickens and coats the back of a wooden spoon. Remove from heat. Stir in parmesan, salt and nutmeg.
- 4 Pre heat oven to 180C. Butter a baking dish that will hold 16 rolled crepes. Spread a little Dijon mustard on each crepe, lay down some ham and a sprinkle of grated gruyere. Arrange the crepes snugly in the baking dish, smear the bechamel over the top, and then scatter with cheese. Bake for about 20 minutes until golden brown. Serve with a crisp green salad.





Chicken in mourning roasted crowns

♥ DATE: 26 JULY 2018

♥ INGREDIENTS

- 4 crowns cut from 1.6 kg chickens
- 1 black truffle (around 50 g)
- 240 g unsalted butter
- 1 garlic bulb, sliced in half horizontally through the cloves
- 8 thyme sprigs
- 4 bay leaves
- flaked salt
- 1 cauliflower, cut into florets

♥ METHOD

- 1 Preheat the oven to 200°C. Remove the first two joints of the wing tips and feed them to your version of Tommy. Carefully insert your fingers between the skin and breasts of the chicken, moving all the way to the end of the breasts and gently peeling back the skin. Take your time with this as you don't want to tear it.
- 2 Finely shave two-thirds of the truffle. Place four or five large slices of truffle on each breast underneath the skin. Place a thin slice (about 30 g) of butter on each breast. Pull the skin back over the breasts to secure the truffle slices and butter. Cut the garlic into four even pieces and place one inside each chicken crown, along with a couple of thyme sprigs and a bay leaf.
- 3 Place the four crowns in a spacious baking dish and season generously with salt. Roast for 45-50 minutes or until the juices run clear. Once the chicken is cooked, remove to a resting plate and cover with foil to keep warm. Add the cauliflower florets to the pan and return to the oven to roast in the cooking juices for about 7 minutes.
- 4 I like to present this as a shared dish. Carve the chicken breasts off the bones and arrange them on a large platter. Scatter the warm cauliflower about the plate and drizzle with the cooking juices. Shave the remaining black truffle over the top and serve with creamed potatoes.

Creamed potatoes

♥ DATE: 26 JULY 2018

♥ INGREDIENTS

- 1.5 kg good-quality all-purpose potatoes (such as desiree)
- 1 small garlic clove, crushed
- flaked salt and freshly ground black pepper
- 600 ml pouring (single/light) cream
- 50 g unsalted butter
- freshly grated nutmeg

♥ METHOD

- 1 Preheat the oven to 190°C.
- 2 Peel the potatoes and thinly slice them. Wash the slices well in cold water to remove any excess starch, then pat dry. Place in a bowl and toss with the garlic and a sprinkling of salt and pepper.
- 3 Transfer to a large baking dish and spread them out evenly. Pour over the cream, then dot with butter and grate a little nutmeg over the top. Bake for 1-1¼ hours or until the potato is tender.

Paris Brest

♥ DATE: 26 JULY 2018

♥ NOTES

Serves 8

Gorgeous Paris Brest is a show stopper and utterly delicious, but much easier to make than you might think. It was originally developed to commemorate the Paris-Brest-Paris cycling race, and is as good today as it was in 1910, when men used cake for stamina rather than steroids and silly energy drinks. I fill mine with pastry cream, praline and whipped cream.

♥ INGREDIENTS

- 1 quantity choux pastry
- 50g flaked almonds
- 300ml pouring cream, whipped
- pure icing sugar, for dusting

Pastry cream

- 500 ml milk
- 1/2 vanilla bean
- 125 g caster (superfine) sugar
- 6 egg yolks
- 50 g cornflour mixed with a little extra milk to form a paste

Praline

- 200 g white sugar
- 3-4 tablespoons water
- 100 g flaked almonds

♥ METHOD

Preheat the oven to 210°C.

Line a baking tray with baking paper and draw a 22 cm circle on the paper with a pencil. Turn it upside down so the pencil is away from the food but still visible through the paper.

Spoon the choux pastry dough into a piping bag fitted with a plain nozzle, then pipe the dough around the circle a couple of times. If you have too much dough, use it up by making a couple of extra choux puffs. Scatter the almonds on top of the pastry. Place on the top shelf of the oven and bake for 10 minutes. Reduce the heat to 160°C and cook for another 25 minutes. Remove and cool completely on a wire rack.

To make the pastry cream, place the milk and vanilla in a heavy-based saucepan and bring to scalding point. Remove from the heat. In a stand mixer fitted with the whisk attachment, whisk the sugar and egg yolks for 5 minutes or until pale. Add the cornflour paste, then the hot milk and whisk until combined. Return the mixture to a clean saucepan and place over a medium heat. Bring to the boil, stirring constantly, until the mixture is smooth and thick. Remove from the heat and place in a clean container.

Closely cover the surface with plastic wrap to prevent a skin forming and store in the refrigerator until needed.

To make the praline, preheat the oven to 180°C. Spread out the flaked almonds on a baking tray and toast in the oven for 10 minutes or until golden brown.

Place the sugar in a heavy-based saucepan with enough water to just enough to moisten it. Bring to the boil, stirring with a metal spoon until the sugar has dissolved, then cook without stirring until it becomes a nice golden colour.

Scatter the almonds over a greased baking tray with sides and pour the toffee over. Allow to set, then pulverise in a food processor, leaving it a little chunky. If you are making this ahead of time, store it in an airtight container in the freezer until needed.

To assemble, split the choux pastry ring in half horizontally. Place the bottom half on a serving platter, pipe in the pastry cream, scatter the with praline, then pipe on the whipped cream. Dust with icing sugar and serve. Don't assemble this too far in advance otherwise it will go soggy - do it 2 hours ahead at the most and pop it in the refrigerator.