

The Simply Luxurious Kitchen

Seasonal fare
to elevate the
everyday meal



Season 3 – French Comfort Food

Recipes

The Simply Luxurious Kitchen will help viewers to discover how to enjoy the everyday cooking that will elevate the quality of our lives. Incorporating seasonal fare and sharing skills and ideas that will help you navigate successfully in your own kitchen, viewers will discover how to “dance” so to speak with the produce and necessary cooking fundamentals honing the methods to making a delicious vinaigrette or a salad with the produce you happened to find at your local market, or an appetizer with what is available in the refrigerator, so that year-round you can make delicious, yet simple meals. Ultimately, the new addition to TSL destination is to enable viewers to feel confident as well as enjoy stepping into the kitchen, so that they can become the chef of not only their meals, but of their lives.

For each of the recipes shared below, there is an accompanying video taking you into Shannon’s kitchen and showing you how to cook and/bake each recipe. Simply click or copy & paste the corresponding URL for each of the episodes included in this season to view the cooking show and discover how to enjoy stepping into your kitchen.

Episode #1 — **Sorrel Chicken**

<https://thesimplyluxuriouslife.com/vodcasts3e1/>

Episode #2 — **Herbed Gougères**

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Episode #6 — **French Buckwheat Crêpes w/Prosciutto, Gruyère & Egg
(Gallettes)**

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Episode #8 — **Brioche Hamburger w/Balsamic Relish & Garlic-Herbed Spread**

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Episode #1

(2 pages)



Sorrel Chicken

Adapted from Susan Herrmann Loomis's Rabbit with Sorrel recipe, enjoy a luscious and full-flavored sauce finished with sorrel which complements a classic chicken dish.

Prep Time 10 minutes

Cook Time 30 minutes

Total Time 40 minutes

Servings 4 servings

Author Simply Luxurious

Ingredients

- 4 chicken thighs bone-in, skin-on
- 3-5 ounces pancetta thickly diced
- 1-2 Tbsp extra virgin olive oil for the pan
- 1-2 medium sweet onions sliced thinly
- 3/4 cup dry white wine select a wine you will be enjoying with your meal
- 2 bay leaves fresh if possible, dried works well also
- 2-4 cups fresh sorrel leaves roughly chopped (substitute with lemon zest and juice - 1-2 lemons)
- 3/4 cup crème fraîche heavy whipped cream is a substitute
- fleur de sel & freshly ground black pepper for seasoning

Instructions

1. Using a Dutch oven or large skillet fitted with a cover (to use later). Over medium heat, add the olive oil and then the pancetta to brown.
2. Remove the bacon from the pan and set aside. Season (salt and pepper) and pat dry the chicken thighs. Place the thighs into the skillet/Dutch oven to brown on both sides, but not to cook through. About 4-5 minutes on each side. Don't forget to season the second side. When all sides are brown, remove the chicken from the pan and set aside. (While the chicken is browning, chop up your onions.)
3. Add the onions to the same skillet. Stir intermittently, about 8 minutes until they are nearly translucent and soft. Still over medium heat, add the white wine to the skillet with the onions. Scrape the brown pieces stuck to the pan so they become loose (do not remove). Add the bacon and the chicken back to the pan with the onions. Add the bay leaves and bring to a boil. Once boiling, immediately reduce to medium. Cover the skillet/Dutch oven and cook over medium heat until the chicken is cooked through. Approximately 20 minutes in total, flip the chicken after 10 minutes have passed.
4. While the chicken cooks on the stovetop, find your sorrel (whether picked fresh from the garden or from the store). Chop roughly.

5. Once the chicken is cooked through, remove the chicken from the pan and place on the intended serving platter. Remove the bay leaves and bring the sauce to a medium-high boil. Keep the until the sauce reduced by about half and is thick. Then stir in the crème fraîche, and warm up the sauce until it is steaming as initially the crème will cool the sauce.
6. Stir in the chopped sorrel to the sauce and let it incorporate for about 4-5 minutes. The sauce will change color to a light, olive-color green. This is good. Your sauce is gaining the flavor of the sorrel - a citrusy, lemon flavor.
7. Taste the sauce and season as necessary, and add more salt and/or pepper if needed.
8. Place the chicken and the juices on the platter back to the sauce. Let the chicken be covered with the sauce to warm them thighs back up. Cooking over medium heat, this should take about 3-5 minutes.
9. Now it is time to dine! Place the chicken on a platter, spooning the sauce over the thighs. An option is to cook pasta and place the chicken on top of a bed of pasta. The sauce is ample and will taste wonderfully with the chicken and the pasta.
10. Enjoy!

Episode #2

(2 pages)



Herbed Gougères

Using pâte à choux as the base, these "small cabbages" are a savory nibble perfect for apéro hour, paired with an aperitif as the day winds down and before the dinner party begins.

	Prep Time	15 minutes
Cook Time	20 minutes	
Total Time	35 minutes	
Servings	30 gougères	
Author	Simply Luxurious	

Ingredients

- 250 ml water (about 1 cup)
- 1/2 tsp fleur de sel
- 120 grams unsalted butter (about 2/3 cup) the best you can find
- 125 grams flour, all-purpose (about 2/3 cup)
- 4 large eggs
- 100 g Gruyère any flavorful hard cheese will work well (Comté, Emmental, cheddar)
- 1 cup fresh herbs, chopped (flat-leaf parsley, chives, chevril, basil) chop finely
- fleur de sel & freshly ground black pepper

Instructions

1. Preheat your oven (convection if possible) to 425 degrees Fahrenheit (218 Celsius).
2. On the stove top in a medium size sauce pan, combine over medium the water, butter and salt and combine until melted together. Bring to a gentle boil, then immediately remove from the heat and add the flour. Immediately mix with a wooden spoon until all combined and smooth.
3. Place the sauce pan back on the stove top over a low heat for one minute and gently stir to cook out the flour "taste".
4. Remove the pan from the stove top. All of the stovetop cooking is complete. Your pâte à choux is made!
5. Mix into the pâte à choux the eggs, one by one. Mix until smooth.
6. Add the grated cheese to the mixture.
7. Add the chopped herbs until full incorporated.
8. Prepared a parchment-lined baking sheet, and using two spoons (one large and one small if possible), place dollops onto the pan, providing about an inch of space between each gougère.

9. Using the left over egg wash, brush the top of each gougère to smooth and soften. Then sprinkle each with a little of the remaining grated cheese.
10. Turn down the oven to 350 degrees Fahrenheit (176 Celsius).
11. Place the gougères into the oven and bake for 20-25 minutes until golden brown. Do not peek as they will deflate upon opening the oven and no longer rise.

To prepare the remaining for freezing

1. On a parchment-lined baking sheet, place the remaining batter in dollops, closer together than what you would do if you were baking them fresh (as they will not expand). Cover with plastic wrap and place in the freezer for 2-4 hours.
2. Once the dollops are frozen, remove the baking sheet from the freezer, remove the dollops and place in a smaller lid-tight container and place back in the freezer.
3. Keep in the freezer up to 2-3 months.

How to Bake the Frozen Gougères

1. Remove the frozen gougères from the freezer and place on a parchment-lined baking sheet. Add a bit of egg-wash and then grated cheese. Place in the oven as you have done for the fresh (preheat to 425, then reduce to 350 when the gougères go in the oven). Bake for 2-5 minutes longer than what you have done for the fresh. Do not peek! :)
2. Enjoy with a glass of Burgundy wine - Chablis, Pinot Noir or head north a bit and a select a glass of Champagne.
3. Be sure to enjoy more than just one or two or even three. :)

Episode #3

(2 pages)



Double Apple French Tart

With Shannon's classic pastry and Dorie Greenspan's filling inspired by Julia Child's beloved Baking with Julia television series, this tart is a luxurious fall dessert that is really quite simple to make.

Prep Time 30 minutes

Cook Time 1 hour 20 minutes

Total Time 1 hour 50 minutes

Servings 8 servings

Author Simply Luxurious

Ingredients

Shannon's Pastry

- 1 cup all purpose flour
- 1/2 cup unsalted butter top quality, my favorite is Isigny Sainte-Mère
- 1-2 Tbsp sugar
- 1/2 tsp fleur de sel
- 4-5 Tbsp cold water

Double Apple Filling

- 5 apples peeled, cored and roughly cubed
- 1/2 cup sugar
- 1 Tbsp all-purpose flour
- 1/2 tsp cinnamon
- 1/2 cup panko or fresh breadcrumbs
- 2 tsp fresh lemon juice

Double Apple Topping

- 3 apples peeled, cored, quartered and thinly sliced
- 1 Tbsp lemon juice
- 2 Tbsp unsalted butter, chilled (rough chopped) melted
- 1 1/2 tsp granulated sugar

Instructions

The Pastry

1. To make the pastry, combine the flour, sugar, salt and butter (chilled) in a food processor and pulse until mixed and fine crumbs appear.
2. Add the water gradually (how much you use will depend upon the humidity of your locale). Listen for the dough to begin to come together. Once it begins this process, stop pulsing - you are set. Place into a ball and press into a slight disc shape. Wrap in plastic wrap and place in the refrigerator for 30 minutes.

The Apple Filling (applesauce-esque)

1. Preheat the oven to 375 Fahrenheit.
2. Prepare the five apples (peel, core, and roughly cube).
3. Line a baking sheet with tin foil or parchment paper. Place the cubed apple pieces in one layer onto the baking sheet. Sprinkle the sugar, flour, cinnamon and bread crumbs over the apples. Mix with your hands until evenly distributed over the apples. Arrange the apples again so they lay flat on the baking sheet.
4. Place into the oven for 15-20 minutes or until the apples are soft and capable of being mashed.
5. Place the cooked apples into a mixing bowl and mash with a fork or masher. They do not need to be mashed into a smooth applesauce, but rather a rough mash so that some of the apples are visible and an observer would know it is a homemade applesauce.
6. Let the applesauce cool. Set aside while you roll out the pastry and blind bake.

Baking the Pastry

1. Preheat the oven to 400 degrees Fahrenheit.
2. Roll out the dough and place in a tart pan(s) of your choice. Trim the edges, place parchment paper to cover the dough and place pie weights or beans (or rice) to hold the parchment paper in place while blind baking. Bake for 20-25 minutes or until the crust is lightly brown.
3. Let cool.
4. Reduce the heat of the oven to 375.

The Apple Topping

1. Peel, core and slice about 1/4" thick. As you are slicing the apples, place the slices into a small bowl with lemon juice so as not to brown while they wait to be placed on top of the filling.
2. Take the blind baked pastry shell, fill with the applesauce filling.
3. Begin arranging the apple slices on top of the filling beginning on the outer edge and overlap as much or as little as you want keeping in mind that the apple slices will shrink. Continue moving around the tart until you reach the center. For the center, use four or five slices and place on end to create a flourish in the middle (upon baking they will fall flat, but the effect will be a blossom in the middle).
4. Melt the butter on the stove. Using a small brush, brush the apple topping with the melted butter and sprinkle with demerara sugar (or Mae's crumble).
5. Bake for 25-30 minutes or until the edge of the apples are quite dark and the rest of the tart is lightly brown. If the crust edges are becoming too dark before the apples become brown, use tin foil to cover and continue to bake until desired color of the apples is reached.
6. Let cool for about 10-15 minutes. Remove from the tart pan and serve with a hot cuppa, heavy whipped cream or dulce de leche gelato (Bonata is my favorite).

Episode #4



Spaghetti alla Carbonara

A favorite comfort food meal I have been enjoying since I was a young girl. Adapted, changed, tweaked and finessed over the past thirty years, I could probably make this recipe with my eyes closed, I've made it so many times.

Prep Time 5 minutes

Cook Time 10 minutes

Total Time 15 minutes

Servings 2 people

Author Simply Luxurious

Ingredients

- 8 ounces spaghetti (traditional or whole wheat)
- 2 Tbsp extra olive oil
- 3 ounces thickly diced pancetta (choose fatty pieces, lean doesn't help the flavor - enjoy this dish!)
- 3 large eggs
- 3/4 cup freshly grated Parmigiano Reggiano
- 1 Tbsp freshly ground black pepper
- fleur de sel for the pasta water and to season the sauce

Instructions

1. Bring a large pot of well-salted water to a boil over medium/high heat.
2. Add about 2 tablespoons olive oil to a large skillet over medium heat. Add the pancetta to the cold pan and slowly render all the goodness the pancetta offers over a medium heat and cook until it starts to color and become crisp. Just before you turn off the heat, if there is excess oil, drain all but two tablespoons. Continue cooking for medium heat and add a chopped up garlic clove for one minute. Turn off the heat and reserve.
3. While the pancetta is rendering. Drop the pasta into the salted boiling water and cook it 1 minute less than it says on the package, usually about 6 to 7 minutes. Bite the pasta to check the consistency.
4. While the pasta is cooking, crack the eggs into a large mixing bowl. Add the grated Parmigiana Reggiano and season with a dash of salt. Whisk vigorously until it becomes a homogenous. Season generously with black pepper.
5. When the pasta is just about done, return the pan with the pancetta to medium heat. Remove the pasta from the cooking water. Toss or stir the pasta into the pancetta to coat the pasta with the remaining fat in the skillet. Immediately and vigorously stir the egg mixture into the pasta. Cook for 1 to 2 minutes, stirring constantly until the egg mixture looks like a cream sauce.
6. Serve immediately and sprinkle with left-over grated Parmigiana Reggiano.

Episode #5

(2 pages)



Pan-Seared Scallops with Sherry Cream Sauce

A luxurious and simple dish for one. Splurge on yourself and pick up the fresh scallops in your fish monger's display case, pair with pasta and a lovely glass of white wine and savor a day ending well.

Prep Time	5 minutes
Total Time	15 minutes
Servings	1 person
Author	Simply Luxurious

Ingredients

- 4-6 large sea scallops (4-6 ounces) remember to pat them dry with a paper towel before placing in the pan.
- 1 Tbsp unsalted butter (top quality my favorite - Isigny Ste Mère)
- 1 Tbsp shallot minced
- pinch celery seed
- 3 Tbsp Amontillado, dry sherry purchase quality, but it does not have to be drinking sherry
- 1 tsp sherry vinegar substitutes - white, champagne or red wine vinegar
- 2 Tbsp heavy cream
- chives chopped, for garnish
- fleur de sel & freshly ground black pepper for seasoning and to taste

Instructions

Pasta

1. Choose the type of pasta you would like to pair with your scallops and sauce. Depending upon how long the pasta needs to cook to reach al dente, begin heating the water before you cook the scallops and cook the pasta while you cook the scallops and make the sauce. If however, you are cooking angel hair pasta, cook the pasta while you are making the sauce, and after you have cooked the scallops.

Scallops

1. Bring out the fresh scallops and pat them dry with a paper towel or clean kitchen towel. Season the scallops with salt and pepper.
2. Using a small skillet over medium-high heat, melt the butter. Add the scallops, cooking 2-3 minutes on the first side. Do not fuss with them, just let them cook without touching them. You are wanting a nice, gentle sear. Flip to the second side and cook for 1-2 minutes. When they are opaque, but just and no more, remove them from the pan and set aside (cover with foil to keep them warm or place them somewhere warm).

Sauce

1. Remove the pan from the heat for a moment in order to add the minced shallot and celery seed. Sauté these two together for one minute off of the heat (the pan will still be hot). Return the pan to the heat with the sautéed shallot and celery seed combined, turn the pan to medium heat. Add the sherry and vinegar, cook until the liquid is reduced by half. Add the cream and bring the pan to a gentle simmer, reducing the sauce just enough to your preferred viscosity (thickness).
2. Place the pasta in the dishes, pour the sauce over the pasta, placing the scallops on top of the pasta and sauce. Complete with a garnish, if desired, of chopped chives. Enjoy!

Episode #6



Buckwheat Crepe with Prosciutto, Egg & Gruyère

The founder of Kerzon candles Pierre-Alexis Delaplace's recipe is the inspiration for a scrumptious savory crepe best known and enjoyed in Normandy. I have reduced his traditional recipe by a third and adjusted a few of the ingredients to my palate's liking.

Prep Time	10 minutes
Cook Time	5 minutes
Total Time	15 minutes
Servings	3 crêpes
Author	Simply Luxurious

Ingredients

- 3.5 ounces buckwheat flour
- 1/2 ounce whole wheat flour
- 1 cup whole milk
- 1 egg medium
- pinch fleur de sel
- salted French butter
- prosciutto, a thin slice torn apart for each crêpe finely slicked (ham is a good substitute)
- Gruyère (a small sprinkling for each crêpe) grated

Instructions

1. Combine both flours, the egg and milk into a blender. Using a blender will make sure there are no lumps. The batter should have the viscosity of cream, but not the thickness of waffle/pancake batter.
2. Any skillet that is 8-10" in width that is seasoned will work. I have used a traditional cast-iron pan, and while it can work, the tall sides makes it difficult for flipping, but it is possible. I then used a traditional crepe pan, and it was far easier to flip with a crepe spatula without fail.
3. Over medium heat, melt one tablespoon of French salted butter, then pour 1/4 of the batter onto the pan. Using a crepe trowel spreader, spread the batter over the pan to the edges. I should be just enough to cover the pan, but not be thick. If you need to add more batter to fill in gaps, go for it. All will be well.
4. Cook until the crepe is brown and slightly charred. Then with your spatula - a long semi-narrow one works best. Put the spatula under the middle of the crepe (the crepe will be folding down on both sides, add more butter to the pan to create a nice brown finish on the second side and carefully flip. If the crepe is well-browned on the first side, it will hold together well. There is no need to get fancy and flip carelessly or quickly.
5. Now that the crepe is cooking the second side, add an egg to the middle of the crêpe, sprinkle a small handful of gruyère and pieces of prosciutto.
6. Cook the crêpe until the egg is cooked to your liking. If the crêpe is getting too brown and the egg is not cooked yet, fold up the sides to form a square, framing the egg in the middle. Place a lid over the top of the crêpe to more quickly cook the egg.
7. Place the crêpe onto a dish and serve!

Episode #7



Clafoutis aux Cerises (Cherry Clafoutis)

A classic French dessert, so simple, the most difficult part is pitting the cherries (if you want to).

Prep Time	15 minutes
Cook Time	35 minutes
Total Time	50 minutes

Servings	6 servings
Author	Simply Luxurious

Ingredients

- 2 cups fresh cherries pitted (unpitted is traditional)
- 1 cup whole milk
- 1/4 cup heavy whipping cream
- 1/4 cup granulated sugar
- 1 Tbsp vanilla extract
- 2 Tbsp Cassis or Cognac or Kirsch (liqueur of choice)
- 6 large fresh eggs
- 1 tsp fleur de sel
- 3/4 cup all purpose flour
- 1 Tbsp unsalted butter for the pan
- 2-3 Tbsp sugar infused with vanilla bean (vanilla bean is optional)
- 1-2 Tbsp confectioner's sugar for dusting upon serving

Instructions

1. Preheat the oven to 400 degrees Fahrenheit (210 Celsius)
2. Prepare your baking pan. I use my copper skillet. Cast iron pans work well as do ceramic baking dishes. With a papertowel or brush rub the room temperature unsalted butter to cover the entire pan. Dust with vanilla sugar until all of the surface is sugar coated. Set aside.
3. Mix the batter by hand with a whisk, hand-mixer or stand-mixer with whisk attachment. Combine milk, whipping cream, liqueur, vanilla, sugar, salt, and eggs. Mix on medium speed until combined. Then add the flour and mix for a minute or two until combined. Likely, it won't be smooth. If it is, great! If it is not, don't worry. Using a seive, run the batter through a seive for a smooth mixture.
4. Place the cherries into the baking pan, spreading them out evenly-ish - they will move when the batter is poured into the pan. Then pour the batter into the pan. The cherries will begin to swim. Carefully place the pan into the oven. Make sure the cherries are evenly arranged as you prefer.
5. Bake for 35-40 minutes until nicely browned on the top and bottom. The clafoutis will rise generously. Upon taking it out of the oven, it will begin to sink. Don't worry. You will want to let it cool before you enjoy. Once it has cooled, top with a dusting of little or a lot or to your taste confectioner's sugar. Serve and enjoy!

Episode #8

(2 pages)



Brioche Burger with Balsamic Relish & Herbed Butter Spread

A luxury comfort burger complete with elevated layers of flavor. A garlic-herbed butter spread adapted from Gabrielle Hamilton's Prune restaurant, and a subtly sweet relish, buttery toasted brioche surrounding a tender burger that begs to be savored.

Prep Time	5 minutes
Cook Time	15 minutes
Total Time	20 minutes
Author	Simply Luxurious

Ingredients

Garlic Herb-Butter Spread

- 1 clove garlic
- 1/3 cup shallots (1-2 small shallots) roughly chopped
- 1 cup fresh parsley roughly chopped
- 1 1/2 tsp fleur de sel
- 8 ounces unsalted butter

Burger

- 1 lb ground chuck, excellent quality, 22% fat (for full flavor)
- 1/4 lb ground lamb, excellent quality if you do not have lamb, add 1/4 lb more ground chuck
- 2 tsp freshly ground black pepper
- 1/2 tsp fleur de sel
- 2 Tbsp extra virgin olive oil
- 4 brioche buns
- 3-4 ounces cheddar cheese

Balsamic Relish

- 1 market fresh tomato (or 1 cup of candy/grape/cherry tomatoes) narrow slices, half-moons
- 1 medium red onion thinly sliced
- 3-4 Tbsp balsamic vinegar
- 1 tsp sugar
- salt & pepper for seasoning

Instructions

Garlic Herb-Butter Spread

1. In a food processor, chop the garlic and shallots finely. Add parsley leaves and salt, and also process to fine. Add butter and process to smooth (or slightly chunky) and emerald-green.

Balsamic Relish

1. Prepare the tomato and onion - if you desire long, narrow strips, slice the tomato in half and slice narrow half moons (you may seed and core the tomato prior to this step). For the onion, slice in half, and as well, slice in half moons.
2. In a fresh pan, bring to medium heat and then add olive oil (about 1 tablespoon). Add the sliced onion for 4-5 minutes until softened, but not entirely finished. Season with salt and pepper. Add the tomato, sugar and balsamic. Continue to stir and cook for 3-5 minutes longer, season once more with salt and pepper until the relish is soft and a bit like jam or chutney. Remove from the stove and set aside. Cover to keep warm.

Burger

1. Run your hands under very cold water for a minute — this will keep the meat from getting gummy — then gently combine the two meats. Divide the meat into four equal portions (six ounces each), then gently form into patties that are 1¼ inches thick and three inches in diameter. Season each patty all over — top, bottom, and the circumference — with ½ teaspoon salt and ½ teaspoon black pepper. Touch the patties as tenderly and as little as possible — the more you handle and compact the meat, the tougher it becomes.
2. Heat a cast-iron skillet on low heat for two minutes, add the olive oil (this prevents excessive splattering), then increase the heat to medium, medium-high, and place patties in pan. Cover with a splatter screen, if you own one, to minimize the mess on your stove top. Cook for seven minutes on one side, flip, and cook for five more minutes. Do not turn, touch, press down on, or otherwise molest the burgers while they are cooking. Place cheese on top of the second side immediately upon flipping or place in a hot oven or under the broiler until the cheese is just melted but not liquefied once the burger is cooked to your liking. (the time above is for a medium-rare to medium burger)
3. Turn on the broiling mechanism in your oven. Slice four the Brioche buns, drizzle with olive oil, and place on the top rack in your oven. Broil until golden brown - about 2-3 minutes (but be sure to check frequently as they will burn quickly).
4. Generously smear both the tops and the bottoms (or just one) with the room-temperature garlic herb butter. (The remaining butter can be refrigerated for up to a week or frozen for up to six weeks — it is delicious on everything from toast to steak.) Place the burger on the bottom bun, dress with relish, top with the bun, and enjoy!

Look for a new season of *The Simply Luxurious Kitchen* to premiere each September on the second Saturday, exclusively on *The Simply Luxurious Life* blog -
<https://thesimplyluxuriouslife.com>