

# The Simply Luxurious Kitchen

Seasonal fare  
to elevate the  
everyday meal



Season 1

# 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* — **A Classic French Meal: Sole Meunière et Haricots Verts**

<https://thesimplyluxuriouslife.com/vodcasts1e1/>

### *Episode #2* — **Strawberry Rhubarb Tart**

<https://thesimplyluxuriouslife.com/vodcasts1e2/>

### *Episode #3* — **Steel Oats, Soft Boiled Eggs & Soldiers (Œufs et Mouillettes)**

<https://thesimplyluxuriouslife.com/vodcasts1e3/>

### *Episode #4* — **Three Mustard Chicken, Herbed Couscous & Spring Pea & Mint**

**Salad (linguini pasta option)**

<https://thesimplyluxuriouslife.com/vodcasts1e4/>

### *Episode #5* — **French Omelette**

<https://thesimplyluxuriouslife.com/vodcasts1e5/>

### *Episode #6* — **Caprese Bruschetta, Salad & More**

<https://thesimplyluxuriouslife.com/vodcasts1e6/>

### *Episode #7* — **Panko Salmon & French Lentils and Rustic Apple Tart for Two**

<https://thesimplyluxuriouslife.com/vodcasts1e7/>

### *Episode #8* — **Clafoutis aux Poires (Pear Clafoutis)**

<https://thesimplyluxuriouslife.com/vodcasts1e8/>

# Episode #1

## A Classic French Meal: Sole Meunière et Haricots Verts (3 pages)



PREP TIME

5 mins

COOK TIME

10 mins

TOTAL TIME

15 mins



SERVINGS

2 people

### INGREDIENTS

#### Sole Meunière

- 2 fillets fresh sole 2-3 ounces each
- 1/4 cup flour
- 3 tablespoons unsalted clarified butter instructions below on how to make clarified butter (you can buy it as well, you also do not have to use clarified)
- 1 Tablespoon lemon zest
- 1/4 cup chicken stock
- 1-2 Tablespoons capers drain the water
- coarse sea salt & freshly ground black pepper
- 1 teaspoon flat-leaf parsley fresh and finely chopped

#### Clarified Butter

- 1 cup unsalted butter

#### Haricots Verts

- 2 handfuls fresh green beans stemmed and cleaned
- 2-3 Tablespoons unsalted butter
- coarse sea salt and freshly ground black pepper

#### Shannon's Vinaigrette & Green Salad

- 3 Tablespoons extra virgin olive oil best quality you can find - see Show Notes for recommendations
- 1 Tablespoon balsamic vinegar reduce to thicken if necessary
- 1/2 teaspoon Dijon mustard
- freshly ground black pepper 1-2 turns of the pepper grater
- 3-4 cups fresh greens include herbs as well such as celery leaf, flat leaf parsley, basil, etc.

# A Classic French Meal: Sole Meunière et Haricots Verts

## INSTRUCTIONS

---

### Clarified Butter

1. Place unsalted butter into a sauce pan over low heat and melt. Have patience, as this will take time as you are separating the milk solids from the butter fat. 15-20 minutes of slow cooking will pass and you should begin to see the beginning of white foam at the top, keep cooking, but do not let it brown. Cooking until there is a distinct white layer on the top.
2. Remove the sauce pan from the heat and pour all of the liquid through a mesh strainer lined with cheese cloth into a small bowl. What is captured by the bowl is your clarified butter. You will use three tablespoons for the Sole Meunière and you may pour the rest into a glass or plastic bowl, seal with a lid and keep in the refrigerator for up to six months.
3. The reason for clarifying butter is so that the butter may be used to cook items of food that are cooked at high heat, such as fish in this case. It will intensify the butter flavor and prevent the butter from burning when cooked at high temperatures.

### Sole Meunière

1. Combine flour with salt and pepper on a large shallow plate.
2. Pat the sole dry with a paper towel and then sprinkle with coarse sea salt on one side.
3. Heat up 3 tablespoons of unsalted clarified butter in a sauce pan over medium heat.
4. Dredge fillets in the flour mixture until both sides are covered in the flour mixture. Shake off any excess.
5. Place the fillets in the saucepan with the hot butter.
6. Cook for 2-3 minutes on the first side until lightly brown.
7. Flip onto the second side and sprinkle fillets with zest and lemon juice. Cook for 2-3 minutes.
8. Remove the fillets from the pan and place on serving dish.
9. Keep the skillet on the stovetop and the heat to simmer (low-medium). Add the chicken stock, capers and 1 tablespoon of lemon juice. Bring to a simmer and stir throughout, scraping the fish renderings left behind in the pan into the sauce for more flavor. At this time, you may add some white wine (about 2-3 tablespoons). Cook for about 3-5 minutes until the sauce has reduced by a 1/3. Remove from heat, add 1 tablespoon of butter, stir until incorporated. Pour over the fish.
10. Serve immediately or cover with tin foil until remaining dishes for your menu are complete.
11. Garnish with chopped Italian parsley and/or slices of lemon.

# A Classic French Meal: Sole Meunière et Haricots Verts

## **Haricots Verts (green beans)**

1. Bring a pot of water to boil - salt the water generously with coarse sea salt (1-2 tablespoons).
2. Once the water is boiling, add the green beans to blanch. This should take about 2-3 minutes. They will become beautifully, brilliant green in color. During this time, place a skillet on the stove and bring to medium heat.
3. Remove the beans from the boiling water and place immediately into the dry, but hot, skillet you have just prepared. Enable the water to evaporate and then place one tablespoon of unsalted butter into the pan. Using a wooden spoon, stir the beans until they are coated with the butter. The beans will begin to cook a bit more - the goal is al dente (or as tender as you prefer). Add salt and pepper to flavor throughout. Add juice from a slice of lemon. Stir for a 2-3 minutes more, add another tablespoon of butter if preferred, season with salt and pepper and then serve.

## **Tossed Green Salad with Vinaigrette**

1. Mix the extra virgin olive oil and balsamic vinegar with a whisk or small fork until combined (either in the bottom of the salad bowl (or if making a large batch of vinaigrette, in a bottle or jar). Add freshly ground black pepper - whisk to combine. Add the Dijon mustard, mix to emulsify.
2. Place the salad greens on top of the salad dressing in the salad bowl. Toss until all greens are dusted with vinaigrette.
3. Serve and enjoy with fresh cheese and a glass of wine.



# Episode #2

## Strawberry Rhubarb Tart

(2 pages)



PREP TIME  
20 mins

COOK TIME  
40 mins

TOTAL TIME  
1 hr 30 mins



SERVINGS  
4 servings

### INGREDIENTS

#### Sweet Tart Pastry

- 1 1/4 cup all-purpose flour
- 1/2 cup unsalted butter
- 2 tablespoons sugar
- 1/2 - 1 teaspoon coarse sea salt
- 4 tablespoons cold water more or less based on the humidity

#### Filling

- 2 cups diced rhubarb
- 1 cup chopped strawberries
- 1/4-1/2 cup sugar depending upon the sweetness of the strawberries or how tart you want your tart (no pun intended)
- 1/2 teaspoon nutmeg
- 1/4 cup flour
- 1 pinch coarse sea salt
- 1 tablespoon unsalted butter

#### Mae's Crumble Topping

- 3 tablespoons unsalted butter
- 1/3 cup oatmeal
- 1/3 cup flour
- 2 tablespoons sugar
- 2 tablespoons brown sugar
- pinch of coarse sea salt



# Strawberry Rhubarb Tart

## INSTRUCTIONS

---

### Pastry

1. Using a food processor or a dough cutter (or a fork), combine unsalted butter, flour, sugar and salt until loosely combined
2. Slowly add the cold water and watch until it begins to clump together. Once this happens stop pouring water and stop the machine or mixing.
3. Roll the dough into a ball and then into a thick disk shape. Wrap in plastic wrap and place in the refrigerator for at least 30 minutes or up to a day.
4. Roll out on a pastry sheet or counter top using a dusting of flour and sugar. Roll out until the proper size has been achieved for your tart pan.
5. Rub unsalted butter over the pan's sides and bottom to prevent the tart from sticking.
6. Place the dough in the pan. Gently press the dough into the bottom corners and then using a rolling pin, roll it across the top of the pan to create a clean, even edge

### Filling

1. Preheat the oven to 400 degrees Fahrenheit.
2. Combine the chopped rhubarb and strawberries into a mixing bowl. Add the sugar, flour, nutmeg and salt. Mix to combine and set aside while you make the crumble topping and roll out the dough.
3. Once the dough is rolled out, place the filling into the tart pan - filling as much or as little as you prefer.
4. Dot the tart with 1 tablespoon of unsalted butter.

### Mae's Crumble Topping

1. Melt the butter in a sauce pan. While the butter is melting (low-medium heat), mixing the dry ingredients in a mixing bowl - oatmeal, flour, sugars and salt.
2. Once the butter has melted, turn off the stovetop and remove the saucepan from the heat. Add the dry ingredients to the butter and stir to combine.
3. Place the topping on top of the filling and the butter dotting the top.
4. Place into the oven for 30-40 minutes. Remove once tart edges are nicely brown. Enjoy warm with a dollop of vanilla gelato or ice cream and a hot cup of tea.

# Episode #3

## Steel Oats, Soft Boiled Eggs & Soldiers (Œufs et Mouillettes)

(2 pages)



COOK TIME  
10 mins

TOTAL TIME  
25 mins



SERVINGS  
1 serving

### INGREDIENTS

#### Steel Oats

- 3/4 cup hot (boiling) water
- 1/4 cup heavy cream for a lighter meal, cook with a full cup of hot water - no cream
- 1/4 cup steel oats traditional (not quick cook)
- 1-2 tablespoon chia seeds
- 1 pinch coarse sea salt
- 1 tablespoon sliced roasted unsalted almonds
- 1 tablespoon raisins add any fruit you might enjoy or that is in season
- 1 teaspoon honey

#### Avocado Smear & Toast

- 1/2 avocado ripe
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon coarse sea salt

#### Soft Boiled Egg & Soldiers (œufs et mouillettes)

- 1 egg large room temperature
- 1 slice toasted bread fresh from the baker, brioche if you can find it or make it

#### Sunnyside Up Egg

- 1 egg farm fresh if possible
- dash of fine or flaky sea salt
- dash freshly ground black pepper
- 1 tablespoon extra virgin olive oil



# Steel Oats, Soft Boiled Eggs & Soldiers (Œufs et Mouillettes)

## INSTRUCTIONS

---

### Steel Oats

1. Boil hot water in a teakettle. While the water is boiling, toast the oats in a dry skillet on a low heat, stirring occasionally until lightly toasted.
2. Once the water is boiling, add 3/4 - 1 cup hot water to the toasted steel oats in the skillet. Add the heavy cream (optional), salt and chia seeds. Stir to incorporate and then let sit on low heat for 15-20 minutes until it reaches the consistency you want (do not stir, do not cover).
3. Prepare a bowl with the raisins, honey and almonds. Add the cooked steel oats mixture. Stir and enjoy!

### Avocado Smear & Toast

1. Slice the avocado in half (save one half for later). Dice up the avocado and place into a small mixing bowl. Add lemon and salt. Combine with a spoon or a fork.
2. Toast your favorite bread. Top with the avocado smear. Enjoy!

### Œufs et Mouillettes

1. Bring water to boil in a medium sauce pan. Make sure the eggs are at room-temperature (if not, run under hot water for one minute). Once the water is boiling, gently place the eggs into the water. Boil for 6 minutes (large eggs), add or subtract 30 seconds if the egg is extra large or medium.
2. Remove from stove and drain the hot water, running cold water over the eggs for 1 minute.
3. Place the eggs in egg holders. Using a clack (link in show notes for the simple topping device) or a small knife, slice the top off of the egg. Salt and pepper the egg as preferred. Slice the toast into narrow strips. Dunk the toast into the soft boiled egg. Enjoy!

# Episode #4

## Three-Mustard Chicken, Adapted Patricia Wells' Herbed Couscous & Spring Pea & Mint Salad (linguini pasta option)

(3 pages)



## Three-Mustard Chicken



TOTAL TIME

45 mins



SERVINGS

4 servings


### INGREDIENTS

- 3 Tbsp Dijon mustard
- 3+1 Tbsp whole grain mustard (+1 for the rub) (+1 for the rub)
- 2 Tbsp honey Dijon mustard
- 1 Tbsp honey
- 2 Tbsp chicken stock (or more to taste)
- 1 Tbsp extra virgin olive oil
- 3 sprigs fresh rosemary
- 4 chicken thighs bone-in, skin-on
- fleur de sel and freshly ground pepper to taste

### INSTRUCTIONS


1. Preheat oven to 400 degrees Fahrenheit.
2. Make the mustard rub in a small mixing bowl: olive oil, 1 tablespoon whole grain mustard and salt and pepper to taste. Dry the chicken thighs before covering in the rub. Leave in the bowl while you make the mustard sauce.
3. In a medium size mixing bowl, whisk together the three mustards, honey and chicken stock. Depending upon the consistency you want, add more or less chicken stock. Set aside.
4. Heat olive oil in a large oven-proof skillet to medium heat. Add the chicken thighs, skin side down, and merely sear both sides until golden brown (about 2-3 minutes on each side). Upon flipping to the second side, cover each thigh in the three mustard sauce and add sprigs of rosemary to the pan in between the thighs.
5. Place into the oven (uncovered) until completely cooked through (175 degrees Fahrenheit, internal temperature of the chicken). Approximately 25-30 minutes, but check at 20 minutes.
6. Serve immediately and enjoy the tender, luscious flavor.

# Adapted Patricia Wells' Herbed Couscous & Spring Pea & Mint Salad (linguini pasta option)




PREP TIME

15 mins



COOK TIME

10 mins



TOTAL TIME

25 mins

SERVINGS

4 servings

## INGREDIENTS

Toasted Herbed Couscous Salad

- 1 1/2 cup hot water
- 1 cup pearl couscous toasted (see below for instructions)
- 2 tbsp extra virgin olive oil
- coarse sea salt to taste
- 1 tbsp fresh dill finely chopped
- 4 tbsp fresh cilantro finely chopped
- 4 tbsp flat-leafed parsley finely chopped

Spring Pea and Mint Salad

- 2 cups fresh peas
- 1 tbsp coarse sea salt
- 1 shallot peeled and minced
- 1 leek white part only julienned
- 1/2 tsp fine sea salt
- 1 medium lemon zest and juice
- 1/4 cup extra virgin olive oil

# Adapted Patricia Wells' Herbed Couscous & Spring Pea & Mint Salad (linguini pasta option)

## INSTRUCTIONS

---

### Herbed Couscous Salad

1. Bring a dry skillet to low-medium heat. Add the couscous to toast until lightly brown.
2. While the couscous is toasting, bring water to boil. Once couscous is toasted, add boiling water to the skillet with the toasted couscous. Add coarse sea salt (about 1/2 - 3/4 tsp). Simmer for about 8 minutes or until the couscous is al dente.
3. While the couscous is cooking, chop the herbs and place at the bottom of a salad bowl.
4. When couscous is al dente, remove from the heat, pour into the prepared salad bowl with the herbs. Add the olive oil, salt and toast to combine.

### Spring Pea and Mint Salad

1. If you have found fresh peas still in their pods, take some time with a two bowls (one for the peas and one for the empty pods) and shell the peas.
2. Bring water to boil in a pot, salt generously. Prepare a bowl of ice water.
3. Place the peas into the boiling water to blanch. Wait until the water returns to boil and then blanch for 2 minutes or until the peas turn brilliant green. You do not want to cook them completely as you still want a little bite.
4. Remove the peas from the hot water with a strainer or pour the peas through a strainer to remove the water. Place the peas immediately into the ice water to stop the cooking and preserve the brilliant green color. Then, dry the peas.
5. Chop the leek and the shallot, and zest the lemon.
6. Place the peas into a salad bowl and toss with the leek, shallot, olive oil, lemon zest and lemon juice. Add salt and pepper to taste.
7. If you would like to make linguini pea spring pasta, bring the water to boil, cook the linguini per the package instructions. Remove the pasta from the water and place into the pea salad bowl to mix (or a large skillet and mix to combine).
8. Serve with fresh herbs and shavings of parmesan.



# Episode #5

## French Omelette



PREP TIME  
5 mins

COOK TIME  
5 mins

TOTAL TIME  
10 mins



SERVINGS  
1 serving

### INGREDIENTS

- 2 large or extra large eggs fresh
- coarse sea salt
- freshly ground black pepper
- 1 Tbsp chives - finely chopped
- 1 Tbsp tarragon - finely chopped
- 1 Tbsp flat-leaf parsley
- 2 Tbsp unsalted butter the best quality you can afford - a high butterfat count

### INSTRUCTIONS

1. Place a castiron or non-skillet skillet on the stove at low-medium heat (3 out of 10).
2. While the pan is heating up, whisk the eggs in a liquid measuring cup. Whisk until they are a solid yellow color and a steady stream of yellow runs from the whisk when held above the measuring cup.
3. Chop the fine French herbs of your choice (chives, tarragon, parsely, chervil). Set aside.
4. Place 1 1/2 tablespoons of butter into the warm skillet. Let it melt, but not brown.
5. Pour the whisked eggs into the skillet (10" skillet). Add salt and pepper. With a spatula, gently move the egg around to create a circular shape. Keep gently stirring (do not reach the skillet bottom, but lightly, on the top of the egg, move the uncooked egg around).
6. Add a smidge more of salt and pepper to the egg.
7. Stirring gently, test the edges of the omelette to see if they are capable of being lifted easily from the pan.
8. When most of the omelette is cooked (try not to brown the omelette), but a small bit of the egg is uncooked, begin to gently roll the egg on top of itself (about 1 1/2" - 2 inches at a time. Roll until all of the open-faced part of the omelette is rolled up.
9. Rub the remaining butter on top of the omelette to add a subtle shine and enable the herbs to adhere to the omelette.
10. Gently move the omelette to a plate, sprinkle with the herbs and serve with a croissant, freshly squeezed orange juice and/or tea.






# Episode #6

## Caprese Bruschetta, Salad & More

(2 pages)



## Caprese Bruschetta

			
PREP TIME	COOK TIME	TOTAL TIME	
10 mins	5 mins	15 mins	
			
		SERVINGS	
		12 slices	

---

### INGREDIENTS

- 1 French baguette sliced on the bias
- 1-2 medium fresh tomatoes your choice, heirlooms are my favorite, the fresher and in season the better
- 1 large ball fresh mozzarella buffalo mozzarella would work well also
- 3-5 tablespoons extra virgin olive oil
- 5 large leaves basil julienned
- 3-4 tablespoons balsamic vinegar top quality - (I use Gianni's Traditional Balsamic Vinegar)

---

### INSTRUCTIONS

1. Preheat oven to 400 degrees (Fahrenheit).
2. Slice baguette, placing slices on a baking sheet/jelly roll pan. Drizzle EVOO over each slice. Place a slice of mozzarella on each.
3. Place baking sheet in the oven and watch carefully. It will take between 4-7 minutes. Remove when cheese has melted and is slightly bubbly and baguette is toasted.
4. Place one leaf of basil (or julienned slices) on top of the warm mozzarella, followed by a slice of tomato (or a tablespoon of diced pieces), and drizzle with thick balsamic vinegar (if you have store-bought vinegar that is very transparent, reduce it over medium heat to thicken up the consistency and improve the flavor). Voilà!

# Caprese Salad & Stove Top Bruschetta

## ~Caprese Salad

- **Ingredients:**
  - Fresh Mozzarella
  - Ripe Tomatoes
  - Fresh Basil
  - Balsamic Vinager (top quality)
  - Flaky Sea Salt
- **Directions:**
  - Slice the mozzarella and the tomatoes into 1/4 inch slices
  - Julienne the basil
  - On a long, narrow platter, organize the tomato slices with the mozzarella slices – overlapping every other.
  - Sprinkle with basil and flaky sea salt.
  - Drizzle sparingly with balsamic vinegar
  - Serve with a glass of crisp rosé and enjoy!

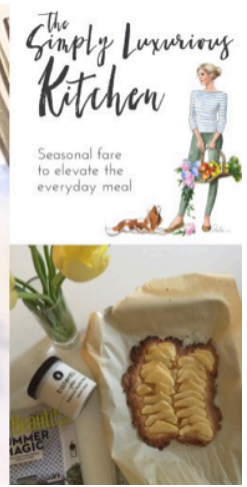
## ~Caprese Bruschetta (stove top)

- **Ingredients:**
  - Fresh tomatoes, diced
  - 6-10 slices of a fresh baguette (on the bias)
  - 1 clove of garlic, finely chopped
  - 2-4 tablespoons of extra virgin olive oil
  - Julienned fresh basil
  - Balsamic Vinegar
- **Directions:**
  - Prepare the tomatoes, slice the bread and julienne the basil while bringing to medium (on the low-side) a skillet.
  - Heat 1-2 tablespoons of olive oil in the skillet.
  - Once the skillet is at temperature, drizzle olive oil on each side of the slices of baguette (be generous). Place each slice (as many as you can fit in one layer) into the skillet until lightly golden brown (about 2-3 minutes). Flip and toast on the second side.
  - Remove the slices of bread from the skillet. Add another tablespoon of olive oil, and then gently cook the garlic (about 30 seconds). Then add the diced tomatoes. Cook for about 3-4 minutes until they are warmed, but still somewhat hold their shape. Remove from the heat.
  - Assemble the slices of bread on a platter, place a spoonful of the tomatoes on top of each slice. Sprinkle with basil and drizzle with balsamic vinegar.
  - Serve warm and enjoy!

# Episode #7

## Panko Salmon & French Lentils and Rustic Apple Tart for Two

(3 pages)



## Panko Salmon & French Lentils



TOTAL TIME  
50 mins



SERVINGS  
4 servings

### INGREDIENTS

#### French Lentils

- 1 shallot finely diced (an onion can work as a substitute)
- 3 Tbsp extra virgin olive oil
- 4 carrots peeled and cut into 1/2" diced pieces
- 1 cup French green Le Puy lentils (standard lentils work well in a pinch)
- 2 tsp Dijon mustard
- 2 Tbsp creme fraiche
- 1-3 Tbsp TSSL's homemade vinaigrette (4 parts olive oil to 1 part balsamic vinegar with a touch of freshly ground pepper)
- fleur de sel and freshly ground black pepper to taste

#### Panko-Salmon

- 2/3 cup panko (Japanese dried bread flakes)
- 2 Tbsp fresh parsley finely minced
- 2 tsp lemon zest
- 2 Tbsp extra virgin olive oil
- 4 2" wide salmon servings with skin on approximately 1/2-2/3 of a salmon fillet
- 2 Tbsp Dijon mustard
- 1/2 cup highly quality mayonnaise
- 2 Tbsp vegetable oil (canola oil will also work)
- fleur de sel & freshly ground black pepper to taste

# Panko Salmon & French Lentils

## INSTRUCTIONS

---

### French Lentils

1. Place the chopped shallot to a warm skillet with 1 tablespoon extra virgin olive oil until nearly transparent.
2. Add 4 cups of water to this skillet with the shallot. Bring to a boil.
3. Add carrots, and simmer uncovered for 20 minutes. (If necessary, drain the lentil mixture). Add the vinaigrette, dijon mustard and creme fraiche while the lentils are still warm (but the heat turned off). Stir to combine. Serve warm.

### Panko-Salmon

1. Preheat the oven to 425 degrees.
2. In a small bowl, mix together the panko, parsley, and lemon zest. Add the olive oil and stir until the crumbs are evenly coated. Set aside.
3. Place the salmon fillets, skin side down, on a board. Generously brush the top of the fillets with mustard and mayo mixture (about 1 heaping teaspoon) and then sprinkle generously with salt and pepper. Press the panko mixture thickly on top of the mustard/mayo on each salmon fillet. The mustard and mayo will help the panko adhere.
4. Heat the vegetable oil over medium heat in a cast-iron skillet or large, heavy, ovenproof pan. When the oil is hot, add the salmon fillets, skin side down, and sear for 3 to 4 minutes, without turning, to brown the skin.
5. Transfer the pan to the hot oven for 5 to 7 minutes, until the salmon is almost cooked and the panko is browned. Remove from the oven, cover with aluminum foil, and allow to rest for 5 to 10 minutes. Serve the salmon warm, over a bed of French lentils. Garnish with lemon wedges.



# Rustic Apple Tart for Two



PREP TIME  
15 mins

COOK TIME  
30 mins

TOTAL TIME  
1 hr 15 mins



SERVINGS  
2 people

## INGREDIENTS

### Pastry

- 1/2 cup all-purpose flour
- 1/4 cup unsalted butter
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1 tablespoon cold water more or less depending upon the humidity

### Filling

- 1 medium-large apple (your choice, but one with flavor)
- 1 tablespoon brown sugar
- ice cream (dulce de leche is my choice)

## INSTRUCTIONS

### Pastry

1. Make the dough at least 30 minutes ahead of time
2. In a food processor, combine the flour, butter, sugar and salt.
3. Then gradually stream in the water. Watch the consistency, you may not need the entire tablespoon. Don't let it get too clumpy, just barely sticking together.
4. Roll into a ball, wrap in plastic wrap and place in the refrigerator to chill.

### Filling

1. Preheat the oven to 450 degrees (230 celcius) .
2. Peel, core and cut into narrow slices the apple. Set aside for a moment.
3. Take out the pastry from the refrigerator and using flour and sugar on a cutting board or pastry cloth, roll out the dough to about 1/8" thickness. As you can see from my picture, the less symmetrical the better. Just ensure that you have enough area to lay out your apples.
4. Lay out the apples, slightly layered on top of each other. Sprinkle the brown sugar on top.
5. Place in the oven for 20-30 minutes, until the crust is golden brown.
6. As soon as you take it out of the oven, drizzle the honey over the apples to add a touch of sweetness and a little glisten.
7. Either four small slices are available or two moderate sizes. Top with Italian Talenti vanilla bean gelato (or any other ice cream or gelato you prefer), pair with a hot cup of tea or coffee and bon appétit!



# Episode #8

## Clafoutis aux Poires (Pear Clafoutis)



PREP TIME

20 mins

COOK TIME

45 mins

TOTAL TIME

1 hr 5 mins



SERVINGS

4 servings

### INGREDIENTS

- vanilla bean seeds
- 2/3 + 2 teaspoons cups sugar
- 1 tablespoon unsalted butter at room temperature
- 3 large eggs at room temperature
- 1/4 cup all-purpose flour sifted
- pinch salt
- 3/4 cup heavy cream
- 3/4 cup whole milk
- 1 tablespoon pear brandy optional, but does add a lovely additional layer of flavor. If you don't have pear brandy, a tablespoon of good brandy will do.
- 3 Bartlett pears or your favor firm pear of choice

### INSTRUCTIONS

1. Preheat the oven to 400 degrees F.
2. Slice down the middle of the vanilla bean, opening it up flat. Scrape the beans out and place in a small bowl with the 2 teaspoons of sugar. Mix together. Butter the 9-inch oven-proof skillet and then dust with the vanilla sugar. Set aside.
3. Using an electric mixer with a paddle, beat the eggs, and then reduce the speed to low as you add 2/3 cup sugar, the flour, salt, heavy cream, milk, grated anise and pear brandy. Mix for 2 to 3 minutes until smooth, and then let the batter rest for 10 minutes. To ensure a smooth batter, I ran my batter through a sieve which ensured a consistency. I then removed the remaining anise and sprinkled it through out the batter upon pouring it into the pan after it rested.
4. While the batter is resting, peel, quarter, core and then slice the pears into the size and thickness you prefer. Place them in a single layer at the bottom of the skillet. Pour the batter over the top. Bake until golden brown, 40 to 45 minutes (I could have left mine in five more minutes and brought more browning which would have been absolutely fine.).
5. Serve warm.