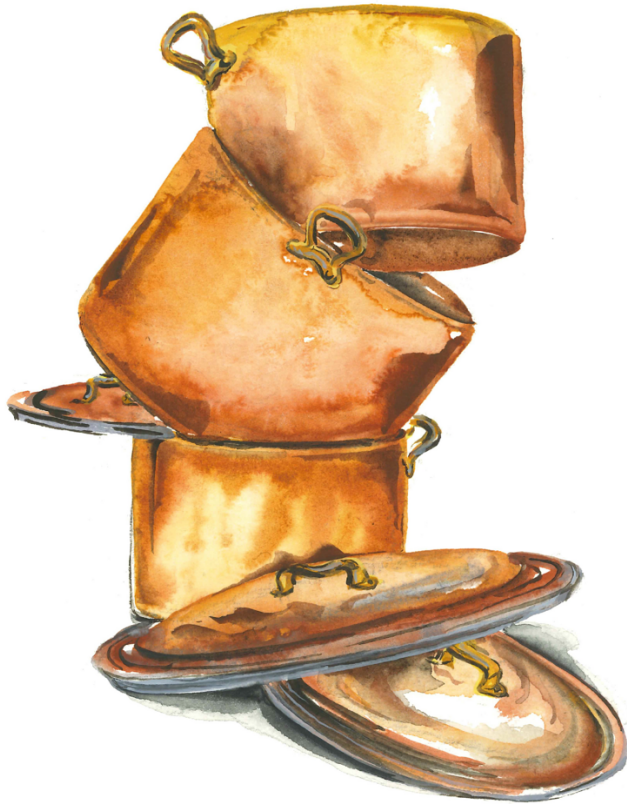


# The Simply Luxurious Kitchen



Seasonal Fare  
to  
Elevate the Everyday  
Meal

SL  
2024

Season 5 — Parisian Inspired

# 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 TSLl 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 — Grilled Courgettes with Dill, Mint, Yogurt and Chèvre**

<https://thesimplyluxuriouslife.com/vodcasts5e1/>

**Episode #2 — Cafe Lignac’s Plat du Jour adaptation - Pan-Fried White Fish on Carrot Purée with butter and white wine sauce**

<https://thesimplyluxuriouslife.com/vodcasts5e2/>

**Episode #3 — Strawberry, Amaretto & Hazelnut Tart**

<https://thesimplyluxuriouslife.com/vodcasts5e3/>

**Episode #4 — Palmiers, Savory or Sweet Apéritifs or Nibbles**

<https://thesimplyluxuriouslife.com/vodcasts5e4/>

**Episode #5 — A Classic French Soufflé au Fromage avec Herbes**

<https://thesimplyluxuriouslife.com/vodcasts5e5/>

**Episode #6 — French Mac & Cheese and the 5 Mother Sauces**

<https://thesimplyluxuriouslife.com/vodcasts5e6/>

**Episode #7 — Hazelnut Praline Dark Chocolate Truffles**


<https://thesimplyluxuriouslife.com/vodcasts5e7/>

**Episode #8 — Croque Madame**

<https://thesimplyluxuriouslife.com/vodcasts5e8/>

# Episode #1


## Grilled Courgettes with Yogurt, Mint, Dill and Chèvre

 Simply Luxurious

A simple, flavor-rich end-of-summer salad or main dish that makes the most of the abundance of courgettes (zucchini).



PREP TIME  
5 mins

  
COOK TIME  
15 mins

TOTAL TIME  
20 mins



SERVINGS  
2

### INGREDIENTS

- 2 whole courgettes (zucchini)
- 3 Tbsp extra virgin olive oil
- fleur de sel
- freshly ground black pepper
- 2 tsp fennel seeds
- pinch red chili flakes optional
- 1 lemon zest of the lemon goes into the marinade, the juice is reserved to dress the salad when finished and ready to serve.
- 3 Tbsp fresh mint, chopped
- 6 fronds fresh dill, chopped
- 2 Tbsp chives, fresh, chopped
- 2 Tbsp whole milk yogurt, greek, plain (but full fat - for the flavor!)
- 50 grams chèvre (goat cheese)
- 1 clove garlic, roughly chopped


### INSTRUCTIONS

1. Prepare the courgettes by slicing them into long, flat ribbons after topping off the end and bottom. There is no need to peel the courgettes; in fact, the peel adds to the layers of flavor. The thinner the ribbon, the less cooking time will be necessary on the grill. The choice of thickness is up to you.
2. Turn on your grill to medium heat. While the grill is warming up, make the marinade for the courgettes in a small-medium mixing bowl.
3. Make the marinade: olive oil, fennel seeds, salt and pepper, lemon zest (red pepper flakes - optional). Toss to combine.
4. Add the sliced courgettes into the marinade and toss so all are covered and dressed with the flavors of the marinade. You can do this ahead of time, and set aside until you are ready to grill, or you can grill immediately. The flavor will be there either way.
5. At the grill: drizzle a couple tablespoons of olive oil on the grill. Place the ribbons on the hot grill (medium heat), two rounds may be necessary. Grill for 8-12 minutes on each side dependent on the width of your ribbons. Use tongs to flip the ribbons and see the lovely charred marks on the first side when you flip - wahoo! When finished, place the grilled courgettes on the platter you will be using for serving.
6. While the courgettes are grilling, make the yogurt dressing in a small mixing bowl. Mix the three chopped fresh herbs (mint, dill, chives), garlic, yogurt, and chèvre. Set aside 1 tsp of each of the three herbs to sprinkle on top of the entire salad prior to serving.
7. Now it's time to assemble the salad. Squeeze the fresh lemon juice over the salad, then add dollops of the yogurt dressing over the grilled courgettes. Finally, sprinkle the left-over freshly chopped herbs, and you are ready to enjoy! Pair with a crisp glass of white wine or rosé, and you have a meal read to be savored. :)

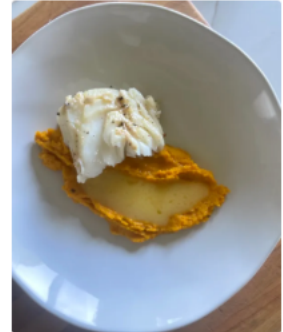
# Episode #2

(2 pages)

## Café Lignac inspired Pan-Fried White Fish on Carrot Purée with butter and white wine sauce

 Simply Luxurious

After dining at Café Lignac in Paris' 7th arrondissement and savoring their plat du jour, this is my adaptation of a simple, yet oh so scrumptious white fish on a bed of puréed carrots, finished with a simple sauce.,



PREP TIME  
5 mins

COOK TIME  
30 mins

TOTAL TIME  
35 mins



SERVINGS  
2 servings

### INGREDIENTS

#### Carrot Purée

- 6-9 medium carrots - prepped, peeled and trimmed. Chop into 1" size pieces.
- 2 Tbsp unsalted butter
- 1/2 cup water
- fleur de sel
- freshly ground black pepper

#### Butter and White Wine Sauce

- 2-4 Tbsp unsalted butter, high quality
- 1-2 Tbsp white, dry wine
- 1 tsp fresh lemon juice

#### Fish

- 6 ounces cod loin (other white fish options - any white meaty fish - halibut, etc.
- 2 Tbsp unsalted butter
- fleur de sel
- freshly ground black pepper

## INSTRUCTIONS

### Carrot Purée

1. Prepare the carrots - peeled, topped and chopped into one inch pieces.
2. Place in a 10" skillet with 2 Tbsp of unsalted butter over medium heat. Let the butter melt and toss the carrots. Season with salt and pepper. Add the 1/2 cup of water and bring to boil. Once brought to boil, reduce to simmer and cover. Steam for 17-20 minutes.
3. You will know the carrots are steamed adequately if you can still stick a fork in them, but do so easily all the way through.
4. While still warm, place all of the carrots (now steamed) and their juices from the pan, into a food processor. Cover the food processor, but wait until the fish is done cooking before you purée.
5. Once the fish is resting, after you have removed it from the pan, add one more tablespoon of butter to the food processor and pulse the purée until as smooth as you prefer.
6. Place the purée on each dish that will be served, creating a 'canyon' to place the sauce.

### White Fish

1. In a skillet over medium heat, melt 1-2 tablespoons of unsalted butter. Then place the seasoned white fish into the pan (seasoned side down). Baste the fish while it cooks on each side by using a large spoon and scooping up the residual liquids of butter and fish remnants over the top of the fish. This will help the fish to cook more evenly. Season the second side before flipping. Flip after about 3-5 minutes. Cook the second side for 2-4 minutes. Baste the second side as well while the fish is cooking. Basting enables the flavors to be throughout the entire fish. Don't over cook the fish as it will continue to cook once you remove it from the pan and let it rest.
2. After letting the fish rest for 5 minutes, but no longer, place on the carrot purée.

### Butter and White Wine Sauce

1. In a small sauce pan (optional: you can use the skillet that you cooked the fish in; however, you will have a 'dirty' sauce, but it will still taste delicious), place the butter and melt
2. Add 2 Tbsp into the small sauce pan over medium heat. Melt the butter, then add the white wine (a wine you want to drink). Bring up to simmer and stir with a whisk. Let a bit of reduction occur, then add the lemon. Whisk together, and taste. Continue to taste, adding more butter to tone down too much lemon.
3. Pour the sauce into the 'canyon' of the purée you have created on each of the dishes.
4. Pour the wine you cooked with into wine glasses to pair with your dish and serve immediately. Enjoy!



# Episode #3

(2 pages)

## Garden Fresh Strawberry, Amaretto and Hazelnut Tart

 Simply Luxurious

Inspired by a favorite berry in my garden, I have paired flavors that enhance the quality of the tart to add depth of flavor and a signature touch.



PREP TIME  
10 mins

COOK TIME  
25 mins

CHILL TIME  
30 mins

TOTAL TIME  
1 hr 5 mins



SERVINGS  
2 small tarts

### INGREDIENTS

#### Pastry

- 1/2 cup pastry flour
- 1/4 cup unsalted butter, chilled
- 1/4 tsp fleur de sel and freshly ground black pepper
- 1-2 Tbsp sugar
- 1-3 Tbsp cold water

#### Filling

- 1 cup fresh strawberries, chopped into pea-size
- 1-2 Tbsp Amaretto
- 2 Tbsp chopped roasted hazelnuts (candied if desired). Save 1 Tbsp for topping the tart, and put 1 Tbsp in the filling. purchase roasted or roast in oven for 10 minutes at 400 degrees (Fahrenheit). Or see TSL's recipe for Oregon Chocolate Chip Cookie for candied hazelnuts.
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon
- 1 Tbsp chopped fresh basil
- 1-3 Tbsp sugar (to taste, depending upon freshness of strawberries) optional

## INSTRUCTIONS

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### Pastry

1. Place flour, sugar, salt and butter into the food processor and pulse until coarse, sand texture appears.
2. Add cold water gradually, pulsing the food processor. When the dough comes together, no more water is needed. Based the humidity in your area, you may need less or more water. Gradually add one tablespoon at a time and watch the dough.
3. Place the dough into a ball and then flatten into a disc. Wrap in plastic wrap and refrigerator for at least 30 minutes.
4. Preheat the oven to 400 degrees.

### Filling

1. Make the filling while the pastry is chilling.
2. In a small mixing bowl, add the chopped strawberries, Amaretto, 1 Tbsp of chopped hazelnuts (candied optional), spices - nutmeg and cinnamon, and chopped basil (sugar optional). Combine with a wooden spoon. Set aside.
3. Roll out the dough on a floured and sugar hard surface. Have a prepared parchment lined baking sheet ready. Decide in what type of tart pan or ring you will be placing the dough. You can also bake without a pan/ring, and free-form making a mini galette.
4. Place the dough in the tart pan, gently snuggling the dough into the corners and edges, careful not to tear it. Then take a rolling pin and roll over the top of the tart pan/ring cutting the excess dough off. If not using a tart pan/ring, lay the dough flat and pour the filling into the center of the dough, leaving a 1 1/2-2" edge that you will fold over the filling to create an edge.

Fill the tart pan/ring now that the dough is in place. Top with 1 Tbsp of the chopped roasted hazelnuts.


5. Bake for 20-25. Sometimes 30 depending upon your oven and how large your tart pan is. Check at 15 minutes. In my oven, with 4" tart rings, the tart was done at 20 minutes, but not ready at 17 minutes.
6. Remove from the oven when the tart pastry is gold brown and the juices of the strawberry filling are bubbling. Let cool for 10-15 minutes and then enjoy warm. Pairing with vanilla gelato or enjoying alone. Either way, delish! Enjoy!



# Episode #4




(3 pages)

## Sweet and Savory Palmiers

 Simply Luxurious

In French, palmier translates into palm due to their resemblance to a palm frond. They are also called elephant ears or butterfly wings. And the fact that they resemble a heart is a lovely aesthetic detail as well. Enjoy this simple, but decadently delicious sweet French treat.



				
PREP TIME		COOK TIME	TOTAL TIME	
10 mins		20 mins	32 mins	
				
		SERVINGS		
		20		

### INGREDIENTS

#### Puff Pastry

- 9 ounces unsalted butter cold/chilled
- 1 1/2 cups flour unbleached, all-purpose
- 1/2 teaspoon salt
- 3-4 tablespoons cold water more or less depending upon humidity in your kitchen/environment
- 1 1/2 teaspoons cider vinegar

#### Palmiers (sweet or savory)

- 1 recipe puff pastry (see above); note - puff pastry can be made 4-6 weeks in advance and kept in the freezer
- 1 cup sugar (sweet) or savory filling Savory filling options: Comté or Gruyère cheese and Dijon are my choices

### INSTRUCTIONS

#### Puff Pastry

1. Add the flour, called butter and salt to the food processor. Pulse and combine until you see what looks similar to rough grains of sand.
2. With the mixer or food processor on low, slowly add the water-vinegar mixture, drizzling it in at different points around the bowl. In about 10 seconds, the dough will begin to come together in large chunks and feel slightly moist, but it will not look smooth or finished. Turn the dough and any dry bits at the bottom onto a work surface that has been dusted with flour (I used a pastry frame which is much less sticky and allows for easy clean-up – shop "kitchen" in TSLI Shop to find the one I recommend).





3. Shape the dough into a rough rectangle about 6 by 8 inches and about 1-1/2 inches thick. Dust the top with flour and roll the dough into a 10 by 16 inch rectangle. Brush any flour from the surface of the dough.



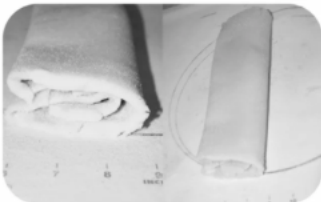
4. Make a letter fold (3 total layers after folding – see my example below). Brush off any excess flour as you fold. It will look shaggy – this is completely acceptable and expected. Roll your pin across the top of the dough briefly and gently one or two times, just to fuse the dough. Wrap in plastic and refrigerate for 30 minutes. OPTIONAL - for even more layers, but not necessary if you need to save time - After the first 30 minutes, take out and roll out again to 14 x 16 inches and make the letter fold. Place back in the refrigerator for 30 minutes.)

\*You can do this entire process ahead of time and keep the dough in the fridge up to 48 hours.



### **Palmiers**

1. Generously dust your work surface with sugar. Place the dough in the center and sprinkle the top with one cup sugar (if making savory palmiers, add the savory ingredient just before you fold into the heart shape), covering it completely. Roll into a 16 by 10-inch rectangle, using additional sugar as needed to keep the dough from sticking to the surface.
2. Make a book fold (four layers). Using a ruler and the back of a knife, mark a line dividing the dough in half length-wise, each half measuring 8 x 10 inches. Using the ruler and knife again, mark each half into quarters. Fold the two short edges to the quarter mark and fold over again until you are 1/4 of an inch away from the center (do this on both sides). Tighten each side to leave 1/4 inch space down the center of the dough. Fold one side on top of the other, forming a 10-inch long cylinder. If you look at the end of the cylinder, you'll see the shape of a heart. Wrap in plastic and refrigerate for 30 minutes.




3. Line the baking sheets with parchment paper or silicone mats. Preheat oven to 375 degrees and position an over rack in the center. Place the remaining sugar in a small mixing bowl. Trim the ends of the cylinder if they are uneven or cracked, then cut twelve 1/4-inch thick slices from the chilled cylinder, dip each side in sugar, and place two inches apart on the baking sheet. (Any left over dough that is not going into the oven, rewrap and return to the refrigerator.)
4. Bake the cookies for 7-10 minutes, or until golden at the edges. With a spatula, flip each cookie over. Return to the oven and bake for 9-12 minutes longer, until they are a beautiful golden brown (or bake for a total of 20 minutes, checking at 10 minutes, but with no need to flip - they will still look and taste delicious). Transfer to a rack and cool completely.
5. OPTIONAL: Freeze any of the palmier dough and book folds before slicing if you don't need to bake them all at this time. I wrap mine in plastic wrap, label - savory or sweet), and place in the freezer for up to 6 months. When I know I will be baking them, I take them out 4-8 hours ahead of time by placing in the refrigerator (not leaving them on the counter as you want the dough to be chilled so that it puffs!). Then follow the instructions for baking as shared above. If you don't have any time to defrost in the refrigerator, slice gently (some pieces may fall apart - that is okay as they will bake back to together), then top with the cheese or sugar before placing in the oven for two-three additional minutes beyond 20 minutes.



# Episode #5

(2 pages)

## Soufflé Au Fromage avec Herbes (Cheese Souffle)

 Simply Luxurious

A surprisingly simple French dish perfect for lunch or a light dinner.



PREP TIME  
15 mins

COOK TIME  
25 mins

TOTAL TIME  
40 mins



COURSE  
Main Course

CUISINE  
French



SERVINGS  
4 servings

### INGREDIENTS

#### Dish Prep

- 1 Tbsp butter for buttering the inside of the soufflé dish
- 1-2 Tbsp Parmigiana Reggiano (shredded) for dusting on top of the butter in the prepared soufflé dish.

#### Soufflé

- 3 Tbsp unsalted butter choose top quality butter (my favorite French butter - **Isigny** Sainte-Mère)
- 3 Tbsp flour
- 1 cup whole milk boiling
- 1/2 tsp salt - fleur de sel
- 1/4 tsp freshly ground black pepper
- 1/8 tsp nutmeg
- 4 large egg yolks
- 5 large egg whites
- 4 ounces Gruyère or Comté or Swiss cheese (grated)
- 1 pinch salt
- 1/3-1/4 cup fresh garden herbs - chives, chervil, tarragon, - your choice roughly chopped

## INSTRUCTIONS

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### Preparation

1. Preheat the oven to 400 degrees Fahrenheit.
2. Butter the soufflé dish with butter, covering all sides and the bottom well. Sprinkle with Parmigiano Reggiano. Set aside.

### Soufflé

1. Using a small sauce pan, add the butter to the pan over medium heat. Melt the butter and then add the flour, all the while whisking or using a spoon so that it does not brown. Allow the butter and flour to combine and bring to a soft small bubbling (still over medium heat).
2. As soon as the butter and flour mixture begin to bubble, REMOVE from the heat and add the milk (already just having brought to boil on the stovetop or in the microwave). Stir together with a wooden spoon until combined. Then add the salt, pepper and nutmeg. Combine and the place back on the stove top and bring to boil, stirring for one minute. The sauce should be thick, but very moveable.
3. Remove the pan from the heat and add the four egg yolks to the mixture one at a time and incorporate with a wire whisk.
4. With the grated cheese handy (reserve 1-2 tablespoons as it will be placed on top of the soufflé before baking), add 3 1/2 ounces to the sauce along with the chopped herbs. Mix until combined. (If you are making ahead, this is when you will put your sauce to the side and wait until you are about to serve to finish the rest of the recipe.)
5. Whisk the 5 egg whites with salt in a separate mixing bowl using a handmixer until creamy and airy, but do not over-mix them. About 2-4 minutes.
6. Add one large scoop of the whipped egg whites to the cheese sauce. Fold in gently. Gradually add the rest of the egg whites, folding gently to keep the airy goodness needed in the soufflé until all the whites are combined.
7. Pour into your prepared soufflé dish. Sprinkle the remaining 1-2 tablespoons of grated cheese on top and place in the oven (middle rack in the middle of the oven). Immediately upon placing the soufflé in the oven, turn the temperature down to 375 degrees. Cook for 25-30 minutes (DO NOT open the oven to check on the soufflé, no matter how tempted you are). At this point, the top should be nicely browned. Bake for 3-5 more minutes to make sure the soufflé is firm enough.
8. Remove from the oven and enjoy immediately with a vinaigrette tossed green salad and a glass of wine.



# Episode #6

## Simple French Mac & Cheese



Simply Luxurious



PREP TIME  
20 mins

COOK TIME  
30 mins

TOTAL TIME  
50 mins



SERVINGS  
4 servings

### INGREDIENTS

#### Pasta & Sauce

- 8 ounces large elbow macaroni
- 1 tsp extra virgin olive oil
- 3 Tbsp unsalted butter, best quality you can find (high butterfat percentage)
- 2 1/2 Tbsp flour
- 1 1/2 cup whole milk
- 1/2 cup heavy cream
- 2 cups Gruyere, grated, freshly and in large pieces

#### Topping

- 2 Tbsp unsalted butter
- 1/4 cup Parmigiano Reggiano finely grated
- 3/4 cup panko breadcrumbs
- fleur de sel to taste
- freshly ground black pepper to taste

### INSTRUCTIONS

1. Preheat oven to 350 degrees (180 Celsius).
2. Bring a pot of water to boil and cook the elbow pasta to al dente, but no more. Drain and set aside. Toss with 1 tsp of olive oil to prevent from sticking together. Set aside while you make the sauce.
3. Make the béchamel sauce: In a medium sauce pan over low heat, melt the butter. Once the butter has melted, gradually add the flour, whisking as you add until smooth. Then add the milk and cream. Whisk until smooth and slightly thickening. Lastly, add the Gruyere and whisk until smooth and all is combined. Sauce should become thick. Add salt and pepper to taste.
4. Use a medium souffle pan or 8x8 casserole dish. Place the pasta in the pan/dish. Pour the cheese sauce over the pasta and mix until tossed and all elbow pasta has sauce.
5. In a dry skillet, add the panko and butter over med-low heat. Lightly toast the panko or stir with a wooden spoon (not to brown, but to add flavor from the butter). Toss consistently so as not to burn.  
  
Using a food processor, combine the panko breadcrumbs and Parmigiana Reggiano. Sprinkle on top of the pasta and sauce, evenly and don't be stingy.
6. Bake in the oven for 30 minutes. Top should be golden brown. Serve immediately and enjoy with a side of roasted vegetables and a glass of wine.



# Episode #7

(2 pages)

## Hazelnut Praline Dark Chocolate Truffles



## Simply Luxurious

A delicious treat that delivers decadence without the excess. One dark chocolate truffle will satisfy your sweet tooth. Inspired by my enjoyment of praline truffles during my recent trip to Paris, we are flavoring our truffles with Cognac (à la Française!). A unique gift or the perfect way to enjoy the benefits of cacao without having to purchase at the chocolatier.



PREP TIME  
30 mins

CHILL-TIME (REFRIGERATOR)  
2 hrs

TOTAL TIME  
2 hrs 33 mins



SERVINGS  
20 truffles

## INGREDIENTS

## Chocolate Truffle

- 7 ounces bittersweet chocolate at least 70% cacao, my go to brand is Scharffen Berger
- 2/3 cup heavy cream
- 1 Tbsp Cognac optional (this is the flavor profile you prefer)
- 1 tablespoon honey optional (if not using liqueur)
- 1 tablespoon unsalted butter at room temperature to ensure it melts quickly
- 3-5 tablespoons unsweetened cocoa powder top quality, Scharffen Berger is my choice

## Hazelnut Praline

- 1/2 cup granulated sugar
- 1/2-1 cup roasted hazelnuts

## INSTRUCTIONS

## Hazelnut Praline

1. Prepare the roasted hazelnuts (see how to roast below at the bottom of the recipe or you can buy roasted nuts at the grocery store). Place 1/2 cup of hazelnuts on a parchment lined baking sheet. Make sure they are in one layer. Set aside and begin caramelizing the sugar.
2. Caramelizing the sugar: Add the sugar (1/2-1 cup) to a saucepan that is over low-medium heat. The sugar is melting gradually, using a spatula, stir regularly and when it begins to liquify stir constantly. As soon as it turns a deep amber color, pour over the roasted hazelnuts in the baking sheet. Try to pour evenly over all of the nuts. If some of the nuts don't get covered or if some nuts receive more caramelized sugar, as soon as you stop pouring, using your spatula, try to evenly distribute the sugar so that all nuts are touched with the liquified sugar. Set aside to cool (15 minutes).
3. When cool, using a food processor, roughly break up the praline and pulse until you reach a fine or nearly fine nut/praline texture (this is to your preference as they will be placed in the ganache).

**A Minimum of 2-hours before (can be completed the day or 2 days before)**

1. In a saucepan, pour the heavy cream and drizzle the cognac or honey or other preferred liqueur. On a low heat, bring just to a bowl, and then immediately follow the next step.
2. Pour one-third of the hot cream mixture over the chocolate in the metal bowl. Work quickly with a silicone spatula as the chocolate melts from the heat of the cream mixture. Mix until you obtain a smooth and glossy finish. Gradually add the remaining cream mixture ensuring the emulsion remains until the chocolate has completely melted and is smooth.
3. Immediately as the butter and mix with the warm chocolate allow the butter to melt completely, incorporating itself with the chocolate. You've created ganache!
4. Now, add the finely chopped praline to the ganache. Add as much or as little as you prefer. Mix with the ganache until all combined.
5. Set the metal bowl with the ganache combined with praline to the side on the counter and allow to come to room temperature. When cool, cover with plastic wrap and let set at room temperature for at least two hours, ideally overnight, to harden, until it is firm enough to scoop. (See the image of my hardened ganache that sat overnight. (When the ganache has set, it can be refrigerated for up to 2 days, so don't be afraid to plan ahead!)

**Making the truffle balls and preparing for serving**

1. Place the a wire mesh sieve on a small bowl (see image). Using a small ice cream scoop (with a lever preferably) or a melon baller, to create a 1-inch ball of ganache. After scooping the chocolate for each truffle, roll between the palms of your hands into smooth balls.
2. Place the rolled ganache ball into the sieve and dust with cocoa powder or roll in the praline (baker's choice). An alternative is to place the ball in the bowl with the powder and then remove the ball, placing it in the sieve above the bowl to remove excess powder. Repeat to coat the remaining truffles.
3. Serve at room temperature or place in a storage container (covered) and place in the refrigerator for up to one week. Be sure to remember to bring to room temperature before serving.
4. Bon appétit!

**OPTIONAL**

**To Roast your Hazelnuts**

1. Using a stovetop, use a dry skillet over low-medium heat for 7-10 minutes, tossing regularly as they toast. OR in the oven, at 300 degree for 10 minutes, place hazelnuts in one layer on a baking sheet.



# Episode #8

(2 pages)

## Croque Madame

 Simply Luxurious

A French cozy classic with luxurious updates, additional layers of flavor and various complementary textures to satiate the tastebuds. Adaptation from À Table by Rebekah Pepler



PREP TIME  
5 mins

COOK TIME  
20 mins

BECHAMEL SAUCE  
10 mins

TOTAL TIME  
35 mins



SERVINGS  
2 servings

### INGREDIENTS

- 2 slices thick artisan bread
- 4-6 Tbsp freshly grated Gruyère
- 1 Tbsp herbes de Provence
- freshly ground black pepper
- 1-2 Tbsp freshly grated Parmigiano Reggiano
- 2 large eggs
- 1/4 cup extra virgin olive oil
- 1 Tbsp Maldon flaky sea salt

### Bechamel Sauce

- 3 Tbsp unsalted butter
- 2 1/2 Tbsp flour
- 1 1/2 cup whole milk warmed on the stove prior to adding to the butter and flour mixture.
- 1 pinch fleur de sel
- 1 pinch nutmeg
- 1/4 tsp paprika
- 1-2 Tbsp Dijon mustard (traditional)
- 1-2 Tbsp Whole Grain Dijon mustard
- 4-6 slices favorite ham, Paris Ham is traditional, but it is your choice finely or thickly sliced, cook's choice



## INSTRUCTIONS

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### Bechamel Sauce

1. Warm the milk: Add the milk to a separate sauce pan and warm. Over medium heat, you need to warm the milk up before adding to the flour and butter as this will speed up the process of completing the béchamel sauce (if you don't warm the milk, it will just take longer - about 10-12 minutes opposed to 5-7 minutes).
2. Place the butter in a small sauce pan over low-heat. Melt. Once the butter has melted, add the flour and mix until combined (keep on a low heat), and let the mixture slightly brown as this adds another layer of nutty flavor.
3. Add the warm whole milk to the flour and butter sauce pan and continually mix over medium heat until the sauce becomes thick enough to cover a wooden spoon.
4. Remove from the stove top and add the salt, nutmeg, paprika and mustards. Stir to combine. You are now ready to build your Croque Madame before putting it into the oven to bake.

### Constructing Your Croque Madame

1. Preheat your oven to 425 degrees (Fahrenheit), or 220 degrees celsius.
2. Grate the Gruyère. Prepare your baking sheet with parchment paper and place the two slices of bread on the parchment. Serve a large spoon-full of béchamel sauce over each slice of bread, covering it completely. Place 1-2 slices of ham on top of the béchamel sauce. Cover the ham with the grated gruyère. Sprinkle 1/2 Tbsp of Herbs de Provence over each slice. Then add freshly ground black pepper. Finish by adding freshly grated parmesan.
3. Place in the oven preheated to 425 F/220 Celsius. And bake for 15-20 minutes until the cheese is bubbly and beautifully golden brown.

### Fried Sage Leaves

1. Over the entire bottom of a cast iron skillet or skillet for frying with olive oil. Prepare a paper towel, placing it beside your stove-top cooking area where you will place the fried sage leaves.
2. Remove the sage leaves from the stem as you will cook them individually, typically 3-4 at a time as they cook quickly, and will need to be turned in about 3-5 seconds upon placing in the oil. Bring the oil to medium-high heat, and then add your first batch of sage leaves. Watch the leaves as they will quickly turn a darker color and after 3-5 seconds, flip and cook the other side. Often when the sizzling stops, this is an indication that the cooking is done. Remove and place on the paper towel and immediately sprinkle them with flaky sea salt.

### Pan-fried Sunny-side Eggs

1. Using the same oil you used for frying the sage, reduce the heat to medium. Break the eggs into the pan, immediately flavoring them with flaky sea salt and two twists of freshly ground pepper (to taste for both). To cook them through, but keep the yolk runny for a perfect sunny-side egg, place a lid on the pan. Cook the eggs for 2-3 minutes, then immediately place on a dish off the heat and get ready to transfer to the top of your baked bread with all the other flavorful ingredients.

### To Finish

1. Place the fried sunny-side eggs, one on top of each of the pieces of bread. Then finish with 3-4 fried sage leaves on top of the egg. Voila!



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