**French Cuisine Day**

In France, the people take pride in their food, the ingredients and the cooking techniques. While French cuisine is known for its variety, one thing that all French people enjoy daily is bread, cheese and wine.

For French Cuisine Day, you will be making crepes! I will supply the batter and you will provide either an ingredient to use as a filler (see options below), or if you are feeling adventurous, you may choose any of the recipes, or foods below to bring in.

**Meals**

1. Ham and cheese quiche - ***an oven-baked dish in a pastry crust*** (foodnetwork.com)
2. Ratatouille – ***Vegetable stew*** (Foodnetwork.com)
3. Cassoulet – ***Bean stew or casserole*** (Foodnetwork.com :: Cooktime –> 3-5 hours)
4. Blueberry Almond French Toast

**Dessert**

1. Fruit
2. Crepes – ***a very flat pancake stuffed with fruit or cream***
3. Mousse – ***typically made from egg and cream, usually chocolate flavored***
4. Éclair – ***a pastry stuffed with cream and topped with icing***
5. Crème Brûlée – ***custard topped with hard caramel***
6. Cream Puffs – ***Pastry balls filled with whipped cream, pastry cream, or ice cream***
7. Clafoutis – ***A baked French dessert of Black Cherries covered in a thick pastry***
8. French Apple Tart (Foodnetwork.com)

**Aperitif**:: Bread is eaten with chocolate or with cheese

1. Cheese - ***Brie, Camembert are 2 important ones.***
2. Baguette – ***a long French bread loaf***
3. Croissant – ***Crescent shaped bread***
4. Nutella
5. Chocolate squares
6. Crudités (raw veggies with dip)
7. Charcuterie (smoked ham and/or sausage)

**Drinks**

1. Juice
2. Lemonade
3. Hot Chocolate

**Recipes Below!**

**SIGN UP SHEET**

**Period\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Meals**

1. Quiche (ham and cheese)

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2. Ratatouille – ***Vegetable stew***

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3. Cassoulet – ***Bean stew or casserole***

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4. Blueberry Almond French Toast

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**Dessert**

1. Fruit – Please write what fruit you will be bringing

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2. Crepes – ***Please write what filling you would like to bring (Examples are on page 9)*** Please include the filling along with your name. I will provide the batter

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3. Mousse – ***typically made from egg and cream, usually chocolate flavored***

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4. Éclair – ***a pastry stuffed with cream and topped with icing***

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5. Crème Brûlée – ***custard topped with hard caramel***

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6. Cream Puffs – ***Pastry balls filled with whipped cream, pastry cream, or ice cream***

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7.French Apple Tart

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8. Clafoutis

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**Aperitif**

1. Cheese - ***Brie, Camembert are 2 important ones.***

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2. Baguette – ***a long French bread loaf***

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3. Nutella (to spread on the bread or crepes)

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4. Croissant – ***Crescent shaped bread***

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5. Crudités (raw veggies with dip)

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6. Charcuterie (smoked ham and/or sausage)

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**Drinks**

Juice

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Lemonade

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Hot Chocolate

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**Ham and Cheese Quiche**

### A classic dish of French cuisine, the word *quiche* is from the German *Kuchen*, meaning cake

### Cook Time: 40 min Level:Easy Yield: Varies Chef: Sandra Lee

**Ingredients**

* 2 red potatoes, cubed
* 1 tablespoon dried rosemary
* 1 cup cubed ham
* 1 (8 or 9-inch) premade pie shell in foil pan
* 1 cup shredded Colby and Monterey jack cheese blend (recommended: Kraft)
* 3 eggs
* 1 cup milk
* 1 teaspoon all-purpose seasoning (recommended: McCormick)

**Directions**

Preheat oven to 400 degrees F.

Place potatoes and rosemary in a microwaveable dish. Cover with a damp paper towel and microwave for 2 minutes, until almost cooked through.

Cover the bottom of the premade pie shell with potatoes, ham, and cheese. Place on a cookie sheet and set aside.

In a medium bowl, whisk together eggs, milk, and seasoning and pour into the pie shell.

Place quiche into preheated oven for 35 to 40 minutes or until eggs have set.

**Ratatouille**

Ratatouille is a traditional French Provençal stewed vegetable dish, originating in Nice. The full name of the dish is ratatouille niçoise. Nicoise is the French word for "in the style of Nice." So, any dish that is labeled Nicoise would be in the cooking style of Nice, France. Usually these are recipes that have black olives, tomatoes and anchovies. The predominant flavoring is often garlic.

### Cook Time: 22 min Level:Easy Yield: A generous quart, 4 to 6 servings Chef: Emeril

## Ingredients

* 1/4 cup olive oil, plus more as needed
* 1 1/2 cups small diced yellow onion
* 1 teaspoon minced garlic
* 2 cups medium diced eggplant, skin on
* 1/2 teaspoon fresh thyme leaves
* 1 cup diced green bell peppers
* 1 cup diced red bell peppers
* 1 cup diced zucchini squash
* 1 cup diced yellow squash
* 1 1/2 cups peeled, seeded and chopped tomatoes
* 1 tablespoon thinly sliced fresh basil leaves
* 1 tablespoon chopped fresh parsley leaves
* Salt and freshly ground black pepper

## Directions

Set a large 12-inch saute pan over medium heat and add the olive oil. Once hot, add the onions and garlic to the pan. Cook the onions, stirring occasionally, until they are wilted and lightly caramelized, about 5 to 7 minutes. Add the eggplant and thyme to the pan and continue to cook, stirring occasionally, until the eggplant is partially cooked, about 5 minutes. Add the green and red peppers, zucchini, and squash and continue to cook for an additional 5 minutes. Add the tomatoes, basil, parsley, and salt and pepper, to taste, and cook for a final 5 minutes. Stir well to blend and serve either hot or at room temperature.

**Cassoulet**

The exact origins of this dish are unknown but some say that during the "100 years war" (1337 – 1453), when a French city called *Castelnaudary* was under siege.; the mayor of the city ordered the preparation of one dish, made up of all the foods available, so the besieged would keep a full stomach.

### Cook Time: 55 min Level: Easy Yield: 6 to 8 servings Chef: Lisa Garza

## Ingredients

* 1/2 cup olive oil
* 10 cloves garlic, diced
* 1 medium white [onion](http://www.foodterms.com/encyclopedia/onion/index.html), diced
* 2 carrots, diced
* 4 stalks [celery](http://www.foodterms.com/encyclopedia/celery/index.html), diced
* 1 herb [bouquet](http://www.foodterms.com/encyclopedia/bouquet/index.html) tied with kitchen string: 4 stems fresh [rosemary](http://www.foodterms.com/encyclopedia/rosemary/index.html), 8 stems fresh [oregano](http://www.foodterms.com/encyclopedia/oregano/index.html), 10 stems fresh [thyme](http://www.foodterms.com/encyclopedia/thyme/index.html)
* 1 dried [bay leaf](http://www.foodterms.com/encyclopedia/bay-leaf/index.html)
* 2 cans cannellini [beans](http://www.foodterms.com/encyclopedia/beans/index.html), or 3 cups prepared white beans
* 2 quarts [chicken stock](http://www.foodterms.com/encyclopedia/stock/index.html)
* 4 links spicy cooked chicken Italian sausage, sliced, recipe follows (or buy from store)
* 1/2 cup Pesto,

## Directions

Heat the oil in a medium stock pot. Add the vegetables to the oil, stir frequently, and cook until lightly brown around the edges. Add remaining ingredients, except sausage, 1 at a time. Bring to a boil and [simmer](http://www.foodterms.com/encyclopedia/simmer/index.html) for 45 minutes to 1 hour. Stir in sausage and allow to cook for 10 more minutes. Place in bowls, spoon 1 tablespoon of[pesto](http://www.foodterms.com/encyclopedia/pesto/index.html) and 1/4 to 1/2 cup of sausage into each bowl. Serve with Garlic-Parmesan Crostini.

## Sautéed Italian Sausage:

* 1/4 cup olive oil
* 1/2 teaspoon salt
* 6 spicy chicken [Italian sausage](http://www.foodterms.com/encyclopedia/italian-sausage/index.html)

Heat the olive oil in a large skillet over high heat. Season the sausage with salt, to taste, and carefully place in a single layer across the skillet. Cook the sausage for 3 to 5 minutes over medium-high heat or until browned. Turn the sausages and repeat on opposite side. Remove from heat and allow to rest for 5 minutes. Slice into 1/4-inch slices.

Yield: 6 to 8 servings

**Blueberry Almond French Toast**

French toast was created in France. The earliest official mention of French Toast is in the Apicius, a collection of french recipes dating back to the 4th or 5th century.

### Cook Time: 50 min Level: Easy Yield: 8 servings Chef: Ellie Krieger

## Directions

The hardest thing about this dish is waiting for it to come out of the oven because as it is baking it fills your kitchen with the most enticing, heartwarming, vanilla-cinnamon aroma. Its looks and taste hold up their end of the bargain too. Inside it is egg-y, perfectly sweetened, and studded with bursting warm blueberries. Outside it is crisp and crowned with sugared toasted almonds.

## Ingredients

* Cooking spray
* 1 whole-wheat baguette (about 18 inches long, 8 ounces), cut into 1-inch cubes
* 8 large eggs
* 8 large egg whites
* 2 cups 1 percent lowfat milk
* 1 teaspoon vanilla extract
* 1/2 teaspoon ground cinnamon
* 1/3 cup pure maple syrup
* 2 cups fresh blueberries
* 1/3 cup sliced almonds
* 2 tablespoons dark brown sugar

Spray a 9 by 13-inch baking pan with cooking spray. Arrange the bread in a single layer in the baking pan. Whisk together the eggs, egg whites, milk, vanilla, cinnamon and maple syrup. Pour the egg mixture over the bread in the pan, spreading it around so the liquid saturates the bread. Scatter the blueberries evenly on top and sprinkle with the almonds and brown sugar. Cover and refrigerate overnight.

Preheat the oven to 350 degrees F. Uncover the baking pan and bake for 40 to 50 minutes. Serve warm, cold or at room temperature.

**Clafoutis**

A baked French dessert of black cherries arranged in a buttered dish and covered with a thick batter.

### Cook Time: 40 min Level: Easy Yield: 8 servings Chef: Food Network

**Ingredients**

* 2 tablespoons unsalted butter, thinly sliced,
* plus more for the dish
* 1 pound (2 cups) fresh cherries, pitted (or one 10-ounce bag frozen cherries, thawed and patted dry)
* 3 large [eggs](http://www.foodterms.com/encyclopedia/eggs/index.html)
* 1 1/4 cups half-and-half
* 1/2 cup 4% [cottage cheese](http://www.foodterms.com/encyclopedia/cottage-cheese/index.html)
* 1/2 cup plus 2 tablespoons granulated sugar
* 1/2 cup all-purpose flour
* Confectioners' sugar, for dusting

**Directions**

Preheat the oven to 375 degrees F. Butter an 11-inch-round [baking dish](http://www.foodterms.com/encyclopedia/cookware-and-bakeware-materials/index.html) and spread the cherries evenly over the bottom.

[Whisk](http://www.foodterms.com/encyclopedia/whisk/index.html) the eggs, half-and-half, cottage cheese, 1/2 cup granulated sugar and the flour in a bowl until combined. Pour the [batter](http://www.foodterms.com/encyclopedia/batter/index.html) over the cherries, sprinkle with the remaining 2 tablespoons granulated sugar and scatter the sliced butter on top.

Bake until puffed and golden around the edges, about 40 minutes. Cool slightly, then [dust](http://www.foodterms.com/encyclopedia/dust/index.html) with confectioners' sugar.**Crepes**

### Cook Time: 5 min Level: Easy Yield:18 crepes Recipe: Paula Dean

## Ingredients

### Crepe Batter:

* 1 cup all-purpose flour
* Pinch salt
* 1 egg
* 1 egg yolk
* 1 1/2 to 2 cups milk
* 1 tablespoon melted butter
* 1/2 teaspoon vanilla extract

### Topping:

* 1 jar hazelnut chocolate spread
* 5 bananas, sliced
* 1 can whipping cream

## Directions

Sift the flour with the salt into a bowl. Make a well in the center and add the egg and egg yolk. Pour in the milk, slowly, stirring constantly and, when half is added, stir in the melted butter and vanilla. Beat well until smooth. Add the remaining milk, cover and let stand at room temperature for at least 20 minutes before using. The batter should be the consistency of light cream. Heat a well greased 6-inch skillet. Add 1/4 cup batter. Tip skillet from side to side until batter covers bottom. Cook until the bottom is golden brown, turn and remove to a plate. Repeat with remaining batter.

**Fillings**

1. Hazelnut & Bananas
	1. Spread a thin layer of chocolate hazelnut spread onto crepe and place banana slices down the center. Roll or fold crepe.
2. Chocolate Mousse:
	1. Combing 1 package instant chocolate pudding mix and 1tsp coffee powder. Mix until smooth. Slowly mix in 2qts whipped cream until smooth. Spread onto crepe.
3. Fresh strawberries (or bananas or blueberries), cut into sections and sprinkled with powdered sugar.
4. Any kind of canned pie filling (apple, cherry, peach…)
5. Fruit yogurt dip
6. Apricot preserves
7. Nutella

**Chocolate Mousse**

### Cook Time: 20 min Level: Easy Yield: 4 servings Chef: Paula Dean

## Ingredients

* 6 (4-ounce) bars bittersweet chocolate
* 2/3 cup extra-strong black coffee
* 4 large [eggs](http://www.foodterms.com/encyclopedia/eggs/index.html), at room temperature separated
* 1 cup sugar, plus 1/2 cup
* 2 cups heavy cream
* [Whipped cream](http://www.foodterms.com/encyclopedia/cream/index.html), for toping
* Shaved chocolate, for garnish
* Berries, for garnish

## Directions

Break chocolate into smaller pieces and [melt](http://www.foodterms.com/encyclopedia/melt/index.html) on top of a [double boiler](http://www.foodterms.com/encyclopedia/double-boiler/index.html). When close to being melted add [coffee](http://www.foodterms.com/encyclopedia/coffee/index.html) and stir together. In a separate bowl, beat 3 egg yolks and 1 cup of sugar, mixing well. Add mixture to melted [chocolate](http://www.foodterms.com/encyclopedia/chocolate/index.html) and cook over heat. Stir well until sugar is dissolved. Remove from heat. Cool. Using a handheld electric [mixer](http://www.foodterms.com/encyclopedia/mixer/index.html), beat 4 egg whites until they form soft peaks. Fold into chocolate mixture. Beat heavy cream with the remaining 1/2 cup [sugar](http://www.foodterms.com/encyclopedia/sugar/index.html) until soft peaks begin to form. Fold into chocolate mixture. Serve in a beautiful crystal dish or glass. [Garnish](http://www.foodterms.com/encyclopedia/garnish/index.html) with dollops of fresh whipped cream, berries and shaved chocolate.

**Crème Brûlée**

### Cook Time: 1 hr 0 min Level: Intermediate Yield: 6 servings Chef: Alton Brown

## Ingredients

* 1 quart heavy cream
* 1 vanilla bean, split and scraped
* 1 cup vanilla sugar, divided
* 6 large egg yolks
* 2 quarts hot water

## Directions

Preheat the oven to 325 degrees F.

Place the cream, vanilla bean and its pulp into a medium saucepan set over medium-high heat and bring to a boil. Remove from the heat, cover and allow to sit for 15 minutes. Remove the vanilla bean and reserve for another use.

In a medium bowl, whisk together 1/2 cup sugar and the egg yolks until well blended and it just starts to lighten in color. Add the cream a little at a time, stirring continually. Pour the liquid into 6 (7 to 8-ounce) ramekins. Place the ramekins into a large cake pan or roasting pan. Pour enough hot water into the pan to come halfway up the sides of the ramekins. Bake just until the creme brulee is set, but still trembling in the center, approximately 40 to 45 minutes. Remove the ramekins from the roasting pan and refrigerate for at least 2 hours and up to 3 days.

Remove the creme brulee from the refrigerator for at least 30 minutes prior to browning the sugar on top. Divide the remaining 1/2 cup vanilla sugar equally among the 6 dishes and spread evenly on top. Using a torch, melt the sugar and form a crispy top. Allow the creme brulee to sit for at least 5 minutes before serving.

 **Éclairs**

### Cook Time: 45 min Level: Intermediate Yield: 12 large/24 medium éclairs Chef: Paula Dean

## Ingredients

**Pastry**

* 1 cup water
* 1 stick margarine or [butter](http://www.foodterms.com/encyclopedia/butter/index.html)
* 1 cup sifted all-purpose flour
* 4 eggs

**Filling**

* 6 tablespoons all-purpose flour
* 1/4 cup cocoa powder
* 3/4 cup sugar
* 1/2 teaspoon salt
* 3 cups milk
* 3 eggs, beaten
* 2 teaspoons vanilla

**Icing**

* 2 (1-ounce) squares chocolate
* 2 cups sugar
* 1 cup whipping cream

## Directions

Preheat the oven to 400 degrees F. Heat water and [margarine](http://www.foodterms.com/encyclopedia/margarine/index.html) or butter to boiling point. Add flour and stir constantly until mixture is smooth and forms a ball. Remove from heat and let cool. Beat in 4 eggs, 1 at a time and once incorporated, place into a [pastry bag](http://www.foodterms.com/encyclopedia/pastry-bag/index.html). On a greased [cookie](http://www.foodterms.com/encyclopedia/cookie/index.html) sheet, pipe out [dough](http://www.foodterms.com/encyclopedia/dough/index.html) in thick lines that form eclairs. Bake for approximately 30 minutes or until light brown. Set aside to cool.

In a medium [saucepan](http://www.foodterms.com/encyclopedia/saucepan/index.html), prepare filling by whisking together the flour, cocoa powder, sugar and salt. [Whisk](http://www.foodterms.com/encyclopedia/whisk/index.html) in about 1 cup milk and cook over low heat, stirring often, until thickened or the consistency of [mayonnaise](http://www.foodterms.com/encyclopedia/mayonnaise/index.html). Add the rest of the milk and then temper in 3 beaten eggs and continue to cook until mixture is even thicker. Remove from heat, cool and add [vanilla](http://www.foodterms.com/encyclopedia/vanilla/index.html).

With a serrated knife, slice pastry puffs lengthwise, but not all the way through. Pipe [custard](http://www.foodterms.com/encyclopedia/custard/index.html) mixture into the center. [Melt](http://www.foodterms.com/encyclopedia/melt/index.html) chocolate for icing, add [sugar](http://www.foodterms.com/encyclopedia/sugar/index.html) and cream. Cook over medium heat until soft ball stage. Let cool and beat until smooth. Ice tops of the éclairs

Tuscan Cream Puffs

### Cook Time: -- Level: -- Yield: Serves 6 children, approximate Chef: Taste of Tuscan

## Ingredients

* 3 whole eggs plus 6 egg yolks
* 3/4 cup granulated sugar
* 1 1/2 cups flour
* 3 1/2 cups milk
* 6 tablespoons butter, softened, plus more for greasing pan
* Grated zest of 1 lemon
* 1 cup bread crumbs
* Vegetable oil, for frying
* 2 tablespoons confectioners' sugar

## Directions

In a large mixing bowl, beat the egg yolks with the granulated sugar until smooth using an eggbeater or an electric mixer. Add 1 cup of the flour and the milk, butter, and lemon zest and mix well. Put the mixture in a saucepan and warm it over low heat until it becomes as thick as mashed potatoes. Spread the mixture out onto a buttered cookie sheet with a spatula and let it cool for at least 30 minutes. When it has set, cut the sheet into 1 1/2 by 2-inch diamond shapes with a sharp knife greased with vegetable oil.

In a mixing bowl, beat the whole eggs. Dip the diamond shapes first in the remaining flour, then in the eggs, then into the bread crumbs. Fill a pan 3 inches deep with vegetable oil. Heat the oil over medium-high heat. When it is 375 degrees F. (a drop of water will sizzle and splatter), slide the diamonds in and fry them until they are golden, 3 to 4 minutes. Remove from the oil with a slotted spoon and let them drain on paper towels. Sprinkle lightly with confectioners' sugar and serve.

**French Apple Tart**

### [Cook Time:](http://www.foodnetwork.com/recipes/ina-garten/french-apple-tart-recipe/index.html) 1 hr 0 min Level: Easy Yield: 6 servings Chef: Barefoot Contessa

## Ingredients

### For the pastry:

* 2 cups all-purpose flour
* 1/2 teaspoon [kosher salt](http://www.foodterms.com/encyclopedia/salt/index.html)
* 1 tablespoon sugar
* 12 tablespoons (11/2 sticks) cold unsalted butter, diced
* 1/2 cup ice water

### For the apples:

* 4 Granny Smith apples
* 1/2 cup [sugar](http://www.foodterms.com/encyclopedia/sugar/index.html)
* 4 tablespoons (1/2 stick) cold unsalted butter, small diced
* 1/2 cup [apricot](http://www.foodterms.com/encyclopedia/apricot/index.html) jelly or warm sieved apricot [jam](http://www.foodterms.com/encyclopedia/jam/index.html)
* 2 tablespoons Calvados, [rum](http://www.foodterms.com/encyclopedia/rum/index.html), or water

## DirectionsFor the pastry, place the flour, salt, and sugar in the bowl of a [food processor](http://www.foodterms.com/encyclopedia/food-processor/index.html) fitted with the steel blade. Pulse for a few seconds to combine. Add the butter and [pulse](http://www.foodterms.com/encyclopedia/pulse/index.html) 10 to 12 times, until the butter is in small bits the size of peas. With the motor running, pour the ice water down the feed tube and pulse just until the [dough](http://www.foodterms.com/encyclopedia/dough/index.html) starts to come together. Dump onto a floured board and [knead](http://www.foodterms.com/encyclopedia/knead/index.html) quickly into a ball. Wrap in plastic and refrigerate for at least 1 hour.

Preheat the oven to 400 degrees F. Line a [sheet pan](http://www.foodterms.com/encyclopedia/sheet-pan/index.html) with parchment paper. Roll the dough slightly larger than 10 by 14-inches. Using a ruler and a small knife, trim the edges. Place the dough on the prepared sheet pan and refrigerate while you prepare the apples.

[Peel](http://www.foodterms.com/encyclopedia/peel/index.html) the apples and cut them in half through the stem. Remove the stems and cores with a sharp knife and a [melon](http://www.foodterms.com/encyclopedia/melon/index.html) baler. Slice the apples crosswise in 1/4-inch thick slices. Place overlapping slices of apples diagonally down the middle of the [tart](http://www.foodterms.com/encyclopedia/tart/index.html) and continue making diagonal rows on both sides of the first row until the pastry is covered with [apple](http://www.foodterms.com/encyclopedia/apple/index.html) slices. (I tend not to use the apple ends in order to make the arrangement beautiful.) Sprinkle with the full 1/2 cup of sugar and [dot](http://www.foodterms.com/encyclopedia/dot/index.html) with the butter.

Bake for 45 minutes to 1 hour, until the pastry is browned and the edges of the apples start to brown. Rotate the pan once during cooking. If the [pastry](http://www.foodterms.com/encyclopedia/pastry/index.html) puffs up in one area, cut a little slit with a knife to let the air out. Don't worry! The apple juices will burn in the pan but the tart will be fine! When the tart's done, heat the apricot jelly together with the [Calvados](http://www.foodterms.com/encyclopedia/calvados/index.html) and brush the apples and the pastry completely with the [jelly](http://www.foodterms.com/encyclopedia/jelly/index.html) mixture. Loosen the tart with a metal [spatula](http://www.foodterms.com/encyclopedia/spatula/index.html) so it doesn't stick to the paper. Allow to cool and serve warm or at room temperature.