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Anglaise is a culinary term that refers to a French cooking technique in which food is cooked or prepared in the English style. This can include cooking methods such as poaching, boiling, or sautéing, as well as the use of classic English ingredients and flavor profiles. Tempering: Slowly pour a small amount of the hot milk mixture into the egg yolks, whisking constantly. This helps to gradually raise the temperature of the eggs without cooking them and prevents them from curdling. Straining: After tempering the egg yolks, strain the mixture through a fine-mesh sieve to remove any bits of cooked egg or lumps, resulting in a smooth and silky custard. Cooling: After cooking, place the Anglaise in an ice bath to quickly cool it down and prevent it from overcooking. Stir occasionally to promote even cooling and avoid forming a skin on the surface. Consistency Check: To check if the Anglaise is ready, run your finger across the back of a spoon coated with the custard. If it leaves a clean line, the Anglaise is properly cooked and has reached a thick enough consistency. Anglaise Sauce: This classic French sauce is a velvety combination of egg yolks, sugar, and hot milk that is gently cooked until thickened. The duality comes in the form of achieving the perfect consistency – not too thin and not too thick. Cooking the sauce until it's too thin can result in a runny consistency that won't coat the back of a spoon, while overcooking can lead to curdling and a scrambled egg-like texture. Mastering the technique requires patience and a keen eye, as the sauce's texture hinges on precise temperature control and constant stirring. Often used as a base for desserts like crème brûlée or as a topping for cakes and pastries, Anglaise Sauce exemplifies the fond definition and meaning of culinary finesse—transforming simple ingredients into something extraordinary. Its versatility and rich, silky texture make it a staple in classic pastry kitchens worldwide. Anglaise and Temperature Control: Achieving the perfect Anglaise sauce also involves managing the temperature carefully. The sauce should be cooked over low heat to prevent the eggs from curdling, but it needs to be heated enough to thicken and cook the eggs. It's a delicate balance to maintain the right temperature for a smooth and creamy sauce. Anglaise and Versatility: Once you've mastered the technique of making Anglaise sauce, you can use it as a base for various other desserts. It can be flavored with vanilla, chocolate, or other extracts to create different flavor profiles. Additionally, Anglaise can be served warm or chilled, making it a versatile and delicious addition to puddings, cakes, and other desserts. Anglaise and Serving Techniques: Using a double boiler or a heavy-bottomed saucepan is essential for cooking Anglaise to prevent scorching and ensure even heat distribution. It's also important to strain the sauce through a fine-mesh sieve to remove any bits of cooked egg and achieve a silky smooth texture. Mastering these techniques will help you create a luscious Anglaise sauce every time. For the Anglaise, it's important to use gentle heat and constant stirring to prevent the eggs from curdling. A double boiler or bain-marie is commonly used to gently cook the egg and sugar mixture to create a thick and smooth custard. Be sure to constantly whisk the mixture to evenly distribute the heat and avoid scrambling the eggs. Once the custard has reached the desired thickness, it should be immediately removed from the heat to prevent overcooking and straining the mixture can help to remove any lumps for a smooth Anglaise sauce. Remember to cool the sauce quickly to prevent the risk of bacterial growth, such as by placing the sauce over an ice bath. Enjoy your homemade Anglaise as a delicious accompaniment to desserts like cakes, puddings, and fruit tarts. Nutritional Frameworks for Anglaise: Glycemic Index: Cooking the Anglaise custard at a lower temperature and avoiding overcooking can help maintain a lower glycemic index. This prevents blood sugar spikes and is beneficial for those monitoring their blood sugar levels. Digestibility: Cooking the Anglaise custard to the right consistency ensures it is easier to digest compared to raw or overcooked custard. Overcooked custard can form a hard, rubbery texture that may be difficult for the body to digest, while raw custard may contain raw eggs which can be a digestion risk. Satiety: The richness of Anglaise custard can contribute to a longer satiety, or feeling of fullness, which can be beneficial for weight management. Enjoying a small portion of rich and creamy Anglaise custard can provide satisfaction and reduce the desire for additional high-calorie desserts. Nutrient Retention: Cooking the Anglaise custard gently and not overheating it can help to retain more of the nutrients from the eggs and milk. Overcooking or overheating the custard can lead to a loss of nutrients, so it's important to use gentle heat and careful monitoring during the cooking process. When making Anglaise sauce, it's crucial to follow food safety protocols to prevent the risk of foodborne illness. Here are some key safety tips: Temperature Control: When cooking the Anglaise sauce, ensure that it reaches 160°F to safely cook the eggs and kill any potential bacteria. Immediate Cooling: After preparing the Anglaise, it should be immediately transferred to a shallow container and placed in an ice bath to cool it rapidly and prevent the growth of harmful bacteria. Refrigeration: Once cooled, the Anglaise should be refrigerated at 40°F or below to prevent bacterial growth. It should be consumed within 2 days. Avoid Cross-Contamination: Make sure to use clean utensils and equipment when preparing the Anglaise to avoid cross-contamination from raw ingredients. By following these safety protocols, you can enjoy your homemade Anglaise sauce while ensuring it is safe to consume. Anglaise involves a few key elements to ensure a successful outcome: Eggs: Use fresh, high-quality eggs for the best flavor and texture in your Anglaise. Milk or Cream: Choose whole milk or heavy cream for a rich and creamy Anglaise. Sugar: Use granulated white sugar to sweeten the Anglaise to your desired taste. Tempering: When adding the hot milk or cream mixture to the eggs and sugar, do so gradually to prevent the eggs from cooking and curdling. Cooking Time: Cook the Anglaise over low heat, stirring constantly, until it thickens enough to coat the back of a spoon. Straining: Once the Anglaise is cooked, strain it through a fine-mesh sieve to remove any bits of cooked egg and achieve a smooth texture. By following these core elements, you can create a delicious and velvety Anglaise sauce to accompany your desserts or pastries. Remember to keep a close eye on the temperature and constantly stir to prevent the eggs from curdling. Firmness and texture: Cooking vegetables using the Anglaise method can help preserve the firmness and texture of the vegetables, making them more palatable and appealing. The brief cooking time in boiling water ensures that the vegetables are not overcooked and mushy, resulting in a pleasant crunch and bite. Color retention: The Anglaise method helps retain the vibrant color of vegetables, making them visually appealing and appetizing. Rapid blanching in boiling water stops the enzymatic processes that cause the vegetables to lose their color, resulting in bright and attractive finished dishes. Flavor preservation: By blanching vegetables with the Anglaise method, their natural flavors are better preserved compared to other cooking methods. This leads to vegetables that taste fresher and more flavorful, enhancing the overall taste of the dish. Texture of fish: Poaching fish using the Anglaise method allows for the gentle cooking of the fish, resulting in a tender and moist texture. The low temperature of the poaching liquid prevents the fish from becoming overcooked and rubbery, ensuring a delicate and enjoyable eating experience. 1. Dietary Needs: Low-Carb Options For those on a low-carb diet, alternatives such as spiralized vegetables like zucchini or spaghetti squash can be used as a base instead of traditional pasta. These can be cooked to a similar al dente texture and paired with the same sauces and proteins. 2. Vegan/Vegetarian Substitutions For a vegan or vegetarian option, try using lentil or chickpea-based pasta, which can be cooked to al dente just like traditional pasta and provides a boost of protein and fiber. 3. Budget-Friendly Options To save money, consider making your own homemade pasta, which requires just a few simple ingredients like flour and eggs. With a little practice, you can achieve the perfect al dente texture and customize the pasta to your liking. 4. Global Cuisines Alternatives Explore global cuisine by using other grains such as buckwheat for Japanese soba noodles, or rice noodles for a Thai-inspired dish. These alternatives can be cooked to al dente and paired with authentic sauces and toppings. 5. Authentic Regional Dishes For those interested in traditional Italian cooking, consider using bronze die-cut pasta, which has a rough texture that holds sauce better. This method is traditional in Italy and can help achieve the perfect al dente texture. The term "à l'Anglaise" is a French phrase that translates to "in the English style" or "the English way." It is often used in culinary contexts to describe a method of preparation or serving that is characteristic of English cuisine. For example, "agneau à l'Anglaise" means lamb cooked in the English style. Beyond cooking, it can also refer to practices, customs, or manners that are typically associated with English culture. Usage: Culinary context: The phrase is frequently used in recipes or restaurant menus to indicate that a dish is to be prepared or served in a manner that is typical of English traditions. Cultural context: It can also be used to characterize behavior or etiquette that aligns with English customs. Examples: "Pour le brunch, je vais préparer des oeufs à l'Anglaise." (For brunch, I will prepare eggs in the English style.) "Ils ont décoré la salle à l'Anglaise, avec des drapeaux et des fleurs typiques." (They decorated the room in the English style, with typical flags and flowers.) Etymology: The phrase "à l'Anglaise" is derived from the combination of the preposition "à" meaning "in" or "to," and "l'Anglaise," which literally translates to "the English." This construction reflects the influence of English customs and cooking methods on French culture. Pronunciation: In French, "à l'Anglaise" is pronounced as /a lɑ̃glɛz/. IPA: /a lɑ̃glɛz/ Breakdown: "à" is pronounced as [a] (similar to the "a" in "father"). "l'" is a liaison (the 'l' sound is connected to the next word). "Anglaise" is pronounced as [ɑ̃glɛz]. Synonyms: In the culinary context, similar phrases include: "à l'anglaise" (adjective form in French) "English-style" (Note: In French, context often dictates if a stylistic reference like this has a direct synonym or equivalent.) Antonyms: While there may not be a direct antonym for "à l'Anglaise," one might consider it in contrast with: "à la Française" (in the French style) "à l'Italienne" (in the Italian style) These terms refer to their respective cultural styles and traditional practices. This phrase encapsulates how cultures influence each other, especially in the realm of gastronomy, and serves as a cultural reference point in various contexts. Recipes which use this word: 5Page 2Adding a liquid.Example: "Add white wine."Meaning: Add white wine.13 K 4.3/5 (28 reviews) À l'anglaise (English style) Add liquid to cover See the whole glossary CommentLast modified on: September 17th 2024Page 3 The important thing is the content of the site, the recipes and information you can find, but some of you want to know who is behind it all.218 K 4× 4.2/5 (160 reviews) Comment Send by e-mail to a friend Follow this pageLast modified on: September 5th 2024 Well it's just me. My first name is Jean-Hugues, I live in France, near the Brittany coast in the town of Brest.I am not a professional chef or baker (my real job is Information Technology at a university), but cooking, bread, wine, and all things associated, is one of my passions.Passion that led me to take a sabbatical of 6 months in 2018, to follow bakery courses, and graduate, at the INBP in the city of Rouen (one of the highlights of my life).This site is mine, and I have done everything on it, i.e. both the web content (pages, scripts and database) and the cookery: recipes, text, photos, etc. I'm trying to share this passion with you, through my attempts and experiences, disappointments and successes, to arrive at the final tested recipes.My goal is to put on line good recipes. By "good" I mean clear, which can be made by everyone. That's why I include as many photos as I can too. I pay attention to tricky stages, I repeat each weight, volume or number within the recipe, not just in the list at the beginning ("Add 100g sugar" instead of "Add sugar"), and I end with advice, ideas and suggestions of alternatives. If possible I quote my sources.You might sometimes find slightly harder recipes, indicated by the symbol . This doesn't mean that they are really difficult (otherwise they would not be on the site) but they need a little more care because there are some tricky stages (in which case they are explained in more detail) or maybe they entail rather more work than usual. So the is only a warning to tell you "You should read this recipe carefully".Of course the recipes are the basis of this site, but I want it to be more than a simple list. That's why you will find many items about cooking: utensils, themes, tips, etc. There is also another section dedicated to things I like, nothing to do with the kitchen. I'll leave you to discover all that, and you can also look at what you can do with this site.SourcesWhen I say "My" recipes it's often a lack of humility! Alain Dutournier (one of the best French chefs, but who doesn't have his three stars and that's a real loss for the Michelin Guide) says something like "In cooking, everything has already been invented, now we only remake or adapt". So for myself, all my recipes are unconsciously or not based on something which I have tasted, seen or read.You will have probably noticed that in cooking we are frequently (maybe always) influenced by our environment: a recipe or an article read at a friend's house or in the doctor's waiting room and here we go! trying to make it, but better of course. So that's why, whenever I can, I quote my sources.DevelopmentWhen you see a recipe on the site, it means that it's passed through a rather long cycle that begins with a first test, tasting, possible verdicts: "terrible" (forget it), or "medium" (needs radical improvement) or "ah not bad" (some minor changes perhaps), or "cool" (excellent, nothing to change - very rare ...). This is true both for original recipes, and those that are versions of classics like tartiflette or profiteroles for example.If it is worth including (after several trials) once the recipe is ready, I repeat it photographing all the stages, these are the photos you see on the pages.Then I reformat the photos to a size compatible with web pages, I create a page for the photos, I write the accompanying text, I alert Alison, the amazing translator, who adds the English text, and then I publish the new recipe on the site, usually on Sunday. This release triggers the automatic sending of the message to the news list to which you may already subscribe, and updating RSS feeds.All this of course to try to tempt you to enjoy the pleasure of cooking. Cooking is perhaps the best way to meet with family or friends, because nothing is more friendly, warm, enjoyable than a meal together, with a few good bottles if possible.Keep up with the latestAs I have already stated, on this site, you can subscribe to a news list which will send you a personnal e-mail when anything new is published. So you will know about each new recipe immediately.You can also follow me on several social networks: The success of the site and its newslist means that each month my Internet web host charges me for excess traffic. In an attempt to offset these costs, I have added some commercials on my pages. I don't like it, but it seems to be the better choice (or the least worst one). I hope that you will not be too bored by these commercials (I will do my best to keep them as low profile as possible). If you're interested in the technical side of the site, here is some information: it's a personal PHP development (about 24,000 lines) which uses a MariaDB database. The data model is a bit complex (for me at least, more than 40 tables) because my goal was to create a multi-language site with unique and centralized text storage, and a kind of unique feature (I think) with recalculated ingredients weight or volumes of each recipe when changing the number of guests. The site is HTML 5, CSS and RSS w3c valid.No available version number on the site, because it is constantly evolving. I modify and improve almost daily, I improve the scripts, I hone tips here and there, I create new pages or functions according to my ideas, and sometimes requests or suggestions that I receive. You can follow site evolutions. Tell me what you think of itDespite all my best efforts, sometimes I make mistakes... So if you see one of those mistakes, or think something is confused, badly, or insufficiently explained don't hesitate to contact me. I will correct it as quickly as possible.You can also write to tell me what you think about the site, what's right or wrong, good or bad. Your e-mails are of great interest to me, and I promise to answer to all that I receive.Enjoy this site...Jean-HuguesBack to top of pagePage 4If you are interested in this page, you can "follow" it, by entering your email address here. You will then receive a notification immediately each time the page is modified or a new comment is added. Please note that you will need to confirm this following.Note: We'll never share your e-mail address with anyone else.Page 5If you are interested in this page, you can "follow" it, by entering your email address here. You will then receive a notification immediately each time the page is modified or a new comment is added. Please note that you will need to confirm this following.Note: We'll never share your e-mail address with anyone else.Page 6 Making homemade ice cream may seem complex, but with the right methods and a few tricks, you can achieve a creamy texture and incomparable flavors. On this page, we'll be revealing the secrets of successful homemade ice cream, guiding you step by step through the various stages of preparation. Whether you're looking for the perfect recipe or tips on how to refine your technique, you'll find everything you need to know here to master the art of homemade ice cream.439 K 4.0/5 (276 reviews) Comment Send by e-mail to a friend Follow this pageLast modified on: September 3rd 2024First and foremost, it's important to distinguish between ice cream and sorbet.Sorbet is an ice cream made from sugar syrup and usually fruit pulp.Ice cream (or "crème glacée") is a frozen preparation based on egg yolks, cream and milk, which is cooked and flavored before or after cooking (typically, a custard to which fresh cream is added). Sorbet recipes, like pear sorbet are extremely simple: you need 50% sugar syrup and 50% fruit pulp (sometimes it varies a little depending on the fruit), mix and pour into an ice-cream maker, and that's it!They're easy to make because all their flavour comes from the quality of the fruit you choose. In other words, if you use fruit that doesn't have much flavour because it's not ripe, or is industrially produced, you'll get a mediocre sorbet. On the other hand, if you use good fruit, you'll have an excellent sorbet. For example, if you make a strawberry sorbet using "Gariguettes" or "Mara des bois", it will be incomparably better than a sorbet made with supermarket Spanish strawberries bought in March. It's also possible to make sorbets that aren't sweet, like tomato sorbet to accompany a little mussel soup with turnips.The cold-warm contrast is quite striking and delicious. The trick, to compensate for the absence of syrup, is to add a lightly beaten egg white. See the sorbet recipes on this site for more details.Ice cream This is a little more complicated to make, because there are more ingredients and the preparation has to be cooked.The basic recipe is a custard, flavored to taste (pistachio, chocolate, etc.), to which liquid crème fraiche is added at the end of cooking. For more details, see the recipe for vanilla ice cream, and the other ice cream recipes on this site. Preparation tipsIt's imperative that your ice cream or sorbet is cold or very cold when you put it in the ice cream maker, to facilitate setting. So when you've finished your ice cream or sorbet, put it immediately into the fridge in a sealed bottle, for example. Tip: you can also put it in the freezer to keep it really cold (but be careful not to freeze it completely).For ice cream, you can prepare it the day before and leave it overnight in the fridge. Then freeze for 30 minutes before churning.For sorbet, try to avoid this, as pureed fruit quickly loses its taste and vitamins. So it's best to blend as late as possible, then freeze for 30 minutes before blending. There's also the fact that fruit preparations quickly oxidize: an apple or pear sorbet that's brown instead of white or a little yellow is much less appetizing... So remember to systematically add lemon juice to the preparation to limit the damage, or even better, a pinch of vitamin C.TurbiningThis is the process of placing the preparation in an ice cream maker to transform it into ice cream or sorbet.In principle, there's nothing special to do, but here are a few tips:Choosing the right ice cream maker is vitalYou absolutely need one that is at least "cold accumulation", i.e. with a part that you store in the freezer at least 36 hours in advance, and that you take out just when you're ready to churn.The cold part contains the preparation, and a motor drives the blades which scrape the edges where the preparation frosts.Note: If you've got one of those old-fashioned ice-cream makers that you have to put in the freezer with the wire sticking out, forget it - you won't get anywhere with it. Top of the line: the turbineBut what's really ideal is the ice cream turbine, a model that has its own cold production unit, so there's nothing to put in the freezer in advance, and a constant, permanent supply of cold.But be warned, they don't come at the same price - see my good addresses page.All right, it costs an eyeful, but in the final analysis, given the use you're going to make of it and the satisfaction it brings, it's an excellent investment.Operation is a little surprising the first time: you have to prepare brine (a saturated solution of salt) and pour a dose (dosette supplied) into the turbine before placing the tank in it and screwing on the blade.The brine is there to ensure good thermal contact between the cold generated by the turbine and the preparation in the tank.If you have proceeded as described above, your ice cream should set quickly (30 minutes maximum) and be very smooth. As soon as it reaches the desired consistency, switch off the ice cream maker and enjoy! Your ice cream will never taste better than when you make it.If you're having guests over and you've planned an ice cream-based dessert, calculate the time it will take for your ice cream to be turbined just as the dessert is being served. Let's say you turn on the ice cream maker just as you're serving the cheese.If you want to preserve it, put it in the freezer in an airtight box. To use it later, take the box out 15 minutes in advance, and put it in the fridge so that the ice cream regains some of its suppleness.Better than an ice cream maker?It's important to remember that the faster the ice cream or sorbet is made, i.e. turbinated or "set", the better it is. And that's because during the turbining process, small crystals of water ice form, giving the ice cream a softer texture. So the faster you go, the less time the crystals have to form, and the better the ice.So, can we go even faster than with an ice cream maker?The answer is "yes", but it requires very special techniques. Liquid nitrogen is a curious product: it's a bubbling liquid, liquefied nitrogen gas (a neutral gas that forms 3/4 of our air) at -196°C.Obviously, it can't be handled like water, and a number of strict rules must be observed (gloves and goggles at the very least), as touching nitrogen or getting it on the skin can cause serious burns.Please refer to the advice provided by l'air liquide. Warning: The author of this page cannot be held responsible for any damage or injury resulting from the use of this product.Getting hold of this product is not easy for individuals either, so check the yellow pages and search engines. I'd like to take this opportunity to thank a colleague, without whose help these experiments would not have been possible.Once safety has been respected, let's see what this can do for ice-cream making? Well, quite simply, speed: the ice cream sets almost instantaneously, because the same volume of liquid nitrogen is poured into the basic preparation while whisking vigorously, setting the ice cream in a few seconds with a great release of water vapour. First, pour your preparation (here for vanilla ice cream) into a metal container.Then pour in the liquid nitrogen, little by little, while whisking the machine.This will produce a lot of "smoke" (in fact, water vapor), so you won't see much, but keep whisking, and a little tip: blow on the container to move the water vapor away.After a few seconds, you'll feel the whisk set and thicken.And finally, you've got your famous liquid nitrogen ice cream. You can taste it, and you'll be amazed at how creamy it is.Much more than just a molecular cuisine gadget, liquid nitrogen ice cream is a genuine technical innovation, albeit a tricky one to make. Dry ice Another solution and another strange product is dry ice, which isCO_2 in solid form at -80°C, and which can be used to make ice cream very quickly too.Dry ice comes in the form of large pellets. To do this, wrap it in a tea towel, fold it carefully and then tap it with a rolling pin.The result should be a fairly coarse powder. Pour it directly into the whipped mixture. It always has a spectacular effect. And the ice cream is ready in seconds. You'll note that unlike liquid nitrogen, which is neutral, dry ice gives the ice cream a spicy edge, which you need to bear in mind when choosing your flavor.Back to top of pageFloursAt the most basic level, wheat grain is put through a mill, which produces a white-ish powder flour... Well, actually it's not quite that simple. First of all we need to distinguish between the different grains that can be made into flour: wheat of course, but also rye, barley, buckwheat, etc. So we... June 3rd 2024735 K 413.6List of all pagesHere you'll find a list of all the pages published on the site, excluding recipes and blog posts, sorted by theme. August 29th 2024415 K3.7Films and papers in the kitchenIt's now fairly easy to find a range of papers and plastic films that are invaluable, and sometimes indispensable, kitchen aids. Here's a quick overview of the main products available, and what you can and can't do with them. August 29th 2023579 K 93.6Nutritional information and ingredientsFor each recipe you will find on this site, dietary information is calculated. It is thus presented to you: Protein weight in grams (gr)Weight of carbohydrates in grams (gr)The weight of lipids in grams (gr)And finally the energy value, expressed in kilo-calories (1 kilo-calorie = 1000 calories) and... 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August 29th 2023202 K 23.7This page lists all the improvements/modifications that have been made to the site, in chronological order. . August 29th 2023212 K3.8At cooking-ez.com we are always concerned about your data, both those that you have entrusted to us by registering, that those you generate by consulting the various pages and recipes of the site. This page presents our commitments, and the various measures we put in place to ensure this protection. August 29th 202340 K4.3All French websites, whether professionally edited or not, must display mandatory information for the information of the public. Here are those of the cooking-ez.com site. . August 29th 202317 K5List of my other favourite sites. August 29th 2023201 K3.9This page presents you with a random 3-course menu: a starter, a main course and a dessert, based on the recipes on the site. You can change each dish individually, or all 3 at once, or request a menu that does not contain certain ingredients of your choice. October 27th 2024915 K3.9Quite a few of you often ask me where I can find this or that? or is such and such a thing a good buy? or which brand is best for this or that? On this page, I'm going to group together my good addresses for suppliers of this or that product or utensil, and good books on the subjects that interest... August 29th 2023304 K3.9This page gathers in one place all the free widgets available for webmasters or bloggers to incorporate (automatically) news from the cooking-ez.com site. August 29th 2023242 K3.5To make my personal menus, with recipes from the site, add comment and title. July 1st 202111 K4.5Display of a personal recipe. July 1st 202114 K4.4Are you interested in what is published on this website, and do you want to keep up with news? If so, you can subscribe for free to the news list, the automatic e-mail service of cooking-ez.com. This way, whenever a new recipe is published on the site, you will be informed immediately by an... 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Here's a quick overview of the main products available, and what you can and can't do with them. August 29th 2023579 K 93.6Making homemade ice cream may seem complex, but with the right methods and a few tricks, you can achieve a creamy texture and incomparable flavors. On this page, we'll be revealing the secrets of successful homemade ice cream, guiding you step by step through the various stages of preparation. ... August 12th 2024439 K4.0Long-cooked meat becomes meltingly soft. What happens to achieve this result? August 29th 202340 K4.4Small foie gras calculator, to find the right proportions of spices and alcohol needed according to weight. December 17th 2024842 K5What do I need to get started in the kitchen? First of all, a good website! That's it, you're there ;-), then a minimum of equipment, and the few products you should always have in your cupboards or fridge. Here are a few things to help you make your choices. August 29th 2023312 K 13.6A disadvantage of supermarkets is that we are no longer accustomed to taking account of seasons. We find it normal buy strawberries in December or pumpkins in July. Of course it's sometimes fun, but the problem is that this produce comes from very far away, possibly grown under glass without any... April 3rd 2025189 K3.8At the most basic level, wheat grain is put through a mill, which produces a white-ish powder flour... Well, actually it's not quite that simple. First of all we need to distinguish between the different grains that can be made into flour: wheat of course, but also rye, barley, buckwheat, etc. So we... June 3rd 2024735 K 413.6You may have noticed over the pages of this site, I am passionate about everything that is related to the bakery: I love making bread, pastries, maintain my leaven, etc.. This page contains links to all the different parts of the site where we talk about bread: recipes, special pages, etc. October 15th 2024176 K 44.1You'll find a whole range of bread and pastry recipes on this site, but before you get started, perhaps you'd like to know more about the subject, get some tips and tricks, and find out what the main mistakes beginners make? If so, this page is for you. August 22th 2024569 K 63.9When it's time to put them in the oven, the dough pieces for future breads or viennoiseries need to be "lamés", i.e. made with a very sharp blade, by making quick incisions at the top, known as "grignes". Let's see how it's done. August 29th 2023284 K 43.6This short form will enable you to instantly calculate the weight of the other ingredients in your sourdough bread recipe, according to the weight you require. For example, you can recalculate the weight of flour, salt, sourdough and yeast, according to the weight of water you've decided on. August 29th 2023283 K4.1When making bread, it's very important to keep to the correct temperature, as yeast and sourdough are very sensitive to temperature. The dough must be warm enough for the yeast to develop and make it rise, but not too warm, which would have the opposite effect. To express this ideal dough... August 22th 2024230 K3.7Underneath this strange name lies a baking secret: when you want to give a bread or pastry dough (without leaven, but with yeast) a certain percentage of fermented dough must be added, i.e. the same dough made the day before, and left to ferment overnight in the refrigerator. August 25th 2024148 K 24.1The temperature of the water, known as "process water" ("eau de coulage" in French), in a bakery recipe is very important, here is a small calculator allowing you to determine it quickly and simply. August 29th 202381 K4.4Food allergy is a set of abnormal immune reactions that occur after the ingestion of a particular food. This one, normally harmless for the body, is then called "allergen". August 29th 20230A recipe is really quite a simple thing (or should be): a list of ingredients, a method, and that's all there is to it. Unfortunately its not always the case. Sometimes you might get the impression that a recipe, found in a magazine or on a web site, has been concocted especially to make you fail:... June 3rd 2024175 K3.6The way ingredients are described in a recipe varies from country to country. This difference, which is quite profound, relates not only to units of measurement, but also to the way in which they are measured: weight or volume. Let's take a look. August 22th 2024825 K3.7For each recipe you will find on this site, dietary information is calculated. It is thus presented to you: Protein weight in grams (gr)Weight of carbohydrates in grams (gr)The weight of lipids in grams (gr)And finally the energy value, expressed in kilo-calories (1 kilo-calorie = 1000 calories) and... August 29th 2023530 K3.5The various agencies and organisations in the field of nutrition have defined a standard measure for the necessary daily nutritional requirements; these are the RDI or "Recommended Dietary Intake".The RDI represents the required energy, expressed in kilo-calories or kilo-joules, which our food needs... August 24th 202461 K4.1For each recipe presented, cooking-ez.com calculates the price of the recipe, by person, by parts or pieces, here is some information on how this calculation is made. August 29th 2023101 K3.9Would you like to be able to consult the recipes on this site offline, or print them out? If so, don't hesitate: treat yourself to the cooking-ez.com recipe book, with the recipes of your choice at a very low price. August 24th 2024103 K3.5Building a bread oven was until a few years ago a job for the professionals. But now you can buy a kind of kit which allows you to build your own bred oven without professional masonry know-how. You should know that the kits only provide the main part of oven, the hearth, where you light the fire... October 15th 20241.17 M3.6A bread oven is very heavy (over a ton), so you should start by preparing a solid base on which it can be built. August 24th 2024119 K4.1The main part of the oven (the hearth) as sold by the producer ("Fayol" company) consists of 9 slabs (to form the sole) and the curved sections which make up the domed oven, plus a keystone which fits in the top. August 30th 2024126 K3.8Once the domed oven is finished and dry, we can start to construct the housing around it. August 30th 2024116 K3.9Once oven housing is built, it needs protecting from the elements with a roof. August 30th 202480 K3.9Is an oven really ever finished? Well there are always ideas for improvements. Here are af few... August 30th 202473 K4.4For good results with a wood-fired oven, it's very important to manage the heating process well. Here is some advice to help you succeed in this delicate operation. August 24th 2024179 K4.0In this method the fire is kept going in the oven, and we put in dishes that cook in a minute or two. It is, of course, the method for pizzas, pitta bread, etc... August 24th 202492 K3.9For this method, the oven is emptied of embers, cleaned, and door closed until it drops to the cooking temperature of 250°C or 482°F. It's the method used for breads, pies and tarts, cakes, etc. August 24th 202453 K4.4Fogging is an essential element in a bread oven. It's not easy to see, but it's the presence of fog that makes breads golden brown. To get steam on a regular basis, you can put a ramekin full of water in the bottom of the oven, or spray the inside with a sprayer, but this solution requires you to... August 24th 202460 K4A pizza party is always a very pleasant and convivial occasion. Good people (friends and family) get together to enjoy delicious pizzas, baked right in the oven. Here are a few tips to help you make yours a success. August 30th 2024188 K3.7It's an old idea that was in my mind for years: making a real periodic table of Mendeleiev (who always fascinate me) in 3D, where in each element box, there is some atoms (at least) of this element. August 24th 2024206 K 13.6It's not always easy to represent an element. Some are obvious because they're used as such (iron, copper, lead...), but for others it's much trickier. In this list, you'll find the objects/materials that have been chosen to fill in the boxes in the table. August 24th 202438 K3.9The names of the elements in Mendeleyev's table are generally derived from Latin, Greek or German, and refer to properties such as color, brilliance or geographical origin. Here's the origin of each element's name. August 24th 202474 K3.6The road to Mendeleev's table of tables has taken centuries. Here's a brief chronology. August 24th 202442 K3.9The plancha is a cooking method that originated in Spain. It consists of a very hot metal plate on which food, usually cut in small pieces, is cooked with little fat.Contact with the hot plate means that cooking is very rapid, only a few minutes, and there is an obvious "cooked" side. Food is well... June 3rd 2024262 K 43.7A filicoupeur is a hot-cutting tool for polystyrene, which can be used to enhance any piece of polystyrene you've salvaged, and to do all kinds of things with it: model building, model making, arts and crafts, and so on. See here how to make your own. February 20th 2024516 K 433.5A Polynesian arrow is an arrow with a tail that is thrown by hand, using a piece of string. The result is a "slingshot" effect that propels the arrow much further than if it were simply thrown by hand.It's a craft to do with children, for example on an afternoon when they're a bit idle... August 29th 2023196 K 14.3I don't know if you're like me, but I find it very annoying after a shower or bath to have to wipe down the bathroom mirror 36 times with a towel just so I can see myself shaving (or putting on make-up for the girls).How do you solve this tricky problem? First of all, by looking at the cause of the... August 29th 2023222 K 13.6If you're using a CP 290 interface to do a bit of home automation and, for example, regulate your heating, you must have used the "Lighthouse" software under DOS and Windows 3.1. Apart from the fact that this software is in English with AM and PM times, and that it wasn't very user-friendly, the... August 29th 2023147 K4.2As you know, every square feet of our planet receives huge amounts of energy which is sent by the sun. This energy, free, infinite, non-polluting is at our hands, but unfortunately for some sad reason we continue to use fossil fuels with all their harmful consequences to our environment.Is it... August 29th 2023239 K4.0I needed someday a mechanism for controlling an electrical device (pump) on a water level, it was necessary that the pump is switched on when the level was reached, and works for a short time (20 seconds) and then it stops and the cycle, start again. I found nothing in shops that will make it at a... August 29th 2023175 K4.4Back to top of pagePage 9If you are interested in this page, you can "follow" it, by entering your email address here. You will then receive a notification immediately each time the page is modified or a new comment is added. Please note that you will need to confirm this following.Note: We'll never share your e-mail address with anyone else.Page 10"Faites votre pâtisserie" by Gaston Lenôtre is THE pastry book for me. I learned everything I needed to know about basic recipes (pastas, creams, cakes, tarts, etc.), and what's more, my mom gave it to me over 30 years ago.Very educational, the book has been reprinted many times, and the edition I have shows the master holding a saint-honoré on the cover, instead of the charlotte that's there now.Objectively speaking, this book has aged a little, and the photos in it are not the flashy works of art you see in today's cookery and pastry books, but the recipes, and in particular the basic ones like pâte sablée, brisée, choux and feuilletée, are timeless.In short, you need to have this book in your library!After this first opus, Gaston Lenôtre published several other books, including "Faites vos glaces et votre confiserie", and "Faites la fête" (dedicated to buffets).Page 11 Herbs: there's nothing else so small that can add so much to a recipe. They are not only for garnishing, but are a true part of the dish, sometimes one of the main ingredients.A small example of the "power" of herbs: you make a chopped carrot salad, which is very good with a vinaigrette, but if you add a few chives and chopped flat-leaf parsley, it's really something else.So herbs, simple as they are, can transform your recipes. You will find on these pages, some advice and information on using the most commonly used herbs.193 K 1× 3.9/5 (82 reviews) Comment Send by e-mail to a friend Follow this pageLast modified on: September 3rd 2024To preserve them when you've bought them fresh and cut (a bunch of parsley, for example), putting them in a glass of water near the window isn't a very good idea. It's better to wrap the stems in damp paper towel, wrap in a plastic bag or aluminum foil and store in the fridge, as this is more effective.Freezing is no problem, see also the section on the herb concerned.Some herbs, such as bay leaves and thyme, can also be dried (see the section on the herb concerned), but this is still not as good as fresh or frozen.Be careful with herbs: to fully appreciate their flavours, you need to follow 2 rules:Never leave a bunch of herbs standing next to a cooking dish,as the heat will soften the herbs and make them bland and mushy. Ideally, whenever possible, cut them up at the last minute and add them to the recipe.If possible, try to avoid the electric chopper, which has an annoying tendency to pulverize or mush herbs. It's much more efficient to use scissors or a knife when adding herbs. Once again, see the section on the herb concerned.Very often, we only use the tops or leaves of herbs (e.g. parsley), but if it's to give flavor to a preparation or sauce, it's sometimes very important to also use the tails, which are very strong in flavor (for the bouquet garni, for example). How to store them? As a general rule, herbs don't keep well once cut, and we all tend to put the stems in a glass of water, like a bouquet of flowers, in the belief that this is the best way to preserve them, but it's not a good idea. To preserve them in the best possible way, you need to:1) Cut the tails with scissors, all to the same size (remove about 1/2 centimetre). 2) Wet a piece of kitchen paper with cold water3) Wrap the wet paper around the tails 4) Place in a sealed plastic bag and refrigerate. With this method, you can easily store your herbs for several days.Create your own herb gardenYou can of course buy herbs at the market or supermarket, but if you can create a small "herb garden" at home it will be of great benefit: practical, economical, and what a pleasure to say "It's from my own garden".To do this, you don't even need to have an actual garden or backyard, as most of the herbs mentioned on this page can be grown easily in a pot by a window or on a balcony. This is how the chives and parsley grown by Robert and Françoise (very goods friends of mine, in their cottage) come to be more beautiful than mine grown in my garden.A few unusual ways to use herbsFry herbs for a few seconds in hot oil, to serve with another dishes. Do try especially: fried s