

Café Parisien Cooking Class

Avec Mélanie Snail

Le samedi 4 décembre 2010, 11h. à 13h.

Croque Monsieur

Prep Time: 5 min

Cook Time: 25 min

Yield: 8 sandwiches



Ingredients:

- 2 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- 2 cups hot milk
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- Pinch of nutmeg
- 12 ounces Gruyere, grated (5 cups)
- 1/2 cup freshly grated Parmesan
- 16 slices white sandwich bread, crusts removed
- Dijon mustard
- 8 ounces ham, sliced but not paper thin

Directions:

- Preheat the oven to 400°F.
- Melt the butter over low heat in a small saucepan and add the flour all at once, stirring with a wooden spoon for 2 minutes. Gradually pour the hot milk into the butter-flour mixture and cook, whisking constantly, until the sauce thickens. Take saucepan off the heat and add the salt, pepper, nutmeg, 1/2 cup grated Gruyere, and the Parmesan and set aside.
- To toast the bread, place the slices on 2 baking sheets and bake for 5 minutes. Turn each slice and bake for another 2 minutes, until toasted.
- Lightly brush half the toasted breads with mustard, add a slice of ham to each, and sprinkle with half the remaining Gruyere. Top with another piece of toasted bread.
- Slather the tops with the cheesesauce, sprinkle with the remaining Gruyere, and bake the sandwiches for 5 minutes.
- Turn on the broiler and broil for 3 to 5 minutes, or until the topping is bubbly and lightly browned. Serve hot.

Petits Pains au Chocolat

Source: Ina Garten, 2004

Prep Time: 5 min

Cook Time: 15 min

Yield: 24 petit pains

Ingredients:

- 2 sheets frozen puff pastry (one 17.3-oz package), thawed, each sheet cut into 12 squares
- 1 large egg beaten to blend with 1 water (for glaze)
- 4 3.5-oz bars imported bittersweet chocolate, each cut into six 2x3/4-inch pieces
- Sugar

Directions:

- Line baking sheet with parchment paper. Brush top of each puff pastry square with egg glaze.
- Place 1 chocolate piece on edge of 1 pastry square. Roll up dough tightly, enclosing chocolate. Repeat with remaining pastry and chocolate. Place pastry rolls on baking sheet, seam side down.
- Preheat oven to 400°F. Brush tops of pastry rolls with remaining egg glaze. Sprinkle lightly with sugar.
- Bake until pastries are golden brown, about 15 minutes. Serve warm or at room temperature.



Café au Lait

Source: Bon Appétit, 2004

Prep Time: 15 min (+coffee brewing time)

Ingredients:

- 1 part hot French Roast Coffee
- 1 part hot milk
- Sugar

Directions:

- Heat milk over low heat in a saucepan just until a thin film forms.
- Fill cups halfway with coffee then fill remainder of cup with milk.
- Add sugar as desired.

