



THE HANDBOOK

CH

The Cubitt House Pastry Academy is an internal training platform focusing on building classic and modern pastry skills within the Cubitt House kitchens. The internal course will consist of a day per week over 3 months and open to three chefs per cycle. We will run two cycles per year in the satellite kitchen at The Princess Royal.

The selection process will be a case of first come, first served.

The classes will be run by **Neradah Hartnett**, Cubitt House Executive pastry chef.

The Academy is open to all Cubitt house chefs who are interested in expanding and refining their pastry skills under the tuition of two experienced pastry chefs.

Once the Candidates are selected, they will be given a time frame, curriculum, recipes and basic instructions for the course.

Each day of the course will be marked and signed off by the pastry team and on completion of the course each candidate will receive a certification.

PASTRY COURSE

Week 1	Week 2	Week 3	Week 4
Crème anglaise Choux paste Pastry cream Crème diplomat Chocolate eclairs	Sweet pastry and blind baking Puff pastry Tatin caramel Salted caramel Peanut popcorn	Custard tart Chocolate tart Tarte tatin Ganache filling Saving split ganache	Meringues Italian meringue Meringue roulade Marshmallows Sabayon Lemon curd
Week 5	Week 6	Week 7	Week 8
Burger buns Cinnamon buns Poolish sourdough starter Doughnuts Blinis	Victoria sponge Chocolate mousse cake Happy birthday piping Paper piping bags Cheesecakes	Frosting Glazing Dipping Mirror glaze of the mousse cake Strawberry jam	Scones Shortbread Chewy cookies Madeleines Biscotti
Week 9	Week 10	Week 11	Week 12
Sorbet Ice cream Gelato Semifreddo Panna cotta Chocolate mousse	Lemon curd Pate de fruit Fudge Honeycomb Truffles	Recap of 3 skills we have learnt already or recipes we didn't get time to do	Design a dish using at least 3 skills we have covered already

The academy is located on the first floor of the **Princess Royal located at 47 Hereford Rd, Notting Hill.**

Please be changed and ready by **10am**. Uniforms are provided, please bring own knives and shoes.

We will break for lunch as close to **1pm** as we can, lunch will be half an hour where you may go off site.

Classes are designed to go for 6 hours, some may be slightly shorter.

Each class will have 3 students and 1 tutor.
All recipes will be provided.

At the end of each class you may have baked goods you can take home, please bring a container if you wish to do this.

WEEK

1

THIS WEEK WE WILL COVER

Crème anglaise Pastry cream Crème diplomat
Choux paste Chocolate eclairs filled

KEY SKILLS

Tempering egg yolks Mounting with butter Passing with a ladle
Infusing cream Measuring precise temperature with a probe Ice bath

EQUIPMENT

Thermometers Mixing bowls Inductions Sieves

CRÈME ANGLAISE

500 g whipping cream
1 tsp vanilla paste
100 g caster sugar
120 g pasteurised egg yolks

- ◆ In a small pan on a low heat, bring the cream and vanilla to almost boiling point, watch carefully.
- ◆ In a bowl whisk the yolks and sugar for 2-3 minutes.
- ◆ Pour approx. 100ml of the cream onto the yolks and whisk so they don't cook. Pour the remaining cream into the yolks and whisk. Clean the pan ensuring there is no burnt cream on the base.
- ◆ Return mix to the pot and cook on a low heat, stirring non-stop with a spatula until it reaches around 82-85°C.
- ◆ Have a bowl on top of an ice bowl ready with a sieve on top. Immediately pass the custard into the bowl and stir to aid the cooling for a few minutes. Place a sheet of clingfilm on the surface of the custard to prevent a skin forming. Cool down completely before vac packing.

VANILLA PASTRY CREAM

500 g milk

1 tsp vanilla paste

150 g egg yolks, *pasteurised*

120 g caster sugar

45 g cornflour

50 g butter, *cubed*

- ◆ Heat the milk and the vanilla in a small saucepan.
- ◆ Whisk the yolks, sugar and cornflour together. Pour some of the milk over the egg mix and whisk. Add the remainder and whisk again.
- ◆ Return to a clean saucepan on the stove and cook on low whisking all the time. When it starts to boil reduce the heat and cook for a further 5 minutes.
- ◆ Pass into a shallow container then whisk the butter in. Place clingfilm on the surface and cool completely. Beat until smooth.

CRÈME DIPLOMAT

800 g pastry cream
whipped and cold



200 g double cream
chilled and whipped

Fold a third of the cream into the pastry cream with a whisk, quite quickly. Add another third and then the remainder being more gentle with folding with each addition. Place in a piping bag and chill.

CHOUX PASTE

0.25 l water ◆ 0.25 l milk ◆ 200 g butter
10 g salt ◆ 10 g sugar ◆ 300 g flour ◆ 8-9 eggs

Bring the water, salt, sugar and butter to the boil.
Add the flour all at once and cook for a further 5 minutes, mixing all the time with a firm mixing spoon. Remove from the heat and put into the kitchen aid with the whisk. Turn on to a slow speed. Add the eggs, one at a time until smooth and shiny. Whisk until almost cold
Transfer to a piping bag and cool completely.

CHOCOLATE ECLAIRS

1 x recipe of choux paste

Melted dark chocolate

1 x recipe crème diplomat

- ◆ Onto a silpat mat pipe with a 2cm wide nozzle long strips of choux paste approx. 8cm long.
- ◆ Bake for 30 mins at 160°C fan 3, humidity 50%.
- ◆ When eclairs are cold fill them through the sides with the cream and dip in melted chocolate, set on a tray in the fridge to set.

WEEK

2

THIS WEEKS KEY RECIPES WILL BE

Sweet pastry Puff pastry Tatin caramel
Salted caramel Candied peanut popcorn

KEY SKILLS

Blind baking Laminating pastry Lining a pastry tin
Caramelising sugar directly and indirectly
Using caramel to coat popcorn

SWEET PASTRY 800G

400G PER TART

250 g butter, *room temp*

125 g sugar

1 egg

375 g flour

5 g salt

- ◆ Cream butter and sugar until light using the paddle in the kitchenaid. Add egg beat in. Fold in flour and salt and mix minimally to form a dough. Turn out onto the bench and bring together kneading as little as possible. Divide in 2 and flatten to make a flat disc. Wrap in clingfilm and leave in the fridge for half an hour.
- ◆ Roll out to fit the tart tin. Spray the tin with butter spray and lay the pastry in pushing it into the corners. Leave the overhang of pastry. Chill again for half an hour.
- ◆ Lay 4 layers of clingfilm in the pastry and fill to the very top with dry rice or beans.

PUFF PASTRY

500 g flour

5 g salt

500 g butter

Juice of 1 lemon

Iced water

- ◆ Sieve the flour with the salt, rub in 100g of butter until it resembles fine crumbs.
- ◆ Add in approximately 150ml iced water (without the ice cubes) and the lemon juice, or until you can gather together a firm dough. Knead for a few minutes, this can be done in the machine or by hand.
- ◆ Rest covered for an hour.
- ◆ Take the remaining butter and make a rectangle approx. 1cm thick.
- ◆ Roll the pastry out to a large rectangle. You will need the rectangle to be big enough so that when the butter rectangle is placed in the middle it can be enveloped with the dough leaving no exposed butter.
- ◆ Place the butter rectangle in the middle of the dough and fold the dough over it like wrapping up a book. The left edge side of dough should reach right over the butter, then the right side should reach right over that piece of dough. Fold the top edge right of the butter slab then fold the bottom edge over the butter slab. You should be left with a neatly wrapped butter.
- ◆ Rest this for half an hour in the fridge then roll out carefully to a rectangle around 1cm thick. Fold into thirds by bringing a short edge up and the opposing short edge over that so you have a rectangle a third the size of the original with no exposed butter.
- ◆ Rest the pastry for half an hour and repeat another 3 times. Wrap tightly in clingfilm and rest overnight.

TATIN CARAMEL

300 g sugar ♦ 135 g butter ♦ 30 g glucose

Place the sugar and the glucose in a pan and make a caramel.
Once a thin layer of bubbles appear on the surface add the butter and mix to emulsify. Pour into a sprayed gastro and cool.
Break up and store in vac-pack bags.

SEA SALT CARAMEL SAUCE

200 g caster sugar ♦ 50 g glucose ♦ 300 g double cream
1 tsp vanilla essence ♦ 1 tsp maldon salt

Bring the cream to almost boiling point. Place the sugar, glucose and a splash of cold water into a pan big enough so that the sugar is no thicker than half a centimetre on the base of the pan. Heavy based pans are best. When the sugar starts to melt watch very carefully as it can turn dark very quickly. Move the sugar around so that the caramelisation is even, but don't beat the sugar or you will crystallise it. When you have an evenly dark brown syrup, turn off the heat and add in half the cream, the cream will boil up so be careful. Turn the heat back and mix with a whisk so there is no hard caramel on the base of the pan and when its all incorporated add in the remaining cream, the salt and the vanilla. Bring to almost boiling then pass through a fine sieve.

CANDIED POPCORN

50 g popcorn kernels

20 ml oil

250 g caster sugar

60 g butter

50 ml water

30 g glucose syrup

0.5 tsp salt

- ◆ Place the oil in a heavy pot with a lid, remember the popcorn will expand by a lot so the pot will need to be at least 2 litre capacity.
- ◆ Add in the corn kernels and cover the pot on a low to medium heat. When the first corn pops turn the heat down. Shake the pan from time to time but when there is 3-4 seconds between pops turn the heat off and tip popcorn into a greased gastro tray. Pick out any unpopped corn.
- ◆ Make a caramel with the sugar, glucose, butter and water, then pour evenly over the popcorn. Sprinkle with salt and stir through. When it's gets too stiff, put in the oven for 4 minutes, stir through again and repeat until evenly coated.

WEEK

3

THIS WEEKS KEY RECIPES WILL BE

Custard tart Chocolate caramel tart

Tarte tatin Ganache

KEY SKILLS

Baking a custard

Caramelised apples

Saving ganache

EQUIPMENT

Microplane Tart cases Heavy tatin pans

Pans Whisks Rolling pins

Thermomix Vitamix

CUSTARD TART FILLING

1 l whipping cream ♦ 150 g sugar ♦ 380 g egg yolk
1 vanilla bean ♦ Nutmeg

Bring the cream and vanilla to the boil. Mix the sugar and yolks. Pour the cream over the yolks and mix. Pass and remove any foam. Pour into the tart base carefully and cook at 150°C until just set. Approx. 35 mins, 2-3 fan. The tart will still look a little wobbly when you remove it from the oven.

SEA SALT CARAMEL SAUCE

200 g sugar ♦ 50 g glucose ♦ 170 g double cream
1 tsp vanilla paste ♦ 5 g sea salt ♦ 3 leaves gelatine per 400g

Bring the cream to the boil. Make direct caramel with the sugar, vanilla and glucose. Retard the caramel with the hot cream. Soak the gelatine in cold water until pliable, squeeze out and add to the hot caramel, stir through. Add the sea salt and pass.

SALTED CARAMEL AND CHOCOLATE TART

SALTED CARAMEL AND CHOCOLATE TART

1 pre baked pastry case

SALTED CARAMEL GANACHE

100 g caster sugar

20 g glucose

400 g whipping cream

350 g dark chocolate

1 tsp salt

- ◆ Caramelize the sugar well with the glucose, until its very dark but not burnt, immediately add 100ml water, then add the whipping cream, once its all come together cool slightly then pour this over the chocolate, add salt. Whisk slowly to bring together. Vitamix until smooth. Pour 700g of this over the caramel once the caramel is set completely. Chill 4 hours then portion into 16.
- ◆ Into a 24cm baked sweet pastry case pour 400g caramel and set in the fridge. Pour over 700g ganache.
- ◆ When cold and set sprinkle with flaky sea salt.

TARTE TATIN

2 Pink lady apples,
*peel and core and cut each into
4-6 depending on size*

12 cm puff pastry disc x 1

150 g tatin caramel

- ◆ In the small 12cm fry pans place 50g tatin caramel, melt in a hot oven. Pack 6-8 apple pieces in, cook 10 mins, turn over cook another 10 mins, turn over again and place the pastry on top, bake for 12 mins or until pastry is golden. Keep under the oven and reheat 10 mins to order. Turn out onto a plate and transfer to the serving plate, brushing any extra caramel over the apples.

WEEK

4

THIS WEEKS KEY RECIPES WILL BE

Marshmallows Meringue roulade
Meringues Italian meringue Sabayon

KEY SKILLS

How to use egg whites Italian meringue: 121°C
French meringue: room temp Swiss meringue: 79°C Sugar syrup
Rolling a roulade Measuring the temperature of sugar syrups

EQUIPMENT

Kitchenaid Thermometers

MARSHMALLOWS

375 g sugar

150 g glucose

75 g water

10 g vanilla essence

4 gelatine leaves

130 g pasteurised egg whites

1 tsp vanilla paste

Soak the gelatine. Place the sugar, water, glucose and essence in a pan and cook to 140°C. Whisk the egg whites with the vanilla pods. Add the gelatine to the sugar mix and pour slowly into the egg whites. Whisk until cool. Pipe onto greaseproof paper, sprinkled with marshmallow dust.

MARSHMALLOW DUST

500 g icing sugar

500 g cornflour

Mix together.

MERINGUE ROULADE

225 g egg whites

300 g caster sugar

Juice of half a lemon

1 tsp cornflour

- ◆ Beat the whites and lemon juice until stiff, rain in the sugar and beat for 1 minute. Add the cornflour and beat until mixed.
- ◆ Spread onto a tray lined with paper, use some of the mix to stick the paper down to the tray. Spread the length of the tray but only 2/3 of the width.
- ◆ Bake for 20 mins at 160°C with no humidity and low fan. Cool then turn out onto foil which has been dusted with icing sugar.
- ◆ When completely cold spread thinly with lemon curd then evenly with chantilly, 1cm thick, then roll up and tighten the ends of the foil to make a log.

MERINGUES

100 g egg whites ♦ 200 g caster sugar

Pinch of salt and dash of vanilla

Beat whites and salt in the kitchen aid with a whisk, ensure the bowl and whisk are scrupulously clean. Add sugar gradually and beat for a few minutes or until sugar is dissolved and then vanilla. Transfer to a piping bag and pipe small meringues onto silpat mats.

Dehydrate or bake at 100°C, 1 fan 0 humidity.

ITALIAN MERINGUE

100 g egg whites ♦ 200 g sugar ♦ 100 ml water

In a pot add the sugar and water. Bring the sugar to 121°C.

While the sugar is reaching temperature, whisk the egg whites to stiff peak. Once the sugar reaches temperature, slowly pour it over the whisked egg whites, while continuously whisking. Whisk until thick and glossy and almost cold.

LEMON PASSION FRUIT CURD FILLING

4 lemons zest and juice ♦ 100 g passion fruit puree
200 g butter ♦ 4 eggs plus 4 yolks ♦ 200 g caster sugar
2 leaves gelatine, *soften in cold water*

Heat the juice, zest, sugar, butter and passion fruit puree in a saucepan. Slowly pour over the eggs and yolks whisking constantly. Continue to whisk over a low heat. Cook to 85°C, then pass. Pour into tart cases and chill until set. Pipe the italian meringue on top.

MOSCATO SABAYON

6 fresh yolks ♦ 70 g caster sugar
100 ml Moscato

Beat sugar and yolks together. Add the Moscato and beat this over a bain marie on a low heat until thick and frothy.
Cool over ice whisking often.

WEEK

5

THIS WEEKS KEY RECIPES WILL BE

Burger buns Poolish yeast starter
Cinnamon buns Blinis Doughnuts

KEY SKILLS

Working with yeast, fresh and dried
Working with different types of yeast starters
Proving, scaling and knocking back doughs
Using yeast in batter

EQUIPMENT

Kitchenaid Cake tins Deep fat fryer

BURGER BUNS

225 g bread flour

1 egg

30 g butter

Salt

150 g warm milk

1 tsp honey

1 tbsp fresh yeast *or* 1 tsp dried yeast

Glaze: 1 egg yolk with 30 ml cream

- ◆ Place milk yeast and honey in a bowl and whisk, if using dry leave for 5 minutes.
- ◆ Whisk in the egg then add the flour and bring together to make a dough, knead a few minutes then add in the softened butter and salt.
- ◆ Knead until smooth and shiny then place into a greased bowl, cover with a teatowel or clingfilm and leave to double in size.
- ◆ When the dough has doubled, deflate the dough and divide into 80g balls, weigh them for precision.
- ◆ Shape them into buns, place on a parchment lined tray with 4cm between buns. Flatten down and brush with egg yolk/cream mix. At this stage they can be sprinkled with sesame seeds.
- ◆ Cover the tray with loose fitting greased clingfilm until the buns have doubled again.
- ◆ Bake at 180°C for 20 mins, fan 3 uncovered. Let them cool completely before using.

CINNAMON BUNS

BUNS

20 g fresh yeast (*or 10g dried*) ♦ 330 g strong white flour

40 g caster sugar ♦ Pinch of salt ♦ 1 egg

85 g milk ♦ 90 g butter, *room temp*

FILLING

100 g soft butter ♦ 100 g soft brown sugar ♦ 1 tbsp cinnamon

SYRUP

100 ml water ♦ 100 g sugar ♦ 1 tbsp honey

Mix the milk, egg and yeast with the sugar and salt. Add in the flour and mix with a dough attachment in mixer slowly for 5 minutes. Rest the dough in the mixer for 5 minutes then add the butter and keep mixing 5 minutes. Tip dough onto a board and bring together, then place in a greased clean bowl, cover and rise overnight. Roll dough out into a large rectangle 40 x 30cm. Spread the butter over, sprinkle on the sugar and cinnamon. Roll up so you have a 40cm long log. Rechill the log and then cut into 7. Place these in a cake ring with around 1 cm space between. Let them rise covered for around 1.5 hours, bake in a preheated oven at 200°C for 20 minutes.

Pour the syrup immediately over them

DOUGHNUT DOUGH 900G

420 g flour

40 g fresh yeast *or* 2 tsp. instant dried yeast

1.5 tsp. salt

60 g ($\frac{1}{4}$ cup) castor sugar

1 large egg and two egg yolks

100 g of diced butter

180 ml milk, *room temp*

- ◆ In the kitchen aid, add yeast and milk and mix. Add all ingredients except butter, mix 10 mins then add softened butter, knead another 5 mins.
- ◆ Leave the dough covered in clingfilm to prove for a few hours until doubled in size. Tip out and roll out to 2cm thick. Chill. Cut 20g cubes. Rise another 20 minutes on a tray.
- ◆ Heat oil to 180°C in a pan, fry doughnuts 6 at a time for 2 minutes on each side.
- ◆ Roll immediately in caster sugar.

POOLISH STARTER

100 ml water

100 g flour

Pinch of dry yeast

- ◆ Mix and leave for a maximum of 12 hours, use once its grown to at least 4 times its size.
-

Hydration levels in doughs refers to the percentage of water to flour

A dough with 1 kg flour and 600ml of water has a 60% hydration. When creating recipes take the amount of water and flour in the poolish into consideration.

A dough with very little yeast such as one using a poolish will take a long time to double in size as there's less yeast to create carbon dioxide. A long fermentation time results in better flavour and structure for the bread.

- ◆ To use the poolish, add it to 400g bread flour and 200g water, 2 tsp salt, and knead it well for 10 minutes. Leave it for half an hour then knead again by bringing the sides into the centre with a wet hand. Do this every half hour for 3 hours. Finally shape the dough into a ball by tucking it under itself and turning it as you do this, then place in a bowl lined with a well floured teatowel. The bowl should be big enough for the dough to double in size.
- ◆ Cover and let prove until doubled, this may take 4 hours, or overnight in the fridge.
- ◆ Heat a large cast iron pot in the oven to 200°C then transfer the dough carefully onto paper then into the Staub, slash in across the top with a blade then cook covered with a lid for 30 minutes, then 30 minutes without a lid.
- ◆ Remove from the oven and cool completely before slicing.

BLINIS

*Blinis are small yeast risen pancakes,
often served as a canape with smoked salmon
and cream cheese or sour cream*

12.5 g yeast, *fresh*

350 g plain flour, *sifted*

285 ml milk, *lukewarm*

2 free-range egg yolks

Pinch of salt

145 ml milk, *tepid*

2 free-range egg whites, *whisked*

- ◆ Mix the yeast with 200g of the flour and lukewarm milk and leave to ferment for an hour or two in a warm place, covered. Add the yolk and salt, remaining flour and tepid milk. Mix well.
- ◆ Beat whites with the salt and fold in.
- ◆ Cook spoonfuls in small nonstick pans and serve hot.

WEEK

6

THIS WEEK WE WILL BE COVERING

Victoria sponge Chocolate mousse cake

Happy Birthday piping Baked cheesecake

KEY SKILLS

Paper piping bags Creaming method

Melting chocolate Cake testing

Lining a cake ring Syruping cakes

VICTORIA SPONGE

	4 pax, 16cm x 2 layers	6 pax 16cm x 2 layers	8 pax 20cm x 2 layers	10 pax 24cm x 2 layers
Butter	175 g	265 g	350 g	440 g
Caster Sugar	175 g	265 g	350 g	440 g
Eggs, room temp	175 g	265 g	350 g	440 g
Self raising flour	175 g	265 g	350 g	440 g
Vanilla pod paste	1 tbsp	1 tbsp	1 tbsp	2 tbsp
Approx cooking time	16 - 20 mins	15 - 20 mins	20 mins	20 mins
	700 g	1050 g	1400 g	1750 g

- ◆ Beat room temp butter and sugar with the paddle in the kitchen aid until fluffy and light.
- ◆ Add beaten eggs little by little, if it splits add a little of the measured flour. Fold in the sifted flour gently.
- ◆ Spread the batter into two lined tins. The batter should be no more than 5cm deep, bake at 170°C until a skewer comes out clean from the centre.
- ◆ When completely cold use a serrated knife to even off the top of the cake, brush the cakes with the syrup then wrap tightly in clingfilm and freeze until ready to decorate them.

LEMON SYRUP

100 g caster sugar

100 g water

Juice and fine zest of 1 lemon

Boil for 3 minutes and cool.

CHOCOLATE MOUSSE CAKE

CHOCOLATE SPONGE

4 eggs, *separated*

90 g caster sugar

40 g cocoa powder

Place the yolks and sugar in a mixing bowl and whisk until ribbon stage. Fold in the cocoa and then make a meringue with the egg whites. Fold into the yolk mix and spread onto a silpat mat sprayed with non stick spray. Cook at 180°C for 7-8 minutes or until it springs back when pressed.

CHOCOLATE MOUSSE FILLING

120 g milk

120 g whipping cream

120 g egg yolks

280 g dark chocolate

560 g whipping cream

Make an anglaise with the milk, cream and egg yolks. Pour over the chocolate to melt it. Whip up the cream and fold into the mix, when the mix reaches 32°C. To assemble use a cake ring, 16cm, to cut out 2 discs of chocolate cake. Prepare the cake ring by lining with clingfilm. Place a disc of cake on the base, fill with mousse then top with the other disc of cake, ensuring its flat. Freeze the cake wrapped in clingfilm, it will be ready to glaze at the next class once it is frozen.

VANILLA AND SOUR CREAM BAKED CHEESECAKE

Biscuit base ♦ Cheesecake filling

BISCUIT BASE AND SIDES 20CM CAKE TIN

1 packet of hobnobs

100 g butter, *melted*

Line the cake tin with clingfilm then foil and then place a disc of parchment paper on the base. Crush the hobnobs in the robocoupe then add the melted butter. Press into the base of the cake tin. Chill.

FILLING

450 g cream cheese

150 g sour cream

2 eggs

1 tsp vanilla paste

2 tsp cornflour

150 g caster sugar

Cream the cream cheese in the kitchen aid until it is soft and creamy then add in eggs slowly, then finally the remaining ingredients.

Pour this into the biscuit base. Bake at 140°C for 40 mins.

The cheesecake is ready when its still wobbly in the centre but set. Remove from oven and let it cool down before chilling. Spread a thin layer of sour cream over the cheesecake before slicing.

WEEK

7

THIS WEEK WE WILL COVER

Frosting and filling a layered cake Butter cream

Glazing with mirror glaze Dipping

Strawberry Jam Portioning a cake

BUTTERCREAM

250 g soft butter

350 g icing sugar

1 tbsp whipping cream

Vanilla

- ◆ With the paddle attachment in the kitchenaid, whip the butter, scraping down the sides of the bowl from time to time.
- ◆ Sift the icing sugar and add to the kitchenaid. Cover the kitchenaid in clingfilm so the icing sugar is contained, turn the kitchenaid on slowly and when the sugar is incorporated, remove the clingfilm. Whip for a minute, stopping the machine from time to time to scrape down the sides of the bowl. Add vanilla, and then drip in the cream to get the consistency you want.
- ◆ Remove the paddle and using a spatula, fold the buttercream to flatten out any bubbles.
- ◆ Transfer to a piping bag and use at room temperature.

STRAWBERRY JAM

500 g strawberries

250 g jam sugar

1 lemon juice and zest

- ◆ Blend half of the strawberries. Bring to the boil with the sugar and lemon juice. Skim. Add the other strawberries halved and cook to 105°C, skimming all the time.
- ◆ To fill and cover the Victoria sponge, unwrap the frozen cakes and leave out for 20 minutes.
- ◆ With the first cake on the turntable, spread a thin layer of buttercream on the cake, and pipe a ring around the edge to contain the filling. Spoon in a layer of cold strawberry jam and place the second cake on top.
- ◆ Spread a thin layer of buttercream over the entire cake, this is called the crumb coat. Refrigerate the cake to set the crumb coat then coat with another layer of buttercream using a palette knife.

CHOCOLATE MIRROR GLAZE

350 g dark chocolate, *melted*

300 g water

300 g sugar

200 g condensed milk

50 g cocoa powder

25 g gelatine leaf, *soak in cold water*

- ◆ Heat the sugar, water and condensed milk on a low temperature in a small saucepan. Add the gelatine and then dark chocolate. Stir to melt then blend in the vitamix while hot and runny, or use an immersion blender. Strain into a container, cool down. Heat back to 30°C to use.

To mirror glaze the frozen mousse cake

- ◆ Unmould the frozen mousse cake onto a cake board if its not already on one. Using an upside down bowl or similar to elevate the cake, place it in a gastro tray.
- ◆ Pour the glaze over the top trying to cover it in one go rather than having to pour back over in parts, as this will result in uneven layers of set glaze.

WEEK

8

THIS WEEK WE WILL COVER

Scones Shortbread Chewy cookies
Madeleines Biscotti

KEY SKILLS

Rubbing in method Creaming method Kneading
Weighing Using ratios to remember recipes

SCONES

500 g flour

125 g butter

6 g salt

25 g baking powder

25 g sugar

250 g cold milk

- ◆ Mix flour, butter, salt, baking powder and sugar together to resemble breadcrumbs. Add milk and mix quickly and minimally until just incorporated. Roll out to 4cm thick on a floured board. Cut into rounds with a 5cm floured cutter, place 3cm apart on a tray lined with parchment and bake for 10-12 mins at 200°C.

SHORTBREAD

100 g butter

50 g sugar

150 g flour

Pinch of salt

5 g vanilla paste

Extra caster sugar, *for rolling*

- ◆ Paddle together the butter and the sugar with vanilla and salt. Add dry ingredients and mix slowly with the paddle until it forms a dough.
- ◆ Tip the dough onto a large sheet of greaseproof paper, and shape the log into a square edged log, around 5cm each side. Chill the log then roll in caster sugar.
- ◆ Slice half cm squares and lay spaced out on parchment paper on a baking tray.
- ◆ Bake for 10 mins at 160°C, fan 3.

CHOCOLATE CHUNK COOKIES

250 g butter ♦ 500 g light soft brown sugar

2 eggs ♦ 375 g flour ♦ 1 tsp baking powder

500 g chocolate, *chopped* ♦ 1 tbsp vanilla extract/paste

Cream butter and sugar, add eggs and vanilla. Fold in dry ingredients and then chocolate. Make 40g balls and chill.

Bake at 170°C on a lined tray approximately 12 mins.

MADELEINES

3 eggs ♦ 125 g sugar ♦ 25 g honey

1 lemon zest ♦ 100 g flour ♦ 50 g ground almonds

5 g baking powder ♦ 150 g butter

Melt the butter. Cream the eggs, sugar, honey and lemon zest together. Add the flour, ground almonds and baking powder and mix well. Add the butter. Put into a piping bag and rest in the fridge. Butter and flour the moulds and pipe the mix in. Cook at 170°C for 7-10 minutes.

ALMOND BISCOTTI

120 g butter

230 g sugar

135 g eggs

3 g salt

1 tsp vanilla essence

3 g baking powder

330 g flour

150 g toasted almonds

- ◆ Cream the butter and sugar together. Add the eggs and vanilla and then the dry ingredients and then the pistachios. Pipe in long strips, sausage width, and cook at 150°C for 15 minutes.
- ◆ Cut into 1 cm thick biscuits and dry in the oven at 180°C for 10 minutes.

WEEK

9

THIS WEEK WE WILL BE MAKING

Strawberry sorbet Vanilla ice cream Caramel gelato
Semifreddo Panna cotta Chocolate mousse

KEY SKILLS

Custard making Ice cream machine use
Pate a bomb based desserts Using gelatine

STRAWBERRY SORBET

1 kg hulled strawberries, *washed* ♦ 400 g caster sugar

Juice of 2 lemons ♦ 1 lemon chopped, *seeds removed*

Puree altogether until as smooth as possible.
Churn in ice cream machine.

VANILLA ICE CREAM

800 g milk ♦ 100 g glucose ♦ 200 g caster sugar

1 tbsp vanilla paste ♦ 1 tsp vanilla essence ♦ 350 g double cream

200 g egg yolks ♦ 8 g stabiliser ♦ 20 g sugar

Bring the milk cream and vanillas to 35°C. Mix the sugar and stabiliser and add to the mix. Heat until almost boiling and add to the yolk, Cook to 85°C. Cool down over ice and ripen in the fridge for a few hours or overnight. Churn in the ice cream maker.

SALT CARAMEL GELATO

160 g caster sugar

110 g double cream

800 g whole milk

50 g glucose

50 g dark brown sugar

50 g milk powder, *skimmed*

1.5 tsp locust bean powder/stabiliser

200 g double cream

1.5 tsp salt

- ◆ Make a dark caramel with the first measure of sugar and double cream. Add the milk and glucose and once almost simmering add the premixed dry ingredients in a steady stream. Add the remaining cream and salt.
- ◆ Cover and cool to room temperature. Chill then churn in ice cream machine then transfer to the freezer.

VANILLA PANNA COTTA

500 g double cream ♦ 100 g milk

70 g caster sugar ♦ 1 tsp vanilla paste

2 leaves bronze gelatine,
soaked in cold water and squeezed out

Heat the milk, cream and the sugar in a saucepan until hot but not boiling. Add soaked gelatine, pass and cool down until slightly thickened before pouring into moulds to chill and set.

PEANUT BUTTER PARFAIT

285 g egg yolks ♦ 50 g water ♦ 150 g sugar

175 g peanut butter, *Skippy's* ♦ 3 gelatine leaves

500 g whipping cream

Make a pate a bombe with the yolks, water and sugar. Add the peanut paste and gelatine and fold in the cream. Transfer into silicone moulds or freeze in a container.

DARK CHOCOLATE MOUSSE

100 g sugar

50 g butter

200 ml double cream

170 g 70% chocolate

80 g pasteurized egg yolk

150 g pasteurized egg whites

4 g salt

- ◆ Make a light caramel with 50g of sugar, add the butter and then cream & salt. Bring back to the boil then take off the stove and whisk to make sure its all liquid and there are no solid toffee pieces on the pot. Add egg yolks slowly, whisking quickly to ensure they don't scramble. The mix should be a bit thicker than crème anglaise.
- ◆ Place a chinois over the bowl of chocolate and strain hot cream onto the chocolate & mix slowly. Cool to around 32°C. The mix should be quite thick. Whisk egg whites with 50g of the sugar and then fold it into mix.
- ◆ Set in container for at least 12 hours.

WEEK

10

THIS WEEK WE WILL BE MAKING

Lemon curd Pate de fruit Fudge

Honeycomb Chocolate truffles

KEY SKILLS

Precisely measuring sugar temperatures for different applications

LEMON CURD

4 lemons

160 g butter

200 g caster sugar

4 eggs

80 g yolk

- ◆ Juice and zest the lemons, simmer the juice in a small pot with butter and sugar.
- ◆ Beat yolks and eggs lightly and add the lemon syrup mixing well.
- ◆ Return to the pot and cook only until thickened and around 82°C, pass.

PATE DE FRUIT (FRUIT JELLIES)

1 kg Boiron fruit puree,
passionfruit or mandarin or raspberry
100 g lemon juice, *freshly squeezed*
20 g pectin (*yellow pectin not pectin NH*)
10 g sugar
1225 g sugar
100 g glucose
10 g water
6 g citric acid

- ◆ Place the puree and lemon juice together in a pan. Mix the pectin and 10g sugar together. Weigh the 1225g sugar and glucose together. Mix the water and citric acid.
- ◆ Bring the puree and lemon juice to the boil. Add the sugar pectin mix, whisk well and add the sugar and glucose. Bring to the boil and reduce the heat slightly. Cook until it reaches 109°C. Add the water and citric acid and strain.
- ◆ Spoon 20g into grease sprayed silicone pomponette mould, set overnight then roll in citric sugar to serve.

CITRIC SUGAR

200 g caster sugar ♦ 2 tsp citric acid

Mix together.

CHOCOLATE FUDGE

500 g sugar ♦ 150 g glucose ♦ 225 g double cream

40 g butter ♦ 250 g dark 70% chocolate ♦ Cocoa powder to coat

Melt the sugar, glucose and double cream. Heat it to 118°C. Add the butter and chocolate and beat until combined. Set in a gastro tray. Leave to cool and cut. It should be around 1.5cm thick. Cut into 30g squares and roll in cocoa powder.

HONEYCOMB

200 g sugar ♦ 70 g glucose ♦ 45 g honey

45 g water ♦ 10 g bicarbonate of soda

Heat the sugar, glucose, water and honey to 155°C.
Add the bicarbonate and cool on a silpat mat.

CHOCOLATE TRUFFLES

585 g whipping cream

40 g glucose

550 g chocolate 64%

125 g butter

- ◆ Heat the cream and the glucose. Pour over the chocolate to melt. Add the butter and mix to melt. Pour into containers about 2cm thick. Set in the fridge. Scoop with a Parisian scoop. Temper some chocolate and cover each chocolate ball.
- ◆ To temper the chocolate, bring 300g dark choc to 55°C in a double boiler. Remove from heat and add 150g more chocolate, rest a few mins. Blend with hand blender then rest til it is 28°C. Reheat via double boiler to 32.2°C to use.