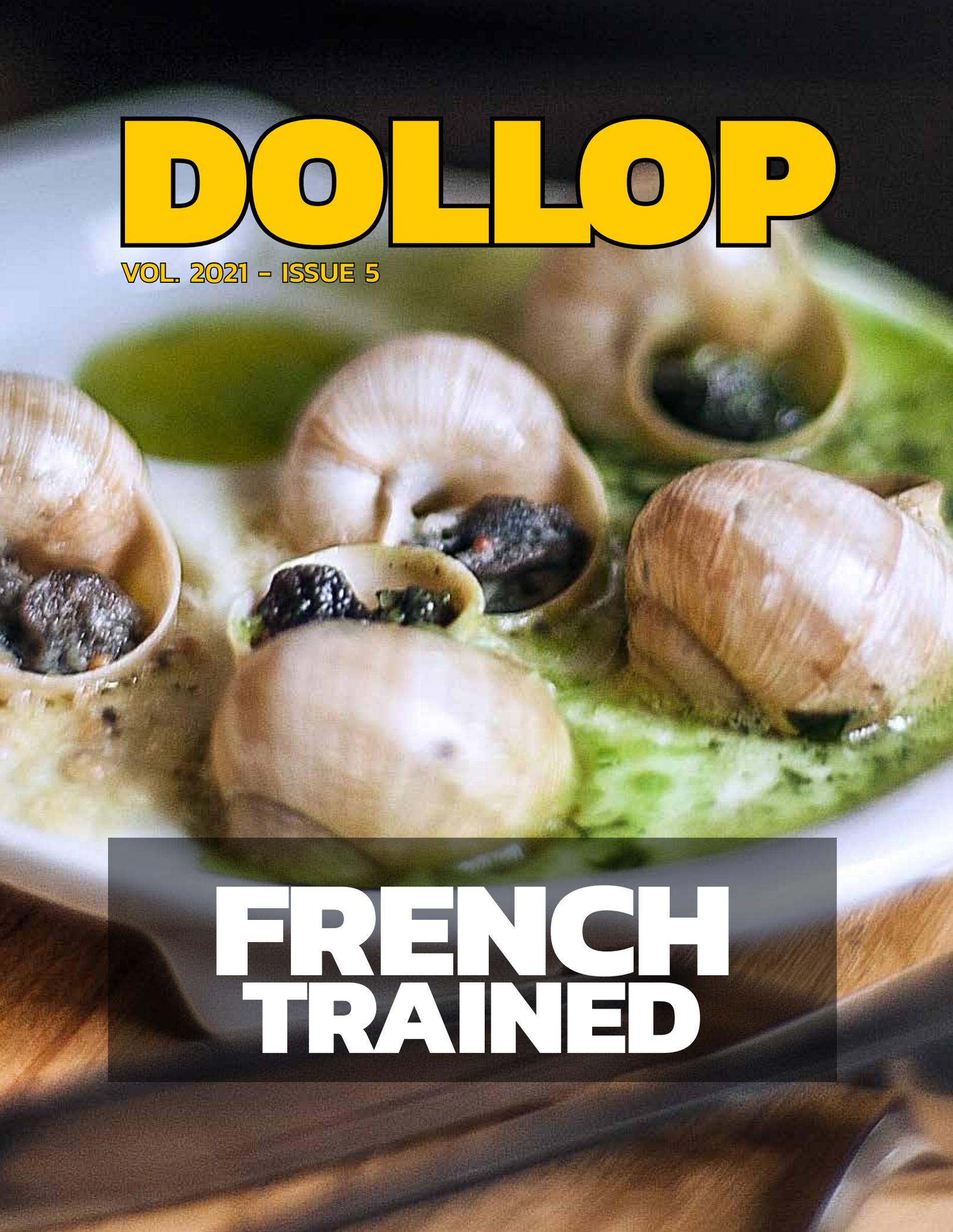


DOLLOP

VOL. 2021 - ISSUE 5



**FRENCH
TRAINED**

This Week's Menu

VOLUME 2021 - ISSUE 5
FEBRUARY 1 - 5, 2021

MONDAY

Chicken Cordon Bleu
with Rice

TUESDAY

Orzo Tomato Stew
with Feta

WEDNESDAY

Trout Almondine
with Green Beans

THURSDAY

Croque Monsieur
with Greens

FRIDAY

Butter-Poached Shrimp
with Orzo

DOLLOP

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ARE YOU A HOME CHEF? DO YOU LOVE TO LOOK?

If the answer is yes, then we'd love to feature you!
Email us at support@dolloponline.

HAVE A QUESTION OR COMMENT ABOUT A RECIPE?

Email us at support@dolloponline.com

Editor's Letter

Welcome to your new issue of Dollop - "French Trained" offers a glimpse inside french cooking techniques and staples of the cuisine.

You will learn how to prepare the french version of a grilled cheese sandwich - the Croque Monsieur - as well as Trout Almondine and one of the five french mother sauces, béchamel.

Rounding out this issue, a brief history of french food and why it is highly regarded as one of the best cuisines in the world. Also, a recipe for poached shrimp, since poaching is one of the classic french cooking techniques.

Many new cooks start by learning french recipes because, not only do they have a reputation for being some of the best tasting in the world, the techniques are highly respected and their attention to detail is second to none.

Don't miss your detailed grocery list, ingredient substitutions and secret tips.

We hope that you enjoy this week's issue. Happy Cooking!



MATT WALKER
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MONDAY



**CHICKEN CORDON BLEU
WITH RICE**

Chicken CORDON BLEU with Rice



YIELD

4 SERVINGS



TIME

35 MINS



DIFFICULTY

MEDIUM

INGREDIENT	METRIC	US
RICE		
Water	340 mL	1½ cups
White rice, long grain	200 g	1 cup
Salt	2 g	½ tsp
CHICKEN		
Chicken breast, boneless and skinless	900 g	2 lbs
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Ham, sliced	-	4 slices
Gruyere cheese, thinly sliced	80 g	4 slices
Bread crumbs, preferably Panko	50 g	½ cup
Parsley, chopped	15 g	¼ cup
Salt	4 g	1 tsp
Black pepper, freshly ground	2 g	½ tsp
Egg	45 g	1 large egg
Water	15 mL	1 tbsp
All-purpose flour	60 g	½ cup
Neutral oil	45 mL	3 tbsp
Salt	To taste	-

METHOD

1 Preheat the oven to 190°C / 375°F.

2 In a saucepan, bring water to a boil. Stir in rice and salt and return to a boil over medium-high heat.

3 Reduce heat to a simmer, cover, and cook until rice is tender and has absorbed all the liquid, about 16 to 18 minutes.

4 Remove from heat and let steam, covered, for 10 minutes.

5 Working one at a time, place chicken between sheets of parchment paper and pound with a mallet or rolling pin until about .635 cm / ¼" thick.

6 Season chicken with salt and black pepper.

7 Arrange chicken smooth side down. Cover one half of each breast with one slice of ham and one slice of cheese, leaving space around the edges. Fold breast in half over ham and cheese and press edges together to seal.

8 In a bowl, combine bread crumbs, parsley, salt, and black pepper. Whisk egg and water in another bowl. Spread flour on a plate.

9 Press both sides of chicken in flour, shaking off excess, then dip both sides into egg mixture. Coat with bread crumb mixture, patting with fingers to adhere.

Transfer to a plate.

10 In a large skillet, heat oil over medium-high until shimmering. Cook chicken, turning occasionally, until browned on all sides, 2 to 3 minutes per side. Transfer to a wire rack set in a baking sheet; season with salt. Bake chicken until an instant-read thermometer inserted into the thickest part registers 75°C / 165°F, about 5 minutes.

11 Using a fork, fluff the rice. Serve with chicken.

NOTES

- Dijon mustard or lemon makes a good accompaniment to the chicken
- Alternatively, you can use ham slices instead of prosciutto
- You can swap out Gruyere cheese for Swiss cheese if you wish

TUESDAY



**ORZO TOMATO STEW
WITH FETA**

Orzo Tomato **STEW** wth Feta



YIELD

4 SERVINGS



TIME

35 MINS



DIFFICULTY

EASY

INGREDIENT	METRIC	US
STEW		
Olive oil, extra virgin	15 mL	1 tbsp
Yellow onion, chopped	150 g	1 onion
Garlic, minced	6 g	2 cloves
Mustard seed	8 g	1½ tsp
Orzo pasta	200 g	2 cups
Tomatoes, crushed	400 g	1 14 oz can
Stock, chicken or vegetable	700 mL	3 cups
Chickpeas, drained and rinsed	400 g	1 14 oz can
Dill, chopped	20 g	¼ cup
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Feta cheese, crumbled	120 g	1 cup

METHOD

1 In a large skillet, heat olive oil over medium high heat. Add onion and garlic and cook until onion is translucent, about 5 to 7 minutes.

2 Add mustard seeds. Cook until mustard seeds begin to pop, about 1 to 2 minutes.

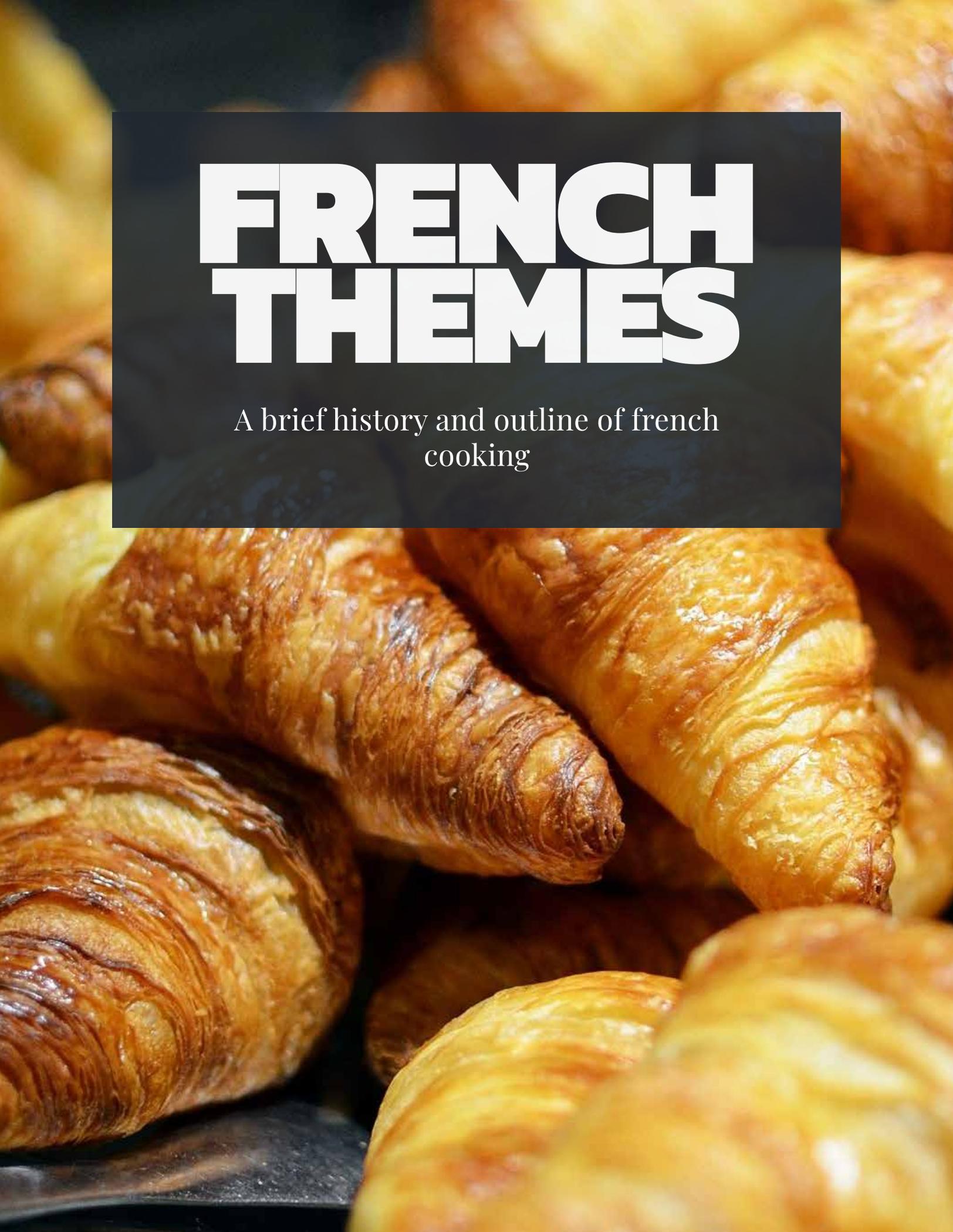
3 Stir in orzo, tomatoes, stock and chickpeas. Bring to a boil, then turn heat down and simmer, stirring frequently, until sauce has thickened and orzo is tender, about 20 minutes

4 Stir in dill, salt and black pepper. Sprinkle with feta cheese. Serve.



NOTES

- Remember that feta is salty so you may wish to use less, depending on your preference
- Garnish with additional dill if desired



FRENCH THEMES

A brief history and outline of french
cooking

French cuisine is, arguably, the purest expression of love. Considered the backbone of western cuisine and the birthplace of inventive cuisine, there is no mistaking its decadence and attention to detail.

HISTORY

Traditional french food largely consisted of meat with rich, heavy sauces - what, today, might be considered peasant food. Over time, it developed into what is known as haute cuisine (high-class cuisine), world-renowned food made famous for its elaborate preparation and meticulous presentation. Many believe that haute cuisine commenced on the backs of gastronomic greats like Marie-Antoine Carême, an important French culinary figure who developed France's own indigenous style of cooking and is responsible for hundreds of french sauce recipes as well as the classification of mother sauces.

Next came nouvelle cuisine (new cuisine) - a 1970's backlash to the classic heavy French cuisine. It lightened up cream sauces and focused on simplicity, using fewer ingredients. Today, the emphasis in restaurants is still on new cuisine for the most part.

COMMON THEMES

Classic cooking techniques such as flambéing, sautéing, braising and poaching are all basic French cooking methods and there is a huge amount of respect for food and attention to detail in the French cooking tradition, with skilled knife work like brunoise and batonnet.

Typically, French cooking relies heavily on local products. There is a focus on fresh, simple ingredients like berries, leeks, mushrooms, and stone fruits and a plethora of fresh,





aromatic herbs are used across dishes. As for the pantry, you'll find bread, tarragon, shallots, and olive oil, not to mention lots of butter and cream - both of which are employed heavily and often. It is also common to add wine to many stews and soups.

AS FOR THE PANTRY, YOU'LL FIND BREAD, TARRAGON, SHALLOTS, AND OLIVE OIL, NOT TO MENTION LOTS OF BUTTER AND CREAM - BOTH OF WHICH ARE HEAVILY EMPLOYED.

Of course, many classic french dishes are influenced by the agriculture of the region. For example, wine-based stews in Burgundy, like Beef Bourguignon. If you're in the French Riviera, the cooking style borrows from neighboring Mediterranean cuisines, resulting in beloved classics like Salad Nicoise, a salad that features fresh tuna, anchovy fillets, hard boiled egg, olives, and green beans. While many french cooking terms and recipes can be intimidating to home chefs, many dishes are very attainable. It is of utmost importance to use good knives, excellent ingredients and master the five mother sauces, which are the foundation of all french cooking.

WHILE MANY FRENCH COOKING TERMS AND RECIPES CAN BE INTIMIDATING TO HOME CHEFS, MANY DISHES ARE VERY ATTAINABLE.

THE MOTHER SAUCES

Earlier in this article, we mentioned an important person by the name of Marie-Antoine Carême. He was the first chef to organize all the french sauces into groups that were based on four foundational sauces. Later in the eighteenth century, another french chef by the name of Auguste Escoffier added one more sauce, so today there are five "mother sauces." They are the starting point for hundreds of sauces. The first two are béchamel and espagnole. The first is a milk-based sauce, thickened with flour, the latter, a brown veal stock sauce, thickened with a roux. Then there's velouté, a light stock-based sauce that combines egg yolks and cream, thickened with a roux, and hollandaise, an emulsion of egg yolk, butter and lemon. Last, but not least, there's sauce tomate, a tomato-based sauce. If you've ever made a white sauce for lasagna or a cheese sauce for pasta, you've made a variation of one of the five french mother sauces.

CROISSANTS

A patisserie is a bakery specializing in pastries and led by a pastry chef. Amidst the mountains of fancy

cakes, ganache, and cream-filled delights, you will see croissants by the dozens. Given that they are commonly recognized as french, it is highly ironic that the crescent-

shaped parcels actually originated in Vienna. It is Queen Marie Antoinette who is often credited for making them popular in France. Made by layering a dough with a shocking amount of butter while folding and refolding it, croissants have a buttery, rich flavor. Their texture is similar

to puff pastry, airy and soft on the inside, with a flaky exterior.

THE SWEET STUFF

Dessert, whether simple or intricate, is a huge part of french cuisine. Small, bite-sized confectioneries such as macarons (the french equivalent of a cookie) and petit fours (tiny cakes) are held as dear to the french as rich custards, like creme brulee and crepes, which are traditionally made every Sunday, by french families. You've likely seen "Crêpes Suzette" on restaurant menus. French crêpes are typically served with either a milk chocolate or suzette sauce (Grand Marnier, oranges, sugar and butter) as well as whipped cream and jam.

**IF YOU'VE EVER
MADE A WHITE SAUCE
FOR LASAGNA OR A
CHEESE SAUCE FOR
PASTA, YOU'VE MADE
A VARIATION OF ONE
OF THE FIVE FRENCH
MOTHER SAUCES.**



WEDNESDAY



**TROUT ALMONDINE
WITH GREEN BEANS**

Trout

ALMONDINE

with Green Beans



YIELD
4 SERVINGS



TIME
30 MINS



DIFFICULTY
EASY

INGREDIENT	METRIC	US
TROUT		
Trout, fillets	1.1 kg	2½ lbs
Salt	To taste	-
Black pepper, freshly ground	To taste	-
All-purpose flour	85 g	¾ cup
Olive oil, extra virgin	60 mL	4 tbsp
Butter	60 g	4 tbsp
Almonds, sliced	110 g	1 cup
Lemon juice	30 mL	2 tbsp
Parsley, chopped	15 g	¼ cup
GREEN BEANS		
Green beans, trimmed	450 g	1 lb
Butter	45 g	3 tbsp
Garlic, minced	9 g	3 cloves
Salt	2 g	¼ tsp
Black pepper, freshly ground	1 g	¼ tsp
Lemon wedges	For serving	-

METHOD

1 Season trout with salt and black pepper.

2 Spread flour in a shallow bowl and dredge fish in flour on both sides. Shake off any excess.

3 In a large skillet, heat olive oil over medium-high heat. Add trout skin-side up and cook for 3 minutes. Flip fillets and cook for about 2 to 3 more minutes, or until cooked through. Remove

fish to a plate and cover loosely with aluminum foil.

4 Wipe down skillet and melt butter over medium heat. Add almonds and cook, stirring often, until butter starts to brown, about 5 to 6 minutes. Remove from heat. Stir in lemon juice and parsley. Set aside.

5 In another large skillet, bring water and green beans to a

boil on high heat, cooking for 2 minutes.

6 Drain green beans and pat dry with paper towel. Add butter and garlic, stirring until fragrant, about 1 minute. Add green beans back in with salt and black pepper and combine.

7 Place 1 trout fillet on each plate. Spoon almond sauce over each fillet. Serve with lemon wedges and green beans.

NOTES

- Add any other spices you like to the green beans. Thyme and oregano both work well.
- Alternatively, pair trout with asparagus or salad

THURSDAY



**CROQUE MONSIEUR
WITH GREENS**

Croque MONSIEUR with Greens



YIELD

4 SERVINGS



TIME

25 MINS



DIFFICULTY

EASY

INGREDIENT	METRIC	US
SALAD Romaine lettuce, chopped Cucumber, diced Grape tomatoes, halved lengthwise	450 g 300 g 200 g	6 cups 1 cucumber 1 cup
SALAD DRESSING Olive oil, extra virgin White wine vinegar Honey Salt Black pepper, freshly ground	50 mL 30 mL 5 g To taste To taste	¼ cup 2 tbsp 1 tsp - -
BECHAMEL SAUCE Butter All-purpose flour Milk, whole Dijon mustard Worcestershire sauce Nutmeg, ground Salt Black pepper, freshly ground	60 g 35 g 375 mL 20 g 5 mL - To taste To taste	4 tbsp ¼ cup 1½ cups 4 tsp 1 tsp ¼ tsp - -
SANDWICH Bread, thickly sliced Ham, sliced Gruyere cheese, grated	- - 120 g	8 slices 8 slices 1½ cups

METHOD

1 In a large bowl, add lettuce, cucumber and tomatoes.

2 In a small bowl, whisk together olive oil, white wine vinegar, honey, salt and black pepper. Set

both bowls aside.

3 Preheat oven to 220°C/425°F. Cover a baking sheet with parchment paper.

4 In a medium saucepan, melt butter over medium heat until foamy. Add flour and cook, stirring, until mixture is pale and foamy, about 3 minutes.

5 Gradually add milk, stirring until mixture is smooth. Cook, stirring, until the sauce has thickened, about 4 minutes.

6 Remove from heat and whisk in Dijon mustard, worcestershire sauce and nutmeg. Season with salt and black pepper.

7 Place four slices of bread on prepared baking sheet. Spread slices with half of the béchamel sauce.

8 Top each slice of bread with the ham and half of the Gruyere cheese.

9 Top with remaining four slices of bread and cover each one with remaining béchamel sauce.

10 Top with remaining Gruyere cheese. Bake until cheese is brown and bubbling, about 10 minutes.

11 Toss salad with dressing. Cut sandwich in half. Serve together.

NOTES

- This sandwich is best when enjoyed with a fork and knife
- Additionally, you can sprinkle top of sandwiches with herbes de Provence before baking

FRIDAY



**BUTTER-POACHED SHRIMP
WITH ORZO**

Butter-Poached **SHRIMP** with Orzo



YIELD

4 SERVINGS



TIME

30 MINS



DIFFICULTY

MEDIUM

INGREDIENT	METRIC	US
SHRIMP		
Water	30 mL	2 tbsp
Butter	120 g	½ cup
Lemon zest	2 g	2 tsp
Thyme, fresh	5 g	2 sprigs
Shrimp, peeled and deveined (42/50 count)	225 g	½ lb
Garlic, minced	6 g	2 cloves
Shallot, chopped	40 g	1 shallot
ORZO		
Orzo	100 g	1 cup
Salt	To taste	-
Black pepper, freshly ground	To taste	-
Stock, chicken or vegetable	450 mL	2 cups
Spinach	120 g	4 cups
Parsley, chopped	For garnish	-

METHOD

1 In a saucepan, heat water over low heat. Slowly incorporate butter. Whisk together to ensure that water and butter combine and don't separate.

2 Add lemon zest and thyme and stir. Add shrimps and poach until they are opaque and pink, about 8 minutes. Remove shrimp and set aside. Discard thyme.

3 In the same saucepan, over low heat, add garlic, shallots and orzo. Season with salt and

black pepper. Stir until all liquid has been absorbed.

4 Add stock and cook, stirring occasionally, until the orzo is al dente, about 15 minutes.

5 Add spinach and stir until just wilted. Remove from heat.

6 Divide spinach and orzo evenly among 4 bowls. Top with shrimps and garnish with parsley.



NOTES

- Alternatively, you can use smaller sized shrimp



WEEKLY SHOPPING LIST



This is your weekly shopping list. These are all the ingredients you need to make this week's recipes.

PRODUCE	
Garlic	1 bulb
Shallot	1
Yellow onion	1
Lemon	2
Romaine lettuce	1 head
Cucumber	1
Tomatoes, preferably grape	200 g
Spinach	1 small bunch
Green beans	1 lb
HERBS	
Thyme	1 small bunch
Parsley	1 bunch
Dill	1 bunch
SPICES & CONDIMENTS	
Crushed tomatoes	1 14 oz can
Worcestershire sauce	
Honey	
Mustard seed	
Nutmeg	
MEAT & FISH	
Chicken breast, boneless and skinless	900 g / 2 lb
Shrimp (42/50 count)	225 g / ½ lb
Trout, fillet	1.1 kg / 2½ lb
Ham, sliced	4 slices
CHEESE & DIARY	
Eggs	1 large
Whole milk	375 mL
Gruyere cheese	200 g
Feta cheese	120 g
GRAINS & PASTA	
Orzo	100 g
Rice	200 g
MISCELLANEOUS	
Bread, sliced	8 slices
Bread crumbs	50 g
Chickpeas	1 14 oz can
Almonds	110 g

MAKE SURE YOU HAVE THE INGREDIENTS FROM THE PANTRY ESSENTIALS



PANTRY ESSENTIALS



The following are ingredients that should always be in your kitchen. We assume you will always have these in your kitchen and do not include them in the weekly shopping list. If you run out, you should re-stock!



Extra-Virgin Olive Oil
Neutral Oil (vegetable, canola, sunflower, etc.)
Butter, unsalted
Salt, Kosher
Black Pepper
Cayenne Pepper (or chili powder)
Oregano, dried
Cumin, ground
Onion, powder
Paprika, sweet or smoked
Vinegar, white wine
Vinegar, balsamic
Hot sauce
Mayonnaise
Mustard, Dijon
Soy sauce
Stock, Chicken or Vegetable
Rice, white or brown
Flour, all-purpose
Pasta, dried long (spaghetti, fettuccine, etc.)
Pasta, dried short (penne, macaroni, etc.)
Sugar, white



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