

In the Kitchen with Le Cordon Bleu

By The Chefs of Le Cordon Bleu

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In the Kitchen with Le Cordon Bleu By The Chefs of Le Cordon Bleu

IN THE KITCHEN WITH LE CORDON BLEU presents 100 special recipes from the Chefs of Le Cordon Bleu, a worldwide leader in gastronomy, hospitality and management with over 40 campuses in 20 countries. This book is the first in a series of cookbooks for people who want to treat their taste buds and make something extraordinary. From appetizers to desserts, the Chefs have chosen recipes that are inspiring, fresh, creative and delicious. Recipes were chosen based on a special ingredient, a unique blend of flavors or a creative application of technique. Ranging in difficulty from easy to more complex, the recipes selected offer unique challenges for cooks of all skill levels. In this book, the Chefs share secrets and tips and provide knowledge and background on cooking to bring high-end cuisine to your home. It's like having your own personal Chef in the kitchen with you! Plus, the mouth-watering photographs are guaranteed to inspire. For the curious-minded, fascinating background information is provided on a variety of ingredients, from quinoa to wasabi. After making these recipes, we know you will want to make them again and again until each page in this book is splattered with love. From our kitchen to yours, Bon Appetit from the Chefs at Le Cordon Bleu!

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In the Kitchen with Le Cordon Bleu By The Chefs of Le Cordon Bleu Bibliography

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Editorial Review

Amazon.com Review

Tips from *Le Cordon Bleu*

Top Ten Culinary Mistakes

1. Choosing recipes that require a level of skill beyond your comfort level. Keep it simple and enjoyable. (Use books and resources that outline step-by-step processes.)
2. Poor time management. Assemble your ingredients in advance (known as mise en place) and review the recipe before you start cooking so that the ingredients are added at the appropriate cooking time.
3. Not evaluating the nutritional value of a menu. A balanced menu is healthier and easier to digest.
4. Not adapting a recipe to seasonal produce. Seasonal produce is readily available and often more affordable.
5. Unsharpened knives and poor equipment. Keep your knives and equipment in good working order.
6. Using a pot or pan that is too large or too small. The proper pan size aids in producing the desired results.
7. Fear of using high heat. Using heat that is too low will encourage sticking, especially with starchy foods.
8. Never use a wet towel to remove a dish from the oven.
9. Piercing meats while cooking. This releases the juices and dries out the meat.
10. "My dish doesn't look like the one in the picture!" It's okay. It's your pièce de résistance!

Top Ten Most Popular/Impactful Culinary Tricks

1. Assemble all of your ingredients before you begin cooking (mise en place).
2. Always use a sharp knife. There will be fewer risks for accidents.
3. Apply pressure with your hand to the flat part of the knife blade to crush garlic.
4. When preparing a mirepoix for soups and stews, the vegetables should be cut to the same size and form to ensure even cooking. (Mirepoix is usually onions, celery, carrots, and sometimes green peppers.)
5. To keep herbs fresh, refrigerate them in a damp paper towel.
6. Rub half of a cut lemon on fruits and vegetables to prevent browning.
7. When boiling eggs, add a handful of coarse salt to the boiling water. The eggs will be easier to peel.
8. Save the browned bits of sautéed meats and vegetables from the pan to make gravy.
9. To make perfect whipped cream, make sure that the bowl and beater are cold.
10. Place a dish towel under the bowl when whipping by hand. This keeps the bowl steady and prevents surface scratches.

Sample Recipes from *In the Kitchen with Le Cordon Bleu*

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Strawberry Eclairs with Blackberry Coulis and Chantilly Cream



Chicken and Citrus Soup with Crispy Tortillas



Puff Pastries with Onion Relish and Creamed Leeks

Review

Front Matter. Contents. Forward/Introduction. SECTION I: APPETIZERS. Figs Stuffed with Goat's Cheese and Serrano Ham. Bruschetta with Mushroom and Fontina. Bruschetta with Macadamia Pesto, Roasted Red Pepper, and Feta. Bruschetta with Parma Ham, Stilton, and Sun-Dried Tomatoes. Tomatoes Stuffed with Fresh Fish Ceviche. Corn and Chicken Fritters. Puff Pastries with Leeks and Onion Relish. Shrimp and Daikon Rolls. Lobster, Mango, and Avocado with Citrus Vinaigrette. SECTION II: SMALL PLATES. Quail with Parmetier Potato Cakes and Orange Sauce. Lamb Brochettes. Spinach and Goat's Cheese Roulade. Quinoa Fritters with Tomato Sauce. SECTION III: SOUPS. Cream of Chicken Soup with Mushrooms and Truffles. Chicken and Citrus Soup with Tortillas. Pea and Broad Bean Cream Soup with Smoked Duck Crisps. Oyster and Artichoke Soup with Chive Oil and Pancetta Crisps. Cold Tomato Soup with Orange and Basil. SECTION IV: SALADS. Flaked Crab with Ginger Mayonnaise and Fresh Herb Salad. Shrimp, Mango, and Cashew Salad with Orange and Bitters Vinaigrette. SECTION V: MAIN COURSES. Salmon, Ginger, and Lime en Papillote. Salmon, Lemon Artichokes, and Grapes. John Dory Meuniere with Leeks, Tomatoes, and Olives. Roasted Halibut with Cumin and Star Anise Ratatouille and Fennel Salad. Cod with a Chorizo Crust and Parsley Coulis. Whiting Fritters with White Bean Salad and Pesto. Lobster Brochette with Garlic and Porcini Mushrooms. Filet Mignon of Pork with Leeks and Whole Grain Mustard Sauce. Chicken Supreme Stuffed with Shitake Mushrooms and Tarragon Sauce. Stuffed Chicken Breasts with Mango Salsa. Teriyaki Chicken. Thai Chicken. Chicken Korma, Kashmiri Style. Wasabi-Crusted Chicken Breasts with Herbed Rice Noodles. Duck Breasts with Honey Coriander Sauce. Confit Duck Leg with Red Wine Sauce. Rack of Lamb with Herb Crust. Veal Escalopes with Mint and Jerusalem Artichokes. Filet of Beef with Five Peppers and Puree of Celery Root. Spinach-Stuffed Cannelloni with Tomato Sauce. Crab Ravioli, Chicken, and Garlic Cream with Chervil Coulis. SECTION VI: SIDES. Barley Risotto. Polenta Cakes. Cassoulet-

Style White Bean Ragout with Oven-Dried Tomato and Pancetta. Cream of Lentils. Ricotta Gnocchi. Asparagus with Soy and Wasabi. Red and Gold Beet Puree. Orange-Glazed Daikon Radish. Celery Root and Apple Gratin. Celery Root Mousseline with Beet Chips and Parsley. Creamy Puree of Green Peas with Smoked Bacon. Mixed Roasted Vegetables with Lemon and Saffron Vinaigrette. Porcini Mushroom Flan. Potato Millefeuille. Potato Mouselline. Spicy Fingerling Potato Puree. Turnip Puree with Lemon and Walnut Oil. SECTION VII: DESSERTS. Pistachio and Sour Cherry Cake. Creme Brulee with Coconut, Passion Fruit Sorbet, and Tea Lace Tuile Cookies. Creme Brulee with Pistachio, Caramelized Pears, and Chocolate Sorbet. Buttermilk Panne Cotta with Caramel Sauce. Rice Pudding with Pistachios and Caramel. Warm Chocolate Cake with Chili and Orange Sauce. Chocolate Cup with Coffee Mousse and Bourbon Zabaglione. Mandjari Chocolate Pie with Raspberry Sorbet. Pear and Almond Tart. Apple Mango Tart Tatin with Coconut Ice Cream. Chantilly Cream and Strawberry Eclair with Blackberry Coulis. Strawberry Vacherin with Thyme Creme Legere. Raspberry Soup with Citrus Soup and Sweet Spices. White Chocolate Ice Cream. Two Chocolate Marble Parfait. Iced Coffee Mousse. Lemon Meringue Domes. SECTION VIII: STOCKS. Chicken Stock. Fish Stock. Beef Stock. Veal Stock. Vegetable Stock. Court Stock. Glossary/Reference. Conversion Charts. Index.

About the Author
Founded in Paris in 1895, Le Cordon Bleu has trained generations of the world's best chefs in Gastronomy, Hospitality, and Management. Today, Le Cordon Bleu delivers its celebrated culinary arts education across the globe.

Users Review

From reader reviews:

Lydia Sanders:

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Susan Dixon:

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Charles Aranda:

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