UNIT 11

Reading

**Read the recipes and do the following tasks:**

* 1. **Make a list of ingredients used in the recipe.**
	2. **Make a list of kitchen utensils and equipment for each recipe.**

Sole bonne femme

Preheat the oven to 180*–*C.

Rub the sole fillets with seasoning to taste. Arrange the chopped mushrooms and shallots on the bottom of a greased casserole. Place the sole fillets on top, folding them in half if necessary. Pour in half the wine, the stock and lemon juice and add the bouquet garnish. Cover and put the casserole into the oven. Cook for 15 to 20 minutes or until the fish flakes easily. Transfer the fish to a warmed serving dish. Keep warm. Strain the cooking liquid into a jug.

Melt the butter in a saucepan. Add the flour and cook, stirring, for 1 minute. Gradually stir in the strained cooking liquid and the remaining wine and bring to the boil, stirring. Simmer until smooth and thickened. Stir in the cream and adjust the seasoning. Pour the sauce over the fish and garnish with the mushroom caps.

Steaks with mushrooms

Rub the steaks all over with seasoning to taste, then press the tarragon into the flesh with your fingertips.

Melt 40 g of the butter in a large frying pan. Add the steaks and fry for 4 minutes on each side for rare; double the cooking time for medium steaks. Remove from the heat.

Add the remaining butter to the pan. Add the large mushrooms to the pan and fry until browned. Drain on paper towels. Arrange two mushrooms on each steak. Serve, sprinkled with parsley.

Lentil and vegetable soup

Put the water in a saucepan and bring to the boil. Add the lentils, bacon (ham) bone, bacon, leek, carrots, parsnip, celery and salt to taste. Bring to the boil, skimming off the scum that rises to the surface, then simmer for 45 minutes.

Meanwhile, heat the oil in another pan. Add the onions and fry until softened. Sprinkle over the flour and cook, stirring, until golden brown. Stir in a little of the soup liquid and the vinegar, then add this mixture to the remaining soup. Cover and simmer for 1 hour or until the lentils are tender.

Discard the bacon (ham) bone. Cut the meat into small pieces and return to the soup with the sausage, thyme and seasoning to taste.

Simmer for a further 5 minutes or until piping hot.

Dolmas in vine leaves

Choose large sound vine leaves. Blanch for a maximum of 2 minutes, cool under running water, and wipe dry. For about 50 dolmas, half-cook 125 g rice in meat stock. Peel and roughly chop 400 g onions and cook gently in olive oil until soft but not brown. Mince 250 g mutton or lamb and braise it. Mix all these ingredients together. Place a small ball of stung on each vine leaf, fold up the tip and base of the leaf, roll into a cylinder, and tie with kitchen thread.

Oil a sauté pan and place the dolmas in it, packing them closely together. Sprinkle with 4 tablespoons olive oil, the juice of 2 lemons, and about 1 glass stock flavoured with 1 tablespoon coriander seed. Cover and simmer gently for about 30 minutes. Drain the dolmas and let them get completely cold before removing the thread.

Austrian chocolate gateau

Sift the flour and salt into a mixing bowl. Rub in the butter until the mixture resembles breadcrumbs. Add the melted chocolate and knead to a smooth and evenly coloured dough. Divide the dough into four portions and roll out each between sheets of greaseproof paper into circles. Chill for one hour.

Preheat the oven to 170*–*C.

Place the dough circles on baking sheets and bake for 20 minutes or until firm. Allow to cool. For the filling, melt the chocolate and stir in the sour cream and double cream. Use one-third of the filling to sandwich together the layers. Cover the top and the sides with the remaining filling. Sprinkle the slivered almonds over the top.

Wheat germ bread

Ingredients

25 g fresh yeast

300 ml lukewarm milk

1 tsp. sugar

450 g barley flour

I75 g wholemeal flour

120 ml wheat germ

50 g butter, melted

1 egg

Cream the yeast with 2 tablespoons of the milk and the sugar and leave in a warm place until frothy. Put the flours, 2 tablespoons wheat germ and 1 teaspoon salt in a mixing bowl. Make a well in the centre and add the yeast mixture, butter, egg and the remaining milk. Gradually draw the flours into the liquids and mix until the dough comes away from the sides of the bowl. Turn out onto a floured surface and knead until elastic and smooth. Cover and let rise in a warm place for an hour or until almost doubled in bulk.

Knead for 5 minutes, then shape into a loaf and place in a greased loaf pan.

Sprinkle over the remaining wheat germ. Let rise again for 30 minutes.

Preheat the oven to 230*–*C. Bake for 15 minutes, then reduce the temperature to 220*–*C and continue baking for 25 to 30 minutes, or until the bread sounds hollow when tapped on the bottom.