

*A recipe from: Cuisine du Sud*

Provence Home-Cooking by  
Chef Henri-Gabriel Hiribarne

Making: easy  
Preparation: 10 minutes

Cost: \$



Ready to eat!

Photos: ©Ariane Bailey

## Recipe: Vinaigrette allégée (Light French dressing) for 3/4

### Ingredients

- Olive oil: 3 Tbsp (45 ml) oil - Tbsp=tablespoon
- Vinegar: 1 Tbsp (15 ml) cider vinegar
- Water: 1 Tbsp (15 ml) cold water
- Mustard: 2 tsp (10 ml) Dijon mustard - tsp=teaspoon
- Green onions: 2 Tsp minced fresh onion
- Salt: ½ tsp salt
- Pepper: ¼ tsp freshly ground pepper
  
- Garlic: 1 clove garlic, halved
- Basil: fresh basil, chopped

### Vinaigrette preparation

#### Vinaigrette allégée for salads

Basic french vinaigrette is a mixture of good vinegar (wine, cider), Dijon mustard, extra virgin olive oil, green onions, salt & pepper. Cold water is used to make lighter the vinaigrette. Garlic and basil are employed only in southern France.

- Wash and dry fresh herbs
- In a small screw-top jar beat mustard, water, vinegar and salt until the salt is dissolved
- Drop oil in batches and stir until the dressing thicker, add minced green onions and black pepper.

For a southern vinaigrette

- Season to taste with halved garlic, chopped basil and stir the dressing.

### Serving

- Pour the French vinaigrette over salads (lettuce, romaine..) and mix gently.

*A recipe from: Normandy*

Normandy Home-Cooking by  
Chef Henri-Gabriel Hiribarne

Making: easy

Preparation: 10 minutes

Cooking-time: 32 minutes

Cost: \$3/person



Ingredients



Cooking chicken & onions



Cooking apples



Mushrooms



Ready to eat!

Photos: ©Ariane Bailey

## Recipe: Chicken in a Creamy sauce (Vallée d'Auge) for 8

### Ingredients

- Chicken: 8 mix of pieces thighs, legs or skinless breasts
- Apples: 4 golden or granny-smith
- Mushroom: 1 pound (454 gr) of button mushroom.
- Onions: 2 medium size onion, chopped
- Vegetable oil: 3 Tsp oil or 1/3 cup
- Butter: 4 Oz (113 gr) unsalted butter
- Cream: 16 Oz (454 gr) sour cream
- Flour: 4 tsp (30 ml) cornstarch
- Fresh herbs: bouquet garni of thyme, parsley, bay leaves
- Cider: 1 cup of dry cider or white wine
- Chicken stock: 8 Oz (250 ml) or 1 cup broth
- Salt and pepper: 2 tsp salt, freshly ground pepper

### Chicken preparation

- Wash chicken in cold water and dry with paper towel. Remove any fat hanging loose.
- Heat 1 Tsp oil + 2 Oz butter in a heavy pan with a lid over medium-high heat and cook all pieces of chicken until golden for 3 minutes on each side, and set aside on a plate
- In the same pan with 1 Tsp oil add chopped onions and fry over for 2 minutes without browning, sprinkle the flour over onions and stir in.
- Pour gradually in the pan, cider + chicken broth, bring to the broil, adds salt and pepper. After 2/3 minutes when the sauce is sufficiently thick, stir gently and reduce the heat and return all the chicken in the pan with fresh herbs.
- Cover and bring to a slow simmer for 6 minutes until the chicken is tender and cooked through.
- Add sour cream and bring to medium heat for 8 minutes until the sauce is thick enough to lightly coat the back of a spoon.
- Trim and wash mushroom, quarter them if large.
- In another pan with + 1 Oz butter, sauté all mushrooms for 4 minutes and add mushroom to chicken and sauce.
- To finish, core the apples and cut into 8 wedges and sauté apples with 1 Tsp oil + 1 Oz butter over moderate heat for 4 minutes until brown and tender; keep warm aside.
- Season to taste chicken and apples if necessary.

### Serving

- Norman people may accompany this Entree plate with boiled potatoes or gnocchi potatoes.
- On a warm plate put chicken, mushroom and pour over creamy sauce, put apples around and serve with potatoes.

*A recipe from: Christophe*

Provence Home-Cooking by  
Chef Henri-Gabriel Hiribarne

Making: pretty easy  
Preparation: 10 minutes  
Cooking time: 40 minutes

Cost: \$\$\$



Ingredients



Pie preparation



Ready to eat!

Photos: ©Ariane Bailey

## Recipe: Clafouti aux cerises (Cherry flan) for 8/10

### Ingredients

- Sugar: 4 oz (115 gr) granulated sugar
- Eggs: 4 medium eggs
- Flour: 4 oz (115 gr) all purpose flour
- Milk:  $\frac{3}{4}$  cup (17 cl) whole milk
- Whippy cream: 2 cups (50 cl) cream
- Sea salt: pinch of salt
- Butter: 4 tsp of butter
- Vanilla:  $\frac{1}{2}$  tsp vanilla extract
- Alcohol : 2 tsp rum or cognac
- Cherry: 16 oz (500 gr) fresh cherries not pitted
- For pie pan: 1 oz (28 gr) softened butter and 2 oz (56 gr) sugar

### Pie preparation

- Preheat oven to 375°F (195°C)
- In a large bowl beat together, sugar and butter until white
- Add egg one by one and beat until thoroughly blended
- Add flour, salt and beat until the mixture is smooth
- Complete with vanilla extract and rum, stir and set aside
- Place butter in the pie pan and put it in oven for 2 minutes until a film of butter has set until the bottom of the pan, remove from the heat.
- Sprinkle the pan with sugar and place all cherries.
- Pour the pancake batter over cherries add small pieces of butter
- Bake at 375°F for about 40 minutes: a knife plunged into its center comes out clean.
- Set aside in room temperature

### Serving

- Sprinkle the Cherry flan with sugar and broil 2 minutes to caramelize the top
- Serve warm
- Mind the stones!

*A recipe from: Ariane  
Bailey- Hiribarne*

French Home Cooking by Chef  
Henri-Gabriel Hiribarne

Making: easy

Preparation: 15 minutes

Refrigerator time: 120 minutes

Cost: \$



Ready to eat!

Photos: ©Ariane Bailey

## Recipe: Chocolate mousse for 8

### Ingredients

- Chocolate: 4 ounces Ghirardelli Chocolate 60% cacao
- Butter: 3Tbsp or 3/8<sup>th</sup> of a stick
- Eggs: 2 yolks and 3 whites
- Salt: a pinch
- No sugar!

### Chocolate mousse preparation

In this French recipe Chocolate mousse beaten egg whites are used instead of sour cream. We need no sugar!

- Melt chocolate and butter by stirring constantly over hot water
- Set aside and let cool
- Add yolks, one by one and stir after each one
- Whisk (with an electrical whisk) whites with a pinch of salt until very firm (about 5 minutes)
- Delicately fold in whites and chocolate preparation
- Turn into serving dish, dessert cups, or petits pots
- Cover with film and place in refrigerator for 2 hours minimum or overnight.

### Serving

- Serve Chocolate mousse with sponge fingers